**Student Academic Success Seminars**

**Campus Technology**
PASS, 365, D2L, what on earth are all of these things? If you are unsure of how to navigate your way through UW-Platteville’s programs online, be sure to come to this seminar. Don’t miss out on this opportunity to get better acquainted with all these necessary tools online.

**Celebrating the Rocky Grade and Studying for Success**
If you didn’t get the grade you anticipated on your first assignment in college or you are worried about the first round of exams, then this is the session for you! This session will help you to learn how to study for college exams, quizzes and tests, while preparing yourself for success by boosting your existing study skills.

**Gaming and College Life - Finding the Balance**
Before you put away your gaming system, join us for a conversation about finding a balance so that you too can still find a way to hang out with friends and game, while also being a successful college student.

**Determining How You Learn**
Do you know which learning style you use most? Understanding how you learn can greatly impact your learning experience here at UW-Platteville. In this seminar you will get the opportunity to take a learning styles test to determine which styles you use most frequently and learn how to maximize your learning experience.

**Getting Gritty**
Ever wondered what the difference between a successful and not-successful student is? It’s their “grit” factor - or how they handle challenges. This presentation will have you walking away feeling more prepared to handle the challenges that college will throw your way.

**Holistic Living**
College can be very nutritionally challenging. Time may be tight and fitting in physical activity and healthy living options may be tough. Check out this session if you are interested in learning what is important and how to start living a holistic lifestyle now.

**Preparing for Graduation**
What are Gen Eds? Why do I need to take them? Can I graduate in 4 years? How can I best prepare for my UW-Platteville collegiate career? These questions and more will be answered as you go through all of the information to help you be an informed consumer of your education.

**Students Helping Students**
In this session, current UW-Platteville students will answer all of your questions, from building locations to ways to complete your general education requirements. Come with a few questions and be ready for the answers!

**Maximizing Your Potential: Understanding your Syllabus & Note Taking**
Feeling overwhelmed by that stack of syllabi that you have piled on your desk? Don’t quite know what to do with all this information? Overwhelmed by note taking, or even better, just need a refresher on note taking? If so, be sure to check out this seminar and make some sense out of your syllabi and your class notes.

**Reaching the Peak - Exam Prep**
This session will provide valuable tips on how to best prepare for exams, whether they are unit, midterm or finals. If you are concerned about how to best prepare for your exams, then this session will help you be the best prepared that you can be for them!
Student Academic Success Seminars

There Just Isn’t Enough Time in the Day: Managing Your Time at UW-Platteville
Time Management can surely be tricky with so many opportunities that come with college. If you are having difficulty balancing your schedule, be sure to check out this seminar for some good tips to manage your time.

UW-Platteville’s Priceless Resources
Are you a bit nervous about approaching your professor? Don’t know when to visit your advisor? Come to this seminar to learn how to build a lasting your relationship with your advisor and professors. You will also strengthen your communication skills with university faculty.

The Value of Undergraduate Research
"Research" is interpreted broadly to reflect what goes on not only in laboratories, but also in libraries, art studios, and music practice rooms. Learn about the benefits of becoming a part of the community of discovery, creativity, and innovation from all academic disciplines at UW-Platteville.

Studying with Applications
Don’t put away your smart phone just yet! Instead, join us for an interactive session that actually encourages you to utilize websites and apps to help you find an effective way to study and manage your time!

Ten Tips for Writing Success
Although writing can’t be boiled down to a list of do’s and don’t’s, the Writing Center’s “Ten Tips for Writing Success” can give you the strategies you need for successful (and relatively painless) college writing. We’ll give you the tools--it’s up to you to use them!

Are you leaving food on the table?
Traditional, Block, Dining Dollars and Passport Funds: Is your Meal Plan working for you? Are you still packing up your laundry and taking it home for mom to wash? Have you purchased an Apple and used an entire Meal Plan for the purchase? This session is filled with information on how to get the most out of your meal plan, adding additional funds, reporting/replacing a lost card, changing your meal plan and an overview of UW-Platteville Dining Operations.

Halt the Hangover
Ah, the hangover: nausea, exhaustion, pounding head, trips to the bathroom. How do you avoid this fate? Come to this session, where we will provide you with real-world knowledge and hands-on skills that will keep you and your friends safer if you choose to drink. Help us “Halt the Hangover” at UW-Platteville!

How to be “GradReady”- Tips for Improving your Financial Health
Finances have you stressed out? Come and learn about our GradReady Program and how to help monitor your financial well-being. In this program we will offer tips on living like a college student, understanding your finances and eventually affording the lifestyle you want as you journey through your professional career. This program can be highly beneficial to all students and their financial health. Session presented by the Financial Aid Office.

Education Abroad 101: How to Internationalize Your Education
If you have contemplated studying abroad, or even just want to know what it’s all about, stop by this session, led by staff from the Education Abroad office. You’ll learn what opportunities are available and even how to finance the trip!