

Clark College Fall 2021

Free Student Success Workshops

Brought to you by Career Services

Student success workshops are 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 [Heather Leasure](mailto:Heather.Leasure@clarkcollege.edu).

Week One:

Student Employment 101, Thursday September 23rd, 1pm-2pm, [Register Here](#)

Come learn about Clark College's Student Employment programs. Find out what they are, how do you qualify, and how do you apply for positions. Differentiate between funding sources, identify the steps in the process to becoming employed as a student employee and providing a space for questions to be answered. Also, you do not need any experience we will completely train you at any level you are at.

Week Two:

Tech on a Budget: Software and Hardware, Tuesday September 28th, 9am-10am, [Register Here](#)

You are on a budget but you need a computer and/or software to complete assignments and stay connected to your class. In this workshop, we will review low/no cost options for computing, word processing, graphic creation, and presentations. Specifically we will talk about Slack, Mural, Open Office, Free Geek, Free Music Archive, Gimp, BIRP, Google Suite, and Raspberry Pi among others. We will also talk briefly about the merits of performing a search for helpful information on Reddit and Stack Exchange.

Research 101: Evaluating Sources, Tuesday September 28th, 1pm-2pm, [Register Here](#)

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!

Time Blocking: Manage Your Time, Don't Let it Manage You, Tuesday September 28th, 2pm-3pm, [Register Here](#)

Do you feel you don't have enough time in the day to get everything done? Do you wonder how you'll get all your assignments done, and work, and manage other priorities? This session will go over Dr. Cal Newport's time blocking method to help you manage your time. Bring your course syllabi and any additional schedules you have (work, childcare, eldercare, etc.), and we'll work on a schedule to help you get things done.

Motivation and Goal Setting, Wednesday September 29th, 11am-12pm, [Register Here](#)

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

Research 101: Finding Sources, Wednesday September 29th, 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.

Mindfulness for Career Clarity. Wednesday September 29th, 3pm-4pm, [Register Here](#)

Imagine your ideal future, discover your possibilities, and get clear on what you want. During this interactive workshop you'll identify ways to use mindfulness as a strategy for career clarity. (MyPlan: this workshop is connected to the Career Planning element - Know Yourself).

Research 101: Citing Sources, Thursday September 30th, 2pm-3pm, [Register Here](#)

Whether you're using MLA, APA, or something else, learn the basics of citations and get your specific questions answered.

Better Banking, Thursday September 30th, 2pm-3pm, [Register Here](#)

Learn about banking basics and how to choose the best banking relationship for you.

Test Anxiety, Thursday September 30th, 3pm-4pm, [Register Here](#)

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

Quality Childcare and Early Learning FAQ's. Enrollment and Funding Possibilities available TO YOU, Friday October 1st, 11am-12pm, [Register Here](#)

In this Child and Family Studies Lab School workshop we tell you all about what services we provide, who we are and how we can support you and your family through your student journey. How to enroll your child, resources to receive funding if you need it, what to expect while your child is in care. Come join us for this informational workshop to learn about this hidden treasure on campus and all the way the supports and resources available for student families.

Week Three:

Stress Management for Parents, Monday October 4th, 11am-12pm, [Register Here](#)

Support and tips for helping you and your kids through tough moments

Wellness Workshop: Eat Well, Tuesday October 5th, 11am-12pm, [Register Here](#)

In this workshop, we will discuss the what, why, and how of making small changes to how you nourish your body. Each participant will be encouraged to try one of the changes discussed.

Protecting Personal Data and Security Online, Tuesday October 5th, 3pm-5pm, [Register Here](#)

Want to be safe online? Come learn about the threats to personal data online, what information is available and from what sources, and the strategies that you can implement to protect your personal data.

General Transfer Degree- Not so General and Actually Pretty Awesome, Wednesday October 6th, 10am-11am, [Register Here](#)

If you are getting the AA-DTA (general transfer) degree or want to know more, you need to attend this session! Learn all the rules, tips and tricks to make it work for you.

Understanding Credit, Thursday October 7th, 2pm-3pm, [Register Here](#)

Learn how to establish and manage credit, check your credit score, and fix credit issues.

Week Four:

Test Anxiety, Monday October 11th, 12pm-1pm, [Register Here](#)

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

How to Write a Successful College Entrance Essay, Tuesday October 12th, 12pm-1pm, [Register Here](#)

Four-year colleges and universities require applicants to write essays about themselves, but the college-entrance essay is unlike a lot of academic writing. Learn the secrets of this unique genre, so you can gain admission (and win scholarships) to the college of your dreams!

Getting Organized, Wednesday October 13th, 11am-12pm, [Register Here](#)

Get yourself and your space set up for success.

General Transfer Degree- Not so General and Actually Pretty Awesome, Wednesday October 13th, 2pm-3pm, [Register Here](#)

If you are getting the AA-DTA (general transfer) degree or want to know more, you need to attend this session! Learn all the rules, tips and tricks to make it work for you.

Time Management, Wednesday October 13th, 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.

Transfer Planning Workshop, Thursday October 14th, 2pm-3pm, [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!

