All workshops can be checked out on DVD from the ROAR Scholar Educational Resource Library located in B-63 Lightsey Center in the ROAR Scholars Program Office. If you are a ROAR Scholar, you may also access some of the resources using the ROAR Scholar iCloud.

**Academic Success Workshops:**

“**Academic Success 101**” – This online workshop gives students access to three major concepts for academic success:
1. 26 Characteristics of a Master Student
2. Thinking & Learning
3. Goal Setting

All students who choose this workshop must complete the post-test evaluation. Seek the assistance of a ROAR staff member to gain access.

“**Collaborative Learning**” – Have you ever wanted to learn about group dynamics? Do you think you know what effective group processing looks like? In this interactive workshop students will learn how to contribute to and reflect upon group projects effectively. We will also tackle a global awareness activity that addresses public health on a global scale.

“**Communication 411**” – This workshop will focus on developing effective communication skills. We will investigate the reasons why many people possess underdeveloped communication skills and discuss how this issue can be alleviated. Some topics we will cover include: (DVD available)

1. Conflict resolution
2. Strategies for effective communication
3. How to handle scenarios involving communicating your perspective or concerns with peers or professors

“Goal Setting: Creating Your 5 Year Plan” – Do you have a plan for successfully navigating college? Would you like to learn what it takes to thrive during specific years of college? During this academic workshop we will discuss the importance of SMART goal setting, planning for success and networking.

“Healthy Relationships” (Forum or Online) – This workshop gives participants the opportunity to discuss what makes a relationship healthy and how to acquire the skills necessary in developing a healthy relationship with one’s colleagues, peers, family and loved ones. This workshop is usually co-facilitated by representatives from CASA and Victim Services on campus.

“Journey to Graduation - Factors for College Success” – This workshop will allow you to develop a deeper understanding of key factors for success in college and in life. We will utilize various modalities, such as interactive activities, a game scenario and mapping, to create an ideal vision of your journey toward graduation. (DVD available)

“Resiliency: Getting back up when you have a bad semester” – Have you personally had a bad semester? Did you not fully access all your opportunities and feel that you need more support? During this workshop, participants will learn coping strategies for handing difficult situations when life throws them a curveball. (DVD available)

“Test Preparation: Acing the Final” – Please join us for important study tips that help students gain an edge when preparing for final exams. We will look at various ways of effective studying, learn new strategies, revisit strategies that have worked, and help you ace that final. (DVD available)

“Thinking & Learning: Strategies for Success” – Have you ever wanted to know how to study smarter? Rather than cramming, would you like to be able to store key concepts for long term memory? During this workshop, we will explore the learning process, cover 17 study skills, and discuss learning strategies and skills for success.

Travel Abroad: Have you ever wanted to travel abroad? Do you have a special place in mind for that first international experience for your study abroad experience? If you answered yes, we have the workshop for you. Hear from College of Charleston students who have valuable firsthand experience in traveling abroad, how to navigate the study abroad application process and here about their personal testimony of how studying abroad has impacted their learning.

Wellness and Healthy Eating: Do you want to start the semester off right with a new transformation of yourself with both healthy eating and a new wellness plan. If you answered yes, please join us for an
engaging discussion and presentation on health and wellness with an expert in the field. Get informed, stay active and be healthy.

**Career Development Workshops:**

“Alternate Routes: Academic Preparation, Career Development & Financial Awareness Series” – This workshop series consists of three different sessions:

1. **Alternate Routes Part 1: Academic Preparation** – Take a journey of self-discovery by learning which major or academic interests could lead you to a potential career.
2. **Alternate Routes Part 2: Career Development** – Here we will discuss career interests and how to utilize career assessments to discover where your strengths lie and create a plan for success.
3. **Alternate Routes Part 3: Financial Literacy & Life after Graduation** – In Part 3, we will look at what types of financial decisions lie ahead and how to face them strategically as you prepare for the next steps after graduation. Topics will include flexible spending accounts, relocation packages, employee perks, etc.

During this workshop series, we will utilize the “City Map” vision board, a hands-on visualization activity, to help students visualize their goals and create a plan to achieve them.

**Come Correct,” Dining Etiquette** : This workshop will be an engaging discussion and interactive workshop on the ins and outs of the dining etiquette process. Come ready to eat, discuss and learn from an expert what to do in a given situation when you have to attend a professional business event. Be ready, be engaged and allow yourself to shine. This workshop has a cap on the number of attendees.

**Effective Networking:** Do you ever wonder how to meet new people? What about when your applying for a job or internship, how to do you navigate the system to make your first impression last? If you answered yes to any of the above questions please be advised this workshop is for you. Learn helpful and everyday strategies for engaging and polishing your networking skills. We will be role playing scenarios to gain real world experience.

“Graduate School & Career Panel” – Join us for our annual graduate school and career panel were we will be discussing the graduate school admissions process as well as how to select a career path. Hear from various professionals about how they got started and what to expect from their career field. In the past, we have had representatives from the following fields:

- Fall 2014: Accounting, Marketing/Public Relations and Occupational Therapy.
- Fall 2013: College Counseling, Social Work, Public Health & Nutrition, Medicine (DVD available)

“Graduation Workshop: Crossing the Cistern” – Have you ever wondered what life will be like after you walk across the cistern? Do you want insight into how to make a successful transition from college into the workforce? If you answered yes, this workshop is for you. Our facilitator and special guests will discuss ways to prepare for graduation, how to find your ideal first job and networking.
**Portfolio Building:** Are you looking for an innovative way of representing your skills and abilities? What about a visual presentation to show how you work best? This workshop will focus on why you should create a portfolio, the steps to maximize your usage of a portfolio and how to take your portfolio to the next level of creating a prezifolio/prezume using the on-line software Prezi. Job-seekers can use a career portfolio in job interviews to showcase a point, to illustrate the depth of skills and experience, or to use as a tool to obtain a second interview.

**Financial Literacy Workshops:**

“**Part 1: Money Matters**” – This is the first workshop in the series and focuses on the basics of financial literacy. We will facilitate a discussion on why money matters, go over terminology and provide strategies for balancing your money in college. We will also incorporate interactive activities, scenarios and a Q & A into the workshop. Additionally, we will assist all participants in creating a semester and/or yearly budget to keep track of their personal finances. (DVD available)

“**Part 2: Financial Aid Workshop – It’s FAFSA Time**” – It’s that time again! Do you plan on enrolling in summer school? What about studying abroad? If you plan on using financial aid for the 2014-2015 academic school year, then it’s time to make sure you have completed your FAFSA and submitted all your paperwork. This workshop is mandatory for all ROAR Scholars who have applied for grant aid and are freshmen in the program. (DVD available)

“**Part 3: Life after Graduation**” – During this session, we will look at what types of financial decisions lie ahead and how to face them strategically as you prepare for the next steps after graduation. Topics will include flexible spending accounts, relocation packages, employee perks, etc.

**Part 4 – “Paper Chasing” Credit Building:** Have you ever wondered how the credit process works? Do you know your credit score and how to using it can assist in acquiring a new home, new car or even employment. This workshop will cover the basics about why credit building is important, useful ways of building and improving your credit. We will be joined by counsel from a local law debit reduction firm here in the low-country.