

COUNSELLING AND DEVELOPMENT



WORKSHOPS
& EVENTS

 WINTER 2012



Register online for all Counselling and Development workshops:

<http://cdev.concordia.ca/workshops>

- Counselling and Development's workshops are FREE for all currently registered Concordia students.
- If you don't have access to the internet or need help registering, drop by the Student Success Program Centre (SGW H-481 or LOY AD-101) for assistance or to use one of our computers.

LOCATION INFORMATION

Unless otherwise indicated, all workshops take place in the Counselling and Development offices which are located on both campuses.

SGW: Hall Building, Room H-440

CAPS EN-109 (workshops in this location will be indicated)

LOY: Administration Building, Room AD-103

LATENESS

* indicates the workshops where latecomers will not be admitted.

FOR MORE INFORMATION, CONTACT US ON BOTH CAMPUSES:

SGW: 514-848-2424 ext. 3545

LOY: 514-848-2424 ext. 3555

CANCELLATION PROCEDURE

If you are unable to attend a workshop that you are registered for, notify the Workshop Administrator at cdgroups@alcor.concordia.ca stating the full workshop name and date, and your student ID.

WORKSHOPS

FIRST YEAR EXPERIENCE SEMINAR SERIES..... 4 ■

STUDENT EXPERIENCE SEMINAR 6 ■

LEARNING AND STUDY SKILLS STRATEGIES..... 7 ■

LIFE SKILLS AND PERSONAL SUCCESS 10 ■

CAREER PLANNING AND JOB SEARCH 12 ■

WORKSHOPS FOR INTERNATIONAL STUDENTS..... 16 ■

PLANNING FOR GRADUATE SCHOOL 18 ■

GRADUATE EXPERIENCE SERIES 19 ■

PLUS LEADERSHIP WORKSHOP SERIES 20 ■

FAIRS, PROGRAMS AND EVENTS

RE-DISCOVER CONCORDIA FAIR..... 4 ■

LUNCH N’ LEARN 9 ■

MATH HELP..... 9 ■

EATING DISORDERS SUPPORT GROUP 10 ■

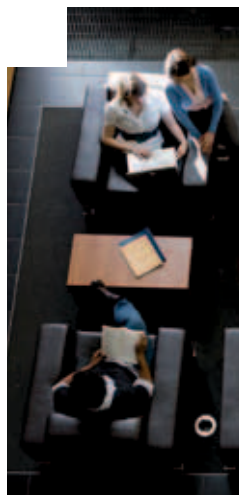
CAREER PANELS 12 ■

EDUCATION CAREER FAIR 13 ■

ENGINEERING & COMPUTER SCIENCE CAREER FAIR 13 ■

OUI CAN HELP 16 ■

PRACTICE FRENCH ON CAMPUS 17 ■



BUDGETING 101*A. Barrafato*

Learn the basics of making a budget, managing your accounts, dealing with your credit cards and controlling debt.

SGW Wed. Jan. 18 11:45 a.m. – 11:00 p.m.

CONNECTING TO UNIVERSITY LIFE*L. Guy and Student Success Mentors*

Learn where and how to get involved in university life. Meet successful Concordia students from various programs who will share strategies for success and answer your questions about student life at Concordia.

SGW Fri. Jan. 13 11:45 a.m. - 1:00 p.m.

INTRODUCTION TO EFFECTIVE READING*J. Dunphy*

Learn how to cope with all the course reading you will have to do. Learn effective strategies for reading your textbook actively and efficiently.

SGW Mon. Jan. 16 9:45 – 11:00 a.m.

LOY Tue. Jan. 17 1:15 – 2:30 p.m.

INTRODUCTION TO UNIVERSITY WRITING*J. Dunphy*

Understand and begin to prepare for the demands of academic writing. Learn basic strategies for planning, organizing and developing ideas. Plagiarism, and how to avoid it, will also be discussed.

SGW Thu. Jan. 19 2:45 – 4:00 p.m.

LOY Tue. Jan. 24 3:00 – 4:15 p.m.

PLAN MORE — STRESS LESS*L. Santa-Maria Barbagallo*

Become well-prepared to begin your university life and keep on track all year. Learn how to balance your commitments and activities, organize your course materials, set up a support network and create a productive study space.

SGW Tue. Jan. 10 9:45 – 11:00 a.m.

LOY Wed. Jan. 25 3:00 – 4:15 p.m.

