

WSSU Student Success Workshops: SPRING SEMESTER 2026

FINAL v2

Workshops are open to all WSSU students and last between 30 and 50 minutes (except where noted).

If you are a student in FYE1350/1250/1251, you must attend at least two workshops: one by March 6, and one by April 30.

All students: after attending a workshop, please complete this survey: <https://forms.gle/finLkfzLy6QPG7Ab7>

FEBRUARY 2026

Workshop	Description	Date, Time, and Location	Presented By
Level Up Your Life using A.I.: Gainfully Employed	This career and life-design workshop will help students align their personalities, lifestyles, and career goals with industries and opportunities that fit them best. It gives students practical tools to map out their academic journey while connecting them directly to their future earning potential and desired lifestyle. Seating limited: email littlerq@wssu.edu to reserve a spot in advance.	Feb. 5 (Thurs) 3:30pm Hill Hall 329	Rashad Little, Advising Services
Transfer Forward: Understanding Your Credits, Degree Audit, and Resources	This workshop is designed to support transfer students as they transition to the university. We will review how transfer credits are applied, walk through the degree audit system (RamPath), share key campus resources, and discuss how our Office can assist you throughout your journey.	Feb. 5 (Thurs) 4pm Thompson 207 ABC	Jason Sneed, Office of Transfers and Adult Student Services
Dear Black Woman: A Love Letter	Join us in a space where Black women come together to celebrate themselves unapologetically. This is not a lecture, it is a love note! Enjoy a moment of affirmation for yourselves and a friend!	Feb. 9 (Mon) 6pm-7:30pm Hall Patterson 228	Tarsha Damon, Academic Student Experiences and Engagement
Presenting at Conferences: From Prep to Presentation	This interactive workshop is designed to equip students and early-career scholars with the skills and confidence needed to successfully present at professional and academic conferences. Participants will learn how to translate their work into clear, engaging presentations tailored to diverse audiences. Topics include selecting the appropriate presentation format, organizing	Feb. 10 (Tue) 3:30pm-5pm Hall-Patterson 228	The Office of Undergraduate Research partners Dr. Mark Hunnell, Dr. Fenghai Guo, and Dr. Jude Ewunkem

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	content effectively, designing professional visuals, and communicating key findings with impact.		
Bracelet Making	A hands-on cultural craft event where students can design and create bracelets while learning about their significance across cultures.	Feb. 10 (Tue) 3:30pm-5pm Hill Hall 331	Tishana Jackson, The Office of International Programs
Summary vs. Analysis: What's the Difference and Why It Matters	This workshop will help you distinguish between summary and analysis while teaching you how to apply both to written, visual, and audio texts. Whether you're working on a literary response, article critique, or configuring data, this session will give you the tools to sharpen your thinking and strengthen your writing.	Feb. 10 (Tue) 4pm Hill Hall L05	Delaney Finau, The Writing and Communication Center
Note-Taking Skills	Learn best practices for taking effective notes both in-class and from textbooks. Use the S.M.O.R. technique for remembering information and the Cornell Method for taking lecture notes. See these principles applied to common college courses and understand how note-taking should be done differently for technical vs. non-technical courses.	Feb. 11 (Wed) 12pm Hill Hall 331	James Pao, Testing and Proctoring Center
Valentine's Day Celebration & 2027 OIP Program Launch	Celebrate Valentine's Day with OIP (Office of International Programs) while getting the first look at our 2027 study abroad programs and opportunities.	Feb. 12 (Thurs) 3:30pm-5pm Hill Hall 331	Tishana Jackson, The Office of International Programs
Loving Me Better – DIY Care Stations	Come join the Legacy Leaders and Freshmen students as they take time to pause, reset, and invest in themselves. Through hands-on DIY stations—such as affirmation jars, vision boards, stress-relief crafts, intention setting, and wellness takeaways, students are encouraged to reflect, create, and practice self-care in ways that feel personal and meaningful.	Feb. 12 (Thurs) 6pm-7pm Covington Residence Hall	Katrina McCoy Scott, Academic Student Experiences and Engagement, in partnership with Legacy Leaders
A Love Affair	We hope that you will join us for this annual event that promotes Self-Love, Self-Care, and Self-Awareness. There will be music, giveaways, and raffles.	Feb. 13 (Fri) 12pm-4pm	Kevan Mitchell, University Wellness Center

