

# Clark College Spring 2024

## Free Student Success Workshops

Brought to you by the Student Success & Retention Department

Student success workshops are hosted in Person and on Zoom. Please register early for the workshops to ensure you get the link before the workshop starts. If you have any questions, please call 360-992-2382 or email [Heather Leasure](mailto:Heather.Leasure@clarkcollege.edu)

### Week One (4/8-4/12)

Resisting Perfectionism, Wednesday, April 10th, 1pm-2pm, In Person in PUB 258B,

[Register Here](#)

Do you struggle with perfectionism? Push yourself to the point of overwhelm or exhaustion? Harshly criticize yourself for not meeting your standards. Come learn tips and tricks on dealing with this personality trait.

Start Your Term Successfully with Canvas, Thursday, April 11th, 1:30pm-2:30pm, In-Person, PUB 002, [Register Here](#)

Your first week of classes can set the tone for the rest of the term, and understanding Canvas is a huge part of making sure you start off successfully. In this hands-on workshop, you will practice developing new habits that make Canvas work for you: manage due dates for assignments, access essential course materials, communicate with your professor, track your learning progress, and more.

Take Control of Your Time with Google Calendar, Friday, April 12th, 11am-12pm, Zoom, [Register Here](#)

In this hands-on workshop, you will practice skills to make the most of your time using Google Calendar. Learn how to schedule study time a few hours a day, sync other calendars like Canvas calendar with Google, and turn your smartphone into a personal assistant using helpful Google calendar functions. (Before coming to this workshop, please make sure you can log into your Gmail account).

### Week Two (4/15-4/19)

Succeeding in College with ADHS, Tuesday, April 16th, 1pm-2pm, Zoom, [Register Here](#)

Do you have ADHD, or think that you might? Is it hard to stay focused, get motivated, or follow through on assignments? Has online learning been a challenge? This workshop will cover tips and resources to help you manage ADHD and be successful in the college environment.

Take Control of Your Time with Google Calendar, Tuesday, April 16th, 2pm-3pm, In-Person, PUB 002, [Register Here](#)

In this hands-on workshop, you will practice skills to make the most of your time using Google Calendar. Learn how to schedule study time a few hours a day, sync other calendars like Canvas calendar with Google, and turn your smartphone into a personal assistant using helpful Google calendar functions. (Before coming to this workshop, please make sure you can log into your Gmail account).

Managing Procrastination, Wednesday, April 17<sup>th</sup>, 11am-12pm, In-Person GHL 213 (above Financial Aid) [Register Here](#)

Human beings have amazing brain and behavior adaptations that make us successful in our work, relationships, and communities. Some of these abilities serve us better than others. Procrastination (not to be confused with prioritization) is a behavior unique to our species. This workshop will help you better understand why you procrastinate and offers techniques to get you out of that toxic cycle of putting off things that really matter to you.

Start Your Term Successfully with Canvas, Wednesday, April 17<sup>th</sup>, 1pm-2pm, In-Person, PUB 002, [Register Here](#)

Your first week of classes can set the tone for the rest of the term, and understanding Canvas is a huge part of making sure you start off successfully. In this hands-on workshop, you will practice developing new habits that make Canvas work for you: manage due dates for assignments, access essential course materials, communicate with your professor, track your learning progress, and more.

Take Control of Your Time with Google Calendar, Thursday, April 18<sup>th</sup>, 6pm-7pm, Zoom, [Register Here](#)

In this hands-on workshop, you will practice skills to make the most of your time using Google Calendar. Learn how to schedule study time a few hours a day, sync other calendars like Canvas calendar with Google, and turn your smartphone into a personal assistant using helpful Google calendar functions. (Before coming to this workshop, please make sure you can log into your Gmail account).

Start Your Term Successfully with Canvas, Friday, April 19<sup>th</sup>, 10am-11am, Zoom, [Register Here](#)

Your first week of classes can set the tone for the rest of the term, and understanding Canvas is a huge part of making sure you start off successfully. In this hands-on workshop, you will practice developing new habits that make Canvas work for you: manage due dates for assignments, access essential course materials, communicate with your professor, track your learning progress, and more.

## Week Three (4/22-4/26)

Time Management, Tuesday, April 23<sup>rd</sup>, 3pm-4pm, Zoom, [Register Here](#)

Learn tips on how to approach time as if you are in control and make the best use of your time.

