

My Coyote Success: **Online Workshops to Support Students**

On the My Coyote Success dashboard, you will find a series of video-based workshops that focus on study skills, learning styles, and how to navigate the college experience. These online workshops can be done on your own time, 24/7. These workshops can help you learn strategies for greater success in your college courses. Plus, they include videos and activities that present the information in a fun and interactive way. These workshops are free for CSN students!

Once you have set up your student account in goCSN, you can find these workshops under [My Coyote Success](#).

The length of each worksheet varies, so check out the approximate course length included in each workshop description. The approximate course length includes the length of the videos plus time for included activities and worksheets. You can always start a workshop and return to it later. Each workshop includes an Action Plan worksheet and a quiz at the end to help you learn and apply the material.

This document provides a complete listing of all workshops with brief descriptions.

Workshop List

1. Student Online Readiness (CSN Online Orientation)

Learning to Learn

1. 10 Habits of Mind for College Success
2. Academic Integrity: Do's and Don'ts
3. Classroom Expectations and Behaviors
4. Developing Critical Thinking Skills
5. Discover Your Learning Style Preferences
6. Exam Preparation Tips and Test-Taking Strategies
7. Handling Failure In & Out of the Classroom

8. How to Overcome Math Anxiety
9. How to Reduce Test Anxiety
10. How to Succeed in Math
11. Information Literacy
12. Learning Strategies that Every Student Should Know
13. Preparing for the Final Exam
14. Study Tips & Notetaking Strategies
15. The Difference Between High School & College
16. Understanding & Avoiding Plagiarism

Personal Management

1. Emotional Intelligence: The Other Key to Academic Success
2. Financial Literacy: Smart Money Skills for College & Beyond
3. How to Achieve Well-being, Balance, and Success
4. How to Develop your Cross-Cultural Skills
5. How Your Personality Style May Impact Your Academic Success
6. Improving Student-Faculty Relationships
7. Mental Health & Suicide: How to help yourself & others
8. Navigating the Financial Aid Process
9. Overcoming Procrastination: Causes & Cures
10. Setting & Accomplishing Realistic Goals
11. Sexual Violence Awareness Prevention: A Title IX Training for Students
12. Stress Management Techniques
13. Time Management: Strategies for Success

Academic & Career Exploration

1. Creating Your College Bucket List: Explore, Experience, Succeed
2. Exploring Careers & Choosing a Major
3. Mastering the Job Interview
4. Maximizing Your College Experience
5. What It Takes to Be a Successful Student
6. Writing Effective Resumes & Cover Letter #career

En Español

1. Cómo Explorar Carreras Y Escoger Una Especialización Académica
2. Cómo Superar La Entrevista De Trabajo

3. La Ansiedad Ante Los Exámenes: Estrategias Para Tener Exito
4. Lo Que Se Necesita Para Tener Exito En La Universidad
5. Pasos Para El Proceso De Ayuda Financiera

Reading & Writing Strategies

1. Developing a Strong Thesis Statement
2. Drafting Introductions, Body Paragraphs & Conclusions
3. Pre-Writing Techniques
4. Reading Comprehension Strategies
5. The Revision Process: How to Proofread & Edit Your Writing

Online Learning

1. 10 Tips for Success in Your Online Course
2. Effectively Communicating Online
3. Online Courses: Staying Motivated & Disciplined
4. Taking Tests Online: Strategies for Success

Success Strategies

1. Leading as a Student Athlete – Both In & Out of the Classroom
2. Student Veterans: How to Succeed in College
3. Success Strategies for First-Generation Students
4. Success Strategies for Probation Students

Workshop Descriptions

1. [CSN Student Online Readiness \(Orientation\)](#) -This CSN-specific workshop takes you on an in-depth tour of the tools and strategies you will need to be successful in an online course at CSN. Approximate course length: 45-50 minutes

Learning to Learn

1. [10 Habits of Mind for College Success](#) - This workshop offers ten qualities and habits that may help you be successful in your college career. Self-reflection activities and a worksheet will help you identify your strengths and weaknesses

with these habits in order to help improve your chances for success in college and in life. Approximate course length: 20 minutes

