

SPRING
19

www.shastacollege.edu/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 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.



Shasta College

www.shastacollege.edu

Shasta College is an equal opportunity educator and employer.

Foundational Skills
(530) 242-7763

FEBRUARY WORKSHOPS

Comma Usage

Writing Center

T 2/19 2:00–2:30P 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.

Procrastination

Leanne Westphal

T 2/19 3:00 – 3:50P Rm 2202B

Come to this workshop to learn strategies for overcoming procrastination so that you can take charge of your life, gaining a sense of strength, resolve, and peace of mind.

MLA Format

Writing Center

W 2/20 11:00–11:30A Rm 738

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

Let's Taco 'Bout Healthy Relationships

Shasta CARES – Jessica Ballard

W 2/20 11:30–1:00P Student Stage

Join Shasta CARES in creating tacos together and engaging in conversations around healthy relationships, boundaries, and communication.

Thesis Statements

Writing Center

TH 2/21 11:00–11:30A Rm 738

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

Break the Habit Cycle

Melanee Grondahl

TH 2/21 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.

How to Study in the Sciences

Jessica Tyson

TH 2/21 1:00–1:50P Rm 1609

Identify good and bad study habits. The focus will be on navigating information seen in courses like Human Physiology, Anatomy, Chemistry, and Microbiology.

Success Strategies

Kelly Nickel

M 2/25 5:00–5:50P Rm 2116

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

EQ – Emotional Intelligence

James Crockett

T 2/26 4:00–4:50P Rm 2202B

Learn what emotional intelligence is and how to identify and cope with your emotions.

Writing Prompt Success

Valerie Ambrose & Kylee Duran–Cox

TH 2/28 9:00–9:30A Rm 2217

This workshop will show students how to read, understand, and plan for, their college writing assignments.

Zero–Based Budgeting

Leanne Westphal

TH 2/28 1:30–2:20P ITV Rooms:
Main: 2108; Intermountain: 1711B; Tehama: 7202; Trinity: 1515

Know where every dollar of your budget is coming from and going to, so you can prevent a money crisis.

MARCH WORKSHOPS

Overcoming Test Anxiety

Diana Hamar

M 3/4 1:00–1:50P Rm 2202B

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

How to Study in the Sciences

Jessica Tyson

T 3/5 12:00–12:50P Rm 1609

Explore how to identify good and bad study habits. The focus will be on navigating the ocean of information seen in courses like Human Physiology, Anatomy, Chemistry, and Microbiology.

Finding Your Motivation

Melanee Grondahl

TH 3/7 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 help you connect with your motivation to be in college. It will also offer strategies you can use when you feel your motivation starting to decline.

Stress Reduction

Crystal Hilton

T 3/12 6:00–7:15P Rm 2116

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



Interview Tips

Mike Parisot

W 3/13 1:00–2:50P Rm 2202B

Nail your interview? In this informative session we will help prepare you to rock your next job interview and get a leg up on the competition.

Fueling Your Brain for Academic Success

Joanne Tippin

W 3/13 3:00–3:50P Rm 2202B

In this workshop, you will create an action plan for fueling your body and mind for optimal success.

Procrastination

Leanne Westphal

TH 3/14 1:30–2:20P 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.

Time Management

Kelly Nickel

M 3/18 5:00–5:50P Rm 2116

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

How to Search for a Job

Mindy Halter

W 3/20 2:00–2:50P 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.

Resume Writing

Mike Parisot

W 3/20 3:00–3:50P Rm 2202B

Your resume is your first impression; make it great with this basic overview on how to develop a resume and important do's and don'ts.

Overcoming Test Anxiety

Diana Hamar

TH 3/21 10:00 – 10:50A Rm 781

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

Comma Usage

Writing Center

T 3/26 11:00–11:30A 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.

Personal Finance

Crystal Hilton

T 3/26 6:00–7:15P Rm 2116

Learn how to manage your money! Budgeting, debt reduction, FICO score, investing, and even retirement. A brief overview of financial goals, including tips from Dave Ramsey and Suze Orman.

