

SPRING INTO SUCCESS

A 2 day UD Student Success Conference
FOR FIRST-YEAR & TRANSFER STUDENTS

Spring into Success Conference Sessions

*Sessions that have required attendance for participants are noted with an asterisk**

Thursday Feb 2nd

8:00am-12:30pm*

International Student Orientation- for international students only
Location: Trabant Student Center

9:00pm- Residence Hall Socials

Location: Misc.
See social event calendar in Conference Packet for details!

Friday Feb 3rd (New Students attend NSO; Returning Students attend workshops)

9:00am- 9:45am- Commuting Student Conference Check In

Location: ISE Lab 1st Floor

9:30am- 4:00pm- for Students New to Campus (including international students)*

New Student Orientation
Location: Trabant Student Center

10:00am – 12:00pm- Breakout Workshops- for Students Returning to Campus*

Maximizing Your Strengths: Unlocking Your True Potential through StrengthsQuest- Tierra Fields, Residence Life and Housing
Location: ISE 205

Track: Personal Development

Everyone has a UNIQUE contribution to make! Participants will use the StrengthsQuest tool to apply your individualized Top 5 Strengths to set help achieve your goals for the spring. Students who participate in this workshop will have the opportunity to analyze how talent themes can be applied to academic tasks and begin to develop goals for the spring semester based on personal or academic interest.

Note: Pre-registration was required for this session

Internships! Sustainability, Student Leadership and Campus Impact- Michelle Bennett and Recycling Intern Team, Campus Sustainability

Location: ISE 222

Track- Student Involvement and Engagement

Students will learn about internship opportunities in UD's Sustainability program for paid, unpaid and for-credit course work. Students will be posed realistic sustainability challenges on campus, and teams will work with the Sustainability Manager and current / former Interns to create a proposed plan of action to address the challenge. Formulating a plan of action will mimic the process the Sustainability Program uses to create internship roles, fund initiatives and enable students to pursue real change on campus. Workshop teams will present their plans to the group, and current / former student interns will close by providing feedback and sharing their experiences.

Why Leadership? Susan Luchey and Matt Creasy, Blue Hen Leadership Program

Location: ISE 207

Track- Personal Development

There is certainly no shortage of talk about the importance of leadership today. Clearly it is valued differently by many people. Why is leadership the subject of so much discussion, learning and debate? How should leadership be defined? And what about followership? This interactive workshop will guide you to answer these questions, will help you to develop a working set of values to guide your own development as a leader, and will introduce you to a leadership model that is easy to implement as you travel on your own personal leadership journey. Students who attend this workshop will receive 2 credits towards completion of the Emerging Leader Certification for BHLF.

2:00pm – 4:00pm- Breakout Workshops- for Students Returning to Campus*

From Employment to Leadership to Student Organizations: Student Involvement Opportunities with the University Student Centers- University Student Centers Staff, University Student Centers

Location: ISE 205

Track- Student Involvement and Engagement

The University Student Centers is comprised of the University's two exciting college unions/centers: The Trabant University Center and Perkins Student Center. In addition to being two buildings in which to find study, lounge, and social space, each also houses a wide array of activities, services, and opportunities in which a student can get more engaged with campus life and involved with campus life. USC staff will provide detailed information and answer your questions on our Blue Hen Leadership Program, student employment, our over 300 Registered Student Organizations (clubs), fraternity and sorority life, campus programming including the popular Perkins Live, recreational areas, and last but not least, your potential gateway to even more activities through our engagement portal: Student Central.

Breaking Up With Stress: Your Path to Relaxation, Self-Care, and Success- Jennie Maslow, Student Wellness and Health Promotion

Location: ISE 207

Track- Personal Development

Do you ever feel like it's hard to do anything when you're feeling pressured to do *everything*? Ever suffered from FOMO? Come learn about the relationships between stress and the body, your social life, and academic success; discover your unique way of expressing and handling stress; and leave with practical, everyday tips and tricks you can use to help restore some balance in your life.

Dependable Strengths Workshop: Learn About the Unique Pattern of Strengths within Yourself- Alexandra Garney, Residence Life and Housing

Location: ISE 222

Track- Personal Development

Through this session you will have the opportunity to identify your Dependable Strengths through the Dependable Strengths Articulation Process, which utilizes story sharing with peers. Once Dependable Strengths are identified, we will begin thinking about how using your Dependable Strengths can lead to greater fulfillment, purpose, and direction in the coming Spring semester. This session is eligible to count toward RAILE components.

6:30pm- Welcome Speaker and Kickoff *

Keynote Speaker- Arel Moodie

Location: Mitchell Hall

Success in college is self-driven, and students are the owners of their experience. Learn the secrets for how to succeed in school and in life by applying Success Principles developed by our Keynote Speaker, Arel Moodie. Arel is a national bestselling author and motivational speaker who uses personal experience and finely developed philosophies for success to inspire students to find their personal successes. Arel has been featured in several national publications and was recently a featured speaker at the White House. This will be a fun, interactive presentation you won't want to miss!

