

# STUDENT SUCCESS WORKSHOPS

Fall 2018

No cost. No sign up. No kidding.

[www.clark.edu](http://www.clark.edu) > Clark Students → Career Services > Student Success Workshops

## PROFESSIONAL DEVELOPMENT

|   |                        |                         |          |
|---|------------------------|-------------------------|----------|
| <b>Internships: Why it's nuts not to have one</b>                                 | Thursday, October 4    | 1:00-1:50               | GHL 213  |
| <b>LinkedIn 101</b>   | Tuesday, October 16    | 11:00-11:50             | PUB 258C |
| <b>Professional Networking</b>  | Tuesday, October 23    | 1:00-1:50               | GHL 213  |
| <b>Resume Building</b>  | Wednesday, October 24  | 12:00-12:50             | GHL 213  |
| <b>Alumni Career Panel</b><br>· Panel Presentation<br>· Networking with Panelists | Thursday, October 25   | 12:00-1:30<br>1:30-2:00 | PUB 161  |
| <b>Top 8 Skills Employers want in College Graduates</b>                           | Tuesday, October 30    | 11:00-11:50             | PUB 258C |
| <b>Interview Skills</b>   | Thursday, November 1   | 1:00-1:50               | GHL 213  |
| <b>Top 8 Skills Employers want in College Graduates</b>                           | Monday, November 5     | 1:00-1:50               | GHL 213  |
| <b>Informational Interviews</b>   | Thursday, November 8   | 1:00-1:50               | CTC 148* |
| <b>Job Search Tips</b>  | Thursday, November 8   | 1:00-1:50               | GHL 213  |
| <b>Speed-Dating Careers</b>   | Tuesday, November 13   | 1:00-1:50               | GHL 213  |
| <b>Career RPG:<br/>Create your Narrative</b>                                      | Thursday, November 15  | 11:00-11:50             | PUB 258B |
| <b>Informational Interviews</b>   | Thursday, November 15  | 1:00-1:50               | GHL 213  |
| <b>Resume Building</b>  | Tuesday, November 20   | 11:00-11:50             | GHL 213  |
| <b>Interview Skills</b>   | Wednesday, November 28 | 12:00-12:50             | GHL 213  |

*\*Workshop is held at Columbia Tech Center (CTC)*

The College expressly prohibits discrimination on the basis of race, color, national origin, age, perceived or actual physical or mental disability, pregnancy, genetic information, sex, sexual orientation, gender identity, marital status, creed, religion, honorably discharged veteran or military status, or use of a trained guide dog or service animal in its programs and activities. Learn more at [www.clark.edu/nds](http://www.clark.edu/nds). If you need accommodation due to a disability in order to fully participate in this event, you should contact Clark College's Disability Support Services Office at 360-992-2314 or 360-992-0901 VP, or visit Penguin Union Building 013, as soon as possible. (Typically 2 weeks before the event)

Questions? Contact your Career Center, PUB 002, 360-992-2155, [ckeane@clark.edu](mailto:ckeane@clark.edu)



## ACADEMIC SUCCESS

|  |                        |             |          |
|--|------------------------|-------------|----------|
| <b>Work Study 101</b>                          | Wednesday, October 3   | 12:00-12:50 | PUB 258C |
| <b>Reading for College Success</b>             | Wednesday, October 3   | 1:00-1:50   | PUB 258C |
| <b>Note-taking for College Success</b>         | Thursday, October 4    | 2:00-2:50   | PUB 258C |
| <b>Scholarships &amp; Financial Aid</b>        | Tuesday, October 9     | 12:00-12:50 | PUB 258C |
| <b>Transfer Degree 101</b>                     | Thursday, October 18   | 11:00-11:50 | GHL 213  |
| <b>So You Want to be a Doctor?</b>             | Wednesday, October 24  | 2:00-2:50   | GHL 213  |
| <b>Test Anxiety</b>                            | Wednesday, October 31  | 12:00-12:50 | GHL 213  |
| <b>APA Citation</b>                            | Thursday, November 1   | 2:00-2:50   | LIB 103  |
| <b>Managing Your Student Loans After Clark</b> | Tuesday, November 20   | 12:00-12:50 | GHL 213  |
| <b>Managing Your Student Loans After Clark</b> | Wednesday, November 28 | 1:00-1:50   | GHL 213  |

