

Student Support Services



Fall 2009

Date/Time	Workshop Title	Location	Presenter
Tuesday, September 1, 2009 11:00 am-12:00 pm	Time Management	Quiet Room	I. Johnson
Tuesday, September 1, 2009 2:00 pm-3:00 pm	LASSI	LAC	I. Johnson
Wednesday, September 2, 2009 1:00 pm-2:00 pm-	LASSI	LAC	I. Johnson
Wednesday, September 2, 2009 11:00 am-12:00 pm	Stress Management- Don't forget to Breathe!	Quiet Room	T. Mayle
Thursday, September 3, 2009 5:00 pm-6:00 pm	LASSI	LAC	I. Johnson
Tuesday, September 8, 2009 12:00 pm-1:00 pm	Learning Type Measures	Quiet Room	I. Johnson
Tuesday, September 15, 2009 10:00 am-11:00 am	Effective Study Skills	Quiet Room	I. Johnson
Tuesday, September 15, 2009 11:00 am-12:00 pm	Surviving College or Life. Are you Resilient?	Quiet Room	T. Mayle
Wednesday, September 23, 2009 10:00 am-11:00 am	Learning Type Measures	Quiet Room	I. Johnson
Thursday, October 1, 2009 11:00 am-12:00 pm	Building Self-Esteem for Success in Life and Work	Quiet Room	T. Mayle
Monday, October 5, 2009 11:00 am-12:00 pm	Get Ready! Exams Are Coming!	Quiet Room	I. Johnson
Wednesday, October 21, 2009 10:00 am-11:00 am	How To Be A Better Note Taker	Quiet Room	I. Johnson
Wednesday, October 21, 2009 11:00 am-12:00 pm	Don't Let Them See You Sweat: Staying Confident	Quiet Room	T. Mayle
Wednesday, November 4, 2009 11:00 am-12:00 pm	Singing the Blues: Coping with Depression	Quiet Room	T. Mayle
Thursday, November 5, 2009 10:00 am-11:00 am	Locust of Control: Instrument to Assess Motivation	Quiet Room	I. Johnson
Tuesday, November 17, 2009 11:00 am-12:00 pm	Planning Effectively for College Transfer	Quiet Room	T. Mayle
Thursday, November 19, 2009 12:00 pm-1:00 pm	The Disciplines of Financial Intelligence	Quiet Room	Donna Clements
Thursday, December 3, 2009 11:00 am- 12:00 pm	Seasonal Stress: A Gift from Santa Claus	Quiet Room	T. Mayle

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Online (Black Board) SSS Workshops

SSS Program Overview

Student Support Services Activities

Anatomy and Physiology

Distance Education 101

Managing crisis while in College

Career & Personality Inventories

Get Ready! The Exams are Coming!

Put Time On Your Side: Take Time to Make Time

The Power of Self-Esteem

Effective Study Skills

Holiday Depression and Stress

Words that Cause Trouble

Assertiveness Inventory

Are you a Survivor

English Enrichment

Dining Etiquette

Checking your English and Math Proficiency (TABE Online)

Financial Literacy

Singing the Blues-Coping with Depression

Stress Management