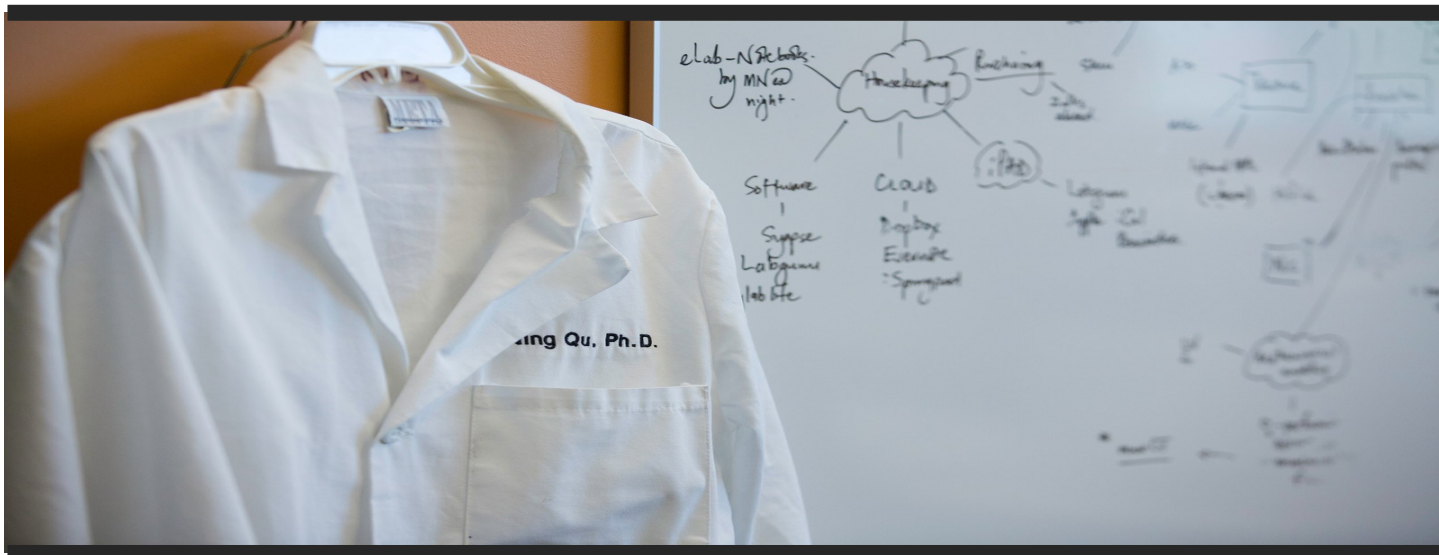


# UAHS ODI Pre-Health Workshop Series



## **Click on topics to learn more:**

### **Key Study Strategies & Time Management (1 Hour)**

The *Key Study Strategies and Time Management* workshop explores effective study strategies and time management skillssets for students as they navigate their busy semester.

### **Personal Statements & Application Process (1 Hour)**

As students begin to prepare for the next steps of their professional journey it can be a daunting task, this workshop aims to demystify the process and make it more manageable.

### **Research 101 (1 Hour)**

The *Research 101* workshop addresses the core elements students need to be aware of before beginning research projects or studies.

### **Developing a Research Poster (1 Hour)**

This workshop will provide guidelines on developing an effective research poster including organization, design and formatting guidelines.

### **Scholarly Writing: APA Formatting (2 Hour)**

For many students entering the healthcare professions it is important for them to have a solid grounding in effective writing styles and formatting.

### **Speed Reading & Note-taking Strategies (1 Hour)**

With the amount of material that students are working to master in college, having effective tools to read and take notes is essential.

### **Stress Management Strategies (1 Hour)**

The rates of students stress level continue to increase within each generation entering college. This workshop begins to address information on stress at a physiological level transitioning into how it manifests in students everyday lives.

### **Test Taking Strategies (1 Hour)**

The *Test Taking Strategies* workshop breaks down strategies for different types of tests that students will experience while in college.

## **All workshops require:**

- Students be pre-registered
- Access to laptop/projector
- Reserved location
- Minimum of 2 weeks notice

## **Workshop Hours Available:**

- Monday & Wednesday mornings
- Other options available upon request.

*If you are interested in scheduling a workshop, please email or call ODI to solidify dates with your office.*



