

# GPS: Guide for Proactive Success Destination Graduation



All students welcome and encouraged to attend!

Sponsored by the Student Success Center  
[studentsuccess@stetson.edu](mailto:studentsuccess@stetson.edu)

Program your GPS for success!  
Come for the guidance and trail mix!

Student Success Workshop Series Spring 2011  
5:15-6:00pm, Tuesdays  
Lynn Business Center, Room #122

- 1/25/11 - **Academic and Personal New Year's Resolutions** *Presented by: Dr. Beth Paul and Dr. Lua Hancock*  
Make academic and personal New Year's resolutions. You will leave the session with specific, measurable goals to help you attain success!
- 2/01/11 - **Math: It is Not a Spectator Sport** *Presented by: Dr. Will Miles*  
Focus on ways to succeed in a mathematics course, including the student's commitment to work outside the classroom.
- 2/08/11 - **Academic Writing: Make the Write Call** *Presented by: Dr. Megan O'Neill and the Writing Center Staff*  
Learn more about the critical decisions you have to make about your writing. Get the right answers about writing!
- 2/15/11 - **Balancing School, Work, and Life** *Presented by: Dr. Lua Hancock and Rosalie Carpenter*  
Time is our most precious resource. Find out how to own your time to reach your goals. This presentation will "rock" - come find out how.
- 2/22/11 - **The Leadership Challenge: Prep Yourself for the Climb to the Summit of Success** *Presented by: Campus Life Staff*  
The mountain, known as students success, is not an easy climb. Climbers prepare for years in advance to take on Mount Everest. You can learn the skills that will enable you to juggle both your academic and out of -classroom experiences during your climb to the summit.
- 3/01/11 - **Lost? Or Lost in Memory? How to Find Your Way to Better Test Performance** *Presented by: ARC Staff & Dr. Camille King*  
Having trouble memorizing information for tests? Come learn some tried and true memory techniques that will have a positive impact on your testing performance.
- 3/15/11 - **Unleashing Your Passions and Your 4 Year Career Plan** *Presented by: Career Services Staff*  
Your passions and your four year career plan are your keys to success.
- 3/22/11 - **Advising: Just Give Me My Pin! Why Do I Need An Advisor Anyway!** *Presented by: Dr. Toni Blum, Dr. George Glander, Dr. Noel Painter & Monica Jeancola*  
What can I expect from my advisor? What should an advisor expect from me? How can I make the most of my advising appointment to meet my academic goals and plan for my future?
- 3/29/11 - **Read to Remember: Active Reading to Increase Comprehension and Retention** *Presented by: Dr. John Pearson & Stacy Collins*  
Learn ways to read material for class, understand it, and actually retain it, so that you are able to talk about it in an informed way in class and show your mastery of that material in an exam.
- 4/05/11 - **Fiscal Literacy: Know Your Dough** *Presented by: Bob Stewart & Dr. Chris Tobler*  
This session will assist you to gain knowledge and skills to assist with your Academic and Personal Financial Planning.
- 4/12/11 - **Your Facebook Status: How it's Ruining Your Life and How to Fix it** *Presented by: Andy Dehnart & Kelly O'Hara*  
Perception is reality on line. What does your Facebook profile say to your friends, your family, and to your future employers? Find out why you should care about what you look like on line, and learn how to use e-mail, Facebook and other online mediums effectively.
- 4/19/11 - **Health and Wellness: Wellness Works** *Presented by: Lynn Stadelman & Dr. Michele Skelton*  
Wellness is not just a Stetson core value, it is a state of mind. Join us as we learn how making wellness work for you leads to personal success!
- 4/26/11 - **Power Surge: Exercise, Relaxation, and Stress Relief** *Presented by: Dr. Gary Oliphant & Frankie Painter*  
Learn how exercise combined with proper relaxation and anxiety relief techniques will aid you through stressful times and final examinations. Increase your productivity, maintain high energy levels, strengthen your immune system and reduced stress.