

Spring 2019

COLLEGE SUCCESS WORKSHOPS

Topic & Description	Date	Time	Location	Presenter
<i>Time Management</i> This workshop offers practical techniques that can be used immediately to gain control, prioritize your time and meet your academic goals.	Wed Feb 6	11:00am	E161	Miguel Zaragoza
<i>Using a Graphing Calculator in Statistics</i> Enhance your understanding of descriptive statistics by learning how to use lists, functions, and graphs effectively in this interactive workshop. Preview more advanced features, including probability distributions, confidence intervals, and hypothesis tests.	Tues March 19	2:00pm	E161	David Badal
<i>Using a Graphing Calculator in STEM Courses</i> Enhance your understanding in STEM courses by learning how to use the menus and graphing features effectively in this interactive workshop. Preview more advanced graphing features, including zeros and relative extrema.	Tues March 26	2:00pm	E161	David Badal
<i>Overcoming Writer's Block</i> The learning objectives for this workshop is to help you identify blocks to productivity. Come to this workshop to learn how to set goals for writing sessions, identify and reroute distractions, and find productive writing spaces.	Wed April 10	11:00am	E161	Michael Colson
<i>Landing a Summer Job or Internship</i> You know a summer internship is a great way to explore interests and gain knowledge and skills, but do you know how to find one? Join Career Services as we discuss ways to identify great experiences and talk about search strategies to help you land an awesome summer internship!	Wed April 24	11:00am	E161	Career Services
<i>Stress Management Before Finals</i> Allow your stress to melt away in this Yin Yoga practice. Marinating in Yin postures along with aromatherapy from essential oils will give you an opportunity to deepen your mindfulness practice and relieve your stress as you head into finals week. A mat, towel and comfortable clothing are necessary for this practice (other props like blocks and straps are helpful, but optional).	Wed May 1	11:00am	Learning Commons	Kristin-Ann Osowski