SUNY EMPIRE STATE COLLEGE

ONLINE Academic Support Workshops
May – June 2016

All of the workshops below are offered online in our virtual classroom at http://bit.ly/academicsupportworkshops.

While registration is not required, we highly encourage students to register in order to get reminder emails and any updates about the workshops. To register, send an email to learning.support@esc.edu and indicate the date and title of the workshop(s) for which you are interested.

Workshop Title	Description		
Academic Support: Who To/How To	This workshop provides you with an overview of key contact people and academic support resources and services available to undergraduate and graduate students across the New York state and online.	Tuesday May 17th 6 – 7 p.m. *Mildred Van Bergen*	
Managing Yourself as a Successful Student	This workshop presents you with some practical tips and strategies for how to effectively organize yourself and your time. You will also learn how to maximize your study strategies and tailor them to your individual learning needs.	Thursday, May 19 6 – 7 p.m. *Mildred Van Bergen*	
Statistics Prep: Algebra Review	This short workshop runs through the basic principles and methods of algebra that are commonly used in an Introductory Statistics study. It is a refresher with ample opportunities for interaction and practice.	Tuesday, May 24 6 – 7 p.m. *Sue Orrell*	
Writing College Papers: What's It All About?	This workshop reviews the basics of writing college papers, including organization, formatting and the process of creating a paper. Dust off the cobwebs around what you may (or may not) remember about academic writing.	Wednesday, June 1 6 – 7 p.m. *Carolyn Wilsey* *Brett Sherman*	Monday, July 11, 6 – 7 p.m. *Carolyn Wilsey* *Brett Sherman*
Statistics Prep: Using Excel	This is a basic Excel primer that focuses on the functions of Excel that are most useful in an Introductory Statistics study, with some attention on how to structure worksheets for maximum utility.	Tuesday, May 31 6 – 7 p.m. *Sue Orrell*	
Research & Citing Sources Made Easy	This workshop reviews the basics of good academic research, how to incorporate that research into your papers/projects and show you different tools to help you cite your resources properly and avoid plagiarism.	Monday, June 6 12 - 1 p.m. *Lisa D'Adamo-Weinstein*	Wednesday, July 13 6 – 7 p.m. *Lisa D'Adamo-Weinstein*
Summarizing & Paraphrasing	This workshop helps you learn how to integrate source material into your papers and avoid plagiarism. We'll provide tips for summarizing and paraphrasing effectively with less effort!	Tuesday, June 7, 6 – 7 p.m. *Brett Sherman*	Wednesday, July 20, 12 – 1 p.m. *Brett Sherman*
The Psychology of Action: Overcoming Procrastination	This workshop teaches you how to manage your time and overcome procrastination.	Wednesday, June 15 6 – 7 p.m. *Dan McCrea*	
Transitional Words & Phrases: The Keys to Effective Writing	This workshop will help you discover how transitional words and phrases link your ideas, clarify your thesis and impress your professors. Enhance your writing power with learning how to improve your use of transitional words and phrases.	Tuesday, June 21st, 6-7p.m. Miriam Russell	
Writing through Writer's Block: How to Start Writing and Keep Going	In most instances, "writer's block" is the result of trying to draft the perfect sentence/paragraph/paper in one sitting. We will discuss "writer's block," as well as model some strategies that you can use to push through your own difficult writing moments.	Wednesday, June 22 6 – 7 p.m. *Sophia Mavrogiannis*	
Reading for Results	This workshop familiarizes you with a reading strategy and note taking system designed to help you with common college reading challenges.	Thursday, June 23 12 – 1 p.m. *Seana Logsdon*	
Stress Management	This workshop will help you learn about your own stress responses and how to minimize stress in your life.	Thursday, June 30 6 – 7 p.m. *Dan McCrea*	

For more information about these and other workshops, see our website - www.esc.edu/learning-support/workshops-calendar.

See next page for technical support information.
**If you experience any technical difficulties, please contact the Tech Support Service Desk
on the web:**
http://www.esc.edu/service-desk/
or via phone
(518) 587-2100 ext. 2420 or (800) 847-3000 ext. 2420

Tips for First-time Users

Please log in ahead of time to make sure you can get in without any problem.

You can access the online workshops via a computer, smartphone or tablet.

On a Computer or Laptop
      - Put the web conference "room" address - http://bit.ly/academicsupportworkshops - into your web browser.
      - At the login prompt, type your first and last name and hit Enter.
      - Java will load.
      - When prompted to run Blackboard Collaborate, click "run."
      - Select the connection speed and you're in!

On a Smartphone or Tablet
      - Download the free application "Blackboard Collaborate" from your app store.
    - Follow the directions on screen and, when prompted, use the web conferencing "room": http://bit.ly/academicsupportworkshops.