

**Life Skills for College Students**  
**Winter Quarter 2010 Extra Credit Opportunities**

You may earn extra credit points by completing the VIA Signature Strengths Questionnaire (1 point) and/or attending designated campus workshops or events as listed below (1 point per workshop/event).  *Note: You may only earn up to 2 extra credit points for the class.*

**Extra Credit Opportunity #1**

Directions:
1. Go to the Authentic Happiness website at: [http://www.authentichappiness.sas.upenn.edu/](http://www.authentichappiness.sas.upenn.edu/)
2. Select the VIA Signature Strengths Questionnaire. You will be asked to set up a free profile and provide some basic demographic information.
3. Complete the VIA Questionnaire.
4. Answer the following questions in a 1-2 page response paper:
   - What were your top 5 strengths? Which, if any, were listed as signature strengths?
   - Do these identified strengths match with your self-perception or were they surprising? Discuss.
   - How might you apply these strengths to decrease stress in your life?
   - Thinking about the negative self-talk you have identified in your logs, how might your strengths be applied to creating positive counter statements? Give some examples.
   - Thinking about the schema you presented in Learning Assignment #1, how can you apply your identified strengths to help you change that schema?

**Extra Credit Opportunity #2**

Directions: Attend a workshop/activity listed on the following pages and write a 1 - 2 page response paper that answers the following:

1. What workshop/activity did you attend? When? Where? Why did you select this workshop/activity? What did you hope to learn?
2. Of the workshop/activity content, what was most salient for you? Why?
3. What did you learn about yourself as a result of this experience? What ideas, concepts or “lessons” do you hope to keep with you and use throughout your time as a student?
4. How does your workshop/activity experience relate to the Life Skills course?
Workshop Options:

Counseling and Psychological Services’ Wednesday Wellness Workshops:
To join a workshop, call CAPS at (310) 825-0768 to reserve your spot.
Visit http://www.counseling.ucla.edu for the workshop schedule or for more information on counseling in general.

<table>
<thead>
<tr>
<th>DATE</th>
<th>WORKSHOP</th>
<th>LOCATION &amp; TIME</th>
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<tbody>
<tr>
<td>1/20</td>
<td>Procrastination and Perfectionism</td>
<td>AAP Campbell Hall Room 1210 3:00-4:00pm</td>
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<td>Building Social Confidence</td>
<td>Ashe Large Conference Room 3:00-4:00pm</td>
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<td>1/27</td>
<td>The Psychology of Happiness</td>
<td>Ashe Large Conference Room 3:00-4:00pm</td>
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<td>Stress Busters</td>
<td>SAC Conference Room 4 12:00-1:00pm</td>
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<tr>
<td>2/3</td>
<td>Procrastination and Perfectionism</td>
<td>Ashe Large Conference Room 3:00-4:00pm</td>
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<td></td>
<td>Academic Power Training</td>
<td>SAC Conference Room 4 12:00-1:00pm</td>
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<td>2/10</td>
<td>Stress Busters</td>
<td>AAP Campbell Hall Room 1210 3:00-4:00pm</td>
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<td>The Art of Sleeping</td>
<td>Ashe Large Conference Room 3:00-4:00pm</td>
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<tr>
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<td>When Love Hurts</td>
<td>SAC Conference Room 4 12:00-1:00pm</td>
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<td>2/17</td>
<td>Mindful Pathways to Wellness</td>
<td>Ashe Large Conference Room 3:00-4:00pm</td>
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<td>Academic Power Training</td>
<td>AAP Campbell Hall Room 1210 3:00-4:00pm</td>
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<td>2/24</td>
<td>Stress Busters</td>
<td>Ashe Large Conference Room 3:00-4:00pm</td>
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Career Center Workshops
  - Skills Assessment
  - Self-Assessment: Interests
  - Self-Assessment: Personality

To find the dates and times for these three workshops, log in to BruinView:
https://secure.career.ucla.edu/BruinViewLogin/Login.aspx

Career Center workshops are free but are open only to currently enrolled UCLA students. Reservations are required for all workshops and are available online through BruinView™. If you are already registered as a BruinView™ user, simply login in and select the “Workshops” option from the “Events and Workshops” link (located on the right side of the top menu bar).
Academics in the Commons Workshops

Academics in the Commons is a UCLA academic support program offering free workshops, tutoring, mentoring, and many other services to students. Below are the available dates and times for workshops this quarter. Sign-up for the workshops online by going to MyUCLA and clicking on "Workshops." All workshops will meet at 203 Covel at 5:00pm, 5:30pm, or 7:00pm, as listed.

**ACADEMIC**

**Improving your Academic Self-Esteem**
Research tells us that there is a very strong relationship between our self-esteem and our academic performance. Learn techniques and strategies to improve your academic self-esteem!
5.30p: 3/4
7p: 1/14, 1/28, 2/11

**Dealing with Academic Stress**
Discuss sources of, and methods to, overcome anxiety in your academic life.
7p: 1/11, 1/26, 2/10, 2/22

**Midterms and Final Preparation**
Set yourself up for success by establishing goals and organizing your study sessions before exams.
5.30p: 1/19, 1/26, 2/2, 2/9, 2/23, 3/9

**Note-Taking**
Learn tips on how to take better notes and how to use them to succeed in school.
5.30p: 1/12, 1/25
7p: 2/16, 3/3

**Study Skills**
Assess your study skills and learn strategies for improving them. Develop a personally relevant study plan for this quarter.
5.30p: 1/14, 1/28, 2/11, 2/22

**How to Get an "A" at UCLA**
Learn what it REALLY takes to be a top student at UCLA!
5.30p: 2/1, 2/10
7p: 1/20, 2/23

**Internships and Career Preparation**
Learn how internships and related college experiences can help you develop the skills necessary to reach your career and personal goals.
5.30p: 1/13, 1/27, 2/10, 2/25

**Obtaining the Right Research Opportunity**
Learn how to find and begin research experience optimized for you.
5.30p: 1/27, 3/3
7p: 1/7, 2/18

**PERSONAL DEVELOPMENT**

**First Generation College Students**
Learn about programs and services as well as strategies to ensure your academic and social success in the university environment.
5.30p: 1/27, 2/8, 3/2
7p: 1/12

**Finding Your Motivation to Succeed**
Discover techniques to rekindle your motivation and desires to succeed at UCLA and in life.
5.30p: 1/13, 2/11
7p: 1/28, 3/3

**Dealing with Procrastination**
Designed to give you the basics on how to prevent yourself from wasting time, this workshop gives tips to identify and stop procrastinating.
5.30p: 1/11, 1/28
7p: 2/11, 2/24

**Time Management**
Learn how to prioritize the stressful tasks in your life and make a schedule that will lead to academic and personal success instead of stress.
5.30p: 1/21, 2/4, 3/4
7p: 1/7