

Clark College Winter 2023

Free Student Success Workshops

Brought to you by the Student Success & Retention Department

Student success workshops are 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@clark.edu)

Week Two (1/9-1/13)

Clark Tech 101: How to Navigate ctcLink for Students, Tuesday January 10th, 11am-12pm
[Register Here](#)

This workshop will take you through the functions and capabilities of ctcLink for students. Focused on student center, but also including overviews of MyClark@Clark, student email, Canvas, and the Clark.edu website, this workshop will help students navigate these online resources and learn to use them for their continued success.

Succeeding in College with ADHD, Tuesday January 10th, 1pm-2pm [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.

Wellness: Relax Workshop, Wednesday January 11th, 11am-12pm [Register Here](#)

We will discuss what, why, and how of making slight changes to the way you relax. Each participant will be encouraged to try one of the changes discussed.

Motivation & Goal Setting, Wednesday January 11th, 2pm-3pm [Register Here](#)

An interactive, creative arts workshop on setting your goals to help you stay motivated this term

Week Three (1/16-1/20)

Completing Math Assignments: How, What, Why, Tuesday January 17th, 2pm-3pm
[Register Here](#)

Taking a math class and still unsure of how to complete your math homework? Are you unsure of why you are missing points in discussion forums in your online math classes? Is an upcoming exam, assessment, or project making you worried? If you said yes to any of the above, join math instructor Robert Weston for a conversation on how to complete math assignments in ways that will help you learn the course material and earn higher scores.

Create Your LinkedIn Profile, Wednesday January 18th, 12pm-1pm, In Person in the Career Center PUB 002

Get 1-1 assistance, in-person at your Career Center! Attend this session to create or update your LinkedIn profile and begin building the Clark social and professional connections that you will have for years to come.

Financing College, Wednesday January 18th, 12pm-1pm [Register Here](#)

Students explore the different options available to pay for college; review available college loans and how interest accumulation and payback options vary; and learn the basics of a FAFSA and where to access additional support in completing an application. Presented by Financial Beginnings with Jessie Ghiglieri

Week Four (1/23-1/27)

Know Your Worth: Negotiation Strategies for Equitable Pay & Benefits, Tuesday January 24th, 11am-12pm [Register Here](#)

Do you know your worth? Could you be experiencing pay/benefits inequity? Learn strategies and gain confidence to negotiate pay and benefits in the ever-changing working world.

Term Paper to Thesis, How to Write College Essays (Almost) Stress Free, Tuesday January 24th, 2pm-3pm [Register Here](#)

The workshop will focus on writing college essays, exploring the major types of papers students encounter in their college career, research papers, college entrance/introductory essays, and scholarship/grant/internship/jobs writing.

Wellness Workshop: Eat Well, Wednesday January 25th, 11am-12pm [Register Here](#)

We will discuss what, why, and how of making slight changes to the way you eat. Each participant will be encouraged to try one of the changes discussed.

Getting Organized, Wednesday January 25th, 2pm-3pm [Register Here](#)

Get yourself and your space set up for success.

Week Five (1/30-2/3)

Test Anxiety, Tuesday January 31st, 1pm-2pm [Register Here](#)

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

Student Resources Refresher, Wednesday February 1st, 1pm-2pm [Register Here](#)

Now that we are a few weeks into the term, learn more about resources to support your success. We will discuss what is working and what is holding you back and learn about how Clark's resources can get you back on track... or keep you there!

Time Management, Wednesday February 1st, 4pm-5pm [Register Here](#)

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

Create Your LinkedIn Profile, Thursday February 2nd, 1pm-2pm, [Register Here](#)

Get 1-1 assistance, in-person at your Career Center! Attend this session to create or update your LinkedIn profile and begin building the Clark social and professional connections that you will have for years to come.

Explore Your Career Interests, Thursday February 2nd, 4pm-5pm, [Register Here](#)

Unsure of your career or degree options? During this interactive workshop, you'll complete the SuperStrong career assessment, then review your results to gain insight into your career interests, work style preferences and identify occupations and educational options that could be a good fit for you.

Week Six (2/6-2/10)

Wellness Workshop: Move, Wednesday February 8th, 11am-12pm [Register Here](#)

We will discuss what, why, and how of making slight changes to the way you move. Each participant will be encouraged to try one of the changes discussed.

Managing Debt Accumulation, Wednesday February 8th, 12pm-1pm [Register Here](#)

Students learn how student debt accumulation affects one's financial future and other life goals; learn how to budget to help limit overall student debt load and spend and save money wisely; and explore options for paying a greater amount of education expenses while in school. Presented by Financial Beginnings with Jessie Ghiglieri

Effective Study Skills, Wednesday February 8th, 2pm-3pm [Register Here](#)

Learn new study skills to help you succeed in your classes.