2. [Academic Integrity: The Do's & Don'ts](#) - Integrity is behaving in a way that is consistent with one's values. This workshop covers the values that are consistent with academic integrity and how to best follow these throughout your academic career. Approximately course length: 15 minutes
3. [Classroom Expectations & Behavior](#) - Are you a first-year student and wondering what to expect from your classes? This workshop presents expectations and strategies for students who are new to the college classroom and coursework. Approximate course length: 15 minutes
4. [Developing Critical Thinking Skills](#) - Critical thinking help you gain a deeper understanding of course material and make connections between topics in the classroom and real life. This workshop breaks down the process and qualities of critical thinking and offers exercises to practice these skills. Approximate course length: 20-25 minutes
5. [Discover Your Learning Style Preferences](#) - Are you a visual, auditory, or kinesthetic learner, or do you learn best by reading and writing? This workshop includes a learning style inventory quiz and tips on how to use the different learning styles to your best advantage in your coursework. Approximate course length: 25-30 minutes
6. [Exam Preparation Tips & Test-Taking Strategies](#) - Looking for helpful strategies for studying for your next exam? This workshop breaks down the studying process into five phases, from studying before the exam to reviewing your answers post-exam. Approximate course length: 20-25 minutes
7. [Handling Failure In & Out of the Classroom](#) - If you are worried about failure or have ever failed anything, this workshop offers constructive strategies on how to work with failure and how to improve in the future. Approximate course length: 10-15 minutes

8. [How to Overcome Math Anxiety](#) - Do your fears and doubts about your abilities in math interfere with your progress in math classes? This workshop offers tips for studying that may reduce your anxiety and help you succeed on your homework and exams. Approximate course length: 20-25 minutes
9. [How to Reduce Test Anxiety](#) - Do you have test anxiety? This workshop provides strategies to help you manage your anxiety and do well on your exams! Approximate course length: 20-25 minutes
10. [How to Succeed in Math](#) - Are you taking a math class this semester? This workshop offers strategies and techniques for notetaking, studying, homework and more to help you succeed in this subject. Approximate course length: 20 minutes
11. [Information Literacy: Mastering College Research](#) - This workshop takes you through the research process, from brainstorming to citing sources. It also offers tools for effectively evaluating and keeping track of sources. Approximate course length: 25 minutes
12. [Learning Strategies Every Student Should Know](#) - This workshop includes learning and studying techniques that may help you learn and understand the material in your classes. Approximate course length: 25-30 minutes
13. [Preparing for the Final Exam](#) - This workshop takes you through helpful strategies to prepare for the final exam, starting from the first day of class to the day of the final. Approximate course length: 30-35 minutes
14. [Study Tips & Note-taking Strategies](#) - Need some new ideas for studying and taking notes? This workshop offers a variety of study and notetaking techniques and will help you decide what approach best works for you. Approximate course length: 30-35 minutes
15. [The Difference Between High School & College](#) - Are you attending college right out of high school or are you a new student at CSN High School? This workshop discusses the differences between high school and college academics and gives

you practical advice that will help you in your first semester. Approximate course length: 25-30 minutes

16. [Understanding & Avoiding Plagiarism](#) - What is plagiarism and what can you do to avoid it in your college essays? This workshop covers what to cite, how to effectively paraphrase, and how to manage your citations and sources. Approximate course length: 20-25 minutes

Personal Management

1. [Emotional Intelligence: The Other Key to Academic Success](#) - This workshop gives you an opportunity to gain awareness about yourself in terms of emotional intelligence, personality, and leadership through three personality inventories. It also offers practical advice and strategies that will aid personal growth and ultimately help you in college and your career. Approximate course length: 40 minutes
2. [Financial Literacy: Smart Money Skills for College & Beyond](#) - This workshop offers ten tips to help you manage your money and includes advice on creating feasible financial goals, budgeting, and using your credit wisely. Approximate course length: 25 minutes
3. [How Your Personality Style May Impact Your Academic Success](#) - This workshop explores learning strategies for different personality types in both individual and group work. You can find out your own Myers-Briggs personality type in the questionnaire within the workshop and use this knowledge to help you in future courses. Approximate course length: 25-30 minutes
4. [How to Achieve Well-being, Balance & Success](#) - Are you looking for tools to help you successfully balance the priorities in your life? This workshop includes activities for self-reflection to help you manage your priorities, set meaningful goals, and be successful in school and your life. Approximate course length: 30-35 minutes
5. [How to Develop Your Cross-Cultural Skills](#) - Cultural awareness can be incredibly beneficial in a diverse college environment. This workshop covers strategies to

help you become aware of your own biases and work towards greater cultural awareness and inclusiveness. Approximate course length: 15-20 minutes

