



STUDENT SUPPORT SERVICES

Schedule & Description

TRIO SSS Leading and Learning Week

Location: All presentations will take place on Zoom.

Register at: <http://bit.ly/LLWeekRegistrationForm>

Monday, October 26, 2020

Time	Title	Presenter	Description	Zoom URL
10:30 am - 11:20 am	Keys to Effective Conflict Engagement	Tyler Smith NEIU Ombuds	Learning how to engage in conflict in a healthy and effective way is a skill that can help you succeed no matter what your personal or professional goals are. This session will explore new ways of thinking about conflict and keys to effective conflict engagement that you can use in school, home, work and beyond.	https://neiu-edu.zoom.us/j/97365329835?pwd=bnlyeERGczgwZ3RSNDZ0Wm9qdWVrZz09 Passcode 687542
11:30 am - 12:20 pm	MentorCity: Northeastern's new student- alumni mentoring platform	Ashley Agron NEIU Alumni Relations	The NEIU Alumni Association recently launched a student-alumni mentoring program. Learn about the benefits of participating in a virtual mentoring program. The premise is that throughout a student's life and career, there are times when they can benefit from the advice, guidance and support of a mentor.	https://neiu-edu.zoom.us/j/92503828234?pwd=V2p5MkhBbTNTVHJPR2l6eWFuMnIVZz09 Passcode: 853482
12:55 pm - 1:45 pm	Developing a Social Media Presence	Aaron Cortes	During this session we will engage in the development of a Social Media strategy to enhance your public profile. Join us as we engage in a number of approaches and best practices that will lead	https://neiu-edu.zoom.us/j/960366005

		NEIU Center for College Access and Success	to a better web presence, an understanding of your digital footprint and the development of a network.	34?pwd=Vi83 U2FkVHRFS1 Z3bE5Mb0Fn QUt5Zz09 Passcode: 668114
4:15 pm - 5:05 pm	Future- Proofing Your Career in a Skills-Based Economy	Jesse Rutschman NEIU TRIO SSS	In this workshop, you will learn some tips to 'future-proof' your career, conduct a 'gap analysis' to identify desired skills, and gain access to valuable resources to 'skill up' for the jobs of post-COVID-19 economy. (Note: It's not required, but you are encouraged to bring a job description of interest to you: past, present, or future).	https://neiu- edu.zoom.us/ j/994174368 05?pwd=N1B DcUtBb3VyU VczVWliSIRw UE4rUT09 Passcode: 942713
5:40 pm - 6:30 pm	Managing College Costs	Ryan Fulgham Illinois Student Assistance Commission	Will discuss how to identify college costs and ways to help lower them. Will also go over how costs and managing strategies have changed in the wake of the pandemic.	https://neiu- edu.zoom.us/ j/998550095 04?pwd=N3 M2V1FCT1ZX U1JSdEJ2OTV aNVNhhZz09 Passcode: 635227

Tuesday, October 27, 2020

Time	Title	Presenter	Description	
10:50 am - 11:40 am	Navigating the financial aid verification process - the when's, where's, and how's of it!	Maureen Amos NEIU Office of Financial Aid	Participants will explore the direction of the financial aid verification process on a national platform and the reason for it. Next participants will discuss tips on making the process less intimidating beginning with how the FAFSA is completed and using the IRS Data Retrieval. Lastly, participants will discuss the student portal as the primary means of student communications.	https://neiu- edu.zoom.us/ j/957901358 35?pwd=Q09 uUkYrVjIXbm 1zdGEyKzBwT EJpdz09 Passcode: 539924
12:15 pm– 1:05 pm	Psychological Resilience in a Remote Learning/Work Culture	Pinkey Stewart Special Asst to the Provost	Professionals and students continue to grapple with adjusting to the new remote culture, and its side effects. The session will introduce the concept of psychological resilience, and its role in developing a growth mindset. Attendees will learn how they can apply the strategies shared in the session to successfully overcome the negative effects they may be experiencing as a result of their engagement in remote learning or work environments.	https://neiu- edu.zoom.us/ j/924288329 65?pwd=UHR KckIxL1lBaHp hNjZITWZUbll SUT09 Passcode: 149429