APA Citations with a Librarian, Thursday February 9th, 1pm-2pm [Register Here](#)

Learn about APA style and citations and get your specific questions answered.

Time Blocking, Thursday February 9th, 2pm-3pm [Register Here](#)

Do you feel you do not have enough time in the day to get everything done? Do you wonder how you will get all your assignments done, and work, and have a life? This session will go over Dr. Cal Newport's time blocking method to help you manage your time and will focus on weekly planning.

Week Seven (2/13-2/17)

Managing Debt After College, Wednesday February 15th, 12pm-1pm [Register Here](#)

Students take a realistic look at post-college living expenses; understand loan restructuring and consolidation options; create a budget for post-college life that includes student loan payments; and set long-term financial goals that incorporate savings and debt management. Presented by Financial Beginnings with Jessie Ghiglieri

MLA Citations: Ask a Librarian, Thursday February 16th, 1pm-2pm [Register Here](#)

MLA 9 is here! Learn what is the same and what is different as you format your paper and citations.

Week Eight (2/20-2/24)

Know Your Worth: Negotiation Strategies for Equitable Pay & Benefits, Tuesday February 21st, 11am-12pm [Register Here](#)

Do you know your worth? Could you be experiencing pay/benefits inequity? Learn strategies and gain confidence to negotiate pay and benefits in the ever-changing working world.

Create Your LinkedIn Profile, Tuesday February 21st, 12pm-1pm, In Person in the Career Center PUB 002

Get 1-1 assistance, in-person at your Career Center! Attend this session to create or update your LinkedIn profile and begin building the Clark social and professional connections that you will have for years to come.

Wellness Workshop: Sleep, Wednesday February 22nd, 11am-12pm [Register Here](#)

We will discuss what, why, and how of making slight changes to the way you sleep. Each participant will be encouraged to try one of the changes discussed.

Fraud Prevention, Wednesday February 22nd, 12pm-1pm [Register Here](#)

This workshop presents the various types of consumer fraud that exist and provides guidance on how to avoid becoming a victim. Presented by Linda Reid - Heritage Bank

Staying Motivated Throughout the Term, Wednesday February 22nd, 2pm-3pm [Register Here](#)

Learn tools and self-care tips to help you stay focused, healthy, and on-track for success.

Mindfulness for Career Clarity, Thursday February 23rd, 4pm-5pm [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 to imagine your future.

Week Nine (2/27-3/3)

Basics of Financial Wellness, Tuesday February 28th, 12pm-1pm [Register Here](#)

Learn the basics of Financial Wellness and create strategies to understand your expenses and gain tools to attain your short and long-term goals Presented by Teresa Wheeler - Columbia Credit Union

Job Search Jitters No More, Tuesday February 28th, 1pm-2pm [Register Here](#)

Take the stress out of job searching...Explore best practice strategies and learn about resources offered here at Clark College that can help connect you with an ideal job match.

Comparing Schools & Costs, Wednesday March 1st, 12pm-1pm [Register Here](#)

Students research salary averages based on specific education and career aspirations; learn the total cost of their desired school(s); compare total postsecondary expenses vs. out of school annual salary and determine return on investment. Presented by Debra Pellati - Key Bank

The Top 8 Things Employers Want, Wednesday March 1st, 2pm-3pm, In Person in The Career Center, PUB 002

Do you know what employers expect from college graduates? Gain tools to assess and articulate your top career-ready soft skills.

Week Ten (3/6-3/10)

Interviewing for Introverts, Tuesday March 7th, 1:30pm-2:30pm [Register Here](#)

Job interviews can be stressful for everybody, but especially when human interactions are always exhausting for you and talking about yourself to strangers sounds like a nightmare... Join us for some tips on how to survive this inevitable and unavoidable part of job seeking. Bring your own blanket burrito.

Test Anxiety, Thursday March 9th, 11am-12pm [Register Here](#)

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

Finance Your Dreams, Thursday March 9th, 12pm-1pm [Register Here](#)

Learn to create realistic, attainable savings and spending goals that will allow you to finance your dreams. Presented by Jessie Ghiglieri – Clark College Financial Wellness.

Your Plan with MyPlan, Thursday March 9th, 3:30pm-4:30pm [Register Here](#)

Explore the four components of MyPlan: Connections, Career, Classes, and Cash, and start with an activity relevant to you. Get started today!