6. [Improving Student-Faculty Relationships](#) - Establishing good relationships with your instructors can help you in your classes in college and beyond. This workshop offers tips for effectively communicating with your instructors to help nurture those relationships. Approximate course length: 25-30 minutes
7. [Mental Health & Suicide: Helping Yourself & Others](#) - Are you or someone you know struggling with mental health issues? This workshop includes a basic self-assessment, symptoms and warning signs, and points to potential resources to get help. Approximate course length: 25-30 minutes
8. [Navigating the Financial Aid Process](#) - This workshop takes you through ten key steps in applying for and receiving financial aid for college. Whether it is your first time applying for financial aid or not, this workshop will help you better understand the financial aid process. Approximate course length: 15-20 minutes
9. [Overcoming Procrastination: Causes & Cures](#) - Have you ever put off doing an assignment until the last moment? This workshop addresses the problems of procrastination and presents ideas on how to address them. This workshop includes reflection activities, and strategies for time management to help you create better habits so you can complete your assignments on time. Approximate course length: 30-35 minutes
10. [Setting & Accomplishing Realistic Goals](#) - Take your goal setting to the next level with this comprehensive workshop! This workshop offers strategies for achieving goals and offers ideas on how to move past roadblocks that may challenge your progress towards your goals. Approximate course length: 25 minutes
11. [Sexual Violence Awareness & Prevention: A Title IX Training for Students](#) - This in-depth workshop defines sexual violence and its effects, discusses consent, and presents ideas on how to support sexual assault survivors. Approximate course length: 25-30 minutes

12. [Stress Management Techniques](#) - This workshop on stress management will help you identify signs and sources of stress. It also offers practical techniques that may help you manage your stress amidst your class schedule and other responsibilities. Approximate course length: 25 minutes
13. [Time Management: Strategies for Success](#) - This workshop offers strategies that may help you better manage your time, both in general and for studying for your classes. Approximate course length: 25-30 minutes

Academic & Career Exploration

1. [Creating Your College Bucket List: Explore, Experience, Succeed](#) - This workshop covers using your college experience as a means towards longer-term goals and encourages you to create a list of what you would like to accomplish in college and beyond. Approximate course length: 15-20 minutes
2. [Exploring Careers & Choosing a Major](#) - This workshop guides you through self-assessment activities to help you explore both major and career options. Approximate course length: 20-30 minutes
3. [Mastering the Job Interview](#) - This workshop gives you tips on how have a successful job interview experience at all stages of the process, from preparation to post-interview. In addition to providing tips on what to say and do during an interview, it also shows video clips of example interviews. Approximate course length: 15-20 minutes
4. [Maximizing Your College Experience](#) - This workshop explores how you can take full advantage of your college experience so that it can benefit you in your future career. Approximate course length: 20-30 minutes
5. [What It Takes to Be a Successful Student](#) - How can you be successful in college? This workshop explores the most effective approaches, attitudes and behaviors, and available resources to help a student succeed in college. Approximate course length: 25-30 minutes

6. [Writing Effective Resumes & Cover Letters](#) - This workshop offers great tips for creating a resume and cover letter that will get an employer's attention. It includes a worksheet to help you write a new resume or improve your current one. Approximate course length: 20 minutes

En Español

1. [Cómo Explorar Carreras Y Escoger Una Especialización Académica](#) - Este taller ayuda a relacionar intereses y pasiones con posibles carreras que desees y puedes escoger. Explica múltiples maneras de verificar la mejor opción de carrera que sea compatible con tus metas universitarias, tales como solicitar diversas pasantías o pedir entrevistas informales con conocidos en la carrera deseada. Duración aproximadamente del curso: 25-30 minutos
2. [Cómo Superar La Entrevista De Trabajo](#) - Este taller recalca los puntos más importantes que considerar al prepararte mentalmente para una entrevista. Da ejemplos de pequeñas técnicas que resultan el éxito a la hora de entrar a una entrevista. El taller también describe cómo actuar en una entrevista y qué comportamientos evitar durante este proceso. No solo lo explica, sino que lo demuestra en forma de videos para comprender de mejor manera lo explicado. Duración aproximadamente del curso: 20 minutos
3. [La Ansiedad Ante Los Exámenes: Estrategias Para Tener Exito](#) - ¿Te da ansiedad a la hora de tomarte un examen? Este taller trata sobre la ansiedad que pueden experimentar los estudiantes antes y durante un examen. El taller explora múltiples causas que pueden ser relacionadas con la ansiedad estudiantil, tales como, problemas familiares, inseguridades, o distracciones. Realza la importancia de entender tu estado físico y psicológico al igual que tomar en cuenta el cuidado propio. Maneras de identificar las causas y posibles soluciones de la ansiedad son explicadas en este taller. Duración aproximadamente del curso: 20 minutos
4. [Lo Que Se Necesita Para Tener Exito En La Universidad](#) - Este taller trata sobre ver actuales y futuras experiencias universitarias como positivos de una manera psicológica. Ayuda a entender que el éxito comienza en el pensamiento y explica maneras de lograr cambiar tendencias y actitudes negativas que podrían

impactar tu camino al éxito universitario. Duración aproximadamente del curso: 20 minutos