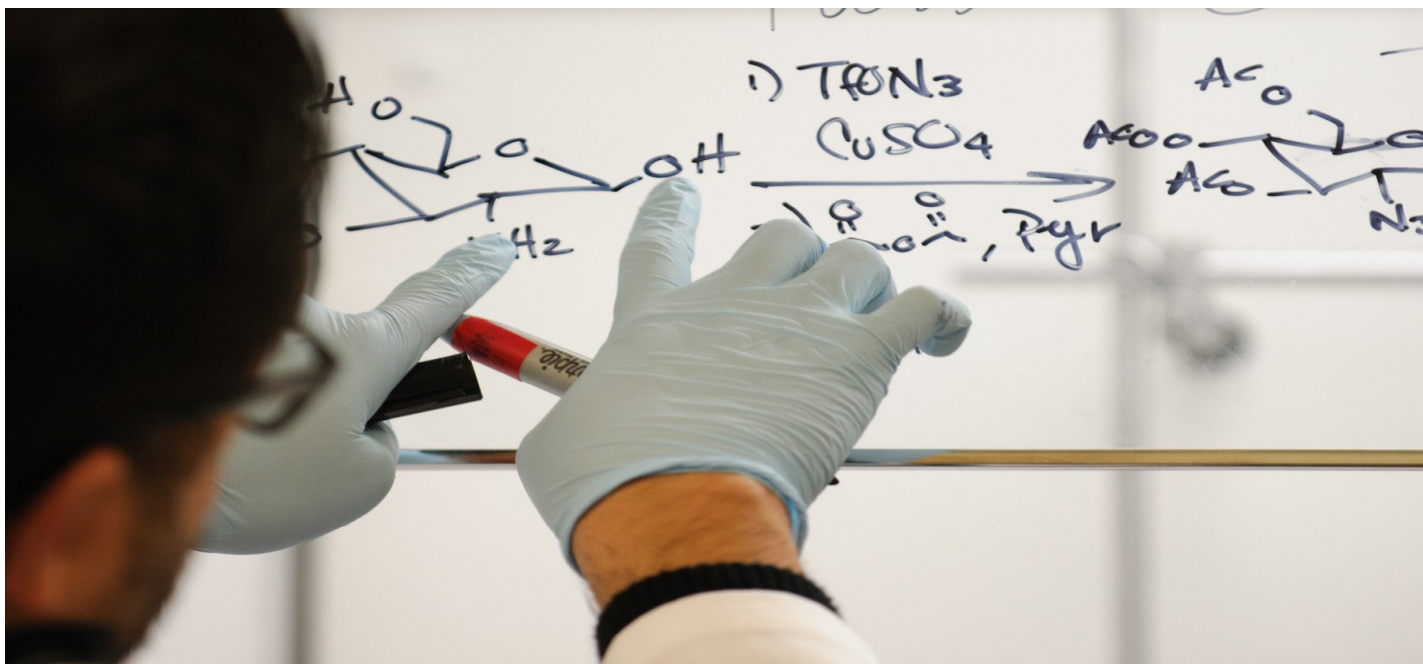
THE UNIVERSITY OF ARIZONA HEALTH SCIENCES  
**Diversity & Inclusion**



**Contact us at:**

520-621-5531

[www.diversity.uahs.arizona.edu](http://www.diversity.uahs.arizona.edu)



### Key Study Strategies & Time Management (1 Hour)

The *Key Study Strategies and Time Management* workshop explores effective study strategies and time management skillsets for students as they navigate their busy semester. We cover core study strategies that when implemented effectively will improve students study habits and result in a more productive and successful semester. Additionally, we provide materials for students to begin to assess where they are spending most of their time, if they are falling into any of the “time waster” traps and tools to combat these lulls.

### Personal Statements & Application Process (1 Hour)

As students begin to prepare for the next steps of their professional journey it can be a daunting task, this workshop aims to demystify the process and make it more manageable. Through this hour session, we explore effective ways to write a personal statement and breakdown the AMCAS and SOPHAS application with students.

### Research 101 (1 Hour)

The *Research 101* workshop addresses the core elements students need to be aware of before beginning research projects or studies. We address the basic concepts of the scientific model, types of research, and the logistical aspects of a research project that students need to be aware of and considering for future assignments. At the end of the workshop students are able to collect their own data in small groups and work together to develop their own research study.

### Developing a Research Poster (1 Hour)

This workshop will provide guidelines on developing an effective research poster including organization, design and formatting guidelines. It will include analyzing high quality posters and resources to produce award winning results. This session will also include tips for presenting and sharing one’s poster.

### Scholarly Writing: APA Formatting (2 Hour)

For many students entering the healthcare professions it is important for them to have a solid grounding in effective writing styles and formatting. The *Scholarly Writing: APA Formatting* workshop introduces students to the American Psychological Association’s (APA) formatting and citations, a structure that is commonly used within the health science colleges.

### Speed Reading & Note-taking Strategies (1 Hour)

With the amount of material that students are working to master in college, having effective tools to read and take notes is essential. The *Speed Reading and Note-taking* workshop begins to address useful strategies for students to implement within their own studies. Students are provided with materials and interactive exercises during the workshop to apply these strategies.

### Stress Management Strategies (1 Hour)

The rates of students stress level continue to increase within each generation entering college. This workshop begins to address information on stress at a physiological level transitioning into how it manifests in students everyday lives. The second half of the workshop is dedicated to going through stress relief exercises with students and discuss their own self-care plans.

### Test Taking Strategies (1 Hour)

The *Test Taking Strategies* workshop breaks down strategies for different types of tests that students will experience while in college. We dissect question stems and explores the answer options utilizing the tools we are discussing and applying them through these group exercises.