RE-DISCOVER CONCORDIA FAIR*A Student Services Fair sponsored by Counselling and Development.*

Many of the services and resources available at Concordia are represented. The atmosphere is informal, the staff representatives are knowledgeable and approachable, and there are prizes to be won!

SGW (LB Atrium) Thu. Jan. 26 10:00 a.m. – 3:00 p.m.

SUCCEEDING IN FIRST-YEAR SCIENCE AND ENGINEERING

A. Wieczorek

Learn effective study skills and exam preparation techniques for problem-solving courses, including how to read selectively, how to improve your notetaking skills and how to benefit from group study.

SGW Tue. Jan. 12 3:00 – 4:00 p.m.

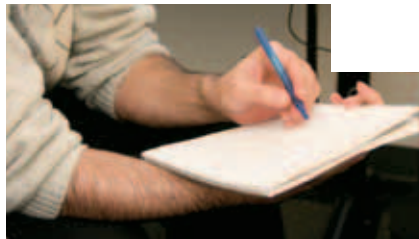
TIME MANAGEMENT FOR FIRST-YEAR STUDENTS

A. Wieczorek

Learn how to organize and use your time effectively and gain strategies to overcome procrastination.

SGW Mon. Jan. 9 11:45 a.m. – 1:00 p.m.

LOY Tue. Jan. 10 11:45 a.m. – 1:00 p.m.



FOR STUDENTS IN ALL YEARS OF STUDY

GOING TO GRAD SCHOOL? WHAT TO EXPECT

Student Success Mentors

Planning to study at the graduate level? Be prepared to meet the challenge and enjoy the experience. Get a student perspective on Grad School from current graduate students.

SGW **Thu. Mar. 22** **11:30 a.m. – 1:00 p.m.**

INTERNATIONAL OPPORTUNITIES

Student Success Mentors

Thinking about a student exchange, volunteer work or internship abroad? Learn about opportunities that can provide valuable learning and life experiences.

SGW **Thu. Mar. 8** **10:00 – 11:45**

LAUNCH YOUR CAREER—VOLUNTEER!

V. Millette and the Student Success Mentors

Learn how and where to connect with volunteer opportunities that can help you reach your career goals while you develop valuable skills.

SGW **Thu. Mar. 1** **2:00 – 4:00 p.m.**

MAKE THE CONNECTION: STRATEGIES FOR ONLINE COURSES

Student Success Mentors

Learn strategies to manage online courses effectively, avoid the pitfalls, and succeed.

SGW **Fri. Jan. 13** **9:45 – 11:00 a.m.**

MAKING GROUP-WORK WORK

Student Success Mentors

Learn strategies to make the group-work experience more positive and successful for you and your teammates.

SGW **Wed. Jan. 25** **10:45 a.m. – 12:00 p.m.**

NETWORKING FOR STUDENT SUCCESS

Student Success Mentors

Learn strategies to network with professors, other students and potential employers - benefit fully from your connections.

SGW **Wed. Feb. 1** **9:45 – 11:00 a.m.**

PRE-MED@CONCORDIA

Student Success Mentors

Learn how to develop the kind of profile that will improve your chances of getting into medical school or a graduate program in a related field.

LOY **Thu. Feb. 2** **9:30 – 11:00 a.m.**

LEARNING AND WRITING

DOCUMENTATION WITHOUT PLAGIARISM

R. Stanton

Learn how to quote, paraphrase and avoid plagiarism when documenting sources for a research paper.

SGW **Fri. Feb. 10** **11:30 a.m. – 1:30 p.m.**

EFFECTIVE ORAL PRESENTATIONS

J. Dunphy

This two part series will help you discover the skills and techniques necessary to design, develop and deliver effective oral presentations. Practice presenting and receive feedback on how to enhance your presentation skills. *Please note: Graduate students should attend the workshop "Oral Presentations for Graduate Students" on page 19.*

SGW **Thu. Feb. 2** **1:30 – 4:30 p.m.**

HOW TO MANAGE YOUR TIME AND DEAL WITH PROCRASTINATION

J. Dunphy and L. Fitopoulos Ph.D, Psych.

This two part series will help you define and deal with your style of procrastination and develop strategies to manage your time effectively.

SGW **Mon. Jan. 23** **9:30 a.m. – 12:30 p.m.**

IMPROVING YOUR MEMORY AND CONCENTRATION

J. Dunphy

By experiencing concrete examples, improve understanding of how your brain learns and how to harness that power to learn and remember course material.