## PERSONAL DEVELOPMENT

|  |                        |             |          |
|--|------------------------|-------------|----------|
| <b>Health Insurance 101</b>              | Tuesday, October 9     | 11:00-11:50 | PUB 258C |
| <b>Conflict Resolution</b>               | Tuesday, October 16    | 10:00-10:50 | GHL 213  |
| <b>Procrastination</b>                   | Wednesday, October 31  | 11:00-11:50 | GHL 213  |
| <b>Time Management</b>                   | Thursday, November 1   | 5:00-5:50   | GHL 213  |
| <b>Coach Yourself to Success</b>         | Tuesday, November 6    | 11:00-11:50 | GHL 213  |
| <b>Stress Management</b>                 | Wednesday, November 7  | 1:00-1:50   | GHL 213  |
| <b>Mindfulness for Stress Management</b> | Wednesday, November 14 | 12:00-12:50 | PUB 258B |

## Fall Quarter Topics

### **Alumni Career Panel**

Clark College alumni from several industries share their stories of choosing a satisfying Career. Audience members are encouraged to ask questions to panelists to help inform Their own career decision-making process. Refreshments provided.

### **APA Citation**

This quick intro to APA style gets you started with formatting the cover page, in-text citations, and the reference list.

### **Career RPG: Create your Narrative**

Your career choice says something about who you are – an inventor, a builder, a healer, a designer, etc. You may not have chosen your career yet, but you are already writing the narrative leading to that choice. Read your story for clues about how the next levels may unfold.

### **Coach Yourself to Success**

Identify how to succeed in school and life by learning tools, tips, and strategies to ignite your ability to thrive.

### **Conflict Resolution**

Learn strategies for effective communication, anger management and problem solving.

### **Health Insurance 101**

Why you need it, how to get it and how to use it.

### **Informational Interviews**

Use informational interviews to investigate your career path and develop your job search network.

### **Internships: Why it's Nuts Not to Have One**

Make the connection between classroom learning and hands-on experience.

### **Interview Skills**

Gain tips for successful interviewing including preparation, typical questions and follow up.

### **Job Search Tips**

Learn the components of a successful job search campaign in the new labor market.

### **LinkedIn 101**

Get an overview of LinkedIn and tips for using professional networking to strengthen your job search.

### **Managing your Student Loans after Clark College**

Discover options for making your loan repayments affordable and the importance of avoiding default.

### **Mindfulness for Stress Management**

Learn strategies and tips to quiet your mind, increase ability to focus, and minimize anxiety to improve academic performance, or just feel good!

### **Note-taking for College Success**

Taking notes is only one part of the note-taking process. Come and learn about the other two equally important parts of the process, as well as how to create and learn from notes that are more effective.

### **Procrastination**

Wonder why you keep putting things off? This overview considers some of the root causes of procrastination and offers strategies on improving your motivation.

### **Professional Networking**

Learn the secrets to making networking your most effective job search marketing strategy.

### **Reading for College Success**

Learn active reading techniques that will help you retain more of what you read in less time!

### **Resume Building**

Learn how to market your education, skills and experience effectively. Basic components of a resume, formatting strategies and tailoring your resume to a particular position will be covered.

### **Scholarships & Financial Aid**

Get up-to-date information on Clark College Foundation, scholarship sources and financial aid prep.

### **So You Want to be a Doctor?**

Learn from our Health Occupations Advisors how to pursue a degree in professional healthcare careers such as medicine, pharmacy, dentistry, physical therapy, veterinary science, and more.

### **Speed-Dating Careers**

Conventional wisdom says before you commit to a long-term relationship it is best to spend quality time together. Here, we will apply the same principle to choosing a career. Gain some practical insights about how to turn an interest into a career experience. Perhaps your "date" will develop into a career.

### **Stress Management**

Discover your unique reaction to stress and new options for handling stressful situations.

### **Test Anxiety**

Come find out ways to manage test anxiety to help you achieve academic success in control.

### **Time Management**

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

### **Top 8 Skills Employers want in College Graduates**

Give yourself the edge over other candidates and land the job you want by demonstrating the skills employers expect in new hires.

### **Transfer Degree 101**

Learn about useful resources and strategies for a successful transfer to a university.

### **Work Study 101**

Work Study how to: how to get the award, apply for jobs, and benefit yourself