

# 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](http://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

**OCT 17**  
10 AM - 11 AM

## POSITIVE APPROACHES TO WORKPLACE COMMUNICATION

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

**OCT 24**  
10 AM - 11 AM

## LEADING WITH CONFIDENCE

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

**OCT 31**  
10 AM - 11 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.

**NOV 7**  
10 AM - 11 AM

## STRENGTHENING INTELLECTUAL WELLNESS

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

**NOV 14**  
10 AM - 11 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

**NOV 21**  
10 AM - 11 AM

**Completion Certificate awarded upon attendance of all topics**

**\* For accommodations, contact HR Organizational Development & Training at [EmployeeTraining@utrgv.edu](mailto:EmployeeTraining@utrgv.edu).**

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



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