9:00pm- Perkins Live Preview!

Location: Perkins Student Center

University Student Centers host the popular weekly programming series “Perkins Live” and “Trabant Now” throughout the Fall and Spring Semesters. Join us for a sneak-peek of the action with give-aways, games, snacks, and a guided paint-night! All activities are completely FREE, and first-come first-serve!

Saturday Feb 4th (For all Participants)

9:30am- 3:00pm

Complimentary Continental Breakfast, Coffee and Tea Station

Location: Gore Rotunda

Help Desk

Location: Gore Rotunda

10:00am – 11:00am- Breakout Sessions*

Pat Summitt's Definite Dozen: How to Succeed in Whatever You Do- Brittany Acosta, New Student Orientation

Location: Gore 205

Track- Personal Development

Pat Summitt, head coach of the Tennessee Lady Vols, was a phenomenon in women's basketball. Her ferociously competitive teams won three NCAA championships in a row--1996, 1997, and 1998. She is also known for having a 100% graduation rate of her players during her 38 seasons as Head Coach of the Lady Vols. This session will cover Pat's 12 step formula for success and how you can apply those steps to be successful here at UD and beyond!

A World of Opportunities: On-Campus Global Engagement- Amy Greenwald Foley, Institute for Global Studies

Location: Gore 204

Track- Student Involvement and Engagement

UD was the first in the U.S. to found study abroad and we continue to be innovators in the world of international education. This fast-paced workshop will introduce you to a myriad of opportunities for you to get global without leaving campus. Attendees will emerge with an understanding of why global is important, what they can do to be a part of UD's international scene, and how they can map out a plan for personal globalization! The world awaits...

Study Skills Blitz- Lysbet Murray, Office of Academic Enrichment

Location: Gore 103

Track- Academic and Career Success

Want to make sure you're ready to jump into the spring semester with the best possible tools in your toolkit? Join us for a quick refresher on college-level note-taking, critical reading, study and test-taking strategies!

Mindfulness for Your Success- Annabel Feider, Residence Life and Housing

Location: Gore 117

Track- Personal Development

Come learn about how mindfulness and meditation could reduce your stress, help you focus, increase your sleep, and contribute to your overall wellbeing. Participants will explore the science behind mindfulness and have the opportunity to practice meditating.

Success Through Service- Megan Bittinger, Student Leader

Location: Gore 115

Track- Student Involvement and Engagement

This session will connect students to organizations on campus that engage in active service. Learn how first year students can get involved with Registered Student Organizations (RSOs) that give students opportunities to participate and lead direct service projects on campus, across the country, and around the globe.

11:15am – 12:15pm- Breakout Sessions*

The Cure for Fake News Phobia: Becoming a Savvy Interpreter of Online News - Lauren Wallis, Morris Library

Location: Gore 218

Track- Academic and Career Success

There has been a lot of fuss about fake news lately, but what does that phrase really mean? In an online environment, it's not always as simple as "fake" and "real." As a reader, you have to contend with fake news websites, clickbait-style headlines, one-sided social media feeds, news outlets with implicit and explicit political bias, and even questionable journalistic practices from mainstream sources. In this workshop, we'll discuss our overwhelming online news environment. You'll analyze the ways you currently interact with news and develop concrete strategies for monitoring and evaluating news in a complex, rapidly-evolving online landscape.

Goal Setting and Time Management- Mike McClay, Office of Academic Enrichment

Location: Gore 102

Track- Academic and Career Success

There are 168 hours in a week. How will you spend yours? This session will help you set and honor your priorities through goal-setting, as well as managing those hours to get things done (and still have a life).

Where's My Class Tour- Brittany Acosta and Orientation Staff, New Student Orientation

Location- Meet in Gore Rotunda

Track- Academic and Career Success

Want to get a feel for where your classes will take place before Spring semester starts on Monday? Bring a copy of your class schedule, or pull it up on your phone, and meet up with a current UD student leader who would be happy to show you around!

Think You May Want a Job After Graduation? Start Here and Start Now - Lisa Sydney, Career Services Center

Location: Gore 116

Track- Academic and Career Success

Do you know how to write a resume? Are you confident you've captured all of your experience on your résumé? Career Services is here for you. Learn how to craft a resume to get you that internship/job/award/graduate school/part-time job that you may be interested in. Learn about their resources and how they can support you to get where you want to go!

Problem Solving 101- Dillon Kimmel, Residence Life and Housing

Location: Gore 104

Track- Personal Development

College students face problems and challenges every day, from navigating relationships with others to making decisions about majors and careers. This session gives an introduction to several strategies for more effective problem solving, so you can better generate effective solutions for anything that comes your way!

