



Monday, September 20, 2004

Workshops help students with transition to college

By **Dawn Pauli**, contributing writer

New Oakland University students can learn the ropes through the First-Year Student Transition Workshops currently being offered.

One-hour workshops are held throughout September and October, designed to help new students adjust to college life. Topics include handling conflicts, controlling stress, staying healthy and using SAIL registration.

"The workshops help students in a variety of ways," said Bryan Austin, graduate student in teaching and an assistant in New Student Programs. "We try to help students get to know each other and expose them to certain areas on campus that may help them. We talk about the changes from high school to college. We also focus on academic and career issues."

All students who attend the workshops have an opportunity to win a \$25 gift certificate to the OU Bookstore and other prizes donated from the Oakland University Branch of the MSU Federal Credit Union.

For more information about the fall workshops, contact the Office of New Student Programs at (248) 370-3260 or nsp@oakland.edu.

First-Year Student Transition Workshops Schedule

Beat the dreaded Freshman 15

Wednesday, Sept. 22

5-6 p.m.

Oakland Center Lake Superior Room B

You have all heard about it – the dreaded Freshman 15. Learn how to combat the extra weight gain that typically accompanies the first year in college and keep yourself healthy throughout the year.

What's the Problem? How to handle conflicts in every day life

Monday, Sept. 27

7-8 p.m.

Recreation Center Pioneer Room

Conflicts are inevitable. Anger, grudges, hurt and blame are not. In fact, most of your conflicts can be resolved fairly easily. Even better, you can do it in a way that actually benefits all concerned. Participate in this interactive hour to change the way you view conflict in your life.

The Game of Life

Tuesday, Sept. 28

Noon-1 p.m.

Oakland Center Banquet Room A

You can be a winner at the game of life...or can you? Come and play this childhood favorite with a grown-up twist. See if you can really 'play the game' and still succeed.

No major? No problem

Wednesday, Sept. 29

Noon-1 p.m.

Oakland Center Oakland Room

Discover your career-related values and how they can shape your career decisions. This interactive workshop will help you explore an academic major that is right for you and make solid career choices for your future

That's so gay!

Monday, Oct. 4

Noon-1 p.m.
Oakland Center Gold Rooms B and C

How do you feel about people who have a different sexual orientation than you? Intrigued? Nervous? Frustrated? Come explore your own bias and hear from students who stand up to the “heterosexual norm” every day.

Students First: Ready for Takeoff

Tuesday, Oct. 5
Noon-1 p.m. and 5-6 p.m.
Oakland Center Banquet Room A

Are you an undecided student? Interested in getting involved on campus? What are your expectations of college? Every student is different. Come find out about your unique style. Complete an online activity and learn about your specific needs and interests. Help us help you get connected at Oakland to take off into a successful college career

Pre-enrollment is required. To register, contact Dawn Atnip at (248) 370-3227 by Friday, Oct. 1.

Stress It.Com
Thursday, Oct. 7
7-8 p.m.
Oakland Center Lake Superior Room B

Got stress? Who doesn't! College isn't always easy. Learn techniques that you can carry with you throughout your college years and get great tips before midterm exams.

Clueless
Tuesday, Oct. 12
Noon-1 p.m.
Oakland Center Lake Superior A

Do you have trouble making decisions regarding your future career? Not sure what to major in? Come to this session and get clues to solve the career/major mystery.

Explore your options – Advising Day
Monday, Oct. 18
Noon-2 p.m. (see below for break out sessions)
Oakland Center Gold Rooms

Are you curious? Are you nervous, maybe even stressed about committing to an academic program at OU. Don't be. Come and speak with a professional academic adviser about your options. During this session, you will receive information about the different majors and undergraduate programs that the schools and college offer at OU. *COM 101 students must attend the “Making the Most of Your Academic Advising Meeting” and the “Specialized Advising Session” to receive credit for this workshop.

- How to Make the Most of Your Academic Advising Meeting.
Noon -12:15 p.m.
Oakland Center Gold Rooms
- Specialized advising session with a professional adviser from each school/college.
12:15-1 p.m.
Oakland Center Rooms 126-130
- How to Make the Most of Your Academic Advising Meeting?
1-1:15 p.m.
Oakland Center Gold Rooms
- Specialized advising session with a professional adviser from each school/college.
1:15-2 p.m.
Oakland Center Rooms 126-130

Love your body
Wednesday, Oct. 20
Noon-1 p.m.
Oakland Center Lake Superior Room B

Does how you feel about your self depend on the size of your thighs? Are you worried about gaining the freshman

15? Come to this workshop to discuss how to improve the way you mentally and physically treat your body.

College binge drinking and sober reflections

Thursday, Oct. 21
5-6 p.m.
Oakland Center Lake Superior Room B

Friday, Oct. 22
Noon-1 p.m.
Oakland Center Oakland Room

There are many ways to have fun in college without drinking. Come and find out about the facts on alcohol poisoning, social norming, signs of chemical dependency, enabling, and the Zero-One-Three concept.

SAIL registration is your friend!

Monday, Oct. 25
Noon-1 p.m.
Oakland Center Banquet Room A

Orientation has come and gone. The classes you registered for are almost over and now it is time to do it all over again. The session will cover the steps necessary to successfully register using the SAIL system. If you need a refresher this session is for you.

What do you want to be when you grow up?

Thursday, Oct. 28
Noon-1 p.m.
Oakland Center Lake Superior B

This program, offered by a professional adviser and counselor, will help you assess your career interests based on your Holland Codes. You will take part in a group exercise where you identify your code, and the facilitator can help you recognize where you might find a fit in terms of majors, experiential learning, clubs and activities, and career opportunities.

Nutrition & Wellness

Wednesday, Nov. 3
Noon-1 p.m.
Oakland Center Oakland Room

What does nutrition and wellness have to do with me? It only takes a few simple steps to improve your health and wellness twofold. Learn about what's available for you at OU.

Relationships: The best of times, the worst of times

Monday, Nov. 8
7-8 p.m.
Oakland Center Gold Rooms B and C

Family, friends, and significant others - exploring ways to maintain and sustain the good, how to deal with the not so good, and be open-minded to finding healthy new relationships while attending OU.

NCAA Rules & Regulations

TBA

First-year student athletes will be required to attend this session and learn more about the NCAA rules and regulations.

SUMMARY
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