The Graduation Initiative Unity Day
“Promoting Graduation Success for Every Student”
April 25, 2011

Student Breakout Session
(10:10 – 11:00 am & 2:00 – 2:50 pm)

Enhancing your Success in College by Enhancing your Self Esteem
**Presenter:** Dr. Eric Gravenberg, Ph.D., Senior Associate with Beacon
**Location:** Orchard Suite, Second Floor

Building your self-esteem is essential for confidence, academic and professional success. Without some measure of self-worth, academic success can be incredibly difficult. This interactive workshop will expose you to the importance of thinking positively about yourself, the benefits of having high self-esteem and the risks associated with poor self-esteem. Techniques will be introduced to help you create positive self-expectations, establish goal setting, learning to say no when no is the best answer, reaching out, connecting with others and identifying opportunities and resources to advance in college and in life.

Healthy, Loving Relationships Contribute to your College Success
**Presenter:** Mick J. Rogers, LCSW, CAPS Therapist & Training Coordinator
**Location:** Foothill Suite, Third Floor

Relationships can affect all aspects of your health, well-being, and functioning including your academic performance. This interactive workshop is designed to help participants distinguish between healthy and unhealthy relationships and learn strategies to build and maintain healthy relationships. Key ingredients to positive relationships will be reviewed and you will be encouraged to practice having healthy relationships that align and support your personal, academic and professional goals.

College and Career: Making the Connection
**Presenter:** Brigitte Clark, Associate Director, Academic Advising and Career Center
**Location:** Forest Suite, Second Floor

The purpose of this workshop is to introduce students to the career planning process offered through Academic Advising and the Career Center located in Lassen Hall. This workshop will introduce students to techniques in self-exploration, researching careers and academic programs, goal setting, experiential education and job search strategies. Students will participate in an interactive exercise, which allows them to explore their own interest and abilities by integrating career theory and practical applications. This is an excellent opportunity for students to make the connection between college and career in a very personal way. Related materials, handouts and online resources will be provided.
From Academic Probation to Academic Success
**Presenter:** Mayrose Acob, Coordinator of Second Year Advising, Academic Advising and Career Center  
**Location:** Delta Room, 3rd floor

This interactive workshop is designed to help you learn and understand what Academic Probation (AP) is, the number one reason that leads to academic problems and strategies to get back in good standing. Practical tips such as GPA calculations, navigating student center, creating a balanced course load, and campus resources available to help you achieve success will be discussed.

Internet: Valuable Tool or Academic Distraction
**Presenter:** Aubrie Adams, Graduate Assistant, Communication Studies Department  
**Location:** California Suite, Third Floor

Most students balance busy lives and have limited time to study and complete their school work. At the same time, most use one or more types of non-academic electronic social media forms while doing homework or studying. While the Internet can be a powerful source of information and communication that can make your life as a student more convenient, it can also be a major distraction to your studies. This workshop will help you explore ways to use the Internet productively while avoiding costly distractions that can put your academics at risk.

How to Pay for College without going Broke
**Presenter:** Kylee Keroher, Scholarship Director  
**Location:** Hinde Auditorium, First Floor

Finding the funds to pay for college is a burdensome and often overwhelming task. This workshop will assist you in finding ways to finance your college education. The workshop will provide helpful tips to maximize grant eligibility using the Free Application for Federal Student Aid (FAFSA), avoid delays in your FA disbursement, what to do if your disbursement is delayed, identify scholarship opportunities, and the various loan options available to students.

Blueprint to Graduating from Sac State
**Presenter:** Marisa Glivings, Academic Advisor, Jayme Richards, Degree Evaluator Advisor and Nick Lindsey, Degree Evaluator Advisor  
**Location:** Ballroom III, First Floor

This workshop will provide helpful information on General Education, Major, Electives (or Minor) and overall graduation requirements. Understanding these requirements will make it easier for you to select courses (and alternates), create an academic plan, be successful at getting the classes you need during registration and meet graduation filing deadlines to ensure you graduate in a timely manner.