



TRIO SPECIALS

STUDENT SUPPORT SERVICES WORKSHOPS

JAN 15-19	8:00-4:30 COME & GO	NOTE-TAKING SKILLS (SELF-GUIDED)
FRI JAN 26	9:00 OR 3:00	BEGINNING TEACHER  (EDUCATION MAJORS ONLY)
WED JAN 31	10:00 OR 2:00	MONEY MANAGEMENT 
THU FEB 15	11:00 OR 3:00	ADULTING 
FEB 26-29	8:00-4:30 COME & GO	TEACHER BURNOUT  (SELF-GUIDED, EDUCATION MAJORS ONLY)
FRI MAR 1	9:00 OR 1:00	SELF-CARE
MON MAR 11	11:00 OR 3:00	SUN SAFETY (SPRING BREAK & ECLIPSE)
TUE APR 2	12:30 OR 4:00	GROWTH MINDSET
WED APR 17	12:00 OR 4:00	RESUME & INTERVIEW PREP
WED MAY 1	8:00-4:30 COME & GO	INTERNSHIP II PREP  (EDUCATION MAJORS ONLY)



LOCAL FAVORITES

Watch for announcements
about these additional events!

GAME DAY
ESCAPE ROOMS
CULTURAL ENRICHMENT TRIP
ETIQUETTE DINNER
COMMUNITY SERVICE PROJECT
AND MORE!

WORKSHOP DESCRIPTIONS

NOTE-TAKING SKILLS

This is a self-guided, come-and-go workshop where students will receive guidance for college note-taking and learn how to utilize a Rocketbook Notebook.

BEGINNING TEACHER

Education majors only. Students will learn the first steps to establishing their own classroom and beginning their teaching careers.

MONEY MANAGEMENT

Learn how to use a Clever Fox Budget Planner to make smart money decisions in this financial literacy session. Refreshments provided.

ADULTING

Planning for retirement, paying taxes, and having a mortgage all sound so... grown up. We'll cover some basics in this interactive, game-style workshop.

TEACHER BURNOUT

Education majors only. Discover tools, resources, and methods to help care for your own needs so you can best meet the needs of your students.

SELF-CARE

Practice self-care, de-stressing activities and learn about mental health wellness. Refreshments provided.

SUN SAFETY (SPRING BREAK & ECLIPSE)

Conduct experiments to see how reliable your favorite sunscreen products will be during spring break, and learn to practice safe viewing of the eclipse.

GROWTH MINDSET



Throw out your self-limiting beliefs and learn how adopting a growth-mindset can unlock your potential for success. Refreshments provided.

RESUME & INTERVIEW PREP

Learn how to create a professional resume and prepare for job interviews. Participants will receive free portfolios and interview guides. Refreshments provided.

INTERNSHIP II PREP

This is a self-guided event for education majors entering internship II in the fall. Students will preview procedures and expectations and will gain materials for success in internship II.

All times and dates subject to change. All workshops will be located in the TRIO SSS office (RCB 345) unless otherwise announced. Sessions marked with  indicate financial literacy. Sessions marked with  indicate workshops for education majors only. Watch Facebook, Instagram, and your ATU email for reminders and pop-up workshop opportunities not shown on this schedule.