Owning Your Power During the Interview Process, Wednesday, April 24<sup>th</sup>, 11am-12pm, [Register Here](#)

Usually preparing for job interviews is focused on how you can show the interviewer you will benefit their company. But we spend many hours of our lives at work, shouldn't it benefit us as well? In this workshop we will explore methods you can use to determine if you are interviewing at a job that shares your values and has a workplace culture that will be most enjoyable for you. Learn tips and tricks to feel confident during your interview and get information from it that will help you make this large life decision!

## Week Four (4/29-5/3)

How to Find a Job or Internship (Step-by-Step), Tuesday, April 30<sup>th</sup>, 3pm-4pm, Zoom, [Register Here](#)

Are you looking for a job or internship? Not sure where to start or feeling stuck? Career Services is here to support you! Explore step by step job and internship search strategies and learn about resources offered here at Clark and in the community.

Test Anxiety, Thursday, May 2<sup>nd</sup>, 10am-11am, Zoom, [Register Here](#)

Does your mind go blank during timed tests? Test anxiety is a common experience that is very treatable with the right tools. Come learn some effective strategies for overcoming test anxiety and improving your grades.

## Week Five (5/6-5/10)

Owning Your Power During the Interview Process, Wednesday, May 8<sup>th</sup>, 1pm-2pm, Zoom, [Register Here](#)

Usually preparing for job interviews is focused on how you can show the interviewer you will benefit their company. But we spend many hours of our lives at work, shouldn't it benefit us as well? In this workshop we will explore methods you can use to determine if you are interviewing at a job that shares your values and has a workplace culture that will be most enjoyable for you. Learn tips and tricks to feel confident during your interview and get information from it that will help you make this large life decision!

## Week Six (5/13-5/17)

How to Find a Job or Internship (Step-by-Step), Tuesday, May 14<sup>th</sup>, 11am-12pm, In Person, PUB 258A (Above Student Life), [Register Here](#)

Are you looking for a job or internship? Not sure where to start or feeling stuck? Career Services is here to support you! Explore step by step job and internship search strategies and learn about resources offered here at Clark and in the community.

Pictionary Pandemonium: AI Edition with ChatGPT, Tuesday, May 14<sup>th</sup>, 1pm-2pm, In-person, Library 103 [Register Here](#)

This workshop offers an exciting opportunity for students to delve into the world of artificial intelligence (AI) through a fun and collaborative game of Pictionary guided by ChatGPT's instructions. Participants will explore AI-related concepts and ethical concerns as they sketch interpretations based on ChatGPT's prompts, aiming to decipher the connection between the sketch and the assigned concept. Through lively interaction and discussion, students will gain insights into AI terminology and its implications, fostering a deeper understanding of this rapidly evolving field while enjoying a dynamic and engaging workshop experience.

Choosing a Major, Thursday, May 16th, 2pm-3pm, Zoom, [Register Here](#)

Not sure what to study at Clark or beyond? Learn the process of choosing a college major, how to identify your career interests, and resources to support with your education & career exploration of options.

### Week Seven (5/20-5/24)

Stress Management, Wednesday, May 22<sup>nd</sup>, 12pm-1pm, In-Person, GHL 213 (above Financial Aid) [Register Here](#)

Human biological evolution has not kept pace with the demands of our cultural and technological advances in a very important way: Our ancient stress response that historically kept our ancestors alive, is now undoing quality of life for many of us. Learn about the human stress response, why it is necessary and how to interact with it differently to promote a foundation for living your best life.

Mindfulness for Career Clarity, Wednesday, May 22<sup>nd</sup>, 2pm-3pm, In-Person, PUB 258B (above Student Life) [Register Here](#)

Imagine your ideal future, discover your possibilities, and get clear(er) on what you want. During this interactive workshop you'll identify ways to use mindfulness as a strategy for career clarity, along with other creative approaches for career or personal development.

### Week Nine (6/3-6/7)

How to Find a Job or Internship (Step-by-Step), Wednesday, June 5th, 12pm-1pm, In Person, PUB 258B (Above Student Life), [Register Here](#)

Are you looking for a job or internship? Not sure where to start or feeling stuck? Career Services is here to support you! Explore step by step job and internship search strategies and learn about resources offered here at Clark and in the community.

Test Anxiety, Thursday, June 6th, 1pm-2pm, Zoom, [Register Here](#)

Does your mind go blank during timed tests? Test anxiety is a common experience that is very treatable with the right tools. Come learn some effective strategies for overcoming test anxiety and improving your grades.