



TRAILS to SUCCESS
 Transformational Professional & Personal Development Program for Graduate Students

TTS On-Demand Workshop Offerings

*If you do not see a workshop topic that you would like for us to offer, please contact Laura Padgett at padgettlc@appstate.edu with your special request.

Development/Skill Category	Workshop Subject/Title
Academic Development	Building a productive relationship with your advisor/professor
	How to develop successful group projects
	Prioritizing responsibilities and setting SMART goals
	Advanced tools for critical thinking and critical reading
Health & Wellness Development	Developing and committing to a plan for self-care
	Managing stress, boosting immune system, boosting mood and improving sleep through diet/nutrition and exercise
	Making exercise a priority and the campus and community resources available to help
Social Development	Meet the community: community/clubs/organizations and student involvement
	Handshake (Online Career Platform) and how to maximize use of it
	Developing cultural awareness for graduate school and work life
	Time value of money (savings/investments/retirement)

Financial Development	What do you need to know about employee benefits and insurance packages?
	Your credit score: your new GPA
	Financial goal-setting and budgeting
	Reducing debt now and for the future
	Understanding personal taxes
Emotional Development	Imposter syndrome and developing a sense of belonging
	Mindfulness/meditation to improve memory and learning
	Understanding work/life balance
	Mental health awareness and resources
Research Development	Ethical Conduct of Research: Professional Responsibilities and Resources (including IRB)
	Grantsmanship Skills: Finding Funding and Writing Proposals
	Academic Writing: Tips and Strategies for Preparing Research Reports
Presentation Development	Developing visual aids for and structuring presentations
	Incorporating storytelling into successful presentations
	Projecting a professional image, building rapport with your audience, managing the Q&A and avoiding rabbit trails during presentations
	Glossophobia: how to overcome the fear of public speaking

Communication Development	Building a professional brand (LinkedIn, resume, cover letter, etc.)
	Conflict management
	Polishing your communication style for the workplace
	Mastering the interview
Leadership Development	Identifying and mastering your leadership style
	Building effective teams
	Understanding the importance of organizational culture
	How to lead change
	Servant leadership - leading with your why