

# Kickstart Your Semester



STAR SERVICES

**LAMAR UNIVERSITY**

# Conference Schedule at a Glance

10:00-10:15 am

Check-In

10:15-10:25 am

Welcome

10:25-11:00 am

Success Stories

11:05-11:40 am

Breakout Session I

11:45-12:30 pm

Lunch

12:35-1:05 pm

Breakout Session II

1:10-1:45 pm

Breakout Session III

1:50-2:00 pm

Closing Remarks

**Sign up for a tutor or academic coach throughout the conference at the check-in table.**

# Breakout Session I

11:05-11:40 am

Plan your conference day! Check the box next to the workshop you plan to attend on each page of the program.

## **Making the Most Out of Your Day**

**Ballroom**

Ever feel like there is just not enough time in the day to get things done? Join us to strengthen your self-management strategies and gain control of your daily schedule through effective organizational techniques.

## **Study Strategies That Work**

**Neches  
Room 120**

In college you have to spend time outside of class studying, and how you use this time will affect your stress levels and grades. This session will guide you in gaining new techniques and approaches to learn faster and retain information longer.

## **Communication: A Key Element of Student Success**

**Cypress 1 & 2  
Rooms 127, 125**

You will encounter many new challenges in your transition from high school to university. Join an experienced LU faculty member to learn about syllabi and effective communication with your professors to help you succeed and get the most out of your college experience.

## **Be YOU at LU**

**San Jacinto  
Room 218**

Thank you for bringing your talents and YOU uniqueness to LU! Making connections in college is essential to building community and a sense of belonging. Come discover ways to get involved and engage in your LU community.

# Breakout Session II

12:35-1:05 PM

## Making the Most Out of Your Day

**Ballroom**

Ever feel like there is just not enough time in the day to get things done? Join us to strengthen your self-management strategies and gain control of your daily schedule through effective organizational techniques.

## Study Strategies That Work

**Neches  
Room 120**

In college you have to spend time outside of class studying, and how you use this time will affect your stress levels and grades. This session will guide you in gaining new techniques and approaches to learn faster and retain information longer.

## Advice from LU Students

**Cypress 1 & 2  
Rooms 127, 125**

Would you like to gain valuable insights on how to navigate and be successful at LU? Join our panel of current students who will share their experiences and answer your questions.

## From Meh to Yeah!

**San Jacinto  
Room 218**

Learn how to set attainable goals and be motivated for your academic success! Do you find it hard to get yourself to class some mornings? Are you falling behind on assignments? Are you generally unsure if you've made the right decisions for your life plans? Come learn how to get yourself motivated and achieving.

# Breakout Session III

1:10-1:45 PM



## **Life Balance:**

### **A Holistic Approach to Stress Management**

**Ballroom**

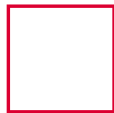
Six dimensions of wellness impact our lives daily, and where you are in these dimensions not only influences your health, but also your academic success. In this interactive workshop, you will breakdown various aspects of your life in order to discover ways to decrease stress and plan for what is ahead.



## **Accomplishing Your College Dreams**

**Neches  
Room 120**

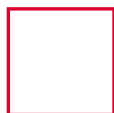
You are here at college with big dreams and ideas for change, but what happens when you hit a rut or face challenges? Join this session to get inspired and gain perspective to create the life you want and reach your dreams at LU!



## **Advice From Faculty**

**Cypress 1 & 2  
Rooms 127, 125**

Come to this session to get to know your LU faculty! They are here to answer your questions and will share insights and tips to help you succeed in the college classroom.



## **Unlocking the Power**

**San Jacinto  
Room 218**

Are you considering using ChatGPT for your course assignments? Let's talk about the ethical use of ChatGPT! During this session, we will explore applications that promote the ethical use of Chat GPT to enhance your academic success.



STAR SERVICES

LAMAR UNIVERSITY

## Get connected today at the check-in table!

All it takes is a few minutes to get connected. Visit [lamar.edu/stars](http://lamar.edu/stars) to view current schedules and request appointments. All STAR Services programs are available at no additional cost.

### Tutoring @ LU

#### Boost Your Knowledge

It's your choice. You can schedule an appointment or just drop in to work with a peer tutor to review course topics, build knowledge, and strengthen your problem-solving skills. You can find us on the first floor of the Mary and John Gray Library.



### Supplemental Instruction

Come join your classmates in a group session led by peer leaders who have successfully completed the course and are there to review course topics and strengthen study strategies. Pay attention because sessions will be announced in classes that have SI groups available.



### Academic Coaching @ LU

#### Elevate Your Learning

Plan ahead (see, that's time management) and schedule an appointment with an academic coach to help you strengthen learning, time management, and organizational strategies and skills. You can jumpstart your success by visiting us in the Communication Building, Room 109.



## REDtalks

### Informative. Engaging. Inspiring.

Grab some friends and join the fun as you attend presentations by faculty, staff, and students. You will get expert advice to help you get the most out of your LU experience. You might even get a tasty snack and t-shirt. Keep a look out. The schedule is available around campus and online.

# One Word Challenge

Use a marker, at your table, to write one word that best captures your hopes for the next four years. Write it **BIG** so we can all share!

# NOTES