SGW **Wed. Jan. 25** **4:15 – 6:00 p.m.**

LOY **Tue. Jan. 31** **10:15 a.m. – 12:00 p.m.**

LEARNING FROM LECTURES: NOTE-TAKING

J. Dunphy

Learn note-taking strategies to help you retain material covered in lectures. Please bring some recent class notes to the workshop.

SGW **Wed. Jan. 11** **4:15 – 6:00 p.m.**

LOY **Tue. Jan. 17** **10:15 a.m. – 12:00 p.m.**

LEARNING FROM YOUR TEXTBOOK: READING AND REMEMBERING

J. Dunphy

Learn strategies to select the most important information in your textbook and remember it. Please bring a textbook to the workshop. *Please note: For science and engineering students, please attend the workshop on "Strategies for Reading Your Engineering Textbooks" on page 9.*

SGW **Wed. Jan. 18** **4:15 – 6:00 p.m.**

LOY **Tue. Jan. 24** **10:15 a.m. – 12:00 p.m.**

SMART TEST TAKING STRATEGIES*J. Dunphy*

Learn strategies for taking tests and exams, including multiple choice and essay types. Also learn effective test preparation techniques.

SGW	Wed. Feb. 1	4:15 – 6:00 p.m.
LOY	Tue. Feb. 7	10:15 a.m. – 12:00 p.m.

STRATEGIES FOR ACADEMIC WRITING*R. Stanton*

Understand what teachers expect in a typical academic research paper. Learn strategies to make the writing process easier and to produce better papers.

Session 1: Getting Started: Understanding the Assignment and Generating Ideas

SGW	Fri. Jan. 20	11:30 a.m. – 1:30 p.m.
------------	---------------------	-------------------------------

Session 2: Researching Your Topic in the Library.

SGW	Fri. Jan. 27	11:30 a.m. – 1:30 p.m.
------------	---------------------	-------------------------------

Please note: This session takes place in LB – 203

Session 3: Finding a Thesis Statement: Planning, drafting and editing your research paper.

SGW	Fri. Feb. 3	11:30 a.m. – 1:30 p.m.
------------	--------------------	-------------------------------

STRATEGIES FOR LEARNING IN YOUR SECOND LANGUAGE*J. Dunphy*

If English is not your first language and this is your first time studying in an English school, this workshop is for you. Learn strategies for studying in your second language. *Target Group: ESL and/or International students.*

SGW	Thu. Jan. 12	3:00 – 5:00 p.m.
------------	---------------------	-------------------------

WORKING ON GROUP PROJECTS*R. Stanton*

Discover ways to work with a group, both for projects assigned by your professors and for study groups you form on your own.

SGW	Fri. Feb. 17	11:30 a.m. – 1:30 p.m.
------------	---------------------	-------------------------------

MATH AND ENCS WORKSHOPS**ACE YOUR MATH AND SCIENCE COURSES***A. Wiczorek*

Learn strategies to help ace your Math and Science courses.

SGW	Thu. Feb. 16	12:00 – 1:00 p.m.
------------	---------------------	--------------------------

EXAM STRATEGIES FOR SCIENCE AND ENGINEERING STUDENTS*A. Wiczorek*

Learn tips on how to do better on your Math and Science exams.

SGW	Wed. Feb. 1	3:00 – 4:00 p.m.
------------	--------------------	-------------------------

LEARNING TO LIKE MATH

A. Wieczorek

Find out how to overcome the stress and anxiety brought on by math courses as well as strategies to become more confident in the subject.

SGW Tue. Jan. 24 5:30 – 6:30 p.m.

STRATEGIES FOR READING YOUR ENGINEERING TEXTBOOKS

A. Wieczorek

Learn effective ways of reading your engineering textbooks.

SGW Wed. Jan. 25 3:00 – 4:00 p.m.

TIME MANAGEMENT FOR ENCS STUDENTS

A. Wieczorek

Learn how to find study time in your busy schedule and how to study smarter by using effective study strategies.

SGW Wed. Jan. 18 3:00 – 4:00 p.m.

LUNCH N' LEARN

Sessions on Learning and Studying in Canada for International and English as a Second Language students

From Jan. 11 – Each Wednesday from 12:00 – 1:00 p.m. in SGW H-440

Check learning.concordia.ca for schedule and topics

MATH HELP!

