

# CU SUCCEED

## WORKSHOP SERIES - FALL 2010

All workshops will be held in the Shepler Center Centennial Room.  
Refreshments, door prizes and supplies will be provided.

**Tuesday, September 14 - 12:15 PM**

*Exploring Majors: Biology*

Brandon McDonald

**Thursday, September 16 - 10:00 AM**

*Being Your Best: Goal Setting*

Steve Sassaman

**Wednesday, September 22 - 2:30 PM**

*Go to the Head of the Class:*

*Test Taking Tips*

Mark Washburn

**Tuesday, September 28 - 6:30 PM**

*Tick Tock: Time Management*

Dr. James Lambert

**Friday, October 8 - 10:30 AM**

*Mental Health Intervention*

Deanice Shegog

**Monday, October 11 - 4:00 PM**

*Can We Talk?: Effective Communication*

Dr. William Carney

**Wednesday, October 13 - 12:15 PM**

*Exploring Majors: Psychology*

Dr. John Geiger

**Friday, October 15 - 10:00 AM**

*QPR - Question, Persuade, Refer:*

*Suicide Prevention Gatekeeper Training*

Jennifer Holland

**Tuesday, October 26 - 10:30 AM**

*True Colors - What Color is Your Personality?*

Marshana Moore

**Wednesday, November 3 - 2:00 PM**

*It's Your Life: Personal Responsibility*

Dr. Maxwell Kwenda

**Tuesday, November 9 - 12:15 PM**

*Exploring Majors: Sociology*

**Monday, November 15 - 3:00 PM**

*Research Skills for the College Classroom*

Dr. Justin Walton

**Tuesday, November 16 - 3:00 PM**

*Good Idea - But is it Mine? Plagiarism*

Kim Smith

**Tuesday, November 30 - 6:00 PM**

*Basic Relaxation*

Michelle Warner