Participation Requirements

Each student must be committed to do the following:

1. Meet with their academic counselor at least three times each semester. (The first meeting must take place within the first four weeks of the semester.)
2. Attend the orientation/welcome back event at the beginning of each semester.
3. Attend a minimum of two SSS sponsored events/workshops each semester.

SSS Spring Events

4000 Miles
At Long Wharf Theatre

Join SSS at the theatre!
Explore Leo’s journey across country in his search for purpose in life. Leo moves in with his grandma who provides insight and perspective to many of life’s questions.

Date: February 27th
Time: 8pm start time
Location: New Haven

Three Day Boston Tour!

Interested in joining SSS in an overnight trip to Boston? Stop by our office for more information and to apply to this great opportunity!

- Salem, MA
- Freedom Trail
- Boston Museum of Science
- Lexington & Concord
- Shear Madness

Spring 2014 Events

SSS at Long Wharf Theatre
4000 Miles

Student Support Services
Wahlstrom Library, 5th Floor
203-576-4186
Developmental Workshops

January

Healthy Eating to Start the Year Off!: Do your new year’s resolutions include shedding a few pounds or being healthy? Join us and learn how to make small adjustments to your eating habits for a healthy lifestyle on January 28th from 12:20-1:20pm in Wahl 500C.

U Hafta FAFSA!: Do you want to get your hands on money for your college education? You’ll learn what is needed to re-apply for your FAFSA as well as important deadlines in this workshop on January 29th from 12:20-1:20pm in the SSS Computer Lab.

February

So you want to be an RA?: Learn about the Residential Assistant role and how to appropriately prepare for the application process on February 3rd from 12:20-1:20pm in Wahl 500C.

Resumes that Pop!: Your resume is the first “look” a potential employer gets of you, so having a resume that pops is important. On February 5th from 12:20-1:20pm in Wahl 500C learn how to structure your resume so you can best market yourself to a potential employer.

Relationships: The Good, The Bad & The Ugly: LADIES ONLY! Join us on February 6th from 12:20-1:20pm 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.

What’s Pop’n?: GUYS ONLY! Join us on February 6th from 12:20-1:20pm in Wahl 500D to have a dialogue on current events and their impact on our day-to-day life. As participants you will be able to select your topics of discussion on the day of the workshop from a pool of current events.

Get Ahead-- Fall ’14 Course Registration: Stumped on what classes to take for the fall? Not sure how to search for classes offered in the Fall? Join us during this session to learn how to navigate UB’s course system so you can be ahead of the game on March 24th from 12:20-1:20pm in the SSS Computer Lab.

March

True Colors-- Personality Assessment: Are you interested in learning more about yourself? Join us in taking a fun personality assessment to gain insight about yourself as well as those around you on March 4th from 12:20-1:20pm in Wahl 500C.

Women– Are we our Own Worst Enemy?: LADIES ONLY! Ever notice when you are hanging out with female friends, the minute one of them leaves, the others start talking about her? Join us in a dialogue on how and why women are often hard on one another March 6th from 12:20-1:20pm in Wahl 500C.

What’s Pop’n?: GUYS ONLY! Join us on March 6th from 12:20-1:20pm in Wahl 500D to have a dialogue on current events and their impact on our day-to-day life. As participants you will be able to select your topics of discussion on the day of the workshop from a pool of current events.

Get Ahead-- Fall ‘14 Course Registration: Stumped on what classes to take for the fall? Not sure how to search for classes offered in the Fall? Join us during this session to learn how to navigate UB’s course system so you can be ahead of the game on March 24th from 12:20-1:20pm in the SSS Computer Lab.

Need a Part-time Job?: Summer break may not be on your mind, but searching for a part-time job during the summer break should be! Join us during this workshop to learn important tips for finding part-time employment on March 26th from 12:20-1:20pm in the SSS Computer Lab.

April

Yoga Relaxation 2: Just because midterms are over doesn’t mean the stress is gone. Join us for an opportunity to continue practicing relaxation strategies on April 1st from 12:20-1:20pm in the Pavilion (1st floor of the library).

Nailing the Interview: Now that you have a polished resume, and have sharpened your communication skills, it is important to go into the interview process prepared. Come to this workshop and learn skills to best prepare you for a successful interview on April 8th from 12:20-1:20pm in Wahl 500C.

Walk to Awareness: LADIES ONLY! On April 17th from 12:20-1:20pm in Wahl 500C join us on visual journey of awareness. Participants will walk in silence as they view photos and read statistics about sexual assault and then engage in a discussion about the topic.

What’s Pop’n?: GUYS ONLY! Join us on April 17th from 12:20-1:20pm in Wahl 500D to have a dialogue on current events and their impact on our day-to-day life. As participants you will be able to select your topics of discussion on the day of the workshop from a pool of current events.

Sexual Assault Awareness & Prevention Walk: SSS, UB and the Bridgeport Community will be participating in a walk on campus on April 25th to bring awareness to sexual assault prevention. For the third year, SSS will be creating a team to raise funds in support of victims in the community. Those who are interested can sign-up in the SSS office.

Yoga Relaxation 3: Feeling stressed about finals? Join us on May 1st from 12:20-1:20pm in the Pavilion (1st floor of the library) to learn movement and breathing techniques to help minimize anxiety during this stressful time.

Academic Success Series

Academic workshops are applicable to all subjects.

Self-Edit: Have a paper or two to write this semester? Don’t get points taken off for common mistakes! Join us in learning how to edit your own work before having a tutor look at it or before turning it in.

Is this Plagiarism?: Unsure if you are properly incorporating quotes in your papers? You cannot afford to get zeros on your papers and saying you did not know you were plagiarizing will not work. Learn how to use citations to incorporate quotes in your writing and properly summarize quotations.

Research Rocks!: Dreading that research paper coming up? We will make it painless. Ditch Wikipedia and learn how to find the right print and electronic sources for your paper.

Check the SSS office for dates/times/locations of academic workshops.