Workshop	Description	Date, Time, and Location	Presented By
		URec Gym	
Paraphrase, Quote, Cite: Writing with Sources	Are you quoting too much? Not sure when to paraphrase? This workshop focuses on how to use evidence from sources effectively. Learn when to quote vs. paraphrase, how to avoid accidental plagiarism, and how to integrate sources into your writing in a way that strengthens your argument and claims.	Feb. 18 (Wed) 4pm Hill Hall 331	Delaney Finau, The Writing and Communication Center
ABC's of Nursing	This session will help pre-nursing majors gain a clearer understanding of the academic expectations within the nursing program, application requirements and timelines, and key strategies for academic and professional success.	Feb. 18 (Wed) 6pm-7:30pm Hill Hall L05	Cynthia Grant, Advising Services, and Myra Doyle, Division of Nursing
Loving Me Better – DIY Care Stations	Come join the Legacy Leaders and Freshmen students as they take time to pause, reset, and invest in themselves. Through hands-on DIY stations—such as affirmation jars, vision boards, stress-relief crafts, intention setting, and wellness takeaways, students are encouraged to reflect, create, and practice self-care in ways that feel personal and meaningful.	Feb. 18 (Wed) 6pm-7pm Atkins Residence Hall	Katrina McCoy Scott, Academic Student Experiences and Engagement, in partnership with Legacy Leaders
Level Up Your Life using A.I.: Gainfully Employed	This career and life-design workshop will help students align their personalities, lifestyles, and career goals with industries and opportunities that fit them best. It gives students practical tools to map out their academic journey while connecting them directly to their future earning potential and desired lifestyle. Seating limited: email littlerq@wssu.edu to reserve a spot in advance.	Feb. 19 (Thurs) 3:30pm Hill Hall 329	Rashad Little, Advising Services
Benefits of Asking for A Tutor	This workshop can help you understand how tutoring will help strengthen subject comprehension, boost confidence, and build important learning skills.	Feb. 19 (Thurs) 6pm Hill Hall 1 st floor (bottom floor)	Bernadette McDougald, Advising Services
Movie & A Meal	Enjoy an international film paired with a themed meal from the region represented.	Feb. 19 (Thurs) 6pm-9pm	Tishana Jackson, The Office of International Programs

Workshop	Description	Date, Time, and Location	Presented By
		Hill Hall L05	
Ram X: Power Hour Series	Push Through: Beating Burnout & Procrastination: A practical, wellness-focused workshop designed to help students recognize the signs of burnout and overcome procrastination.	Feb. 19 (Thurs) 6:30pm Thompson 207	Taylor Hayes, University Student Activities & Engagement
Adobe Express 101	<p>A crash course on the many features within Adobe Express and how participants can utilize the online software for academic, personal, and professional use.</p> <p>Limited seating, registration required. Contact jonesjj@wssu.edu for questions. Registration Link: https://new.express.adobe.com/webpage/zC864S7Yw5i vf</p>	Feb. 24 (Tues) 11am O'Kelly 205	Sharnette Evans, Library Services
Beyond the Basics in Adobe Express	<p>An in-depth look at some Adobe Express' powerful features including video editing and more for academic, personal, and professional use. Limited seating, registration required. Contact jonesjj@wssu.edu for questions. Registration Link: https://new.express.adobe.com/webpage/zC864S7Yw5i vf</p>	Feb. 25 (Wed) 11am O'Kelly 205	India Page, Library Services
AI and Research	Learn how to use AI as a tool for research! Participants will explore how AI tools can support literature reviews, data analysis, coding, and research communication while learning best practices for responsible and ethical use. The session emphasizes critical thinking, academic integrity, and transparency, helping students understand when and how AI can enhance - rather than replace - scholarly inquiry.	Feb. 24 (Tues) 3:30pm-5pm Hill Hall L05	Dr. Tangela Towns, The Office of Undergraduate Research
How to Be A Great Presenter	We will cover the essential ingredients to presenting well: developing good content, preparing the right way, and using proper techniques on the day of your presentation. This includes tips on how to use personal	Feb. 25 (Wed) 2pm Hill Hall 331	James Pao, Testing and Proctoring Center

