

Academic Resource Center

R'Success Workshop Series



R'success Workshops are scheduled on a drop-in basis and "first-come, first served." The workshop series covers a variety of study and life skills topics with each workshop offered several times each quarter. If you're looking for ways to strength your study habits and time management skills, you've come to the right place.

Every term, the Academic Resource Center (ARC) offers a series of study skills workshops, which are free of charge for registered UCR students. We encourage students to attend as many workshops as needed and then to visit with our peer mentors and professional staff for feedback and reflection on study skills development. R'success provides students the flexibility to choose workshop sessions on various study and life skills workshops that align with their individual interests and schedule.

Earn Reward Stamps for attending workshops throughout the year for a reward.

Receive a stamp for each session you attend (some workshops are worth two (2) stamps); 10 stamps earn you a certificate of completion, an invitation to the Academic Resource Center recognition event held in May.

How to participate

1. Register online.
2. Review the quarterly Schedule of Workshops from the online at <http://arc.ucr.edu/workshops/study/index.html>
3. Start attending workshops! At your first session, ask for an "R'Success Card" and begin earning stamps. Most workshops are worth 1 stamp, but select events are worth 2 stamps (few might get your 3).
4. Collect 10 stamps to complete the program.

Completing the Program

1. Once you have collected at least 10 stamps turn in completed R'Success Card and a reflection to the ARC front desk.
 - a. Write a **one-page written reflection** (within "Details & Attachments" answering the following questions:
 - i. *How has your participation in R'Success workshop series contributed to your academic success?*
 - ii. *How will you continue to develop and apply what you have learned through the series?*
 - iii. *Reflection must be double spaced, 12 pt font, with 1 inch margins: Times New Roman or Arial font.*
2. Once your Stamp Card and Reflection have been reviewed and your workshop attendance has been verified, a Program Coordinator will notify you of your completion of the program

BONUS: Add an image of your **completed R'Success Card** to your social media account (Instagram, facebook, twitter) with the hashtags #UCRARC #UCRSuccess. These hashtag will be searched and a winner

Please visit our website for additional Academic Resource Center programs and services.

Complete schedule on back

Fall 2017 R' Success Workshop Series

All Workshop Sessions will be held in the ARC SEMINAR ROOM unless otherwise indicated *

Week Two		
Monday October 9	9am-10am	Be the CEO of you
	1pm-2pm	Setting Goals & Managing Time (2)
Tuesday October 10	11am-12pm	Public Speaking... You can do it!
	3pm-4pm	Timing is everything: Make YOU a Priority
Wednesday October 11	10am-11am	Small Talk & Initiating Relationships
	2pm-3pm	Effective Note-Taking
Thursday October 12	12pm-1pm	Setting Goals & Managing Time
	2pm-3pm	Timing is everything: Make YOU a Priority
Week Three		
Monday October 16	9am-10am	Public Speaking...You can do it!
	1pm-2pm	Small Talk & Initiating Relationships
Tuesday October 17	11am-12pm	Critical Reading
	3pm-4pm	Setting Goals & Managing Time
Wednesday October 18	10am-11am	The Ability to Give & Receive Feedback
	2pm-3pm	Timing is everything: Make YOU a Priority
Thursday October 19	12pm-1pm	Conflict: Work through it
	2pm-3pm	Stress Management
Week Four		
Monday October 23	9am-10am	Successful Test-Taking
	1pm-2pm	Critical Reading
Tuesday October 24	11am-12pm	Timing is everything: Make YOU a Priority
	3pm-4pm	Setting Goals & Managing Time
Wednesday October 25	10am-11am	Effective Note-Taking
	2pm-3pm	Timing is everything: Make YOU a Priority
Thursday October 26	12pm-1pm	Be the CEO of you (2)
	2pm-3pm	Successful Test-Taking
Week Five		
Monday October 30	9am-10am	Conflict: Work through it
	1pm-2pm	Successful Test-Taking
Tuesday October 31	11am-12pm	Stress Management (2)
	3pm-4pm	Public Speaking...You can do it!
Wednesday November 1	10am-11am*	Setting Goals & Managing Time
	2pm-3pm	Small Talk & Initiating Relationships
Thursday November 3	12pm-1pm	Timing is everything: Make YOU a Priority
	2pm-3pm	Critical Reading

Week Six		
Monday November 6	9am-10am	Timing is everything: Make YOU a Priority
	1pm-2pm	Public Speaking...You can do it!
Tuesday November 7	11am-12pm	Setting Goals & Managing Time
	3pm-4pm	Small Talk & Initiating Relationships
Wednesday November 8	10am-11am	Setting Goals & Managing time
	2pm-3pm	The Ability to Give & Receive Feedback
Thursday October 9	12pm-1pm	Stress Management
	2pm-3pm	Successful Test-Taking
Week Seven		
Monday November 13	9am-10am	Timing is everything: Make YOU a Priority
	1pm-2pm	Effective Note-Taking
Tuesday November 14	11am-12pm	Be the CEO of you
	3pm-4pm	Critical Reading (2)
Wednesday November 15	10am-11am	Successful Test-Taking
	2pm-3pm	Conflict: Work through it
Thursday November 16	12pm-1pm	Setting Goals & Managing time
	2pm-3pm	Successful Test-Taking
Week Eight		
Monday November 20	9am-10am	Successful Test-Taking
	1pm-2pm	Be the CEO of you
Tuesday November 21	11am-12pm	Effective Note-Taking
	3pm-4pm	Conflict: Work through it
Wednesday November 22	10am-11am	Setting Goals & Managing Time
	2pm-3pm	The Ability to Give & Receive Feedback
Thursday November 23	Campus Closure - Holiday	
Week Nine		
Monday November 27	9am-10am	Successful Test-Taking
	1pm-2pm	Conflict: Work through it (2)
Tuesday November 28	11am-12pm	The Ability to Give & Receive Feedback
	3pm-4pm	Stress Management
Wednesday November 29	10am-11am	Timing is everything: Make YOU a Priority
	2pm-3pm	Small Talk & Initiating Relationships
Thursday November 30	12pm-1pm	Critical Reading
	2pm-3pm	Successful Test-Taking
Week Ten		
Monday December 4	9am-10am	Successful Test-Taking
	1pm-2pm	Timing is everything: Make YOU a Priority
Tuesday December 5	11am-12pm	Public Speaking...You can do it
	3pm-4pm	Setting Goals & Managing Time
Wednesday December 6	10am-11am*	Stress Management
	2pm-3pm	Effective Note-Taking
Thursday December 7	12pm-1pm	The Ability to Give & Receive Feedback
	2pm-3pm	Be the CEO of you

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Receive a stamp for each session you attend (some workshops are worth 2 stamps as indicated (2)). 10 stamps earns you a certificate of completion and an invitation to the Academic Resource Center recognition event held in May. More information available on our website.

BE SURE TO SIGN-UP ONLINE TODAY!!!