

TRiO WORKSHOPS - SPRING 2008

All workshops and events except for *Climb The Walls!* are open to all UO students; no reservations are necessary.

Week 3 TRiO Climb the Walls! Rock Climb

Friday, April 18, 2:00 – 4:00 pm, Rec Center Rock Wall, Jen and others!

Join SSS students and staff at the Recreation Center's rock wall for a stress-reducing climbing session. No experience is necessary, but socks and your student ID are!

Week 5 Stretching Dollars: Simple Budgets and Low-Cost Options

Monday, April 28, 1:00 – 1:50 pm, 51 PLC, Sophie and Doug

This roundtable discussion will focus on conscious spending and ways to save.

Week 6 Getting the Most from the Graduate School Visit

Thursday, May 8, 2:00 – 2:50 pm, 51 PLC, Gail

Visiting a prospective graduate program is the best way to assess whether that program is a good personal fit. But what should you do on such a visit? Learn how to structure your visit – what background preparation is necessary, with whom to meet, and what questions to ask.

Week 7 Transitions for Graduates

Thursday, May 15, 3:30 – 4:30 pm, 51 PLC, Jen

Congratulations, you're graduating from college! For most students graduation brings major changes. This can be exciting and also anxiety producing. Attend this workshop to learn about a variety of transition issues: budgeting for loan repayment, changes in your UO services, job search strategies, and life and career choices beyond college.

Week 8 Summer Recreation

Tuesday, May 20, 2:00 – 2:50 pm, 51 PLC, Doug

Ahh, summer is almost here! Join this informal discussion of outdoor recreation ideas, including kid-friendly activities and destinations!

Week 10 ALS Open House

Friday, June 6, 11:30am – 1:30 pm, 68 PLC

We encourage you to bring a friend that could benefit from our services.

Weekly Workshops

Statistics Drop-in Sessions

Thursdays, 3:00 – 3:50 pm, 12 PLC, Doug

Can't tell a statistic from a parameter? Don't have confidence in your confidence intervals? Hypothetically speaking, are you confused by hypothesis testing? Drop in Thursdays for stats support for Math 243, Psy 302, or Soc 312.

Grammar Hour

Fridays, 10:00 am – 12:00 pm, 68 PLC, Amy

Are you polishing a paper? Studying a foreign language? Taking a grammar course? Or just interested in learning the fundamentals of English? Drop in for answers to your grammar questions.

Active Learning at ALS

Mondays and Thursdays, 2:00 – 4:00 pm, 68 PLC, Amy

Interested in boosting your academic success? Drop in to learn and practice effective strategies for time management, organization, reading, note-taking, test preparation and more!

Academic Learning Services

68 PLC University of Oregon 541-346-3226 <http://als.uoregon.edu>