MLA Format

Writing Center

W 3/27 1:00–1:30P Rm 738

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

Thesis Statements

Writing Center

TH 3/28 2:00–2:30P Rm 738

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

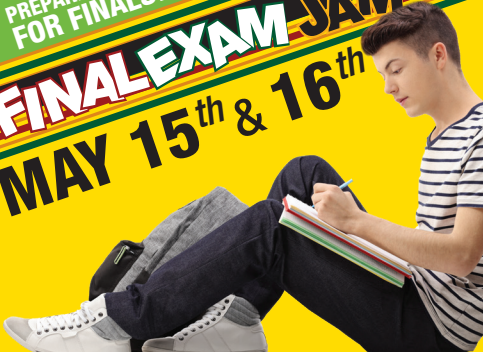
StudentLingo

Missed a workshop? Live too far away from campus? Take one from your home? Go to...
www.studentlingo.com/shastacollege

Access ONLINE workshops 24/7!
Workshop topics include:
How to Overcome Math Anxiety
Study Tips and Note-Taking Strategies
Reading Comprehension Strategies and more!

PREPARE FOR FINALS!

FINALEXAM JAM
MAY 15th & 16th



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!

WORKSHOPS CATEGORIZED BY TOPIC (in date order)



EFFECTIVE LEARNING WORKSHOPS

Procrastination	T	2/19	3:00–3:50P	Room 2202B
How to Study in the Sciences	TH	2/21	1:00–1:50P	Room 1609
Success Strategies	M	2/25	5:00–5:50P	Room 2116
Writing Prompt Success	TH	2/28	9:00–9:30A	Room 2217
Overcoming Text Anxiety	M	3/4	1:00–1:50P	Room 2202B
How to Study in the Sciences	T	3/5	12:00–12:50P	Room 1609
Finding Your Motivation	TH	3/7	3:00–3:50P	Room 822
Stress Reduction	T	3/12	6:00–7:15P	Room 2116
Fueling Your Brain for Academic Success	W	3/13	3:00–3:50P	Room 2202B
Procrastination	TH	3/14	1:30–2:20P	ITV Rooms: <i>Main: 2108; Intermountain: 1711B; Tehama: 7202; Trinity: 1515</i>
Time Management	M	3/18	5:00–5:50P	Room 2116
Overcoming Test Anxiety	TH	3/21	10:00–10:50A	Room 781

WRITING CENTER WORKSHOPS

Comma Usage	T	2/19	2:00–2:30P	Room 738
MLA Format	W	2/20	11:00–11:30A	Room 738
Thesis Statement	TH	2/21	11:00–11:30A	Room 738
Comma Usage	T	3/26	11:00–11:30A	Room 738
MLA Format	W	3/27	1:00–1:30P	Room 738
Thesis Statements	TH	3/28	2:00–2:30P	Room 738

FINANCIAL LITERACY

Zero–Based Budgeting	TH	2/28	1:30–2:20P	ITV Rooms: <i>Main: 2108; Intermountain: 1711B; Tehama: 7202; Trinity: 1515</i>
Personal Finance	T	3/26	6:00–7:15P	Room 2116

LIFESKILLS WORKSHOPS

Let's Taco 'Bout Healthy Relationships	W	2/20	11:30–1:00P	Student Stage <i>(Cafeteria)</i>
Break the Habit Cycle	TH	2/21	3:00–3:50P	Room 822
EQ – Emotional Intelligence	T	2/26	4:00–4:50P	Room 2202B
Interview Tips	W	3/13	1:00–2:50P	Room 2202B
Resume Writing	W	3/20	3:00–3:50P	Room 2202B
How to Search for a Job	W	3/20	2:00–2:50P	Room 2202B

Find a list of the workshops online at:

www.shastacollege.edu/WORKSHOPS

