

## PBI Prep Program

### Spring 2019 Workshop Calendar

Date	Event	Location	Time	Programs Collaboration
Jan 15, 2019	SI Orientation/Training #1	C-403	10:00am – 2:00pm	<i>PBI SI/ASAP</i>
Jan 24, 2019	SI Orientation/Training #2	TBA	10:00am – 2:00pm	<i>PBI SI/ASAP</i>
January 25, 2019	First Day of Spring Semester			
Wed, February 6, 2019	<b>Test Prep Orientation</b> Information/Registration session for GRE, MCAT, & LSAT	B-1008	11:30am-12:45pm & 5:30pm-6:45pm	<i>PBI TEST Prep</i>
Wed, Feb 13, 2019	<b>How to Achieve Well-Being, Balance, &amp; Success</b>  <b>Objectives:</b> <b>Students will learn:</b> <ul style="list-style-type: none"> <li>• Identify the six dimensions of personal well-being</li> <li>• Identify college transition and adjustment issues connected to the dimensions of well-being</li> <li>• Identify their weakest life dimension</li> <li>• Identify their strongest life dimension and how it can be used to strengthen their weakest dimension for a more fulfilling life</li> <li>• Apply the Change Cycle Model to a challenge they are currently experiencing in one of their areas of well-being</li> </ul>	AB1-L12	11:30am – 1:00pm	<i>PBI Prep/FYP Academic Transformation</i>
Wed, Feb 20, 2019	<b>Writing Personal Statements for Graduate or Professional School</b>  <b>Objectives:</b> <ul style="list-style-type: none"> <li>• Why do you want to go to graduate or professional school?</li> <li>• What area(s) of study are you interested in and why?</li> <li>• What skills, strengths and qualities do you possess and how do they relate to your career plans?</li> </ul>	B-LAB C -2039	11:30am – 1:00pm	<i>PBI Test Prep/The Writing Center</i>

	<ul style="list-style-type: none"> <li>• Why might you be a stronger candidate than other applicants?</li> </ul>			
<p>Wed, Feb 27, 2019</p>	<p><b>How Your Personality Style May Impact Your Academic &amp; Career Success</b> Students can access this workshop Online using the link here: <a href="http://www.studentlingo.com/cuny-mec">www.studentlingo.com/cuny-mec</a></p> <p><b>Objectives</b> <b>Students will learn:</b></p> <ul style="list-style-type: none"> <li>• The four personality dichotomies as defined by Carl Jung</li> <li>• That personality types are not hard and fast characteristics, but can change over time or in different situations</li> <li>• Their specific personality type as determined by an online inventory</li> <li>• Effective learning strategies for extraverts, introverts, judgers, and perceivers</li> <li>• How information about personality types can be useful when working with others in group situations</li> </ul>	<p>AB1-L12</p>	<p>11:00am – 1:00pm</p>	<p><i>PBI Prep/SEEK/FYP Academic Transformation</i></p>
<p>Tue, Mar 12, 2019</p>	<p><b>Overcoming Procrastination: Causes &amp; Cures</b> Students can access this workshop Online using the link here: <a href="http://www.studentlingo.com/cuny-mec">www.studentlingo.com/cuny-mec</a></p> <p><b>Objectives:</b> <b>Students will learn:</b></p> <ul style="list-style-type: none"> <li>• What thoughts, feelings, and attitudes fuel procrastination behavior</li> <li>• The consequences of procrastination</li> <li>• How to gain control over procrastination</li> <li>• To identify replacement activities</li> <li>• Anti-procrastination behaviors and habits</li> <li>• Solutions for combating procrastination</li> </ul>	<p>Mary Pinket S-122</p>	<p>11:30am – 1:00pm</p>	<p><i>PBI Prep/FYP Academic Transformation</i></p>

