

APRIL / MAY  
WORKSHOPS

# SOAR *with* Student Success Workshops

**Stay Positive. Work Hard.** Student Success Workshops are carefully designed to sharpen your skills, introduce you to support resources on campus, and provide you with tips and tricks for making each semester successful. Workshops are open to everyone, free, and require no sign-up.

Inside this brochure, you will find the workshops and their descriptions organized by date. A topical list of the workshops can be found on the back of the brochure.

## **USEFUL INFORMATION**

Check [www.shastacollege.edu/workshops](http://www.shastacollege.edu/workshops) for the most up-to-date workshop schedule as it is subject to change.

Please arrive on time to your workshop –  
No late admittance.

All workshops are free.

No pre-registration necessary.

At the end of each workshop, students will receive one green “Verification of Attendance” form. You may take it to your instructor if extra credit is being offered for attending the workshop.

www.shastacollege.edu/WORKSHOPS



**Shasta College**

www.shastacollege.edu

Shasta College is an equal opportunity educator and employer.

**Foundational Skills**  
(530) 242-7763

## APRIL WORKSHOPS

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### Fueling Your Brain for Academic Success

Joanne Tippin

W 4/3 3:30 – 4:20P Rm 2202B

Your brain requires a significant amount of energy and nutrients to function optimally. In this workshop, you will create an action plan for fueling your body and mind for optimal success.

### Procrastination

Leanne Westphal

M 4/8 2:00 – 2:50P Rm 2202B

Learn strategies for overcoming procrastination so you can take charge of your life and gain a sense of strength, resolve, and peace of mind.

### Overcoming Test Anxiety

Diana Hamar

T 4/9 3:00 – 3:50P Rm 2202B

Learn useful tools in managing test anxiety. Although these tools may be used with any subject and any life challenge, anxiety with math will specifically be addressed.

### The Power of Money in Relationships

Leanne Westphal

TH 4/11 1:30 – 2:20P ITV Rooms:

*Main: 2108; Intermountain: 1711B; Tehama: 7202; Trinity: 1515*

A look at how money can be used to help you throughout your life to be a generous giving person without stress. Learn about how to talk about issues related to money with your friends, family, and roommates, also learn how to control vacation spending.

### Writing Prompt Success

Valerie Ambrose & Kylee Duran–Cox

TH 4/11 2:00 – 2:30P Rm 2202B

Learn how to read, understand, and plan for, your college writing assignments.

### Thesis Statements

Writing Center

M 4/22 2:00 – 2:30P Rm 738

Discover what makes a thesis statement strong and how to choose the right words to support your point.

### MLA Format

Writing Center

T 4/23 1:00 – 1:30P Rm 738

Learn the do's and don'ts of MLA style. Find new tools to help you with the basics. Comma Usage

### Writing Center

TH 4/25 10:00 – 10:30A Rm 738

Learn the correct use of commas and how they can enhance your writing. Something as little as a comma can make you a better writer.

### Time Management

Kelly Nickel

M 4/29 4:00 – 4:50P Rm 2116

So little time and so much to do? Accomplish your goals & eliminate stress by learning practical tools to help you maximize how you spend your time.

### Success Strategies

Kelly Nickel

M 4/29 5:00 – 5:50P Rm 2116

Learn proven strategies that help you become more successful in life.

### Procrastination

Leanne Westphal

T 4/30 2:30 – 3:20P ITV Rooms:

*Main: 2108; Intermountain: 1711B; Tehama: 7202; Trinity: 1515*

Learn strategies for overcoming procrastination. Take charge of your life, gain a sense of strength and peace of mind.

## MAY WORKSHOPS

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### Finding Your Motivation

Melanee Grondahl

TH 5/2 3:00 – 3:50P Rm 822

What expectations do you have about going to college? You are more likely to quit college if you can't connect on a deep level with what motivates you to be here. This workshop will offer strategies you can use when you feel your motivation starting to decline.

### Got Meaning?

Wade Stewart

M 5/6 3:30 – 4:20P Rm 2202B

Do you want your life to have more meaning? We can endure many difficult challenges if we understand our "why." This workshop is meant to help you start to find your own personal "why" in your life.

### Stress Reduction

Crystal Hilton

W 5/8 6:00 – 7:15P Rm 2115

School, work, or life causing you stress? Come learn some management and relaxation techniques that you can use today!

### Be an Active Agent of Change

Shasta CARES – Jessica Ballard

TH 5/9 4:00 – 4:50P Rm 2202B

Join Shasta CARES to learn strategies to be an active bystander and intervene in harmful situations.

