

## INFORMATION SESSIONS

### **Making the Grade**

Mabee, 222

*Success doesn't happen by accident! Nobody plans to wash out of college, but sometimes it happens to students who fail to plan for their own success. Find out about the many FREE services that the Academic Support Center offers to help you achieve your academic potential.*

### **Park 2.0**

Mabee, 812

*Learn about the new Park student web portal and how to use your Online classroom and Online classroom companion. These virtual tools help you navigate your student account register for classes and communicate with your professors. This session will equip you with the basic knowledge of all of these tools to ensure you don't miss out on any important notifications.*

### **Make College Rock!! Get Involved!**

Mabee, Watson Literacy Center

*How will Park become your "home away from home"? How will you make your mark on campus for years to come? Making the most of the college experience involves active participation in life outside of the classroom. Come and get info on how to get involved, what is available to match your interests and an understanding of how participating in Park co-curricular activities will benefit you and the campus community.*

### **Tough Questions, Easy Answers**

Mabee, 306

*The Career Development Center will present information to assist you as you progress through the next stage of your lives. We will discuss the services our office provides and offer tips for the best ways to approach future career/life decisions. We will also present some information on our recent graduates and allow time for individual questions.*

### **Counseling & Health Services**

Mabee, 222

*Personal improvement is what college is all about right? This is your chance to meet the experts. Counseling services provide all types of services to help you help yourself. Everyone needs to understand personal limitations, how to set appropriate expectations for yourself, and what it means to be in a healthy relationship. You are bound to get at least one case of the sniffles so you'll also get information you need to take advantage of student health services with our new partner, the Platte County Health Department.*

### **Pirate Fitness**

Mabee, 306

*Want to learn how to handle stress, be physically and mentally healthy and how all this is necessary for being successful in school? Then this is the program for you! You will learn how "being well" effects every part of your life and can even improve your test scores! The program will be fun and interactive so be ready to get moving!*

### **Campus Safety**

Mabee, 222

*We will talk about why locking your room doors and registering property is important to ensuring the safety of your personal property. We'll also discuss fire safety, responding to fire alarms, and other campus emergency policies. Did you know you have the ability to report incidents anonymously? Find out how on the public safety website and all of the other important info you can find there...*

### **Sex, Drugs, & Rock 'n' Roll**

Mabee, Watson Literacy Center

*"Whoa! What just happened?!" Sometimes the best intentions lead to bad decisions. We want you to have fun while you're in college but before you get too crazy there are some things you need to know. This session will get you laughing and thinking about what it really means to "have a good time." We will address your rights and responsibilities as a student and how you can make college rock without violating Park's policies on student conduct.*

## EMPOWERMENT PROGRAMS

### **Bump!**

Mabee, Watson Literacy Center

*Presented by Assistant Director of International Student Services, Kimberley Connelly.*

*What is culture and why does it matter? How does it influence the way we interact and communicate with each other? These are just some of the questions that we will explore during this session. At Park University you will meet many people that are very different from you; people who come from different parts of the United States and from all around the world; people who speak a different language or practice a different religion. To help you make the most of your college experience, we will explore the benefits and difficulties that come with communicating across cultures.*