Free math help for MATH 200, 201, 203, 204, 205, 206, 208, and 209.

Check learning.concordia.ca for schedule



BUILDING YOUR SELF-CONFIDENCE

L. Fitopoulos, Ph.D, Psych.

Effective confidence building strategies presented in this workshop will assist you in feeling more empowered and successful.

SGW Mon. Feb. 13 10:00 a.m. – 12:00 p.m.

HABIT OR ADDICTION – WHAT’S THE DIFFERENCE?

D. Robinson, M.Ed., Psych.

When does a habit become an addiction? What is it about drugs or alcohol that is so habit-forming that people can't just "simply stop"? Find out about the mechanisms of addiction, how it affects the brain and behavior, turning use to potential abuse or addiction.

SGW Fri. Feb. 3 2:15 – 3:15 p.m.

HOW TO MANAGE YOUR TIME AND DEAL WITH PROCRASTINATION

J. Dunphy and L. Fitopoulos Ph.D, Psych.

This two part series will help you define and deal with your style of procrastination and develop strategies to manage your time effectively.

SGW Mon. Jan. 23 9:30 a.m. – 12:30 p.m.

LEARNING TO SAY NO

J. Mayerovitch, M.A., Psych. and R. Rowat, M.A., c.o.

Learn how to express yourself without feeling guilty. This workshop is designed to help you assert yourself in a clear, direct and confident way.

LOY Thu. Feb. 16 2:00 – 4:00 p.m.

EATING DISORDERS SUPPORT GROUP

A. Barrafato

If you suffer from anorexia, bulimia or binge eating, meet with the facilitator and see if you would like to participate in a weekly support group. This group is intended to provide you with a safe, supportive, and confidential environment in which you can comfortably talk about your problems and get the support you need. (*Eight Sessions*)

To register please call (514) 848-2424 ext. 3545 (SGW) to make an appointment with the facilitator.

SGW Every Thursday from 3:00 – 5:00 p.m. starting February 9 and ending March 29

MAKING YOUR DREAMS HAPPEN

D. Robinson, M.Ed. Psych. and D. Tabakow M.Ed., c.o.

What's the difference between dreams and goals? How can you make your dreams a reality? Learn 10 simple, but effective, strategies to turn your dreams into achievable goals and those goals into reality.

SGW **Wed. Jan. 11** **10:00 a.m. – 12:00 p.m.**

MANAGING YOUR STRESS

N. Gobeille, M.Ed., Psych.

You are likely most effective in your school work when neither too bored or too overwhelmed. The challenge is to find that happy equilibrium. In this workshop we will practice and discuss ways of managing stress.

SGW **Tue. Feb. 7** **3:00 – 4:15 p.m.**

PERSEVERANCE

N. Gobeille, M.Ed., Psych.

Get connected with your studies and priorities and learn how to maintain a “persevering attitude” when confronted with life’s challenges.

SGW **Tue. Jan. 24** **3:00 – 5:00 p.m.**

TEN EFFECTIVE STRATEGIES TO MANAGE EXCESSIVE ANXIETY

D. Schwartzman, Ph.D. Candidate and K. Stelmaszczuk, Ph.D. Candidate

This workshop will highlight and elaborate on proven strategies to reduce various types of worries many people experience.

SGW **Thu. Feb. 9** **10:00 a.m. – 12:00 p.m.**

TEN SIMPLE TRUTHS TO AN IMPROVED LIFE

L. Fitopoulos, Ph.D, Psych.

Learn about ten simple guidelines to living that can boost your quality of life and sense of happiness.

SGW **Thu. Feb. 9** **1:00 – 3:00 p.m.**

TIME IS NOW! BUILDING AND IMPROVING YOUR SOCIAL STRENGTHS

P. Jabouin, M.A. Candidate Counselling Psychology, S. Hoffman, M.A. Candidate Counselling Psychology and A. Plokar, M.A. Candidate Counselling Psychology

Do you wish to know more people? Learn how to be more approachable? Come to this workshop and learn to strengthen your skills and build new social strengths.

SGW **Tue. Jan. 17** **11:15 a.m. – 2:15 p.m.**

UNDERSTANDING DEPRESSION

N. Gobeille, M.Ed., Psych.

Find out when feeling “down” crosses the line and becomes depression. Learn to identify signs of depression, how to cope with it, and how to get help.

