

WORKSHOP DESCRIPTIONS



Breaking New Ground: Tips & Techniques for College Survival

Attend this workshop if you are interested in learning tips and techniques on college life, learning styles, campus resources, study skills, how important it is to be active on campus and being successful both in and out of the classroom.



Health Related Careers

Are you interested in a health related career? This workshop is for you! Find out what the expectations are, whether it be math, biology, chemistry, labs, and time commitment. This is especially helpful to students interested in UMA programs in biology, nursing, dental health, or veterinary technology.



Writing for College

Writing an essay or paper in college can be quite daunting, and you'll find that a lot of people share the concerns that you may have. Come to this session and ask questions and get answers about "What Professors Want" and how to get writing help throughout your time as a student here at UMA-Bangor.



Making the Most Out of Your Minutes!

Please join us for a discussion that highlights several ways to get the **most out of your minutes** ... and your UMA experience.



Navigating Your Way Around Maine Street

Attend this workshop to learn more about the many ways students can complete an academic and administrative transaction using the Maine Street portal (**you must have already activated your Maine Street user ID and created a password**).



Accepting Personal Responsibility!

Research has shown that students who accept responsibility for their own learning are more likely to succeed in college. According to Downing, 2011, "The essence of personal responsibility is responding wisely to life's opportunities and challenges, rather than waiting passively for luck or other people to make the choices for us."