Workshop	Description	Date, Time, and Location	Presented By
	stories, presenter notes, body language, eye contact, enunciation, and more.		
Becoming an Academic Weapon	Sometimes your academic workload can overwhelm you. How do you get back on track when you have fallen behind, and learn to be an academic weapon instead of a victim of your academic standing?	Feb. 26 (Thurs) 4pm Hill Hall L05	Jason Sneed, Office of Transfers and Adult Student Services
The Psychology of Self-Love with Psychology Club	We're mixing psychology, self-love, and friendly competition for a game night that is both fun and insightful. Join ASEE and the Psychology Club for some thoughtful engagement!	Feb. 26 (Thurs) 6pm-8pm Hill Hall L05	Tarsha Damon, Academic Student Experiences and Engagement

MARCH 2026

Workshop	Description	Date, Time, and Location	Presented By
Transfer Forward: Understanding Your Credits, Degree Audit, and Resources	This workshop is designed to support transfer students as they transition to the university. We will review how transfer credits are applied, walk through the degree audit system RamPath, share key campus resources, and discuss how our Office can assist you throughout your journey.	Mar. 4 (Wed) 4pm Thompson 207 ABC	Jason Sneed, Office of Transfers and Adult Student Services
Million Dollar Baby: Research Funding	Learn how grants can fund your educational journey! This workshop explores how research funding can be leveraged to support and enhance undergraduate education. Participants will learn how external and internal research grants can be used to create meaningful, paid research opportunities for undergraduates, how students are integrated into funded projects, and the importance of students in our research programs.	Mar. 5 (Thurs) 3:30pm-5pm Hall-Patterson 228	The Office of Undergraduate Research partners Dr. Mark Hunnell, Dr. Fenghai Guo, and Dr. Jude Ewunkem
Level Up Your Life using A.I.: Gainfully Employed	This career and life-design workshop will help students align their personalities, lifestyles, and career goals with industries and opportunities that fit them best. It gives students practical tools to map out their academic	Mar. 5 (Thurs) 3:30pm Hill Hall 329	Rashad Little, Advising Services

	journey while connecting them directly to their future earning potential and desired lifestyle. Seating limited: email littlerq@wssu.edu to reserve a spot in advance.		
Mapping the Storm: Understanding Stress and Your Social World	Join the counseling center to learn more about stress and its impacts. Participants will create social maps to better understand their own areas of stress as well as areas of support.	Mar. 5 (Thurs) 5pm Hill Hall L05	Gabrielle Norcross and Ashley Guillory, WSSU Counseling Center
Overcoming Obstacles to Build Success w/Phi Beta Sigma	Join us for this real-talk session for the Fellas! Focus on turning challenges into opportunities. Come for motivation, stay for the strategies, leave ready to move different.	Mar. 16 (Mon) 5:30pm-7pm DJR 100	Tarsha Damon, Academic Student Experiences and Engagement
Freshman Spoken Word – Our Roots, Our Rhymes	A dynamic and empowering showcase where first-year students use poetry and spoken word to tell their stories. This event creates a brave, creative space for students to explore identity, culture, family, heritage, and personal journeys through rhythm and voice.	Mar. 17 (Tue) 6pm-8pm DJR 100-B	Katrina McCoy Scott, Academic Student Experiences and Engagement, with Legacy Leaders
Is This Major Right for Me?	A discussion with students to evaluate if their selected major fits their personal goals and interests.	Mar. 19 (Thurs) 2pm Hill Hall L05	Chelsea Warren and Arthur Hardin, Advising Services
Level Up Your Life using A.I.: Gainfully Employed	This career and life-design workshop will help students align their personalities, lifestyles, and career goals with industries and opportunities that fit them best. It gives students practical tools to map out their academic journey while connecting them directly to their future earning potential and desired lifestyle. Seating limited: email littlerq@wssu.edu to reserve a spot in advance.	Mar. 19 (Thurs) 3:30pm Hill Hall 329	Rashad Little, Advising Services
Pajamas, Movie & Cultural Snacks	An international film screening paired with traditional snacks, highlighting global flavors.	Mar. 19 (Thurs) 6pm-9pm Hill Hall L05	Tishana Jackson, The Office of International Programs
Ram X: Power Hour Series	Voice & Vision: The Power of Advocacy: An empowering session that teaches students how to use their voice to influence change.	Mar. 19 (Thurs) 6:30pm Thompson 207	Taylor Hayes, University Student Activities & Engagement