1:40 pm - 2:30 pm	Goal Setting	Chris Ziniel NEIU TRIO SSS	A goal setting workshop that will set time for students to focus on themselves and their wants in life. It will build on the general knowledge of goal setting but also force students to take action now.	https://neiu-edu.zoom.us/j/92837285908?pwd=Q3BrQXQyeEx6YjFPVGVZtamVHLO1ZUT09 Passcode 496668
3:05 pm – 4:00 pm	Achieving Academic Success in the Virtual Classroom	Scott Hegerty NEIU Dept. of Economics	Moving courses online means changes—some of these are out of necessity, but many changes can result in improvements in course delivery and student learning. Students might have new and different responsibilities in this new environment. This presentation will discuss how you can keep from falling behind and do what you need to do, using examples from the Economics and other departments and the examining the changes they have made.	https://neiu-edu.zoom.us/j/95439272003?pwd=bUFI dDczOXdRYWJVbFNpZS9TN25JUT09 Passcode: 813165
4:15 pm – 5:05 pm	DCFS Virtual Employment Workshop	Ivia Ortega IL Dept. of Children and Family Services	DCFS will be providing information about the positions that they are seeking to fill and how to apply for employment and complete applications.	https://neiu-edu.zoom.us/j/91047095477?pwd=R1REd0pGbnpMamxTcHdMS2ZseUZ3dz09 Passcode: 185152
5:40 pm - 6:30 pm	Science of a Resume Through an HR Lens	Lynette Correa – Velez NEIU Career Development Center	“The Science of a Resume Through a HR Lens” will discuss strategic ways to get your resume viewed by HR departments. Lynette is the Assistant Director of Career Development at NEIU, and has over 16 years of career coaching and human capital empowerment experience. She is a 3rd year doctoral student in the Diversity & Equity in Education program with a focus in Human Resources Development at UIUC, and an active member of NACE, Society of Human Resource Management-Chicago, and The Career View.	https://neiu-edu.zoom.us/j/95766386588?pwd=cjhDNnp4NGNZamPWK3U4elR4dHNDZz09 Passcode 054753
Wednesday, October 28, 2020				
Time	Title	Presenter	Description	
10:30 am – 11:20 am	Know Your Rights- 4th, 5th,	Alexandria Santistevan	The presentation teaches participants their rights when interacting with the police.	https://neiu-edu.zoom.us/

	and 6th amendment	First Defense Legal Aid		j/95811124003?pwd=VDBzeTUxQW1UcnU2VGVUdElHUngrdz09 Passcode: 669141
11:30 am – 12:20 pm	Stoic Advice for Challenging Times	Gilad Sommer NEIU TESOL/New Acropolis	We are living in extraordinary and challenging times. The teachings of the Stoics provide us with tools to face these challenges with resilience, inner peace and compassion.	https://neiu-edu.zoom.us/j/98190839872?pwd=YmZISTMzL3VxTHBIOHE3bE93ZEF1dz09 Passcode 730730
12:55 pm – 1:45 pm	Academic Journal Article Reading Strategies	Amanda Kmetz NEIU TRIO SSS	This presentation overviews the major sections of peer-reviewed academic articles, which are often required reading for many courses. The presentation explains to students why these articles can be challenging to read, gives tips for reading comprehension, and strategies for dealing with new/unfamiliar vocabulary.	https://neiu-edu.zoom.us/j/94747829746?pwd=UUxCSGo4UHpEMG5uajk0b2N0bkVyZz09 Passcode 545726
2:20 pm – 3:10 pm	Career Development - Career Style Interview	Hayley Stevenson NEIU TRIO SSS	A fun and unique way for students to build on their career development using the Career Style Interview. I will ask the CSI questions and we can discuss and interpret them as a group.	https://neiu-edu.zoom.us/j/95895991692?pwd=Q3FIQlNaQjg0bGFERVNTdVNnZTlqQT09 Passcode: 520973
4:15 pm – 5:05 pm	All About Scholarships	Ryan Fulgham Illinois Student Assistance Commission	We will discuss what scholarships are, where students can go to look for them, and how the COVID crisis has affected the types of scholarships offered.	https://neiu-edu.zoom.us/j/94162028933?pwd=UkY0R2lwRXFodXE4ZkIQjFuVTNNOQT09

				Passcode 993973
5:40 pm - 6:30 pm	Remembering Growth Mindset in our Expanding Virtual World	Erin Long NEIU TRIO SSS	We will acknowledge the unprecedented times we are in and how the shift to virtual learning and working has potentially changed our mindsets. We will focus on strategies for implementing a growth mindset in our lives.	https://neiu-edu.zoom.us/j/93213286216?pwd=KzhQYUZCajdMa mNRZS9maSs 2V254Zz09 Passcode 639872

