

the STUDENT SUCCESS CENTER



Villa Success Roundtable Series

Dear Villa Maria College Student,

The Student Success Center at Villa Maria College believes that establishing a relationship with our students is an important component of a successful college experience. Therefore, this August you are invited to join the Villa community. We will hold a series of conversations where we will share advice and answer your questions about how to be an outstanding college student.

There are two ways to attend these sessions: one is to pick one week in August (week 1 or week 2) and attend both days in one week, the other is to pick days in August (two Tuesdays or two Wednesdays) and attend one day each week.

Schedule	TUESDAYS	WEDNESDAYS
Week ONE	<p>AUGUST 2ND 9:30 AM - 2:00 PM</p> <ul style="list-style-type: none"> • Why is it Healthy to Ask for Help? • College Library Research and Technology • Free Lunch (subs) • Villa Lifelines • Managing your Finances • Leadership and YOU! 	<p>AUGUST 3RD 9:30 AM - 2:00 PM</p> <ul style="list-style-type: none"> • Lifestyle and College Success • Bridge to College • Free Lunch - Eating Healthy Without Breaking the Bank • Successful Habits of "A" Students • A Model for Career Planning • Getting Involved at VMC • Achieve Overview (2:10 PM)
Week TWO	<p>AUGUST 9TH 9:30 AM - 2:00 PM</p> <ul style="list-style-type: none"> • Lifestyle and College Success • Bridge to College • Free Lunch - Eating Healthy Without Breaking the Bank • Successful Habits of "A" Students • A Model for Career Planning • Getting Involved at VMC • Achieve Overview (2:10 PM) 	<p>AUGUST 10TH 9:30 AM - 2:00 PM</p> <ul style="list-style-type: none"> • Why is it Healthy to Ask for Help? • College Library Research and Technology • Free Lunch (subs) • Villa Lifelines • Managing your Finances • Leadership and YOU!

Just let us know when you are coming!

E-mail: StudentSuccess@villa.edu or call 716-961-1866

Location: Student Success Center (Ground Level of the Library Building)

All sessions are FREE!

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Session Descriptions

Bridge to College

If you have heard “college is so different from high school” and want to understand what it means, join us for this conversation. We will dispel myths about the college experience, and discuss the realities of being a college student including, college vocabulary, how to address your instructors, and how much time it will take to complete your projects.

Villa Lifelines

College can be a difficult transition for everyone, but there are always people available to help. Come to this conversation to find out who you can turn to when you're having a bad day, struggling with a class, having family issues, or just need to talk confidentially. Villa has so many people who are here to support you!

Successful Habits of “A” Students

Whether you struggled in high school, or were the Valedictorian of your graduating class—this conversation can help you achieve success in your first semester at college. From studying to managing your time after and before class, this conversation will discuss the habits of successful students.

A Model for Career Planning

Your years as a student at Villa Maria College are a time to learn about your interests and talents both in and outside of the classroom, and to use what you learn and experience to help increase your chances of finding a job after graduation. Learn how to see your career exploration as a series of simple small steps to take in each academic year. You will also discuss how your program choice, activities and service learning experiences can lead to success during and after college.

Managing Your Finances in College

The Financial Literacy roundtable discussion will focus on helping you understand your finances, make smarter everyday financial decisions and establish a strong financial foundation that can put you in control of a successful financial future.

College Library Research and Technology

College-level research will be much more independent and in-depth than the research you did in high school. No need to worry though, because there are tons of information resources and technologies in the Villa library to help you get your assignments done. Come to this conversation to find out more about what the library can do to help you be a successful Villa student.

Lifestyle and College Success

College is an exciting time, yet it often requires some personal adjustments. This session will provide you with an opportunity to take a look at your current approach to life, identify potential obstacles, and explore strategies to help you succeed in your new role as college student.

Eating Healthy Without Breaking the Bank

With cost of college and cost of living going up, some students choose to save money by either not eating or buying cheaper, unhealthy options. Join us to learn new ways to eat well on a slim budget by making some minor adjustments to your habits, reprioritizing, and utilizing some simple planning.

Why Is It Healthy To Ask For Help?

We can all use help at various times and it's important to recognize when to ask for it. From a wellness perspective, we will take a holistic look at self-awareness and the value of knowing when to seek resources.

Getting Involved at Villa Maria College

Have you ever wondered what you could do with your time outside of the classroom while you are in college? Look no further! The Director of Student Life will be on hand to help introduce you to all of the opportunities you have at your disposal as a student here at Villa Maria. From clubs to leadership to campus programming, there are multiple ways you can get involved and make the most of your experience at Villa!

Leadership and YOU!

Everyone is always using the word “leader”, but what does that actually mean and does that word apply to you? The answer to that is YES! This session will give you an introduction on how you can apply your strengths to your leadership style and how Villa Maria College can help you continue to grow as a leader!

Achieve Overview

If you're considering the Achieve Program for Students with Learning Differences, this overview will cover all your questions. Focusing on how students with learning differences can use their strengths to overcome challenges and the individualized support Achieve students will receive, participants will get to try technology like Dragon, Kurzweil, and Livescribe Smartpens.

FIRST YEAR SUCCESS SURVEY

If you have not completed the survey please do so immediately. Your answers to this survey will help us better advise you and help you build a support network at Villa Maria College. You can complete the survey by going to this link:

<http://www.surveymonkey.com/r/First-Year-Success-Fall2016>