

STUDENT SUCCESS WORKSHOPS

SUMMER Quarter 2008 Schedule (No cost. No sign up. No kidding.)

Reading for College Success	Wednesday	July 9	12:10-1:00	GHL 214
Time Management	Tuesday	July 15	11:00-11:50	GHL 214
Test Taking Tips	Wednesday	July 23	2:10-3:00	GHL 214
Test Anxiety	Thursday	July 24	2:10-3:00	GHL 214
Stress Management	Tuesday	July 29	11:00-11:50	GHL 214
Time Management	Tuesday	August 5	11:00-11:50	GHL 214
Stress Management	Tuesday	August 12	11:00-11:50	PUB 258 B
Value of Volunteering	Thursday	August 14	12:10-1:00	GHL 214
Career Center Orientation	Thursday	August 28	1:10-2:00	GHL 108

The Nitty Gritty

- Questions about the workshops? Call 992-2155
- Looking for direction choosing a major, choosing your first career, advancing in your organization, or changing careers later in life? Call 992-2155
- To request a disability-related accommodation call (360) 992-2314 or TTY 992-2835 two weeks in advance

Summer Quarter Topics

Career Center Orientation

Discover ways to explore thousands of occupations, or just a few. Use your Career Center to check out your career interests, choose a major, or find the perfect transfer program. You'll receive passwords to our exclusive online systems.

Reading for College

Are you feeling overwhelmed by that big stack of text books on your desk? Come learn active reading techniques that will help you retain more of what you read in less time!

Stress Management

Understanding where your stress is coming from can help to reduce that stress in your life. We'll talk about the roots of our stress, and how to manage the stress that we are feeling.

Test Anxiety

Does your mind go blank or your stomach churn with nervousness when it's time to take a test or a quiz? Come find out ways to manage test anxiety to help you achieve academic success.

Test Taking Tips

Does the word "test" cause your palms to sweat? Join us for an hour of demystifying the test-taking process!

Time Management

Do you have enough time for the things you *want* to do? Get tips on how to approach time as if *you* are in control.

Value of Volunteering

Service is only one component of volunteer work. Learn about the professional and exploratory rewards of volunteering in your community. This workshop will examine what volunteering can offer to the volunteer, how to find the right volunteer opportunities and how to utilize your experiences professionally.