

STUDENT SUCCESS WORKSHOPS

Fall Quarter 2019 Schedule (No cost. No sign up. No kidding)

EVENT	DAY	DATE	TIME	ROOM	INSTRUCTOR
* Workshops related to <i>MyPlan</i>					
Calendaring	Tuesday	October 1	11:00-11:50	PUB 258C	Sara Meredith, M.S. Student Success Coach
Family and Friends CPR	Wednesday	October 2	12:00-12:50	PUB 258C	Nick Ashitey American Heart Association Certified Instructor
Note-taking for College Success	Thursday	October 3	11:00-11:50	GHL 213	Kristin Sherwood College 101 Coordinator and Instructor
Excel: VLOOKUP Functions	Friday	October 4	10:00-10:50	SHL 018	Helen Martin, M.B.A. Professor
Conflict Resolution	Wednesday	October 9	11:00-11:50	GHL 213	Thea Prince, M.A. Counseling and Health Center
* Work-Based Learning: Internships 101	Wednesday	October 9	12:00-12:50	GHL 213	Meleani Bates Career Services Program Manager
Help Please! Tutoring Support and Resources	Thursday	October 10	12:00-12:50	GHL 213	Korey Marquez Tutoring Services
Balancing School, Family and Work	Monday	October 14	1:00-1:50	GHL 213	Valentina Pishchanskaya- Cayanan, MS, LMFT Counselor/Faculty
* Maximize Your Employability: Build a Resume	Tuesday	October 15	1:00-1:50	PUB 258C	Andrea Ashmore Career Services
Scholarships & Financial Aid	Wednesday	October 16	12:00-12:50	PUB 258C	Lizette Drennan Financial Aid Shirley Schwartz Scholarship Manager
* Work-Based Learning: Gain Experience in Your Field	Thursday	October 17	12:00-12:50	PUB 258B	Meleani Bates Career Services Program Manager
Stress Management	Tuesday	October 22	12:00-12:50	GHL 213	Dr. Bevyn Rowland PsyD Counselor/Professor
Wellness Workshop: Eat Well	Tuesday	October 22	1:00-1:50	HSC 124	Ashley Schumacher MS, ANP-BC Nurse Practitioner
Pre-Med Information Session	Tuesday	October 22	2:00-2:50	GHL 213	Health Occupations Advisors
Time Management	Tuesday	October 22	5:00-5:50	GHL 213	Wendé Fisher, M.S. Educational Planner
Health Insurance 101	Wednesday	October 23	1:00-1:50	PUB 258B	Marianne Luther Counseling and Health Center
Excel: Text Functions	Friday	October 25	11:00-11:50	SHL 018	Marilyn Hale, M.Ed. Professor

* Maximize Your Employability: Interview Effectively	Thursday	October 31	11:00-11:50	PUB 258C	Andrea Ashmore Career Services
Effective Study Skills	Monday	November 4	1:00-1:50	GHL 213	Valentina Pishchanskaya- Cayanan, MS, LMFT Counselor/Faculty
Mindfulness for Stress Management	Tuesday	November 5	11:00-11:50	GHL 213	Trisha Haakonstad, M.S. Career Advisor
Wellness Workshop: Relax	Tuesday	November 5	1:00-1:50	HSC 124	Ashley Schumacher MS, ANP-BC Nurse Practitioner
APA Citation	Wednesday	November 6	2:00-2:50	LIB 103	Julie Austad, M.L.S. Librarian
* Maximize Your Employability: Professional Networking	Thursday	November 7	3:00-3:50	GHL 213	Meleani Bates Career Services Program Manager
Wellness Workshop: Move	Tuesday	November 12	1:00-1:50	HSC 124	Ashley Schumacher MS, ANP-BC Nurse Practitioner
* Knowing Self, Finding Careers	Tuesday	November 12	3:00-3:50	PUB 258C	Patrick Willis Career Advisor
* Maximize Your Employability: Find a Job	Wednesday	November 13	1:00-1:50	PUB 258B	Meleani Bates Career Services Program Manager
* Maximize Your Employability: Identities at Work	Thursday	November 14	1:00-1:50	PUB 258C	Meleani Bates Career Services Program Manager
Procrastination	Tuesday	November 19	1:00-1:50	GHL 213	Dr. Bevyn Rowland PsyD Counselor/Professor
* Knowing Self, Finding Careers Online: https://zoom.us/j/540440734	Wednesday	November 20	12:00-12:50	**Online	Patrick Willis Career Advisor
Test Anxiety	Thursday	November 21	12:00-12:50	GHL 213	Thea Prince, M.A. Counseling and Health Center
Managing Your Student Loans After Clark	Tuesday	December 3	12:00-12:50	PUB 258C	Andrew V Default Management Specialist
Wellness Workshop: Sleep	Tuesday	December 3	1:00-1:50	HSC 124	Ashley Schumacher MS, ANP-BC Nurse Practitioner
Managing Your Student Loans After Clark	Wednesday	December 4	11:00-11:50	GHL 213	Andrew V Default Management Specialist

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