Participation Requirements

Each student must be committed to do the following:

1. Meet with your SSS advisor at least (3) times each semester. The first meeting must take place within the first four weeks of the semester.
2. Participate in at least (2) SSS workshops each semester.
3. Maintain at least 12 credit hours each semester.
4. Inform your SSS advisor before you withdraw from any class, or withdraw from the university.
5. Seek tutoring if you are experiencing difficulty in any enrolled class.
6. Notify the SSS office of any changes to your name, address, phone number, or email information.

ExCEL Mentee/Mentor Spring Events

ExCEL Peer Mentor Program
Mentor-Mentee Spring 2015 Events

Friday, February 13th
Norwalk Aquarium & IMAX

Tuesday, March 24th
Great American Bake Sale

April 2015
Sexual Assault Awareness & Prevention Walk

SSS Fall Events

Brownsville Song (b-side for tray) at Long Wharf Theatre

“Set in the Brownsville neighborhood of Brooklyn, brownsville song (b-side for tray) is a powerful tale of resilience in the face of tragedy. Moving fluidly between past and present, this bold new play tells the story of Tray, a spirited African-American 18-year-old and his family, who must hold on to hope when Tray's life is cut short.”

Join SSS on Thursday, April 16th, from 5:00 to 11:00pm, to view this new play at the Long Wharf Theatre.

SSS Events/Trips are tentative and subject to change. Should there be a change in the schedule, the SSS office will notify students.

Student Support Services

Connecting, Growing, Succeeding

Spring 2015 Events

Wahlstrom Library, Room 519
203-576-4186
January

U Hafta FAFSA: Do you want to get your hands on money for your college education? Come fill out your FAFSA if you have not already done so, and please know your PIN. You will also learn what is needed to re-apply for your FAFSA as well as important deadlines in this workshop on Wednesday, January 28th, from 12:30 to 1:30pm, in the SSS Computer Lab.

Career Assessment: Unsure of what to major in or what career you would like to pursue? Take the Strong Interest Inventory with SSS and Career Development to help you answer those questions on Wednesday, February 4th, from 12:20 to 1:20pm, in Wahl 500C.

U Hafta FAFSA: Do you want to get your hands on money for your college education? Come fill out your FAFSA if you have not already done so, and please know your PIN. You will also learn what is needed to re-apply for your FAFSA as well as important deadlines in this workshop on Tuesday, February 10th, from 12:30 to 1:30pm, in the SSS Computer Lab.

Get Ahead – Fall ‘15 Course Registration: Stumped on what classes to take for the fall? Not sure how to search for classes offered in the fall? During this session you’ll learn how to navigate UB’s course system so you can be ahead of the game on Thursday, March 26th, from 5:00 to 6:00pm, in the SSS Computer Lab (Repeat from March 23rd).

February

Career Assessment: Unsure of what to major in or what career you would like to pursue? Take the Strong Interest Inventory with SSS and Career Development to help you answer those questions on Wednesday, February 4th, from 12:20 to 1:20pm, in Wahl 500C.

Resume Critiques: Now that you have created your resume it is important to fine tune it, making sure the formatting is consistent and the text is error free. Join us on Wednesday, March 4th, from 12:20 to 1:20pm, in Wahl 500C to have SSS and Career Development staff provide feedback on your resume.

Get Ahead – Fall ‘15 Course Registration: Stumped on what classes to take for the fall? Not sure how to search for classes offered in the fall? During this session you’ll learn how to navigate UB’s course system so you can be ahead of the game on Monday, March 23rd, from 12:20 to 1:20pm, in the SSS Computer Lab.

March

Girl Power: Build Your Self-Esteem (Ladies Only): Do you ever compare yourself to your peers? Or think you are less than others? Join us on Thursday, February 19th, from 12:20 to 1:20pm, in Wahl 500C for an interactive workshop that will help you build your self-confidence.

Coming Out Stars: Have you ever thought about your privilege in regards to sexuality? Join us on Monday, February 23rd, from 12:20 to 1:20pm, in Wahl 500C for a thought provoking workshop that will make you reflect on your own beliefs on sexuality.

Career Assessment: Unsure of what to major in or what career you would like to pursue? Take the Strong Interest Inventory with SSS and Career Development to help you answer those questions on Thursday, February 26th, from 12:20 to 1:20pm, in Wahl 500C (Repeat from February 4th).

Job Interview Prep: Whether you are looking for a seasonal gig, applying to your first full-time job or hoping to land that internship, you must be ready for the interview. Join us in this session on Wednesday, March 25th, from 12:20 to 1:20pm, in Wahl 500C to discuss commonly asked questions and strong responses, pitfalls and proper attire.

April

Part-Time Jobs: Summer break may not be on your mind, but searching for a part-time job for summer break should be! Join us during this workshop to learn important tips for finding part-time employment on Wednesday, April 8th, from 12:20 to 1:20pm, in the SSS Computer Lab.

Relationships: The Good, The Bad & The Ugly (Ladies Only): Join us on Thursday, April 16th, from 12:20 to 1:20pm, in Wahl 500C and engage in a discussion around relationships. Participants will have an opportunity to share their thoughts, concerns and questions regarding relationships in a supportive and judgment-free environment.

Yoga Relaxation Series

Stressed about academics or your personal life? Join us for a relaxing session in which you will learn how to utilize movement and breathing to minimize your anxiety. All sessions listed below will be from 5:00-6:15pm in the Commuter Lounge in the Student Center.

February 2nd
April 6th
March 23rd
April 27th