SGW **Mon. Feb. 27** **1:00 – 2:30 p.m.**

AVEZ-VOUS FAIT LE MEILLEUR CHOIX DE CARRIÈRE?

B. Tremblay, c.o.

Les étudiants découvriront les étapes faciles à suivre afin de choisir ou valider leur choix de carrière idéale. *Veillez noter que cet atelier est offert entièrement en français.*

SGW **Tue. Feb. 7** **1:00 – 3:00 p.m.**

BUILDING YOUR CAREER IN THE PROVINCE OF QUEBEC

C. Bourdon

Learn which work-related values are important to Quebec employers and which behaviours and communications styles will help you climb the corporate ladder.

SGW **Wed. Mar. 14** **2:00 – 4:00 p.m.**

CAREER FAIR TIPS: HOW TO PREPARE FOR A CAREER FAIR

R. Cerone and A. Nizzola

Prepare for upcoming career fairs and company information sessions. Learn how to make a memorable impression and network with company representatives. *(Please see page 13 for a listing of Career Fairs.)*

SGW **Wed. Feb. 1** **12:00 – 1:00 p.m.**

SGW **Thu. Feb. 2** **12:00 – 1:00 p.m.**

SGW **Mon. Feb. 6** **12:00 – 1:00 p.m.**

SGW **Tue. Feb. 7** **12:00 – 1:00 p.m.**

ENTREVUE 101: L'ART DE COMMUNIQUER VOS HABILITÉS À UN EMPLOYEUR

C. Bourdon and B. Tremblay, c.o.

Au cours de cet atelier interactif, nous vous apprendrons les outils nécessaires et essentielles pour réussir une entrevue. Vous apprendrez comment répondre à des questions difficiles et participerez à des mises en situations. *Veillez noter que cet atelier est offert entièrement en français.*

SGW **Wed. Mar. 28** **2:00 – 5:00 p.m.**

FIND A CAREER YOU LOVE: EXPLORE YOUR VALUES, SKILLS, AND INTERESTS

A. Barrafato and D. Tabakow

This career planning workshop will help you gain knowledge about yourself and allow you to set career goals. By assessing your values, skills and interests, you will learn more about what you want to do career-wise.

SGW **Mon. Jan. 30** **10:00 a.m. – 12:00 p.m.**

CAREER PANELS

Learn more about career options related to your major, or within your field of interest, by attending this exciting series of panel discussions. Speakers will share their career path experiences and provide insight into how to achieve career success.

Careers in Working With Children

SGW H-765 **Tue. Mar. 13** **3:00 – 5:00 p.m.**

Careers in Working With the Elderly

SGW H-767 **Wed. Mar. 21** **3:00 – 5:00 p.m.**

EDUCATION CAREER FAIR

Are you an education student interested in a career in teaching? Don't miss the 2012 education Career Fair. This is your opportunity to meet directly with employers in the field of teaching, hand out your résumé and make connections! Open to Concordia Education students and alumni interested in teaching.

SGW (LB Atrium) Wed. Feb. 8 12:00 – 5:00

ENGINEERING AND COMPUTER SCIENCE CAREER FAIR

Are you graduating this year, looking for an internship or planning to look for a summer job? This is your opportunity to meet with employers in your field and explore the opportunities available to you!

SGW (H-765) Mon. Feb. 13 10:00 a.m. – 4:00 p.m.

SGW (H-765) Tue. Feb. 14 10:00 a.m. – 4:00 p.m.

Come prepared!

1. Visit caps.concordia.ca to find out which companies will be attending on each day.
2. Sign up for one of our Career Fair Tips workshops.
3. Attend our Resume Clinic or make an individual appointment for a resume check-up (514-848-2424 ext. 7345).

FIND AN INTERNSHIP AND MAKE THE MOST OF IT

R. Taliano

Learn how to search for an internship opportunity that will help you advance your career. Find out how to make the best impression and make the most of this learning experience.

SGW Wed. Feb. 8 2:00 – 4:00 p.m.

FIRST WEEK ON THE JOB

R. Cerone and A. Nizzola

Learn how to make a professional impression, understand the importance of business etiquette and develop positive relationships with your new boss and co-workers.

SGW Wed. Apr. 11 1:30 – 3:00

INTERVIEW 101: THE ART OF COMMUNICATING YOUR SKILLS TO AN EMPLOYER

R. Cerone and A. Nizzola

During this interactive workshop, learn how to best prepare for an interview. Discover how to answer difficult questions and practice interview questions through role-playing.

