

**Spring 2025
Student Academic Success Series**

All workshops will take place in the Student Success Hub 217 Langley Hall, unless otherwise noted

*Dates and times subject to change. Visit [Student Academic Success Series](#) site for up-to-date workshop information. *

Day	Time	Title, Description, & Contact	Targeted Audience
OnDemand	OnDemand	Canvas Overview and Walk-Through https://www.undergradstudies.pitt.edu/student-success-hub/student-academic-success-series#On%20Demand%20Workshops	All Audience
OnDemand	On Demand	Professional & Effective Communication https://www.undergradstudies.pitt.edu/student-success-hub/student-academic-success-series#On%20Demand%20Workshops	All Audience
OnDemand	On Demand	Study Strategies & Self-Regulated Learning https://www.undergradstudies.pitt.edu/student-success-hub/student-academic-success-series#On%20Demand%20Workshops	All Audience
OnDemand	OnDemand	Note Taking https://www.undergradstudies.pitt.edu/student-success-hub/student-academic-success-series#On%20Demand%20Workshops	All Audience
Every other Monday (January 13 th)	3:00 pm – 4:00 pm	“Ask A Therapist” <i>Formerly known as “Let's Talk”, “Ask a Therapist” is a drop-in service that offers informal, confidential consultation with a clinician from the University of Pittsburgh Counseling Center. These are free for all enrolled University of Pittsburgh students. Students often use Ask a Therapist to get support with a specific problem and/or to learn more about services at the University of Pittsburgh Counseling Center. Consultations are typically 10-15 minutes long and are offered in-person.</i> Presenter: Bernadette Smith	All Audience
Every Thursday	12-2pm	Writing Center -Drop-In hours	All Audience
Thursday, January 2 nd	12pm	Unlocking Your Academic Success Presenter: Larissa Ciuca, Brian Williams and Natasha Williams Virtual: https://pitt.zoom.us/meeting/register/tJ0rcuyhrjMuE9MY8yA57qCkF9SGPTa0jQi3 Come learn how to navigate the University of Pittsburgh campus and locate resources.	Transfer Students
Wednesday, January 8 th	12pm	Unlocking Your Academic Success Presenter: Larissa Ciuca, Brian Williams and Natasha Williams Location: 217 Langley Hall, Student Success Hub	

		Come learn about the University of Pittsburgh campus and resources	Transfer Students
Wednesday, January 15	12pm	<p>Completing your FASFA Presenter: Ashley Eppley Location: 217 Langley Hall Student Success Hub</p> <p>Come learn how to complete your FASFA application for the new school year. Representatives will be available to answer any questions. Bring laptop.</p>	All Audiences
Tuesday, January 21, 2025	11-11:50am	<p>Career Center “Negotiation Skills” Presenter: Marie Newkirk Virtual Zoom: https://pitt.zoom.us/meeting/register/tJlkcOGgqj4pHdP8uRqV6gq1xh8nL2Wk5Ulv</p> <p>Come learn how to negotiate your salary needs.</p>	All Audiences
Thursday, January 23, 2025	12:00 PM	<p>Financial Wellness Dept “Learn How to Budget Presenter: Janet McLaughlin Virtual Zoom: https://pitt.zoom.us/meeting/register/tJAsduGvrzqiGt0ZaHOH0qeYh7uqsH57GFiv</p> <p>Come learn how to budget your accounts and save money.</p>	All Audiences
Wednesday, January 29 th 12pm	12pm	<p>Global Experience & Funding Opportunities Presenter: Oksana Stalczyński Location: Student Success Hub 217 Langley Hall</p> <p>Are you interested in traveling abroad? Are you unsure of how to fund your experience? Come learn how to apply for scholarships and possible locations to visit.</p>	All Audience
Thursday February 6 th	12pm	<p>Networking and Mentorship Presenters: Melissa Kelly Virtual: https://pitt.zoom.us/meeting/register/tJMrceivrTwwEtfhAnzxxNGT4vrWzdlyZNY</p> <p>Pitt Commons is a networking and mentorship platform designed exclusively for Pitt students, alumni, faculty, and staff to foster meaningful connections. By creating a profile, users can explore the community and engage with others based on shared academic interests, career goals, or unique passions.</p>	All Audience

<p>Tuesday, February 11th 12pm</p>	<p>12pm</p>	<p>How To Create a Research Question Presenter: Dr. Carl Sell Virtual: https://pitt.zoom.us/meeting/register/tJcrce6rrzkiH9OT9KPulahIOclAzWg--s52 Have you ever struggled to create a really good research question for class papers, presentations, or research projects? We have all been there. This workshop will take you through the steps of formulating a research question for each project you may be thinking of—the first step is always trying to figure out just what to find out, and that is what a good research question can do!</p>	<p>All Audienc e</p>
<p>Thursday February 13th</p>	<p>12pm</p>	<p>Cover Letter and Resume Presenter: Natasha Williams Virtual: https://pitt.zoom.us/meeting/register/tJMscce-ggT8rH9YJ9sEF9XIF9H4cSBC6Kzgg Come learn how to draft a Cover Letter and Resume for a potential job or an internship.</p>	<p>All Audienc e</p>
<p>Thursday , February 20th</p>	<p>12pm</p>	<p>Interviewing Skills Presenter: Natasha Williams Virtual: https://pitt.zoom.us/meeting/register/tJEIfuyqpjwqE9DQQNHsOywDNX50fY9cC9wn Come learn how to Interview with confidence. Ask potential employers the correct follow-up questions.</p>	<p>All Audienc e</p>
<p>Wednesd ay, March 12th</p>	<p>12pm</p>	<p>Learn about ME3 Career Assessment Presenter: Kaylee Burns Location: 217 Langley Hall Student Success Hub Some students know exactly what they want to study, some may want to explore other programs that align more with their interests, skills, and career aspirations, and others may not be sure where to start—all are possible here at Pitt! The me3 Career Assessment serves as one of Pitt's career and degree exploration tools. In this workshop, we'll walk you through the me3® assessment and breakdown your results, which will include your RAISEC code, as well as career descriptions, career outlooks, and more! Be sure to bring your phone and/or laptop to complete the assessment.</p>	<p>All Audienc e</p>

Wednesday, March 19 th	12pm	<p>Learn about Nationality Room Scholarships Presenter: Katya Kovaleva Location: 217 Langley Hall Student Success Hub</p> <p>Are you interested in studying abroad? If you are unsure of scholarship opportunities, come learn about the Nationality Room Scholarship opportunities.</p>	All Audience
Tuesday, March 25 th	12pm	<p>Prevention at Pitt Sexual Misconduct Prevention Presenter: Carrie Benson Location: 217 Langley Hall Student Success Hub</p>	All Audience
Wednesday, March 27 th	12pm	<p>Academic Exploration Presenter: Larissa Ciuca and Natasha Williams Location: 217 Langley Hall Student Success Hub</p> <p>If you are questioning which major to choose, considering changing your major or adding a credential, or looking for ways to maximize your courses, you can explore other opportunities such as minors, certificates, and distinctions in this session.</p>	All Audience