

Clark College Spring 2021  
**FREE Student Success Workshops**

Brought to you by Career Services: 360-992-2902 or [careerservices@clark.edu](mailto:careerservices@clark.edu)

Student Success Workshops are all hosted on Zoom. Please register early for the workshops to ensure you get the link before the workshop starts. If you have any questions at all about a workshop please email [hleasure@clark.edu](mailto:hleasure@clark.edu). Visit [Zoom](#) for more information about using zoom.

## Week One

<b>Wellness Workshop: Eat Well</b>	<b>Tues, April 6th</b>	<b>1pm-2pm</b>	<a href="#">Register Here</a>
In this workshop series, we will discuss the what, why, and how of making small changes to the way you eat.			

## Week Two

<b>Procrastination: Interrupting the Toxic Cycle</b>	<b>Mon, April 12th</b>	<b>11am-12pm</b>	<a href="#">Register Here</a>
Human beings have amazing brain and behavior adaptations that make us successful in our work, relationships, and communities. Some of these abilities serve us better than others. Procrastination (not to be confused with prioritization) is a behavior unique to our species. This workshop will help you better understand why you procrastinate and offers techniques to get you out of that toxic cycle of putting off things that really matter to you.			
<b>"I don't know that it's ok to reach out to my professor...." YES it is!</b>	<b>Tues, April 13th</b>	<b>1pm-2pm</b>	<a href="#">Register Here</a>
Have you ever wondered why you got a certain grade? Have you ever read the directions on an assignment and not really understood what was being asked? Have you ever needed additional time on an assignment? Have you ever just needed help? Guess what? Your professor is there to help you. Come learn about some best practices for communicating with your professors and advocating for your success!			
<b>Student Employment 101</b>	<b>Wed, April 14th</b>	<b>10am-11am</b>	<a href="#">Register Here</a>
Student Employment 101 will introduce students to Student Employment, differentiate between funding sources, and identify the steps in the process to becoming employed as a student employee and providing a space for questions to be answered.			
<b>Protecting Personal Data and Security Online</b>	<b>Wed, April 14th</b>	<b>230pm-330pm</b>	<a href="#">Register Here</a>

Come learn about privacy online, the treats, collection, and tracking of personal data, and the steps you can take to protect your data online.			
<b>Learn How to Build a Resume</b>	<b>Thur, April 15th</b>	<b>10am-11am</b>	<a href="#">Register Here</a>
Your resume is an imperative marketing element to craft your professional brand. Learn techniques on how to build or revise your resume and identify your employability skills to effectively communicate your qualifications. The importance of formatting and tailoring, along with the basic components will be covered.			
<b>Research 101: Evaluating Sources</b>	<b>Thur, April 15th</b>	<b>1pm-2pm</b>	<a href="#">Register Here</a>
What kinds of sources should you use for your paper? And what makes a source “credible,” “reputable,” or “scholarly,” anyway? Join us as we wrestle with these ideas and critically evaluate information!			
<b>Better Banking</b>	<b>Thur, April 15th</b>	<b>2pm-3pm</b>	<a href="#">Register Here</a>
Learn about banking basics and how to choose the best banking relationship for you.			

## **Week Three**

<b>Managing Presentation Anxiety</b>	<b>Tues, April 20<sup>th</sup></b>	<b>11am-12pm</b>	<a href="#">Register Here</a>
Learn how to manage the anxiety that accompanies making a class presentation.			
<b>Wellness Workshop: Relax</b>	<b>Tues, April 20<sup>th</sup></b>	<b>1pm-2pm</b>	<a href="#">Register Here</a>
In this workshop series, we will discuss the what, why, and how of making small changes to the way you relax.			
<b>Motivation and Goal Setting</b>	<b>Tues, April 20th</b>	<b>2pm-3pm</b>	<a href="#">Register Here</a>
An interactive, creative arts workshop on setting your goals to help you stay motivated this term.			
<b>Mindful Parenting During COVID</b>	<b>Wed, April 21st</b>	<b>10am-11am</b>	<a href="#">Register Here</a>
Tips for staying centered as a parent and helping your kids through tough moments			
<b>Understanding Credit</b>	<b>Wed, April 21st</b>	<b>2pm-3pm</b>	<a href="#">Register Here</a>
Learn how to establish and manage credit, check your credit score, and fix credit issues.			
<b>Mindfulness for Stress Management</b>	<b>Wed, April 21st</b>	<b>4pm-5pm</b>	<a href="#">Register Here</a>

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

**Transfer Planning Workshop**

**Thur, April 22nd**

**10am-11am**

[Register Here](#)

Planning on transferring to a 4-year university after Clark? Come learn about how your transfer degree works, common program requirements, and how to actually transfer!

**Stress Management**

**Thur, April 22nd**

**12pm-1pm**

[Register Here](#)

Stress is an important part of our lives as humans; however, we have more chronic stressors than ever before in human history and our bodies, brains and relationships are paying the price. This workshop centers on understanding the human stress response, the impact of stress, and offers empirically driven techniques to effectively manage the impact of stress.

**Researching 101: Finding Sources**

**Thur, April 22nd**

**1pm-2pm**

[Register Here](#)

Are you stuck looking for the last peer-reviewed article you need to finish your assignment? Perhaps you're a whiz on Google, but struggle when searching library databases. Wherever you are on your research journey, this workshop is for you! We'll learn strategies for searching, tips and tricks to help the databases work for you, and practice finding the ever-elusive "perfect" source.