SGW Wed. Feb. 29 1:30 – 3:30 p.m.

SGW Tue. Mar. 20 10:00 a.m. – 12:00 p.m.

LOY Wed. Apr. 4 1:30 – 3:30 p.m.

SGW Thu. May 17 10:00 a.m. – 12:00 p.m.

JOB SEARCH STRATEGIES

R. Taliano

Learn how to begin and conduct a job search to find your ideal job. Understand the hidden job market and employ proven strategies to help you succeed.

SGW	Tue. Jan. 31	2:00 – 4:00 p.m.
SGW	Tue. Feb. 28	2:00 – 4:00 p.m.
LOY	Wed. Mar. 28	2:00 – 4:00 p.m.
SGW	Tue. May 15	2:00 – 4:00 p.m.

LAUNCH YOUR CAREER, VOLUNTEER!

V. Millette and the Student Success Mentors

Volunteering can improve your career prospects, help you develop skills and give you the satisfaction of contributing to your community. In this workshop you will learn how and where to connect with the kind of volunteer opportunities that are most likely to help you reach your career goals.

SGW	Thu. Mar. 1	2:00 – 4:00 p.m.
-----	-------------	------------------

MARKET YOUR SKILLS: GET A JOB!

B. Tremblay, c.o

Think you can't get a job with only a B.A. in Arts and Science? Think again! You will learn how to market your skills to get your dream job.

SGW	Thu. Feb. 9	10:00 a.m. – 12:00 p.m.
-----	-------------	-------------------------

SCIENCE CAREER DAY

Are you a science student wondering what you can do with your BSc and how to land a job? Enjoy and benefit from industry presentations and an opportunity to interact with professionals from the local scientific community at a Science Careers Networking Café. Meet with science professionals, ask questions, build your network and get career advice to help you with a successful job search.

LOY	Wed. Jan. 25
-----	--------------

Schedule:

Job Search, Social Media and Networking

LOY	GE-110	1:00 – 1:45 p.m.
-----	--------	------------------

Pharma Careers 101

LOY	GE-110	2:00 – 2:45 p.m.
-----	--------	------------------

How to Start Your Own Biotech Company

LOY	GE-110	3:00 – 3:45 p.m.
-----	--------	------------------

Science Careers Networking Café

LOY	CJ Atrium	4:00 – 6:00 p.m.
-----	-----------	------------------

RÉSUMÉ WRITING FOR SCIENCE STUDENTS

F. Salintri

Obtain more job interviews by learning how to create a résumé that offers employers in the science field a clear, concise picture of your skills and accomplishments.

LOY Thu. Jan. 26 2:00 – 4:00 p.m.

THE POWER OF ONLINE SOCIAL NETWORKING FOR JOB SEARCH

S. Hawke and R. Taliano

Use social networking web sites such as LinkedIn and Facebook to make connections and market yourself. Learn tips and avoid traps for effective networking.

SGW Fri. Jan. 27 10:00 a.m. – 12:00 p.m.

STRATEGIC VOLUNTEERING

V. Millette

Volunteering can be a strategic career move no matter what you study. Find out how to select the best opportunity, create a volunteer project proposal and present your volunteer experience in your job search.

SGW Tue. Mar. 13 2:00 – 4:00 p.m.

SUCCESSFUL RÉSUMÉS

F. Salintri

Obtain more job interviews by learning to create a résumé that offers employers a clear, concise picture of you and your accomplishments.

SGW Mon. Feb. 6 9:30 – 11:30 a.m.

LOY Mon. Apr. 30 10:00 a.m. – 12:00 p.m.



BUILDING YOUR CAREER IN THE PROVINCE OF QUEBEC

C. Bourdon

Learn which work-related values are important to Quebec employers and which behaviours and communications styles will help you climb the corporate ladder.

SGW **Wed. Mar. 14** **2:00 – 4:00 p.m.**

STRATEGIES FOR LEARNING IN YOUR SECOND LANGUAGE

J. Dunphy

If English is not your first language and this is your first time studying in an English school, this workshop is for you. Learn strategies for studying in your second language. *Target Group: ESL and/or International students.*

SGW **Thu. Jan. 12** **3:00 – 5:00 p.m.**

OUI CAN HELP!

