

# Clark College Fall 2022

## Free Student Success Workshops

Brought to you by the Student Success & Retention Department

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, please call 360-992-2382 or email [Heather Leasure](mailto:Heather.Leasure@clarkcc.edu)

### Week Three (10/3-10/7)

Disrupting White Supremacy: Centering and Valuing Queer & BIPOC Narratives in Gender Studies Classrooms, Wednesday October 5<sup>th</sup>, 3pm, [Join Here](#) no registration needed.

Disrupting White Supremacy: Centering and Valuing Queer & BIPOC Narratives in Gender Studies Classrooms dives deep into sharing the impact of incorporating the queer and BIPOC narratives of Juliet Takes a Breath, Kindred, The Purpose of Power, Beloved, The Bluest Eye, The Poet vs Patriarchy, The Urgency of Intersectionality, Abolition.Feminism.Now, All About Love: New Visions, and From #METOO to #WEConsent into Women's Studies classes at Clark.

Procrastination: Interrupting the Toxic Cycle, Thursday October 6<sup>th</sup>, 1pm-2pm, [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.

### Week Four (10/10-10/14)

Stress Management and Self Care: Skills for Success and Wellness During College, Tuesday October 11<sup>th</sup>, 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.

Wellness Workshop: Eat, Wednesday October 12<sup>th</sup>, 11am-12pm, [Register Here](#)

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

Getting Organized, Wednesday October 12<sup>th</sup>, 1pm-2pm, [Register Here](#)

Getting yourself and your space set up for success

Time Management, Thursday October 13<sup>th</sup>, 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.

## Week Five (10/17-10/21)

Job Search Jitter No More, Tuesday October 18<sup>th</sup>, 11am-12pm [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.

Test Anxiety, Tuesday October 18<sup>th</sup>, 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.

Basics of Financial Wellness, Tuesday October 18<sup>th</sup>, 1pm-2pm, [Register Here](#)

Learn some tips and tricks to prepare yourself financially.

6 Strategies for Excelling in Online Classes, Wednesday October 19, 12pm-1pm, [Register Here](#)

Online learning is becoming an integral part of students' learning experience at Clark College. This workshop offers you strategies that will help you do well in online classes: Make connections. Address tech challenges, conquer distractions, use Canvas effectively, manage time, and take advantage of campus resources. Hope to see you there.

Procrastination: Interrupting the Toxic Cycle, Wednesday October 19<sup>th</sup>, 2pm-3pm, [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.

APA Citations with a Librarian, Thursday October 20<sup>th</sup>, 11am-12pm, [Register Here](#)

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

## Week Six (10/24-10/28)

MLA Citations with a Librarian, Tuesday October 25<sup>th</sup>, 1pm-2pm, [Register Here](#)

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

Wellness Workshop: Move, Wednesday October 26<sup>th</sup>, 11am-12pm, [Register Here](#)

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

Effective Study Skills, October 26<sup>th</sup>, 1pm-2pm, [Register Here](#)

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

Am I Career Ready?, October 26<sup>th</sup>, 2pm-3pm, [Register Here](#)

Do you know what employers expect from college graduates? Gain tools to assess and articulate your 8 competencies for a career-ready workforce. This will be fun, really!

Time Blocking Workshop, Thursday October 27<sup>th</sup>, 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 actually 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.

APA Citations, Thursday, October 27<sup>th</sup>, 330pm-430pm, [Register Here](#)

Interested in learning about APA citations? Books, articles, e-books, interviews, a professor's lesson, oh my! Class handouts, presentations and references will be provided for future use.

## Week Seven (10/31-11/4)

Term Paper to Thesis. How to Write College Essays “almost” Stress Free, Tuesday November 1<sup>st</sup>, 11am-12pm, [Register Here](#)

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

Stress Management and Self Care: Skills for Success and Wellness During College, Wednesday November 2<sup>nd</sup>, 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.

## Week Eight (11/7-11/11)

Better Banking Workshop, Monday November 7<sup>th</sup>, 1pm-2pm, [Register Here](#)

Find financial wellness by learning better banking methods, conquering your credit, and learning how to finance your dreams by creating realistic, attainable savings goals and a spending plan to get you there.

Conquering Credit Workshop, Tuesday, November 8<sup>th</sup>, 1pm-2pm, [Register Here](#)

Find financial wellness by learning better banking methods, conquering your credit, and learning how to finance your dreams by creating realistic, attainable savings goals and a spending plan to get you there.

Wellness Workshop: Sleep, Wednesday November 9<sup>th</sup>, 11am-12pm, [Register Here](#)

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

Interview With Impact, Wednesday November 9<sup>th</sup>, 1pm-2pm, [Register Here](#)

Terrified of the job interview process? You are not alone! Learn skills that will help you wow potential employers and leave an impression.

Staying Motivated Throughout the Term, Wednesday November 9<sup>th</sup>, 1pm-2pm, [Register Here](#)

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

Finance Your Dreams Workshop, Wednesday November 9<sup>th</sup>, 2pm-3pm, [Register Here](#)

Find financial wellness by learning better banking methods, conquering your credit, and learning how to finance your dreams by creating realistic, attainable savings goals and a spending plan to get you there.

Renovate Your Resume, Thursday, November 10<sup>th</sup>, 1pm-2pm, [Register Here](#)

Are you wondering if your resume is job search ready? Join this workshop to learn best standards of resume creation and how to present yourself to potential employers in the best way possible. If you're feeling bold, bring a current resume to share and work on.

Financial Preparedness Workshop, Thursday November 10<sup>th</sup>, 2pm-3pm, [Register Here](#)

Find financial wellness by learning better banking methods, conquering your credit, and learning how to finance your dreams by creating realistic, attainable savings goals and a spending plan to get you there.

## Week Nine (11/14-11/18)

Job Search Jitter No More, Tuesday November 15<sup>th</sup>, 12pm-1pm [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.

Test Anxiety, Thursday November 17<sup>th</sup>, 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.