Thursday, October 29, 2020

Time	Title	Presenter	Description	
10:50 am - 11:40 am	The Power of Mentorship	Idara Eno America Needs You Organization	First-generation, low-income college students graduate at a rate of 11% (Pell Institute, 2003). America Needs You works to address this graduation gap by providing career development training, internship placement support, and most importantly, mentorship. Mentors are critical because they provide personalized support for students as they navigate higher education.	https://neiu-edu.zoom.us/j/95001665301?pwd=a1c5MU5EVmZG aUtoN0tWRX NWVTZ0QT0 9 Passcode: 093629
12:15 pm – 1:05 pm	Become a F.A.N. of the NEIU Alumni Association (Future Alumni Network)	Ashley Agron NEIU Alumni Relations	F.A.N. (Future Alumni Network) is the revamped student membership program of the NEIU Alumni Association. Through membership, students create philanthropic student traditions, make meaningful alumni connections, and build their Golden Eagle Spirit. Learn about scholarship opportunities offered by the Office of Alumni Relations.	https://neiu-edu.zoom.us/j/95412624735?pwd=L2IU MmdoSm9Xa DdIWWQ1TU xmTINHQT09 Passcode: 430434
1:40 pm - 2:30 pm	Bystander Intervention Training	Melissa Maldonado NEIU Student Disability Services	Bystander intervention refers to a variety of actions you can take when you think someone might be experiencing interpersonal violence such as sexual violence, domestic/dating violence, and stalking. We want to raise awareness about this issue and make sure that you understand concrete strategies to intervene when you see something.	https://neiu-edu.zoom.us/j/95883818498?pwd=MUI 2OW5HY1FK bXfKRutqUW FaazJYdz09 Passcode 018792

3:05 pm – 3:55 pm	Finding Your Strengths, Finding Your Purpose	Jesse Rutschman NEIU TRIO SSS	Come learn some fun and insightful ways you can explore and develop your talents, values, and ideal career paths. You will leave this workshop with your Meaningful Work Statement, more confidence showcasing your strengths (in job interviews, resumes, cover letters, and personal statements), and some next steps to take your career to a whole new level. (Note: It's not required, but you are encouraged to take the StrengthsQuest assessment before the workshop. Here are the instructions: http://bit.ly/TRIOStrengthsQuestInstructions).	https://neiu-edu.zoom.us/j/98014740015?pwd=UmlhRWYzOHNoNkNKL0p5NVpmNERvQT09 Passcode: 762923
4:15 pm - 5:05 pm	CashCourse: An Overview of Free Financial Education Resource	Rachel Schaffnit NEIU TRIO SSS	This workshop will give you an overview of CashCourse, a free online financial education resource designed specifically for college and university students. CashCourse can help you make informed financial choices by providing: Free online financial education courses through instructor assignments or self-study, customizable financial tools (such as worksheets, a Budget Wizard, quizzes and calculators), a personal dashboard to track your progress, a guide to real-life money questions and more! CashCourse is here to help students take control of their financial futures. No cost, no catch, no hidden agenda.	https://neiu-edu.zoom.us/j/98181218418?pwd=UzE3cnNXOWtrVTJUTUhPVXIXMnErQT09 Passcode: 638084
5:40 pm - 6:30 pm	Google: Tools to Get Organized	Richie Heard NEIU TRIO SSS	This workshop will teach students how to use different Google tools to get organized (e.g. Google Keep, Tasks, filters and folders in email)	https://neiu-edu.zoom.us/j/99179795043?pwd=a0F3eWVJaHYwRlUvamdlbUEvRFh5QT09 Passcode 200298
Friday, October 30, 2020				
Time	Title	Presenter	Description	
10:30 am - 11:20 am	Studying Abroad & Virtual Experiences	Claudia Gonzalez NEIU Office of International Programs	Students will be able to learn the importance of studying abroad as well as studying abroad during the pandemic, and virtual experiences.	https://neiu-edu.zoom.us/j/96342574777?pwd=TTZCaTlw29sb1lnZzR5c1l2cVFsQT09 Passcode: 668032
11:30 am - 12:20 pm	Structuring Your Space and Time	Nithya Karpagavinyaagam NEIU TRIO SSS	Being productive at home is a tough transition to make. This presentation will go over different strategies to organize your space and time in a way that is most efficient for you.	https://neiu-edu.zoom.us/j/91981516446?pwd=Ql01b1dHdUkwY

