

# Spring 2017 Student Success Workshops



Date	Time	Workshop	Aptos/Watsonville
Wed 1/25/17	2:00-3:00	Student Self Care	909-M
Thu 2/2/17	2:00-3:00	Communicating When Things Get Tough	909
Fri 2/3/17	9:00-10:00	Writing CalWORKs Hourly Activity Reports	SRSN
Mon 2/6/17	9:00-10:00	Writing a Personal Statement	SAC West 202
Tue 2/7/17	2:00-3:00	Navigating Campus Resources	909-M
Wed 2/8/17	3:00-4:00	Resume Development	SAC West 202
Fri 2/10/17	8:00-5:00	Mental Health First Aid	909-M
Tue 2/14/17	1:00-2:00	Memory Techniques	WAT A140
Tue 2/14/17	2:00-3:00	Developing a Spending Plan— <b>Food Included</b>	SAC West 202
Wed 2/15/17	11:00-12:30	How to Choose a Major	WAT C-105
Wed 2/15/17	2:30-3:30	Resume Development	WAT C-105
Wed 2/22/17	1:00-2:00	Avoiding Test Anxiety	SAC West 202
Thu 2/23/17	1:00-2:00	Food for Thought— <b>Food Included</b>	513
Tue 2/28/17	1:00-2:00	Avoiding Test Anxiety	WAT A140
Tue 2/28/17	11:00-12:30	True Colors: Linking Personality to Careers	SAC West 202
Wed 3/8/17	12:30-1:30	Mindset	SAC West 202
Thu 3/9/17	10:00-11:00	Savings Plans and Tools — <b>Food Included</b>	SAC West 202
Thu 3/9/17	1:30-2:30	Interview Skills	SAC West 202
Wed 3/15/17	11:00-12:00	Interview Skills	WAT C-105
Wed 3/15/17	3:00-4:30	How to Choose a Major	SAC West 202
Thu 3/16/17	1:30-2:30	Time Management	SAC West 202
Fri 3/31/17	11:00-12:00	Getting and Protecting Credit — <b>Food Included</b>	SAC West 202
Fri 4/7/17	11:30-12:30	Mindset	WAT A140
Mon 4/10/17	11:00-1:00	Bite of Reality: Hands-On Budgeting/Money Management- <b>Lunch</b>	609
Tue 4/11/17	1:00-2:00	How to Prepare for a Job Fair	SAC West 202
Wed 4/12/17	10:30-11:30	Food for Thought— <b>Food Included</b>	513
Wed 4/12/17	12:00-1:00	Escalation Workshop	909-M
Wed 4/12/17	3:00-4:00	Internship Workshop	SAC West 202
Wed 4/19/17	1:00-2:00	Building Your Financial Future— <b>Food Included</b>	SAC West 202
Fri 4/21/17	10:00-12:00	Bite of Reality: Hands-On Budgeting/Money Management- <b>Lunch</b>	WAT-A130
Tue 4/25/17	2:30-3:30	How to Choose a Major	SAC West 202

## Weekly Groups

Mondays	12-1pm	Dealing With Anger	Room 911-B (enter from inside cafeteria)
Tuesdays	1-2pm	Rainbow Group	Room 909-M
Wednesdays	12-1pm	Mindful Stress Group	Room 911-A (ocean side of cafeteria building)
Thursdays	11am-12pm	Anxiety Group	Room 909-M
Thursdays	12-1pm	Expressive Arts Group	Room 909-M

**Sponsored by the Student Resource & Support Network, Student Employment, Extended Opportunity Programs & Services, Financial Aid, and Student Health Services**