<p>Wed, Mar 20, 2019</p>	<p><b>Exploring Careers &amp; Choosing A Major Workshop</b></p> <p>Students can access this workshop Online using the link here: <a href="http://www.studentlingo.com/cuny-mec">www.studentlingo.com/cuny-mec</a></p> <p><b>Objectives:</b> <b>Students will learn:</b></p> <ul style="list-style-type: none"> <li>• More about their unique skills, interests, and talents through self-assessment</li> <li>• Where to find resources to explore careers; including informational interviews, career trends, and online research</li> <li>• How to set short and long term career related goals and will be encouraged to follow up on at least 1 short term goal within 1 week of watching webinar</li> <li>• The importance of internships to gain experience and explore career opportunities; students will be given</li> <li>• How to locate and pursue internships</li> <li>• The connection between choosing a major and a career</li> </ul>	<p>B-1008</p>	<p>11:00am – 1:00pm</p>	<p><i>PBI Prep/Career/SEEK/FYP Academic Transformation</i></p>
<p>Wed, Apr 3, 2019</p>	<p><b>Graduate or Professional School Application Process Information Session</b></p> <p><b>Objectives:</b> <b>Students will learn:</b></p> <ul style="list-style-type: none"> <li>• Tips, Timeline, and Tools of the Trade</li> <li>• Finding the right match</li> <li>• Learning about graduate programs</li> <li>• Choosing a graduate program</li> <li>• How many graduate applications should I submit?</li> <li>• Suggested timetable for applications</li> <li>• Creating a strong application</li> </ul>	<p>B-1008</p>	<p>11:00am – 1:00pm</p>	<p><i>PBI Prep/SEEK</i></p>

<p>Thu, Apr 11, 2019</p>	<p><b>The Grad School Campus Visit</b></p> <p><b>Things to look for on your tour:</b></p> <ul style="list-style-type: none"> <li>• How do current grad students interact?</li> <li>• How do the school's facilities and services measure up to your needs?</li> <li>• How is the career advisory office? How much support do they offer students in your program?</li> <li>• How much Financial Aid and Scholarships are available to you?</li> </ul>	<p>Stony Brooke and SUNY at Old Westbury</p>	<p>Meeting time @ 8:00am in front of the Carroll Building</p>	<p><i>PBI/ASAP/SEEK/FYP Academic Transformation</i></p>
<p>Wed, Apr 17, 2019</p>	<p><b>Setting &amp; Accomplishing Realistic Goals</b></p> <p>Students can access this workshop Online using the link here: <a href="http://www.studentlingo.com/cuny-mec">www.studentlingo.com/cuny-mec</a></p> <p><b>Objectives:</b> <b>Students will learn:</b></p> <ul style="list-style-type: none"> <li>• Learn the importance of goal-setting</li> <li>• Understand the definition of goals</li> <li>• Explore different types of goals</li> <li>• Be able to articulate SMART goals (Smith, H.W., 1994)</li> <li>• Develop an awareness regarding roadblocks and obstacles to effective goal setting</li> <li>• Learn how to stay focused on achieving goals</li> </ul>	<p>B-1008</p>	<p>11:30am – 1:00pm</p>	<p><i>PBI Prep/SEEK/FYP Academic Transformation</i></p>
<p>Apr 19 – 28, 2019</p>	<p><b>Spring Break</b></p>	<p>No School</p>		
<p>Wed, May 1, 2019</p>	<p><b>Study Skills/Strategies for Final Exams</b></p> <p><b>Objectives:</b> <b>Students will learn:</b></p> <ul style="list-style-type: none"> <li>• Differences between studying and learning</li> <li>• A five phase test preparation strategy called The Study Cycle</li> <li>• How to use campus resources such as the tutoring center, study groups, supplemental; instruction, etc.</li> <li>• What to do once you're actually taking the test</li> <li>• Specific test-taking strategies for multiple choice, essay, and final exams</li> </ul>	<p>AB1-L12</p>	<p>11:00am – 1:00pm</p>	<p><i>PBI Prep/SEEK/FYP Academic Transformation</i></p>