## Week 7: Student Success Coaching & Workshops for Success (RS & Non RS)

Dear New Penguin,

As you know, you will be receiving an email each week leading up to the start of the term. Each email will have different action items for you to complete and reference a resource we offer at Clark. If you missed previous weeks emails or this is the first email you are receiving, please review the [campaign webpage](https://www.clark.edu/campus-life/student-support/student-success/drip-campaign.php) and catch up on the prior to do items.

## Student Success Coaches

We have three [student success coaches](https://www.clark.edu/campus-life/student-support/diversity-and-equity/success-coaches/) at Clark College. Each of them has different areas of study that they support. When you schedule and attend a success coaching appointment below are what you can expect. You do not need to schedule now, just know that this is a resource you can use once classes start. Learn more about [coaching here.](https://youtu.be/kGrESvUsdNc)

* Get to know you as a student and a person.
* Be by your side along your academic journey, from start to finish, helping you navigate higher education.
* Work together with you to access academic supports and life resources services.
* Provide regular, consistent 1:1 coaching that supports both your academic and personal success.
* Equip you in developing skills or connect you to skills workshops and other resources.

## Student Success Workshops

Clark College offers workshops throughout every quarter that are free to students, are only an hour one time, and help you build skills or better your current skill set in many areas. Below are some of the workshops offered:

* Better Banking
* Conquer Credit
* Destroy Debt
* Develop Your Career Awareness
* Interviewing Skills & Tips
* Financial Preparedness
* How to Relax, Sleep, Eat and Move
* Job Search Jitters No More
* Completing Math Assignments: How, What, why?
* Career Clarity
* LinkedIn 101
* ADHD Success
* Mindfulness for Stress Management
* Note Taking Skills
* Procrastination
* APA Citation, 7th Edition
* Balancing School, Family and Work
* Resume Building
* Stress Management
* Test Anxiety
* Time Management
* Google Scholar

You can review [the website](https://www.clark.edu/campus-life/student-support/student-success/success_workshops.php) and learn more about the workshops and review the current quarter schedule. The schedule link at the top of the page is updated on the first day of every quarter. Workshops are offered in person and on zoom. They are open to anyone, not just students.

If you have any questions please let us know,

Clark College Welcome Committee