

SSS Fall Trip



Disgraced at **Long Wharf Theatre**: Looking to take a break from school or just to get off campus? Join us on October 22nd, to explore Downtown New Haven and Yale's campus, and then we'll to the theatre to see *Disgraced*, a play which explores the theme of identity. The time is 5pm to 11pm. For more information on Long Wharf Theatre or the show please visit <http://www.longwharf.org/disgraced>.

Stay Connected to SSS



@UBridgeportSSS



SSS University of
Bridgeport

Follow us and stay up to date on SSS
workshop's, events, and important dates.



Participation Requirements

Each student must be committed to do the following:

1. Meet with your SSS advisor at least (3) times each semester. The first meeting must take place within the first four weeks of the semester.
2. Participate in at least (2) SSS workshops each semester.
3. Maintain at least 12 credit hours each semester.
4. Inform your SSS advisor before you withdraw from any class, or withdraw from the university.
5. Seek tutoring if you are experiencing difficulty in any enrolled class.
6. Notify the SSS office of any changes to your name, address, phone number, or email information.

TRiO
STUDENT SUPPORT SERVICES

Student Support Services

Wahlstrom Library, Rm. 519



Fall 2015 Workshops

Developmental Workshops

First Year Survival Series

SSS Open House: Are you a new SSS student? Drop by the SSS office (Wahlstrom Library, Room 519) anytime from 10am-3pm on August 26th to see our space, meet the staff and get all pertinent information for the fall semester. We will have light refreshments available.

SSS Panel on Success: Nervous about your first semester of college? Don't Be! Join us on September 1st, from 12:20pm-1:20pm in Wahl 500C to hear SSS upperclassmen share their experiences and offer advice on how to tackle your first year of college.

Time Management- Are you managing your time properly?: Part of being successful in college is learning how to balance your academic responsibilities with a healthy social life. Join us on September 9th, from 12:20pm-1:20pm in Wahl 500C, to learn tips and strategies on effective time management.

Academic Etiquette...To Do or Not to Do: College is very different from high school with new rules and expectations. On September 10th, from 12:20-1:20pm in Wahl 500C, participate in a scenario based workshop to learn proper college classroom etiquette.

Navigate UB's Online Resources: As a student, it is important for you to access Web Advisor and Canvas on a regular basis. Often, professors and the institution notify you of important information through these portals. Join us on September 15th, from 12:20pm-1:20pm in the SSS Computer lab, to learn about these online tools.

Study Skills: Ever feel like you just don't know how to study? Fear no more! Attend our workshop on September 23rd, from 5:00pm-6:15pm in the Pavilion (1st floor of the library), to learn some tips and strategies to assist you in finding what studying techniques work best for you.

Get Ahead - Spring '16 Registration: Stumped on what classes to take for the spring? Not sure how to search for classes offered in the spring? During this session you'll learn how to navigate UB's course system so you can be ahead of the game. Join us on November 2nd, from 12:20pm-1:20pm, in the SSS Computer Lab.

Personal Enrichment

Is my communication style effective?: Have you ever thought about how you communicate with others? Join us on October 5th, from 12:20pm-1:20pm in Wahl 500C to learn about your communication style and to improve your skills with friends, peers and faculty.

True Colors Personality Assessment: Are you interested in learning more about yourself? Join us in taking a fun personality assessment to gain insight about yourself as well as your peers on November 11th, from 12:20pm-1:20pm in Wahl 500C.

Info Sessions

Alternative Spring Break: Do you like community service work? How about traveling? On September 2nd, from 12:20pm-1:20pm in Wahl 500C, learn how Alternative Spring Break provides an opportunity for both service and travel and how to apply for the project.

Study Abroad: Have you ever considered studying abroad but just weren't sure where to get started? Join us on October 21st, from 12:20pm-1:20pm in Wahl 500C, to learn about the study abroad opportunities that UB provides, as well as possible funding sources to make this dream happen!

Women's Group

Safety First: New to campus? Not sure of your surroundings? Come to this interactive workshop and learn campus safety tips as well as some basic self-defense moves to help you feel protected on campus and in the community. This workshop will be held on September 17th, from 12:20pm-1:20pm in Wahl 500C.

Love Your Body: Are you comfortable in your own skin? Does society have an impact on how you feel about yourself? Join us on October 22nd, from 12:20pm-1:20pm in Wahl 500C for an interactive workshop on body image and female roles in society.

I will not tolerate...: As women we are often open to expressing ourselves and our life journey with close friends. While listening to your friends do you ever think, "I would never put up with that, what was she thinking"? Join us on November 19th, from 12:20pm-1:20pm in Wahl 500C, to engage in thoughtful discussion about relationships and self worth.

Women's group sessions are open to all female SSS participants and are a unique opportunity to connect and share in a safe, supportive space.