				VBBZFhLZjM3 Y2o4dz09 Passcode: 015431
1:00 pm – 1:50 pm	Deciding on Graduate School	William Escalante NEIU TRIO SSS	Graduate school is different from college in many ways including how you select the right graduate program for you. This session will discuss some of the important factors to consider when deciding on a university for your graduate program.	https://neiu-edu.zoom.us/j/98375532881?pwd=aS9aN0wzNlQwbGRzNkc0TlFik2M3Zz09 Passcode 336930

Online Workshops
(available all week on D2L for TRIO SSS students)

Time	Title	Presenter	Description	
ONLINE	How Parents can Support Students in College		This presentation will provide strategies for parents to better support their child while in college. It will look at a proactive approach to parent mentoring.	
ONLINE	Deciding on Graduate School		Graduate school is different from college in many ways including how you select the right graduate program for you. This session will discuss some of the important factors to consider when deciding on a university for your graduate program.	
ONLINE	How Title IX Protects Members of our Campus		This presentation will address how Title IX protects members of our campus, the NEIU Sexual Misconduct policy and process, our resources, and bystander intervention. It will focus on your rights and how to help others.	
ONLINE	Tips for Getting Your Financial House in Order		This presentation includes tips on how to create a personal budget that works for you.	
ONLINE	SAP Appeal: Understand the Process to Get Your Money Back		Did you know that you can appeal to get your financial aid reinstated? Come and learn more about the Standards of Academic Progress, the Satisfactory Academic Progress (SAP) Policy here at NEIU, and what to do when submitting a written SAP appeal.	
ONLINE	Ca\$h for College: Scholarships		Students will learn the importance of meeting scholarship deadlines, where to search for scholarships, and the steps for a strong application.	
ONLINE	Setting Goals and Staying Motivated		Do you create goals, but have a difficult time staying motivated or accomplishing them? This workshop will discuss the different types of goals, how to create goals using the SMART method, as well as the differences between intrinsic and extrinsic motivation.	
ONLINE	All About Study Abroad		Have you ever wanted to travel internationally? This session will provide information about study abroad opportunities at NEIU.	

ONLINE	What is my “Learning Style?”		This workshop will help students identify their learning style(s) as well as offer strategies to help them apply this knowledge to their academics.	
ONLINE	My Strengths & How I Use Them		Participants will analyze their top five StrengthsQuest Signature Themes how one's talents can be applied to their career journey. Participants will also create a Meaningful Work Statement, to provide insight and purpose to one's career goals. From here, participants may develop a high quality professional identity statement that communicates strengths (with clear examples) and career goals. All of these activities will provide learning and tools which can be used to develop effective resumes, Personal Statements, and cover letters, as well as inform job interviews.	
ONLINE	Pursuing Your Purpose		Review the concept of Ikigai... We will be exploring where you will find yours! In this online workshop you will: Identify your talents, interests, and values, Identify related career possibilities, as well as the skills, experience, and education needed. You will set goals to develop or attain these goals!	
ONLINE	Good Borrowing/ Bad Borrowing		Be smart when borrowing and make decisions to help build your future. How much debt is "too much" or should we avoid debt entirely? How do we decide when to borrow, and when not to? Are there times when borrowing is a good thing to do?	
ONLINE	Navigating Communication Across Cultures		After completing this workshop, you will have a better understanding of some key cultural differences and this awareness will help to improve your intercultural communication.	
ONLINE	Explore your Strengths with a Game		The free App, Knack , combines engineering, computational neuroscience, and gaming to help users discover their hidden strengths and find opportunities to advance these to the fullest.	
ONLINE	Mastering Grammar		This grammar workshop is designed to help improve your written communication skills. You will be provided information that will increase your knowledge base of basic grammatical mechanics, then you will be assessed to identify areas where you can work with TRIO tutors to improve upon those grammatical skill-sets highlighted by the assessment.	
ONLINE	NEIU Resources for Hunger, Housing Insecurity, and Homelessness		This workshop is designed to explore the many resources available on campus and in the surrounding community for students facing hunger, housing insecurity and/or homelessness including the Power Closet, Food Pantry, and Emergency Loan Options.	