

# COLLEGE SUCCESS WORKSHOPS

DVC Pleasant Hill Campus

## SPRING 2019

Topic	Date	Time	Location	Presenter
<b>Getting Ready for Online Learning</b> Taking an online course? In this workshop, you'll receive tips for online success from faculty and former online students. You'll learn how to use Canvas wisely as an online student, establish a good online working routine, and take advantage of campus resources. We'll leave time at the end for one-on-one Canvas help.	Monday 02/04/2019	3:00pm- 4:00pm	HSF-292	Distance Education Committee
<b>Scholarship Essay Writing Workshop</b> Are you interested in applying for a DVC scholarship and/or an external scholarship but need help with the essay component of the application? Attend this workshop for guidance in writing an effective scholarship essay. <b>DVC's scholarship deadline is February 14, 2019.</b>	Tuesday 02/05/2019	2:30pm- 3:30pm	H-108	Patrick Leong
<b>Homework Strategies for Science, Technology, Engineering, and Math (STEM)</b> Students: Do you find yourself drowning in the weight of your homework load for science and math? Do you struggle to make connections between your homework and quizzes and exams? Come to this session to learn better strategies for getting through your problem sets faster with better preparation for those higher stakes quizzes and exams! To get the most out of this session, bring some samples of your homework submissions.	Wednesday 02/13/2019	4:00pm- 5:00pm	H-108	Ellen Beaulieu
<b>Time Management</b> Managing your time in college can be a difficult process especially when you have so much on your plate. This workshop will help you understand why time management is important, evaluate how we spend time and learn how to use strategies and tools to manage time effectively for greater academic success.	Wednesday 02/13/2019	2:00pm- 3:00pm	H-108	Cheryl Carter
<b>Test Taking Strategies for Science, Technology, Engineering, and Math (STEM) Students</b> Do you have anxiety around science and math testing? Do you ever feel your performance on quizzes and exams doesn't really show what you felt you really knew? Come to this session to see some test-taking strategies that can help you increase your exam preparedness, reduce your anxiety, and increase your scores! Also learn how to debrief your exam to maximize your success in the course. To get the most out of this session, bring in sample exams from past experiences.	Tuesday 02/19/2019	4:00pm - 5:00pm	H-108	Ellen Beaulieu
<b>Success Strategies for CHEM-120</b> Chemistry is an applied math class AND a foreign language class complete with a practical laboratory component. A lot of growth happens in the critical thinking and problem solving skills of successful CHEM 120 students. Come learn better strategies and tactics to help you realize your academic goals specific to this challenging class!	Thursday 02/21/2019	3:00pm- 4:00pm	H-108	Ellen Beaulieu / Erin Palmer
<b>"Sticky Brain" Memorization Techniques</b> Do you feel overwhelmed by memorization-heavy courses? Are the study techniques you've used in the past just not cutting it anymore? Come learn effective memorization techniques. Please bring a study guide, class notes, textbook, or other relevant course material to the workshop so that you have class material to work on. You will have a chance to practice these techniques with your actual class material, so by the time you leave you will already be better prepared for your next exam.	Monday 03/04/2019	3:00pm- 4:00pm	H-108	Emily Fox
<b>Planning/Preparing to Transfer</b> Have questions about how to transfer from DVC to a 4-year university? Come learn about the transfer process and specifically how to prepare yourself to go to a CSU, UC, or private institution.	Wednesday 03/06/2019	2:00pm- 3:00pm	H-108	Tina Wade
<b>How to Access More Resources on Campus</b> Did you know that you could check out a laptop from the DVC library? Apply for scholarships for DVC or for transfer? Become a member of a DVC student organization or participate in one of our learning communities? During this workshop you will discover services and resources available to you as a DVC student.	Wednesday 03/13/2019	2:00pm- 3:00pm	H-108	Cheryl Carter
<b>Get Guaranteed Admission to UC &amp; CSU!</b> Did you know you can be guaranteed transfer admission to a UC or CSU? Come learn about the Transfer Admission Guarantee (TAG) for UC and Associate Degrees for Transfer (ADT) for CSU.	Tuesday 03/19/2019	2:00pm- 3:00pm	H-108	Tina Wade
<b>Problem Solving in Physics</b> A skill-building boot camp for how to attack and complete problems in physics, from multiple choice to multi-part free response. We'll cover methods of approach (how to organize information, drawing useful diagrams, making estimations, constructing models, building intuition, and approximating), tools of the trade (why to use variables as long as possible, calculator tricks, unit analysis, symmetry, analyzing graphs/tables), and proper completion (neatness, checking your answer for reasonableness, limiting cases, writing units and vectors, notation).	Wednesday 03/20/2019	2:00pm- 3:00pm	H-108	Kitran Colwell
<b>Happiness Habits: Practicing Mindfulness to Improve Mental Health</b> This workshop will explore the practice of gratitude as a key to cultivating happiness. Students will learn about gratitude and its connection to emotional well-being as well as concrete strategies for bringing more gratitude into their daily lives.	Monday 04/08/2019	2:00pm- 3:00pm	H-108	Raine Dougan
<b>How to be Successful at Anything</b> Do you have goals you want to achieve? Do you want to know how successful people become successful? Attend the "How to be Successful at Anything" workshop and learn how to set goals and change your mindset to accomplish them. You will also learn how to manage your time, set priorities, and be successful.	Wednesday 04/10/2019	2:00pm- 3:00pm	H-108	Cheryl Martucci
<b>Managing Stress Before Finals</b> Come learn some stress management techniques that you can take home to manage your anxiety in the midst of all the stress that comes with finals.	Wednesday 05/08/2019	2:00pm- 3:00pm	H-108	Christie Harrington- Tsai