Term 1 2026 ADP Workshop Schedule

- **All weekday workshops are at 7:00 p.m. Eastern Time (ET) unless otherwise noted.**
- **All workshops can be accessed by clicking the Workshop Meeting Link unless otherwise indicated.**
- **Unable to attend a workshop? They are archived and available 24/7 at this video archive site.**
- **Looking for tips on a specific topic? Check out our playlists at the Post Academic Success site.**
- **Questions? Contact us at Workshops@post.edu**
- ***Schedule may be subject to change without notice.***

Week 1:

- **Monday, June 29th: NO WORKSHOP**
- **Tuesday, June 30th : Blackboard Ultra**
- **Wednesday, July 1st : (3:00 PM ET): Blackboard Ultra**
- **Thursday, July 2nd: Starting Successfully**
- **Friday, July 3rd: NO WORKSHOP**

Week 2:

- **Monday, July 6th (6:00 PM ET): Blackboard Ultra**
- **Monday, July 6th: Basic Time Management**

- **Tuesday, July 7th (6:00 PM ET): Spotlight: Center for Academic Success**
- **Tuesday, July 7th: Starting Successfully**
- **Wednesday, July 8th (3:00 PM ET): Career Power Hour**
- **Wednesday, July 8th (6:00 PM ET): Spotlight – Financial Aid**
- **Thursday, July 9th (6:00 PM ET): Spotlight – Disability Services**
- **Friday, July 10th (6:00 PM ET): Spotlight – Mental Health & Wellness**
- **Friday, July 10th: Basic Technology Skills**

Week 3:

- **Monday, July 13th (6:00 PM ET): Basic Academic Writing**
- **Tuesday, July 14th(6:00 PM ET): Blackboard Ultra**
- **Tuesday, July 14th: Basic Time Management**
- **Wednesday, July 15th (3:00 PM ET): Career Power Hour**
- **Wednesday, July 15th (6:00 PM ET): Scholarships**
- **Wednesday, July 15th: COSE Social Hour**
- **Thursday, July 16th: Basic Technology Skills**
- **Friday, July 17th: University Policies**

Week 4:

- **Monday, July 20th: Back on Track**
- **Tuesday, July 21st: Basic Academic Writing**
- **Wednesday, July 22nd (6:00 PM ET): Wellness Wednesday**
- **Wednesday, July 22nd: Virtual Club Fair**
- **Thursday, July 23rd (6:00 PM ET): Basic APA Writing Style**
- **Thursday, July 23rd: Overcoming Student Stress**
- **Friday, July 24th: Trivia Night**

Week 5:

- **Monday, July 27th (6:00 PM ET): Basic APA Writing Skills**
- **Monday, July 27th: Advanced Time Management Skills**
- **Tuesday, July 28th: Advanced Technology Skills**
- **Wednesday, July 29th: (3:00 PM ET): Career Power Hour**
- **Wednesday, July 29th: (6:00 PM ET): Traurig Library**
- **Wednesday, July 29th: SAP Warning**
- **Thursday, July 30th (6:00 PM ET): Career Pathways**
- **Friday, July 31st: Advanced Academic Writing**

Week 6:

- **Monday, August 3rd (6:00 PM ET): Research Skills**

- **Tuesday, August 4th: Advanced Technology Skills**
- **Wednesday, August 5th (6:00 PM ET): Canva 101**
- **Wednesday, August 5th: Advanced Academic Writing**
- **Thursday, August 6th (6:00 PM ET): Traurig Library**
- **Friday, August 7th Presentation Skills**

Week 7:

- **Monday, August 10th (6:00 PM ET): Financial Aid**
- **Tuesday, August 11th (6:00 PM ET): Advanced Academic Writing**
- **Wednesday, August 12th: (3:00 PM ET): Career Power Hour**
- **Wednesday, August 12th: COSE Social Hour**
- **Thursday, August 13th (6:00 PM ET): Student Empowerment Speaker Series**
- **Friday August 14th: Finishing Strong**

Week 8:

- **Monday, August 17th (6:00 PM ET): Programmatic Pop-Up**
- **Tuesday, August 18th: Finishing Strong**
- **Wednesday, August 19th (6:00 PM ET): Wellness Wednesday**
- **Thursday, August 20th (6:00 PM ET): Advanced Student Empowerment**
- **Friday, August 21st: Trivia Night**

Workshop Descriptions:

Academic Writing: This workshop will help you learn how to create a paper that will present your research in an effective and organized manner.

APA Style Writing: APA writing can be a challenge for some students, but it doesn't have to be! We will break down writing your 7th Edition APA paper here.

Back on Track: If you have fallen behind in your classes, we have some tips to help you get caught up again and have a better likelihood of success as you finish the term.

Creating A Discussion Board Post: Discussion boards help you communicate with your colleagues in class and share ideas. This workshop will help you join the discussion with confidence.

Financial Aid: Learn about how Financial Aid can provide an opportunity for students to fund their education.

Finishing Strong: This workshop will give tips to students on how to successfully complete their courses to close out the term.

Library & Research Skills: Where and how you research is critical to your success as a student. This workshop will give you tips on research skills using our Traurig Online Library.

Overcoming Student Stress: As adult learners, life can be stressful and adding courses can add stress. This workshop will discuss understanding student stress and some tips on how to manage it.

Retaking A Course: This workshop will provide tips to give students a better chance at success when retaking a course.

Scholarship Workshop: For students who have limited funding choices, scholarships can help provide additional options to pay for their education.

Student Empowerment: Being a successful student starts with confidence and self-advocacy. In this workshop, we will show you where to find help when you need it and how to use motivation to keep you on the path to success.

Spotlight: Each term we will highlight a different department or area to present to students to demonstrate the support we offer. Staff members will provide an overview, and students will have an opportunity to ask questions.

Starting Successfully: This workshop will acclimate students to Post University with assistance from our First Term advising team.

Technology for Adult Learners: Understanding modern devices and software is critical for success as a student. This workshop will review and introduce some useful tools to help you stay connected.

Time Management: How do you fit schoolwork into your busy life? In this workshop, students will learn best practices to help them manage coursework into their busy schedules.

University Policies: This workshop will feature a review of university policies to help students be aware of important information regarding their experience at Post University.