In 1986 and 1987 two programs at Cal Poly Pomona, each designed to increase the retention and graduation of historically under-represented ethnic groups in STEM fields, worked collaboratively to initiate Academic Excellence Workshops (AEW) as an integral part of their respective programs. The AEW design was based on the work of Uri Treisman. These workshops have continued since their inception at Cal Poly and have been a significant component of many students success. The key factors for the continuing success of these workshops will be presented, as well as data giving evidence of their efficacy. (Received September 25, 2006)