### Resume Writing

Mike Parisot

T 5/14 3:30 – 4:20P Rm 2202B

Your resume is your first impression; make it great! This workshop is a basic overview on how to develop a resume, including some important do's and don'ts.

### How to Search for a Job

Mindy Halter

W 5/15 1:00 – 1:50P Rm 2202B

Open your eyes to a more effective, non-traditional way of job-searching. The workshop will cover networking, making a good first impression, and taking control of your job search.

### Interview Tips

Mike Parisot

W 5/15 2:00 – 3:50P Rm 2202B

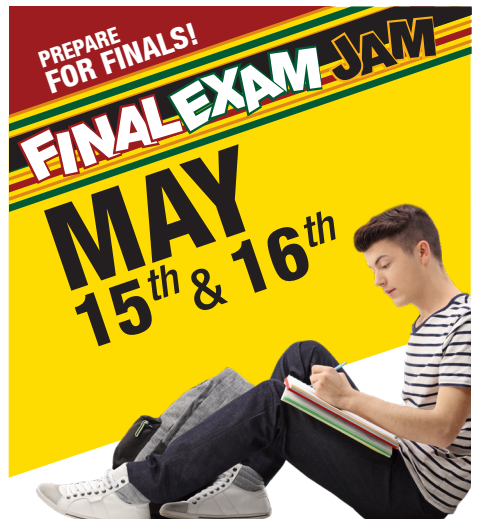
Prepare to rock your next job interview and get a leg up on the competition!

### Break the Habit Cycle

Melanee Grondahl

TH 5/16 3:00 – 3:50P Rm 822

Would you like to stop smoking or munching junk food at midnight? Come learn about the habit cycle and how you can train your brain to break bad habits and replace them with positive ones.



### Writing Center & Math/Business Center Jam Nights 700 Building Hours: 7-11:PM

FREE Admission! FREE Tutoring! FREE Printing!

### Science Lab Jam Nights Science Learning Center, Room 1626 Hours: 6-10PM

Come one or both nights, whenever you can and stay as long as you want! Tutors are available to help you. FREE Admission – FREE Tutoring!



StudentLingo®

Missed a workshop? Live too far away from campus? Take one from your home? Go to...

[www.studentlingo.com/shastacollege](http://www.studentlingo.com/shastacollege)

Access **ONLINE** workshops 24/7!

Workshop topics include:

- How to Overcome Math Anxiety
- Study Tips
- Note-Taking Strategies
- Reading Comprehension Strategies and more!

## WORKSHOPS CATEGORIZED BY TOPIC (in date order)



### EFFECTIVE LEARNING WORKSHOPS

Fueling Your Brain for Academic Success	W	4/3	3:30 – 4:20pm	Room 2202B
Procrastination	M	4/8	2:00 – 2:50pm	Room 2202B
Overcoming Test Anxiety	T	4/9	3:00 – 3:50pm	Room 2202B
Writing Prompt Success	TH	4/11	2:00 – 2:30pm	Room 2202B
Time Management	M	4/29	4:00 – 4:50pm	Room 2116
Success Strategies	M	4/29	5:00 – 5:50pm	Room 2116
Procrastination	T	4/30	2:30 – 3:20pm	ITV Rooms: <i>Main: 2108; Intermountain: 1711B; Tehama: 7202; Trinity: 1515</i>
Finding Your Motivation	TH	5/2	3:00 – 3:50pm	Room 822
Stress Reduction	W	5/8	6:00 – 7:15pm	Room 2115

### WRITING CENTER WORKSHOPS

Thesis Statements	M	4/22	2:00 – 2:30pm	Room 738
MLA Format	T	4/23	1:00 – 1:30pm	Room 738
Comma Usage	TH	4/25	10:00 – 10:30am	Room 738

### FINANCIAL LITERACY

Power of Money in Relationships	TH	4/11	1:30 – 2:20pm	ITV Rooms: <i>Main: 2108; Intermountain: 1711B; Tehama: 7202; Trinity: 1515</i>
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### LIFESKILLS WORKSHOPS

Got Meaning?	M	5/6	3:30 – 4:20pm	Room 2202B
Be an Active Agent of Change	TH	5/9	4:00 – 4:50pm	Room 2202B
Resume Writing	T	5/14	3:30 – 4:20pm	Room 2202B
How to Search for a Job	W	5/15	1:00 – 1:50pm	Room 2202B
Interview Tips	W	5/15	2:00 – 3:50pm	Room 2202B
Break the Habit Cycle	TH	5/16	3:00 – 3:50pm	Room 822



Find a list of the workshops online at:

[www.shastacollege.edu/WORKSHOPS](http://www.shastacollege.edu/WORKSHOPS)

For questions or inquiries, call  
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