12:30pm- 1:45pm- Spring into Success Luncheon

Complimentary Luncheon and Featured Speaker: Amy Greenwald Foley

Location- Trabant Multi-Purpose Rooms

All participants are invited to join us for lunch with featured speaker Amy Greenwald Foley from the University of Delaware's Institute for Global Studies. Stop outside the MPRs to sign the UD Student Banners!

2:00pm- 3:00pm- Breakout Sessions*

Where's My Class Tour- Brittany Acosta and Orientation Staff, New Student Orientation

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Product Development: Creating and Marketing Yourself- Margie Kiter Edwards, University Studies

Location: Gore 115

Track- Academic and Career Success

Using the metaphor of product development, students will learn how to create a college plan that integrates formal education, informal learning, personal networking, and practical experiences to form a "marketable self" that is responsive to a rapidly changing economy.

Responsible Decision Making- Logan Penna and Promoters of Wellness Peer Educators- Student Wellness and Health Promotion

Location: Gore 116

Track- Personal Development

This program is ideal for first-year and sophomore students. It's time to get out of your seats and find someone who knows a bit about safer sex, responsible substance use and even a little UD trivia. In this very interactive program, students will learn about BAC, the signs of alcohol poisoning and even the proper steps to using a condom. You'll also learn some key campus resources so you can make more responsible decisions as a new Blue Hen.

Oh the Places You'll Go: Opportunities at UD! - Stephen Lawrence and Alexandra Adams, Residence Life and Housing

Location: Gore 102

Track- Student Engagement and Involvement

There is an opportunity for engagement at UD for everyone! Come join us to explore how your talents, passions, and strengths will lead to a variety of opportunities that can impact your experience at UD this semester!

Communicating Through Conflict- Jessica Cornwell, Residence Life and Housing

Location: Gore 208

Track- Personal Development

Learn how to use constructive communication skills to navigate through various relationships such as roommate, friends, teammates, study groups, to achieve mutual goals.

3:15pm- 4:15pm- Breakout Sessions*

Stressed Out!- Logan Penna and Promoters of Wellness Peer Educators- Student Wellness and Health Promotion

Location: Gore 116

Track- Personal Development

Did the "winter slide" get you falling back into your old bad habits? Learn healthy strategies for managing stress through this fun, interactive skit. Find out how to recognize the signs of stress, what you can do to relax and when to reach out to campus resources for you or a friend. This program requires an audience size of at least 7 people in order to have enough characters for the skit.

How Student Engagement Can Help You Succeed- Sydney Lobosco, Residence Life and Housing

Location: Gore 103

Track- Student Involvement and Engagement

What does the word “engagement” even mean? In this session, students will be introduced to the concept of Student Engagement and learn how involvement on campus can help students build connections, foster community, and help them reach their aspirations.

How to Convince Someone Every Time- Sean Watson, Residence Life and Housing

Location: Gore 104

Track: Academic and Career Success

Have you ever tried to convince someone to think something? Odds are, you have. What if I told you that there was a formula to follow that will help you develop arguments in your writing and in conversation? Well, if you want to know more, come check out this presentation that will show you how to convince anyone and make you better able to communicate with others!

Financial Literacy-

Location: Gore 204

Track- Personal Development

DESCRIPTION

Making the Most of Your Myers Briggs- Lyndsay Hepler, Residence Life and Housing

Location: Gore 117

Track: Personal Development

During this session, participants will complete an abridged version of the Myers-Briggs Type Indicator Personality Assessment. Participants will learn about various ways to make the most of their unique personality type and find success during their time at UD.

5 Study Strategies You Haven’t Tried Yet- Adam Helgeson, Residence Life and Housing

Location: Gore 218

Track: Academic and Career Success

How can a tomato increase your productivity? In this session we'll explore how to most effectively manage the time you spend studying, the way you take and review notes, and even how to improve your memory.

5:00pm-7:00pm

Barnes and Noble Bookstore Event!

Location: UD Bookstore, Main St.

Don't forget to stop by the UD Bookstore Event to get everything you need for the semester! The first 50 students to show your Spring Into Success nametags will receive a free Tall Iced Coffee and more. All conference participants will be entered to win one of many prizes including Beats Headphones, or one of multiple UD Swag Baskets including UD Gear and School Supplies! And let's not forget, 20% of your entire purchase when you buy a UD Sweatshirt!

8:00pm- Residence Hall Socials

Location: Misc.

See social event calendar in Conference Packet for details!

Sunday Feb 5th -Friday Feb 10th (for all participants)

Spring into Success Reflection Assessment*

Reflection is an essential practice for learning. Participate in our Reflection Assessment to process the learning you experienced from the Spring into Success Conference and provide your feedback for future conferences! The link to this Assessment will be emailed to participants.