

Student Support Services



2010 Spring Activities

Date/Time	Activity	Location	Presenter
Wednesday, January 13, 2010	Last day to add 8 Week Class		
Thursday, January 14, 2010	Last day to add 16 Week Class		
Tuesday, January 19, 2010	Spring Tutorial Services Begin	Room 148	Tutors
Friday, January 22, 2010	University of North Carolina-CH College Tour	Chapel Hill, NC	T. Mayle
Wednesday, February 3, 2010 3:00 pm ~ 4:00 pm	Math Study Skills Workshop	Room 338	T. Mayle
Friday, February 5, 2010	NC Central University College Tour	Durham, NC	T. Mayle
Monday, February 8, 2010	Midterm for 8 week classes		
Thursday, February 11, 2010	Last day to withdraw without penalty (8 wk)		
Tuesday, February 16, 2010 12:00 noon ~ 1:00 pm	Effective Study Skills Workshop	Room 338	I. Johnson Dental Hygiene Dept.
Thursday, February 18, 2010 1:00 ~ 4:00 pm	Dental Hygiene Seminar	Quiet Room	
Wednesday, March 3, 2010 2:00 pm ~ 3:00 pm	Becoming a Mindful Learner and Critical Thinker	Room 338	I. Johnson
Wednesday, March 3, 2010 3:00 pm ~ 4:00 pm	Math Study Skills Workshop	Room 338	T. Mayle
Monday, March 8, 2010	Midterm for 16 week classes		
Monday, March 15, 2010	Last day to withdraw without penalty (16 wk) classes		
Friday, March 19, 2010	NC A&T State University College Tour	Greensboro, NC	T. Mayle
Friday, March 26, 2010	Last Day to request for Spring Tutorial Services		
Saturday, March 27, 2010	Elizabeth City State University College Tour	Elizabeth City, NC	T. Mayle
Wednesday, April 7, 2010 3:00 pm ~ 4:00 pm	Math Study Skills Workshop	Room 338	T. Mayle
Thursday, April 15, 2010 12 noon ~ 1:00 pm	Motivation and Self Esteem	Room 338	I. Johnson
Friday, April 23, 2010	Last day to drop class for any reason		
Wednesday, May 5, 2010	Spring Tutorial Services End		

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Online (Black Board) SSS Workshops

Math Study Skills: Information that may help you improve your study strategies in your math classes.

Math Study Skills (Part II): Included here are tests that look at your math study skills and other information that may help you improve your study strategies in your math classes. It's not required that you read all the links but choose topics that interest you.

Effective Study Skills: This will be an interactive discussion of best practices of effective study habits. Topics will include good study skills that can help you succeed in the future, how to write a report and efficient test taking tips.

Anatomy and Physiology: A study guide with strategies and links to increase your understanding of A&P.

How to Cite Using MLA & Plagiarism: This workshop gives you useful tools to get through research papers.

Words That Cause Trouble: The old saying, "talk is cheap" is wrong. What we say matters. Some words can really get us into trouble quickly. These "Trouble Words" are common enough in most vocabularies and may be creating defensive situations without your awareness.

10 Habits College Professors Love: Ever wish you could read your instructor's mind as what she/he wants? Here is a quick guide to help.

Get Ready! The Exams are Coming! The Purpose of this workshop is to better prepare you for exams. You will gain helpful hints and tips that are easy to read and adapt to in order to get better grades.

Put Time On Your Side: Take Time to Make Time: Are you always busy with the many demands of your world? Too many assignments, meetings, and deadlines? Then this is the right workshop for you to help get on the time management road in getting things done efficiently. This workshop offers valuable information on how to utilize and make the most of your time.

The Power of Self-Esteem: Do you have high/low self-esteem? Do you know what self-esteem is? Your self-esteem has a lot to do with the way you feel, how you react with certain situations, and how you value what others think or feel about you. This workshop will offer you insight on your and others self-esteem and what affects it.

Dealing with Difficult People: Dealing with difficult people is unavoidable. This workshop provides insights and strategies that will help.

Holiday Depression and Stress: The holiday season for most people is a fun time of the year filled with parties, celebrations and social gatherings with family and friends. For many people it is a time filled with sadness, self-reflection, loneliness, and anxiety.

Preparing for College Transfer: This workshop will give you a guide as to what steps you need to take in order to make transfer from HCC as easy as possible.

Are you a Survivor? Making it through hard time's shows your true inner strength.

English Enrichment: Information on how to be a good student in College English classes.

Dining Etiquette: Which Fork do you use? Don't know? This Power Point will help you answer that question and more.

Career & Personality Inventories: Would you like to know more about who you are? What kinds of careers suit a person with your interests and abilities? This workshop will provide answers.

Financial Literacy: How to manage your money as a student in today's economy.

Financial Literacy (Part II): More on managing your money as a student in today's economy

Coping with Symptoms of Depression: Are you clinically depressed or is it just a case of the blues? This workshop will help answer these questions and more.

Stress Management: Managing stress is a daily and even life long goal. This workshop gives you strategies on how to deal with stress on a daily basis.

Dental Hygiene Seminar: Education on proper dental care. Facilitated by students in Dental Hygiene program.