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.

SSS Fall Events

Our Town at Long Wharf Theatre

SSS will return to the Long Wharf Theatre this fall to see the classic play, Our Town. Be sure to sign up in the SSS office for this event!

Date: October 23rd
Time: 5pm-11pm

ExCEL Mentee/Mentor Fall Events

ExCEL Peer Mentor Program
Mentor-Mentee Fall 2014 Events

Friday, September 12th
Lyman Orchard Tour

Tuesday, October 28th
Pumpkin Painting

Friday, November 14th
Day of Service: New Haven, CT

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

**SEPTEMBER**

**SSS Panel on Transitions & Student Success:** Feeling a bit overwhelmed about college? Want to be successful at UB? Talk to our seasoned SSS students in a question/answer format. Hear about their experiences adjusting to university life and the steps they have taken to be successful college students on Sept. 3rd from 12:20-1:20pm in Wahl 500D.

**Developing SMART Goals:** It is said that those who are productive often set goals for themselves. Join us on Sept. 8th from 12:20-1:20pm in Wahl 500D to learn how to develop “SMART”, attainable goals to get a solid foundation for your academic journey.

**Plan a Simple Budget:** Do you have a plan to be financially stable? Join us on Sept. 9th from 5:00-7:00pm in the Pavilion to learn the importance of creating a budget and tips on how to cut your expenses in order to save more.

**Developing Positive Relationships with Faculty:** Not sure how to approach a professor with a question? Feeling a bit intimidated? Join us on Sept. 10th from 12:20-1:20pm in the Pavilion for a conversation regarding the importance of establishing a relationship with your professors and how to do it.

**Where has all the time gone?:** Are you struggling with balancing all of your responsibilities? Join us on Sept. 16th from 12:20-1:20pm in Wahl 500D to learn strategies for successful time management.

**Bank on it!:** If you don’t already have a checking or savings account, you will one day. Get all your questions about banking and student loans answered on Sept. 23rd from 5:00-7:00pm in the Pavilion to stay on top of your current and future finances.

**OCTOBER**

**Female Care (Ladies Only):** Life becomes hectic when attempting to balancing school, work, family, etc. During your busy schedule it is important to take care of your health. Join us on Sept. 24th from 12:20-1:20pm in Health Services to learn about female health issues.

**Coping with Personal & Academic Anxiety:** Life can get a bit overwhelming at this point in the semester. Join us for a stress relieving, yet informative workshop on practicing effective ways to de-stress on Oct. 2nd from 5:00-6:30pm in the Pavilion.

**Is Grad School on Your Radar?:** Interested in attending graduate school? Come to this workshop on Oct. 6th from 12:20-1:20pm in Wahl 500D to learn the steps to prepare for the process. This workshop is open to all students.

**C+: Credit Cards, Credit Reports and Credit Scores:** Have you ever wondered what credit exactly is? Join us at this workshop to learn how to maintain a good credit record on Oct. 7th from 5:00-7:00pm in the Pavilion.

**Understanding Eating Disorders (Ladies Only):** In this workshop on Oct. 23rd from 12:20-1:20pm in Wahl 500D you will learn about the common eating disorders, where they often stem from and how to assist someone in need.

**NOVEMBER**

**Empowering Women in Leadership (Ladies Only):** Ever feel you’re at a disadvantage because of your gender—whether at work, in class, or in social settings? Join us at this workshop on Nov. 20th from 12:20-1:20pm in Wahl 500D on the importance of finding your voice as a female leader.

**Alternative Spring Break:** Do you like community service work? How about traveling? On Sept. 4th from 12:20-1:20pm in Wahl 500D learn how Alternative Spring Break provides an opportunity for both service and travel.

**Interested in being an RA?:** Learn about the Residential Assistant role and how to appropriately prepare for the application process on Oct. 1st from 12:20-1:20pm in Wahl 500D.

**Study Abroad Opportunities:** Have you ever considered studying abroad but just weren’t sure where to get started? Join us on Oct. 21st from 12:20-1:20pm in Wahl 500D to learn about the study abroad opportunities that UB provides, as well as possible funding sources to make this dream happen!