Adobe Express 101	<p>A crash course on the many features within Adobe Express and how participants can utilize the online software for academic, personal, and professional use.</p> <p>Limited seating, registration required. Contact jonesjj@wssu.edu for questions. Registration Link: https://new.express.adobe.com/webpage/zC864S7Yw5i vf</p>	<p>Mar. 24 (Tue) 11am O'Kelly 205</p>	Sharnette Evans, Library Services
Is This Major Right for Me?	A discussion with students to evaluate if their selected major fits their personal goals and interests.	<p>Mar. 24 (Tue) 3pm Hill Hall L05</p>	Chelsea Warren and Arthur Hardin, Advising Services
Beauty in Cultures	A celebration of global beauty, traditions, and cultural expressions from around the world.	<p>Mar. 24 (Tue) 4pm-6pm Hill Hall L05</p>	Tishana Jackson, The Office of International Programs
Becoming an Academic Weapon	Sometimes your academic workload can overwhelm you. How do you get back on track when you have fallen behind, and learn to be an academic weapon instead of a victim of your academic standing?	<p>Mar. 25 (Wed) 4pm Hill Hall L05</p>	Jason Sneed, Office of Transfers and Adult Student Services
Podcasting 101	<p>An overview of podcasting best practices and how to navigate Adobe's AI powered audio editor Podcast.Adobe. Highlighting crafting engaging audio storytelling and utilize other Cloud software for visual aids. Limited seating, registration required. Contact jonesjj@wssu.edu for questions. Registration Link: https://new.express.adobe.com/webpage/zC864S7Yw5i vf</p>	<p>Mar. 25 (Wed) 6pm O'Kelly 205</p>	Jonathan Jones, Library Services
Creativity in Problem-Solving	Creative thinking is a crucial real-world skill. Working in teams, we will tackle fun brain teasers to tickle our creative brains. Get ready to stretch the way you think!	<p>Mar. 26 (Thurs) 1pm Hill Hall 331</p>	James Pao, Testing and Proctoring Center
Command the Room: Strategies for Effective Presentations	Enhance your presentation skills to confidently deliver your project and engage your audience. Learn the art of effective communication, compelling storytelling, and	<p>Mar. 26 (Thurs) 4pm</p>	Delaney Finau, The Writing and Communication Center

	impactful body language to leave a memorable impression and successfully convey your ideas.	Hill Hall L05	
Podcasting 101	An overview of podcasting best practices and how to navigate Adobe's AI powered audio editor Podcast.Adobe. Highlighting crafting engaging audio storytelling and utilize other Cloud software for visual aids. Limited seating, registration required. Contact jonesjj@wssu.edu for questions. Registration Link: https://new.expression.adobe.com/webpage/zC864S7Yw5i vf	Mar. 31 (Tue) 11am O'Kelly 205	India Page, Library Services