5. [Pasos Para El Proceso De Ayuda Financiera](#) - Este taller habla de múltiples maneras de conseguir ayuda financiera para pagar tu matrícula de la universidad. Explora diferentes métodos de alcanzar esta ayuda como conseguir becas, aplicar para ayuda federal, recibir préstamos, considerar opciones de empleo o apoyo familiar. Este taller te ayuda a crear una lista para facilitar el proceso de conseguir tal ayuda financiera. Duración aproximadamente del curso: 20-25 minutos

Reading & Writing Strategies

1. [Developing a Strong Thesis Statement](#) - This workshop offers strategies for writing an effective thesis statement. Activities in this workshop include evaluating examples and a worksheet for brainstorming thesis statements for your next essay assignment. Approximate course length: 20-25 minutes
2. [Drafting Introductions, Body Paragraphs & Conclusions](#) - This workshop offers in-depth strategies on writing introductions, body paragraphs, and conclusions. With a variety of tips on different ways to approach each part of your essay, this workshop will help you with your writing process. Approximate course length: 30-35 minutes
3. [Pre-Writing Techniques](#) - This workshop takes you through three effective pre-writing techniques before you start writing your essay: planning, generating ideas, and organizing. These steps will help you brainstorm topics, play with ideas, and ultimately prepare you for writing your first draft. Approximate course length: 20-25 minutes
4. [Reading Comprehension Strategies](#) - Do you want to improve your reading comprehension and make reading a college textbook easier and more fun? This workshop offers several strategies and hands-on reading activities that will help you learn and apply these tools. Approximate course length: 25-30 minutes
5. [The Revision Process: How to Proofread & Edit Your Writing](#) - Once you have written a draft of a paper, your next step is to revise it. This workshop covers

how to approach the revision process while looking at both the content and mechanics of your essay. Approximate course length: 25 minutes

Online Learning

1. [10 Tips for Success in Online Courses](#) - This workshop offers 10 tips to help you be successful in online courses, which include everything from technology considerations to test taking techniques. Approximate course length: 15 minutes
2. [Effectively Communicating Online](#) - This workshop presents the differences in communicating in an in-person class versus an online course and provides suggestions for communicating effectively in online forums such as discussion posts. It also discusses critical skills for understanding the material, such as reading strategies and evaluating online sources. Approximate course length: 15-20 minutes
3. [Online Courses: Staying Motivated & Disciplined](#) - This workshop discusses strategies for staying on task and motivated in online courses. The online format has different challenges than in-person classes and this workshop specifically looks at solutions to help with time management and managing deadlines. Approximate course length: 15 minutes
4. [Taking Tests Online: Strategies for Success](#) - Unsure about how to approach taking a test online? This workshop offers 10 helpful tips for preparing and studying for online exams. Approximate course length: 15 minutes

Success Strategies

1. [Leading as a Student Athlete, Both In & Out of the Classroom](#) - If you are a student athlete who seeks to excel in the classroom and in your sport, this workshop is for you! This workshop covers topics that will help you succeed, such as motivation and creating a strong support system. Approximate course length: 15-20 minutes
2. [Student Veterans: How to Succeed in College](#) - If you are a veteran entering college as a new or returning student, this workshop is specifically geared

towards someone with your experience. It covers student resources and what you might need to know as you begin your college career. Approximate course length: 15 minutes

3. [Success Strategies for First Generation Students](#) - Are you a first-generation college student and wondering how to approach your college career? This workshop covers everything from the application process to how to take advantage of the many opportunities in college. Approximate course length: 25-30 minutes
4. [Success Strategies for Probation Students](#) - This workshop includes useful tips and strategies for students who are on academic probation. At the end of the workshop, make sure to download the action plan worksheet, which includes steps to take and exercises on goal setting. Approximate course length: 10-15 minutes