

**Regis University
College for Professional Studies
Fall Semester 2009
Student Workshops on Saturdays**

Workshops are free and open to all CPS students.

Student Workshops on Saturdays have been extremely popular and successful. The Workshops are designed to provide information, assistance and support to all students so that their academic experiences at Regis are successful. All Workshops are available at the Lowell Campus.

Please register for the Workshops you wish to attend by calling Sharon at 303.458.1844 or emailing her at sburn@regis.edu. (Please include your full name, your email address and your phone number.)

Please note that two Workshops are available on Saturday, October 3, 2009

Thank you for your response.

**Saturday, August 29, 2009
9:00 a. m. to Noon
Dayton Memorial Library, Room 310**

Electronic Research Skills

Don't let research and electronic databases panic you! Come learn about selecting appropriate databases and other information sources and developing a research strategy from a research professional, Tom Riedel, Regis University Distance Services Librarian.

**Saturday, September 12, 2009
9:00 a. m. to Noon
Adult Learning Center, Room 2**

Using American Psychological Association (APA) Guidelines

Is the APA a "big monster" idea? Come to this Workshop with Barbara Getter, CPS faculty member and APA whiz if you need to know about the APA Guidelines in formatting, citing and researching your papers.

Saturday, September 19, 2009
9:00 a. m. to Noon
Adult Learning Center, Room 303

Academic Writing

Is academic writing a mystery to you? Does the thought of preparing a formal essay or an academic paper give you chills? Come learn from the expert, Michael Zizzi, about how to prepare and organize an effective academic paper and learn strategies for successful research writing.

Saturday, September 26, 2009
9:00 a. m. to Noon
Adult Learning Center, Room 303

Statistics Made Simple

Does the thought of numbers and statistics make your eyes glaze? Learn how to make sense of statistical expressions and interpretations. Join Dr. Marie Fox, Regis faculty member and statistical pro, to learn how to make sense of statistics.

Saturday, October 3, 2009
9:00 a. m. to Noon
Adult Learning Center, Room 203

Study Skills for Adults in Accelerated Programs

Are your study skills a bit rusty? Learn those study strategies that no one told you about. Join Dr. Marie Fox, Regis faculty member, and learn the art of efficient and effective studying, comprehension, and retention. Dr. Fox will focus on speed reading, notation, and tutorial resources.

Saturday, October 3, 2009
9:00 a. m. to Noon
Adult Learning Center, Room 303

Using American Psychological Association (APA) Guidelines

Is the APA a “big monster” idea? Come to this Workshop with Barbara Getter, CPS faculty member and APA whiz if you need to know about the APA Guidelines in formatting, citing and researching your papers.

Saturday, October 10, 2009

9:00 a. m. to Noon

Adult Learning Center, Room 303

How Do I Get There from Here: Resources and Strategies for Career Transition

This workshop is a blend of hands-on activities and information about the career transition process. Participants will learn to:

- Apply transition strategies to their individual situations
- Identify skills, knowledge and experiences they want to take into the new career
- Learn to integrate education plans into setting new career goals
- Develop steps for moving smoothly into the new career
- Discover resources to aid in career transition

Saturday, October 17, 2009

9:00 a. m. to Noon

Adult Learning Center, Room 303

Effective Presentation Skills for Projects and Capstones

Does the thought of giving an oral presentation give you trembling knees and quaking hands? Our communication expert, Michael Zizzi, will help you know how to give powerful, persuasive and compelling presentations for your projects and capstones.

Saturday, October 24, 2009

9:00 a. m. to Noon

Adult Learning Center, Room 303

Finding Your Inner Compass

Are you overwhelmed and burdened by being a student, a worker, a family member, and a volunteer all at the same time? This Workshop is for you. Eileen O'Brien, Associate University Minister, will help you know how to take time to find balance, to prioritize and discover the inner compass for guidance and direction.

Saturday, November 7, 2009

9:00 a. m. to Noon

Adult Learning Center, Room 303

Using American Psychological Association (APA) Guidelines

Is the APA a "big monster" idea? Come to this Workshop with Barbara Getter, CPS faculty member and APA whiz if you need to know about the APA Guidelines in formatting, citing and researching your paper.

Saturday, November 14, 2009

9:00 a. m. to Noon

Adult Learning Center, Room 303

What are Employers Looking For? A Program to Sharpen Your Job Hunting Skills

If you are curious about what employers are looking for when recruiting job candidates, plan to attend this Workshop. A panel of industry representatives will discuss those things employers look for in key phases of the recruiting process. This is an outstanding opportunity to gather insight into the job search process from employer's perspective. The Regis Career Services staff will also devote discussion to strategies to sharpening your skills in resume and cover letter writing and job interviewing, covering key topics that are important to employers.

Saturday, December 5, 2009

9:00 a. m. to Noon

Adult Learning Center, Room 303

Academic Writing Advanced

Competent and effective academic writing is so important that this Advanced Academic Writing workshop will focus on the subtleties of good academic writing. Michael Garcia, the Regis Roving Writing Tutor, will provide expert advice and expertise on this subject.