APRIL 2026

Workshop	Description	Date, Time, and Location	Presented By
Beyond the Basics in Adobe Express	An in-depth look at some of Adobe Express' powerful features including video editing and more for academic, personal, and professional use. Limited seating, registration required. Contact jonesjj@wssu.edu for questions. Registration Link: https://new.expression.adobe.com/webpage/zC864S7Yw5i vf	Apr. 1 (Wed) 11am O'Kelly 205	Jonathan Jones, Library Services
Level Up Your Life using A.I.: Gainfully Employed	This career and life-design workshop will help students align their personalities, lifestyles, and career goals with industries and opportunities that fit them best. It gives students practical tools to map out their academic journey while connecting them directly to their future earning potential and desired lifestyle. Seating limited: email littlerq@wssu.edu to reserve a spot in advance.	Apr. 2 (Thurs) 3:30pm Hill Hall 329	Rashad Little, Advising Services
Movie & A Meal	Our final Movie & A Meal of the semester—come enjoy one last global cinematic experience.	Apr. 16 (Thurs) 3:30pm-6pm Hill Hall L05	Tishana Jackson, The Office of International Programs
Level Up Your Life using A.I.: Gainfully Employed	This career and life-design workshop will help students align their personalities, lifestyles, and career goals with industries and opportunities that fit them best. It gives	Apr. 16 (Thurs) 3:30pm	Rashad Little, Advising Services

	students practical tools to map out their academic journey while connecting them directly to their future earning potential and desired lifestyle. Seating limited: email littlerq@wssu.edu to reserve a spot in advance.	Hill Hall 329	
Write & Unwind: A Creative Writing Session	Need a break from writing papers? This session gives you space to tap into your creative side—whether you're into poetry, fiction, journaling, or writing lyrics. Come as you are and write what you want.	Apr. 16 (Thurs) 5pm Hall Patterson 305	Delaney Finau, The Writing and Communication Center
Ram X: Power Hour Series	Legacy in Action: Sustaining the Culture, Leading the Future: Exploring ways to recognize, protect, and pass on the cultural values that define our organizations, institutions, and communities.	Apr. 16 (Thurs) 6:30pm Thompson 207	Taylor Hayes, University Student Activities & Engagement
Empowering Women Through Story, Sound and Scholarship	Join us for powerful stories, meaningful conversations and inspiration! Be reminded that our voices and brilliance matter!	Apr. 21 (Tue) 5:30pm-7pm DJR 100	Tarsha Damon, Academic Student Experiences and Engagement
Mocktails & Mumus	A relaxed cultural social featuring non-alcoholic mocktails and traditional mumus to close out the year in style.	Apr. 21 (Tue) 6pm-9pm Hill Hall L05	Tishana Jackson, The Office of International Programs
Dealing With Change	The only thing that is certain is change. Learn how to deal with the many winds that blow through our lives, whether they are experiences at school, personal life, or career choices. After reviewing the kinds of emotional responses that people feel when encountering change, we will discuss healthy ways for us to deal with change.	Apr. 23 (Thurs) 3pm-4pm Hill Hall 331	James Pao, Testing and Proctoring Center
Budgeting for Financial Independence	Life after college may seem very uncertain. Regardless of where you end up and what you eventually do professionally, you will be responsible for managing your financial future. During this interactive session, you'll: <ul style="list-style-type: none"> • Learn to create a realistic budget • Identify strategies to keep you on track Explore ways to manage debt + new expenses	Apr. 29 (Wed) 3pm Hill Hall 331	Lori Timm, Allegacy Federal Credit Union, in partnership with the Testing and Proctoring Center

Personal Finances: Credit Basics	<p>Is your credit score helping or hurting you? Credit scores can have a huge impact on your financial wellbeing, providing access to jobs, housing, and future lending. During this interactive workshop, you'll:</p> <ul style="list-style-type: none">• Understand why a good credit score is critical• Explore the factors considered in a credit score <p>Learn how to proactively build your credit</p>	Apr. 30 (Thurs) 3pm Hill Hall 331	Lori Timm, Allegacy Federal Credit Union, in partnership with the Testing and Proctoring Center
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Staff Contact:

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