Concordia supports its students in acquiring the knowledge and skills needed to enter the Quebec workforce. Mastering French is one of these skills — that is why the university has launched Oui Can Help! This initiative connects students with French-language resources on campus and throughout the city.

ouicanhelp.concordia.ca



PRACTICE FRENCH ON CAMPUS!

JAZZONS

Practice your French in a small group setting guided by a facilitator. No registration required. Places are limited, arrive early!

Starting Jan. 9, Monday to Friday, 3:00 – 4:00 p.m. in SGW H-662

FRENCH CONVERSATION GROUP FOR UNDERGRADUATE STUDENTS (INCLUDING INDEPENDENT, VISITING AND EXCHANGE STUDENTS) – 12 WEEKS

This ongoing session offers beginner to novice level speakers the opportunity to practice French-language skills in a group setting facilitated by a French speaking professional. Conversations will explore in French topics of interest to all students in Montreal.

SGW (H-440), Wednesdays from 4:00 to 5:00 p.m.

GRADUATE STUDENTS GPTL333 – FRENCH CONVERSATION GROUP

This 6 week session offers beginner to novice level speakers the opportunity to practice French-language skills in a group setting facilitated by a French speaking professional. Conversations will explore in French, topics of interest to graduate students in Montreal. The group will meet twice every week throughout the semester. You will be expected to attend 75% of classes (20 classes) to avoid being charged non-participation fees.

SGW (H-440), Mondays and Wednesdays from 2:00 to 3:00 p.m.

Sec A (Jan 10 – Feb 16)

Sec B (Feb 28 – Apr 5)

Register online: graduatestudies.concordia.ca/gradproskills

GRADUATE STUDENTS GPLT330 – FRENCH CONVERSATION GROUP

This 12 week session offers beginner to novice level speakers the opportunity to practice French-language skills in a group setting facilitated by a French speaking professional. Conversations will explore in French, topics of interest to graduate students in Montreal. The group will meet twice every week throughout the semester. You will be expected to attend 75% of classes (20 classes) to avoid being charged non-participation fees.

SGW (H-440), Mondays and Wednesdays from 12:00 to 1:00 p.m.

January 9 – April 5

Register online: graduatestudies.concordia.ca/gradproskills

APPLYING TO GRADUATE SCHOOL IN PSYCHOLOGY AND RELATED FIELDS

J. Mayerovitch, M.A., Psych. and S. Hawke

Are you thinking of graduate studies in psychology? Find out what resources are available to help you make a strong application. A guest speaker will share their experiences regarding the process.

LOY **Fri. Feb. 3** **10:00 a.m.– 12:00 p.m.**

GRAD SCHOOL APPLICATION STEPS

A. Lenkovskya and S. Hawke

It is never too early to start thinking about the possibility of graduate school. Come and get a general overview of the process.

LOY **Wed. Feb. 1** **9:30 – 11:30 a.m.**

A PORTFOLIO FOR GRADUATE SCHOOL

R. Stanton

Many students applying for graduate school must prepare portfolios (electronic or paper) as part of their application packages. This two session series will give you the tools to create a successful portfolio.

Session 1: The Portfolio

Learn which documents might be appropriate for your portfolio and discuss the content and layout for each one.

SGW **Thu. Jan. 12** **11:30 a.m.– 1:30 p.m.**

Session 2: The Personal Statement

Learn how to write the most important of these documents: The Personal Statement.

SGW **Thu. Jan. 19** **11:30 a.m.– 1:30 p.m.**



Please Note: The Graduate Experience Seminars are for currently registered graduate students only. All sessions take place on the SGW Campus. Exact location will be provided upon sign up.

KEEPING THE COMMITMENT – FOR GRAD STUDENTS

M. Gross

Learn strategies to balance studies, work and personal commitments. Learn how to network effectively and feel less isolated as you pursue your graduate studies.

SGW **Fri. Jan. 13** **11:00 a.m. – 1:00 p.m.**

RESEARCH READING FOR NEW GRADUATE STUDENTS: STRATEGIES FOR READING, DEVELOPING IDEAS AND WRITING A LITERATURE REVIEW

J. Dunphy

Learn how to handle the reading demands of graduate studies. Explore effective ways to approach your reading, take notes from texts, organize ideas, structure themes and develop a literature review.

