

August

SSS Welcome Event: Come by the SSS office in [Wahlstrom 519](#) to meet the SSS staff and get familiar with our office on [August 25th from 12-2pm](#). We will have ice breakers and a bite to eat.

ExCEL Mentee/Mentor Social: Mentees & Mentors come get to know one another on [August 25th from 2:30-3:00pm on the 5th floor of Wahlstrom](#).

September

How Do I Ace My Classes?: Come to the workshop on [Sept 4th from 5:30-6:30pm in the Learning Center](#) to learn the most effective strategies on how ace your classes! This workshop is especially helpful for first-year students.

SSS Panel on Student Success: Do you want to be successful in college? Hear your peers' candid stories and advice on how to adjust to the rigors of college life on [Sept 5th from 12:20-1:20pm in Wahl 500C](#).

Navigate UB Online Resources: All students will be required to use online systems like Canvas, the Portal and Webadvisor. Learn these systems to stay ahead in class and stay on top of your schedule and financial aid on [Sept 9th from 12:20-1:20pm in the SSS Computer Lab](#).

Get Through Writer's Block: Let's tap into your creative skills as you learn strategies to break your way through writer's block on [Sept 9th from 5:30pm-6:30pm in the Learning Center](#).

How can I possibly get it all done???: We all have responsibilities and tasks that need to be completed. Come to this workshop on [Sept 11th from 12:20-1:20pm in Wahl 500C](#) to learn how to prioritize and manage your time efficiently.

Writing like a Scientist: Learn how to write specifically for your biology and chemistry courses. [Sept 12th and Sept 19th from 6:30pm -7:30pm in the Pavilion](#).

What's A Thesis Statement?: A thesis statement is the core of your paper. Learn how to construct a solid thesis statement on [Sept 16th from 5:30pm-6:30pm in the Learning Center](#).

Money Management Series: Learn budget management strategies to plan for the present and future. This is a two part series that will be held on [Sept 17th \(12-1:30pm\) and Sept 24th \(5:30-7pm\) in the Private Dining Room in the Student Center](#).

Do I Read Spark Notes or Fahrenheit 451?: On [Sept 18th from 5:30pm - 6:30pm in the SSS Learning Center](#) we'll learn note-taking strategies while reading a text. This workshop will help in liberal arts classes like English and hopefully make reading a painless activity!

Let's Talk About Sex: LADIES ONLY! Expand your knowledge of safe sex and healthy relationships on [Sept 19th from 12:20-1:20pm in Wahls 500C](#).

Finding Mentors, Role Models & Being One: GUYS ONLY! Through media clips and facilitation, participants will engage in a discussion around the influence of positive role models and the impact they have on molding young men into leaders. Join us on [Sept 19th from 12:20-1:20pm in Wahl 500D](#).

Organizing an Essay: With your thesis statement solidified, we'll move to the next step in the writing process on [Sept 23rd from 5:30pm-6:30pm in the Learning Center](#). Learn how to easily organize your essay from beginning to end.

Want to be an RA?: Learn about the Resident Assistant role and how to appropriately prepare for the application process on [Sept 25th from 12:20-1:20pm in Wahl 500C](#).

To Use Wikipedia or to not Use Wikipedia?: Learn how to incorporate details into your paper to support your thesis statement and how to check for creditable sources on [Sept 25th from 5:30pm-6:30pm in the Learning Center](#).

Tackling your Biology Text: Learn skills for understanding difficult passages of scientific text and how to best retain the large amount of details in science classes on [Sept 26th from 6:30pm -7:30pm in the Pavilion](#).

October

Got Stress?: Mid-semester can be a time of high stress and overwhelming feelings. Come to this workshop on [Oct 1st from 12:20-1:20pm in Wahl 500C](#) to discuss your sources of stress and how to properly de-stress.

Test Anxiety Gone: Preparing for Objective Exams: On [Oct 2nd from 5:30pm -6:30pm in the SSS Learning Center](#) learn tips and strategies for taking exams that are multiple choice, true/false, and matching. This workshop will be especially helpful for classes in the sciences.

Grad School Prep: Interested in attending grad school? If so, come to this workshop on [Oct 3rd from 12:20-1:20pm in Wahl 500C](#) to learn the steps to prepare for this process.

Math for Chemistry: As if math alone isn't hard enough! Tackle math concepts for your chemistry course on [Oct 3rd and 10th from 6:30-7:30pm in the Pavilion](#).

Test Anxiety Gone: Preparing for Essay Exams: Come to the workshop on [Oct 7th from 5:30-6:30pm in the Learning Center](#) to learn tips on how to write an essay exam under pressure.

Yoga Relaxation: Feeling stressed about midterms? Join us on [Oct 9th from 12:20-1:20pm in Wahl 500C](#) to learn breathing techniques to help minimize anxiety during this stressful time.

Fear No More—APA Format!: Learn how to properly format and cite your paper in APA on [Oct 21st from 12:20pm-1:20pm in the SSS Computer Lab](#).

Anti-Bullying: We hear about bullying frequently in the media, but it also hits close to home. On [Oct 22nd from 12:20-1:20pm in Wahl 500C](#) learn how transition from being a bystander to an ally.

Fear No More- MLA Format!: Learn how to properly format and cite your paper in MLA on [Oct 23rd from 5:30pm-6:30pm in the SSS Computer Lab](#).

Battling Our Inner Demons: LADIES ONLY! Join us in a discussion about body image and the power our own minds having over our perception of self on [Oct 24th from 12:20-1:20pm in Wahl 500C](#).

Confronting Violence Towards Women: GUYS ONLY! Violence against women is a sensitive issue for many and often gets swept under the rug. On [Oct 24th from 12:20-1:20pm in Wahl 500D](#) join us in a discussion about how to support the women in your life.

An Afternoon in New Haven: Are you tired of staying on campus? If so, join SSS for a day in New Haven. We will visit local museums and even go on a Ghost Tour of the city on [Thursday, Oct 24th from 4pm on](#). Transportation will be provided. Meals will be on your own.

November

Fear No More—APA Format!: Learn how to properly format and cite your paper in APA on [Nov 4th from 12:20-1:20pm in the SSS Computer Lab](#).

Fear No More- MLA Format!: Learn how to properly format and cite your paper in MLA on [Nov 6th from 5:30pm-6:30pm in the SSS Computer Lab](#).

Hugs & Hopes Card Making: Get creative and put a smile on a child's face. We will be making cards [Nov 13th from 12:20-1:20pm in Wahl 500C](#) to send to children who are ill.

Do You Post-Secret?: LADIES ONLY! Have you bottled up something for so long that you feel like you could explode? Come to this workshop on [Nov 21st from 12:20-1:20pm in Wahl 500C](#) to feel empowered to share your secret creatively via Post-Secret.

Comedy + Humor + Gender when is it too far? GUYS ONLY! Often, humor is used when discussing a sensitive topic or as a method to feel included. During this meeting on [Nov 21st from 12:20-1:20pm in Wahl 500D](#), participants will view clips and engage in a discussion around appropriate conversation and behavior concerning gender.

December

A Night at the Theatre: Join SSS as we go to the Long Wharf Theatre to see the Pulitzer Prize winning play FENCES on [Thursday, December 5th at 7pm](#). FENCES shares the story of Troy Maxson who "Because of his race Troy is left in a world where life's daily battles take on the scope of epic conflict." Learn about the ups & downs of Troy's life and how he overcomes his struggles.

