

STUDENT EMPLOYEE DEVELOPMENT SERIES

Professional development opportunities designed for student employees to learn necessary workplace skills, become effective team members, and collaborate with other student employees. Interactive presentation details and registration information is available online at www.utrgv.edu/training.

Join us online—sessions are interactive and conducted live via Zoom.

SECRETS TO SUCCESS: DEVELOPING ESSENTIAL WORKPLACE SKILLS

- Sharpen your critical thinking and active listening skills
- Initiate self-engagement and motivation
- Acknowledge the power of perceptions

MAR 3

9:30 AM
10:30 AM

POSITIVE APPROACHES TO WORKPLACE COMMUNICATION

- Explore different communication styles
- Learn conflict resolution skills, to avoid misunderstandings
- Identify your unique communication tendencies

MAR 10

9:30 AM
10:30 AM

LEADING WITH CONFIDENCE

- Identify confidence vs arrogance.
- Explore optimism vs toxic positivity
- Practice self-advocacy and feedback

MAR 24

9:30 AM
10:30 AM

GOAL SETTING FOR SUCCESS

- Learn the benefits of setting meaningful goals
- Explore the 5 Golden Rules of Goal Setting for success
- Practice: S.M.A.R.T Goals
- How to overcome obstacles to your goals.

MAR 31

9:30 AM
10:30 AM

STRENGTHENING INTELLECTUAL WELLNESS

- Embracing Opportunities to Strengthen Intellectual Wellness
- Exploring Personal Preferences
- Forming Positive Health Habits for Intellectual Wellness

APR 7

9:30 AM
10:30 AM

LEADING WITH RESILIENCE, STRENGTH, AND EMOTIONAL INTELLIGENCE

- Discover What Drives You: A Values Exploration
- Develop and Strengthen Your Resilience
- Foster Essential Emotional Intelligence Skills

APR 14

9:30 AM
10:30 AM

Completion Certificate awarded upon attendance of all topics

*** For accommodations, contact HR Organizational Development & Training at EmployeeTraining@utrgv.edu.**

The University of Texas
Rio Grande Valley
Human Resources
Organizational Development
& Training



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