Managing Debt, Thursday October 14th, 2pm-3pm, [Register Here](#)

Learn strategies to eliminate debt and discover specific methods for paying down debt.

Week Five:

Wellness Workshop: Relax, Tuesday October 19th, 1pm-2pm, [Register Here](#)

In this workshop, we will discuss the what, why, and how of specific practices that calm the nervous system. Each participant will be encouraged to try one of the changes discussed.

General Transfer Degree- Not so General and Actually Pretty Awesome, Wednesday October 20th, 2pm-3pm, [Register Here](#)

If you are getting the AA-DTA (general transfer) degree or want to know more, you need to attend this session! Learn all the rules, tips and tricks to make it work for you.

Tech on a Budget: Software and Hardware, Thursday October 21st, 9am-10am, [Register Here](#)

You are on a budget but you need a computer and/or software to complete assignments and stay connected to your class. In this workshop we will review low/no cost options for computing, word processing, graphic creation, and presentations. Specifically we will talk about Slack, Mural, Open Office, Free Geek, Free Music Archive, Gimp, BIRP, Google Suite, and Raspberry Pi among others. We'll also talk briefly about the merits of performing a search for helpful information on Reddit and Stack Exchange.

Test Anxiety, Thursday October 21st, 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. Come learn some effective strategies for overcoming test anxiety and improving your grades.

Financial Preparedness, Thursday October 21st, 2pm-3pm, [Register Here](#)

Learn to create a budget that is practical for your financial situation. We will focus on budgeting to attain your long-term goals and create strategies to understand your expenses.

Week Six:

General Transfer Degree- Not so General and Actually Pretty Awesome, Wednesday October 27th, 10am-11am, [Register Here](#)

If you are getting the AA-DTA (general transfer) degree or want to know more, you need to attend this session! Learn all the rules, tips and tricks to make it work for you.

Effective Study Skills, Wednesday October 27th, 11am-12pm, [Register Here](#)

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

Procrastination: Interrupting the Toxic Cycle of Putting Off What is Important, Wednesday October 27th, 3pm, 4pm, [Register Here](#)

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.

How to Write a Successful College Entrance Essay, Thursday October 28th, 12pm-1pm, [Register Here](#)

Four-year colleges and universities require applicants to write essays about themselves, but the college-entrance essay is unlike a lot of academic writing. Learn the secrets of this unique genre, so you can gain admission (and win scholarships) to the college of your dreams!

Week Seven:

Wellness Workshop: Move, Wednesday November 3rd, 11am-12pm, [Register Here](#)

In this workshop, we will discuss the what, why, and how of getting your body moving. Each participant will be encouraged to try one of the changes discussed.

General Transfer Degree- Not so General and Actually Pretty Awesome, Wednesday November 3rd, 12pm-1pm, [Register Here](#)

If you are getting the AA-DTA (general transfer) degree or want to know more, you need to attend this session! Learn all the rules, tips and tricks to make it work for you.

Business Transfer Pathway, Wednesday November 3rd, 3pm-4pm, [Register Here](#)

Are you interested in a business degree at Clark? Did you know there are two different paths: transfer and non-transfer degrees? Come learn about the differences between these degrees, career outcomes and how to plan for your education.

Career Exploration, Thursday November 4th, 1pm-2pm, [Register Here](#)

Learn how career exploration doesn't have to be just another thing you must do, but a learning perspective in everyday life that can transform your career decision-making process!

Week Eight:

Stress Management: Intervening in a Healthy Reaction Gone Awry, Wednesday November 10th, 10am-11am, [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.

Staying Motivated Throughout the Term, Wednesday November 10th, 11am-12pm, [Register Here](#)

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

Week Nine:

Wellness Workshop: Sleep, Wednesday November 17th, 11am-12pm, [Register Here](#)

In this workshop, we will discuss the what, why, and how of improving your sleep. Each participant will be encouraged to try one of the changes discussed.

Transfer Planning, Wednesday November 17th, 3pm-4pm, [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!

Choosing Your Academic Goal, Thursday November 18th, 1pm-2pm, [Register Here](#)

Choosing an academic goal is quite easy, but choosing well requires thought, experience, and process. Drawing from a career preparation perspective, learn tips and strategies for choosing your academic goal well.

Economic Impact to Your Finances, Thursday November 18th, 2pm-3pm, [Register Here](#)
Understand how economic events such as interest rate changes, inflation, and recessions impact your finances.

Career Interest Assessment Workshop, Thursday November 18th, 3pm-4pm, [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. (MyPlan: this workshop is connected to the Career Planning section: Know Yourself).

Week Ten:

Test Anxiety, Tuesday November 23rd, 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. Come learn some effective strategies for overcoming test anxiety and improving your grades.

We also offer Career Advising, Resume Assistance, Job/Internship Search Assistance and much more. If you are interested, please email us for a one-on-one appointment [here](#). Financial Wellness Coaching is available as well. A Financial Wellness Coach can provide information, tools, and resources students can use to reach their financial goals and manage their current finances. For Financial Wellness Coaching or more information about the financial wellness program please contact [here](#).