ASK 2.0 Workshops

APA Style
This workshop provides a comprehensive overview on the style of writing in APA. This workshop suits avid writers, business students, and nursing students that will be writing in this style.

Goals and Objectives:
- Learn the formatting guidelines of APA
- Understand the use of in-text citations in APA
- Learn the formatting of various sources in a references page in APA
- Assess your understanding of the concepts discussed through activities and resources

ASA Style
This workshop provides an overview on the style of writing in ASA. This workshop suits avid writers, sociology students, and students who will be writing literature reviews.

Goals and Objectives:
- Learn the formatting guidelines of ASA
- Understand the use of in-text citations in ASA
- Learn the formatting of various sources in a references page in ASA
- Assess your understanding of the concepts discussed through activities and resources

CMS Style
This workshop provides an overview on the style of writing in CMS. This workshop suits avid writers, History students, and Anthropology students who will be writing in this style.

Goals and Objectives:
- Learn the formatting guidelines of CMS
- Understand the use of footnotes in CMS
- Learn the formatting of various sources in a bibliography in CMS
- Assess your understanding of the concepts discussed through activities and resources

MLA Style
This workshop provides an overview on the style of writing in MLA. This workshop suits avid writers and English students who will be writing in this style.

Goals and Objectives:
- Learn the formatting guidelines of MLA
- Understand the use of in-text citations in MLA
- Learn the formatting of various sources in a references page in MLA
- Assess your understanding of the concepts discussed through activities and resources
Avoiding Plagiarism
This workshop will give you the lowdown of how to avoid plagiarism through understanding its obvious and not-so-obvious forms. This workshop would suit ELL students, students who have taken a break from school, and students who want to better their writing.

Goals and Objectives:
- Gain an understanding of what plagiarism and common knowledge is
- Understanding the role of plagiarism in the student conduct code
- Learn methods and discover tools to avoid plagiarism
- Develop skills in quote integration and paraphrasing
- Assess your understanding of the concepts discussed through activities and resources

Applying to Graduate School*
This workshop goes over the pathway to applying to graduate school - from deciding which path to take to receiving your acceptance letter. This workshop suits students who want to apply to graduate school and students who want information on the graduate school application process.

Goals and Objectives:
- Gain an understanding of the difference between professional and graduate school
- Understand the costs and financial changes associated with graduate school
- Learn the steps involved in applying to graduate school
- Discover venues to help finance your graduate education
- Begin conducting research on possible graduate/professional schools

Senior Capstone*
This workshop gives insight into what the senior capstone is and factors that can be looked at to determine whether a practicum or project is the right fit for you! This workshop suits students who are going to be completing their capstone soon or are currently in the early stages of being in the capstone.

Goals and Objectives:
- Gain an understanding of the difference between a practicum and project
- Discover which path may be a better fit for your capstone
- Learn tips and methods on successful time management, writing, and presenting
- Learning about apps and programs that can assist in the capstone

Study Skills
This workshop helps to determine your best learning style(s) and what tools you'll need to accommodate them to ensure your success in studying! This workshop suits students who are new to college or who want to see what their learning style(s) is.

*Available both online and in-house
Goals and Objectives:
- Discover your learning style through an online assessment
- Learn of the different modalities to apply your learning style
- Learn of the various tools you can use to be successful in the classroom

How to Write an “A” Paper
This workshop provides a comprehensive overview on college writing and how you can be the best collegiate writer in your class. This workshop suits students who want to improve their writing, new or returning college students, and students who struggle with the writing process.

Goals and Objectives:
- Gain an understanding of the difference between high school and collegiate writing
- Gain an understanding of peer-reviewed and scholarly sources
- Learn about the different steps associated in the writing process
- Discover resources that will ensure your writing is “A” quality
- Applying the concepts discussed in the workshop in multiple activities

How to Write a Literature Review
This workshop goes over what a literature review is and its structure help you get started in writing it. This workshop suits avid writers, students new to this writing style and students in sociology courses.

Goals and Objectives:
- Gain an understanding of the difference between essays and literature review
- Gain an understanding of the process of writing a literature review
- Learn about synthesizing information
- Discover resources to help with writing a literature review
- Applying the topics discussed in the workshop in an activity

How to Write a Research Paper
This workshop gives insight on the steps needed to write a successful research paper, and how good evidence plays a role in making it successful. This workshop suits avid writers, and students wanting to improve their writing for classes.

Goals and Objectives:
- Gain an understanding of the types of evidence that can be used in a research paper
- Gain an understanding of the role of evidence in a research paper
- Learn about the appropriate use of evidence in a research paper
- Apply concepts discussed in the workshop through various activities
Exam Prep Skills
This workshop provides measures that you can follow to prepare and increase your chances of doing well on exam day. This workshop suits students who want to improve or build on their study plan, or new college students.

Goals and Objectives:
- Learn different methods to assist with studying for an exam
- Learn of the various ways to organize and review notes for an upcoming exam
- Learn of the different resources available and tips to help before or on exam day
- Applying the concepts discussed in the workshop in an activity

Mastering Math
This workshop helps you with steps to follow in order to master your fears of math and passing your math class with flying colors. This workshop suits students who struggle with math, new and returning college students, and students who want to better their math studying skills.

Goals and Objectives:
- Gain an understanding of the reasons of why you dislike math
- Learn about the key steps involved to mastering math
- Gain an understanding of self-efficacy and its role in mastering math
- Apply concepts discussed in the workshop while practicing math problems

Writing a Resume
This workshop is led by Career Services Coordinator Loea Akiona. This workshop provides tips on making a lasting impression and separating yourself from the pack. This workshop suits students who don't have a resume or want to revamp their workshop, students who want to p

Goals and Objectives:
- Gain an understanding of the purpose of resumes and what employers look for
- Learn how to construct various resumes depending on your level of experience
- Learn about tips that will make your resume stand out
- Apply the concepts learned in creating or updating your resume

Acing the Interview
This workshop is led by Career Services Coordinator Loea Akiona. This workshop provides tips on how to create the greatest impact during the interview bringing you closer to your goal of obtaining one or more job/internship opportunities. This workshop suits students who are looking for work and students that want to improve on their speaking skills.

Goals and Objectives:
- Learn about tips on how to deal with difficult interview questions
- Learn about how to prepare for a job/internship interview
- Gain an understanding of the intent of interviews
- Apply the concepts learned while participating in mock interviews
Stress and Time Management
This workshop provides insight into the causes of stress and the methods to follow to ensure you can manage it through time management. This workshop is for busy students, students who want to better their time managing skills, students who want to learning about managing stress and students who want to organize their schedules.

Goals and Objectives:
- Gain an understanding of the causes and the methods to avoid stress
- Learn the concept of a time matrix
- Discover different tools to use to help in managing time
- Apply topics discussed in the workshop in multiple activities

Creating a Successful Presentation
This workshop will give you the inside scoop on the components needed to create a successful presentation. This workshop suits students who will be presenting in their classes, students who struggle with public speaking, and students who want to better their presentation skills.

Goals and Objectives:
- Learn about the keys to a dynamic presentation
- Gain an understanding of the difference between a good and bad presentation
- Discover different resources to help build dynamic presentations
- Apply topics discussed in the workshop in an activity.