SGW **Fri. Jan. 20** **11:00 a.m. – 1:00 p.m.**

ORAL PRESENTATIONS FOR GRADUATE STUDENTS

J. Dunphy

Learn how to present your graduate work for various audiences such as seminars, conferences and/or companies. Develop strategies for designing and delivering effective presentations that meet your audience's needs.

SGW **Fri. Jan. 27** **11:00 a.m. – 1:00 p.m.**

SOFT SKILLS AND THE GRADUATE STUDENT

L. Santa-Maria Barbagallo

Learn what soft skills are, why they are important, how to develop them and how to communicate your skills to potential employers.

SGW **Fri. Feb. 3** **11:00 a.m. – 1:00 p.m.**

WRITING YOUR GRADUATE THESIS

R. Stanton

Learn what Concordia expects your graduate thesis to include, and develop strategies to help you get the job done.

SGW **Fri. Feb. 10** **2:00 – 4:00 p.m.**

DEVELOPING A GRADUATE CV FOR ACADEMIC POSITIONS

F. Salintri

Learn how to create a concise curriculum vitae when applying for college and university-level teaching positions. The differences between a cover letter and a statement of teaching philosophy will also be examined.

SGW **Fri. Mar. 2** **10:00 a.m. – 12:00 p.m.**

WRITING FOR PUBLICATION

A. Wiczorek

This workshop will cover the process of writing, editing, and submitting a research article or review for peer-reviewed journals and publications.

SGW **Fri. Mar. 16** **10:00 a.m. – 12:00 p.m.**

Please note: This series is designed to introduce you to the basic skills and knowledge needed to become an effective leader. Students who complete all six workshops (a total of 18 hours of attendance plus MBTI testing) will receive a PLUS Certificate. The PLUS workshops can also be taken individually for those not interested in pursuing the certificate.

WHAT IS A LEADER? *

L. Fitopoulos and D. Robinson

Learn how leadership has changed over time and what it means to be a leader in the 21st century. Develop a framework in which to consider and develop your own leadership style.

SGW **Mon. Jan. 16** **1:15 – 4:15 p.m.**

WHAT IS YOUR LEADERSHIP STYLE? *

A. Lenkovskaya and L. Santa-Maria Barbagallo

Please note: Attendance in both sessions is required.

Session 1: MBTI Testing Session (1 hour) *

Students must complete the Myers Briggs Type Indicator (MBTI) prior to Session 2. If you have already done the MBTI through Concordia Counselling and Development, call 848-2424, ext. 3545 to have your results released to the workshop facilitators.

SGW **Mon. Jan. 23** **2:00 – 3:00 p.m.**

Session 2: Workshop Session (3 hours) *

Learn about your individual style of leadership using the Myers Briggs Type Indicator (MBTI).

Discover how the sixteen personality types identified by the MBTI lead to different leadership styles.

SGW **Mon. Jan. 30** **1:15 – 4:15 p.m.**

COMMUNICATION SKILLS FOR LEADERS *

M. Gross and A. Lenkovskaya

Learn how to express yourself clearly and with confidence, deliver difficult messages, handle criticism, listen attentively and help group members communicate effectively.

SGW **Mon. Feb. 6** **1:15 – 4:15 p.m.**

EMBRACING DIVERSITY *

M. Gross and V. Millette

Learn how assumptions, biases and language affect interpersonal relations. Discover how to make diversity a valuable resource in group interactions.

SGW **Mon. Feb.13** **1:15 – 4:15 p.m.**

CONFLICT MANAGEMENT FOR LEADERS *

A. Lenkovskaya and D. Robinson

Develop strategies to diffuse potentially disruptive or even destructive situations. Practice effective conflict resolution strategies and learn skills that you can apply to your specific conflict situations.

SGW **Mon. Mar. 5** **1:15 – 4:15 p.m.**

EFFECTIVE GROUP DYNAMICS *

J. Dunphy and L. Fitopoulos

Learn to understand the subtleties of group interaction. Discover practical ways to increase productivity and make group work a positive experience.

SGW **Mon. Mar. 12** **1:15 p.m. – 4:15 p.m.**



SGW Campus
1455 De Maisonneuve Blvd. West – H 440
514-848-2424 ext. 3545

LOYOLA Campus
7141 Sherbrooke St. West – AD 103
514-848-2424 ext. 3555

CAREER AND PLACEMENT SERVICES

2070 Mackay – EN 109
514-848-2424 ext. 7345