

METRO CAMPUS SUCCESS WEEK SPRING 2017

MONDAY FEBRUARY 6	TUESDAY FEBRUARY 7	WEDNESDAY FEBRUARY 8	THURSDAY FEBRUARY 9	FRIDAY FEBRUARY 10
Financial Aid 102 9:00am-9:50am <i>MATTC 133</i>	Exploring Liberal Arts 9:00am-9:50am <i>MATTC 133</i>	Scholarships: They Won't Find You 9:00am-9:50am <i>MATTC 133</i>	Exploring College Transfer Options 9:00am-9:50am <i>MATTC 133</i>	Let's Talk About Reading 9:00am-9:50am <i>MATTC 133</i>
How to Get from Here to Graduation 10:00am-10:50am <i>MATTC 133</i>	Adjusting to College Life 10:00am-10:50am <i>MATTC 133</i>	How to Take Great Notes 10:00am-10:50am <i>MATTC 133</i>	Exploring Health Careers 10:00am-10:50am <i>MATTC 133</i>	The Value of a College Education 10:00am-10:50am <i>MATTC 133</i>
Relaxation and Stress Management 11:00am-11:50am <i>MATTC 133</i>	How to Make a Major Decision 11:00am-11:50am <i>MATTC 133</i>	Time Management 11:00am-11:50am <i>MATTC 133</i>	Test Taking Strategies 11:00am-11:50am <i>MATTC 133</i>	Building Your Personal Brand 11:00am-11:50am <i>MATTC 133</i>
Time Management 12:00pm-1:00pm <i>MATTC 133</i>	Finding the Career for You 12:00pm-12:50pm <i>MATTC 133</i>	How to Get from Here to Graduation 12:00pm-12:50pm <i>MATTC 133</i>	We The People: Campus Conversation on Race, Politics, and Civic Engagement 12:00pm-1:30 pm <i>Metro Theater</i>	Get Engaged in Your Learning 12:00pm-12:50pm <i>MATTC 133</i>
Exploring College Transfer Options 1:00pm-1:50pm <i>MATTC 133</i>	Leveraging the Library 1:00pm-1:50pm <i>MATTC 133</i>	Harnessing Positive Energy for Success 1:00pm-1:50pm <i>MATTC 133</i>		
Summer Internship Info Session 2:00pm-2:50pm <i>MATTC 133</i>	Decision Making 2:00pm-2:50pm <i>MATTC 133</i>	Importance of Early Literacy 2:00pm-2:50pm <i>MATTC 133</i>	Developing Your Self-Esteem 2:00pm-2:50pm <i>MATTC 133</i>	
Online Resource Tips 3:00pm-3:50pm <i>MATTC 133</i>	The Value of a College Education 3:00pm-3:50pm <i>MATTC 133</i>	College Reading 3:00pm-3:50pm <i>MATTC 133</i>	Financial Aid 102 3:00pm-3:50pm <i>MATTC 133</i>	

WORKSHOP DESCRIPTIONS

ADJUSTING TO COLLEGE LIFE: Learn the college essentials: Time management; self-discipline; defeating procrastination; study time; managing stress; and balancing life roles.

COLLEGE READING: Having effective reading strategies is a key component to your academic success. Students often struggle with the volume of reading expected as well as how to stay focused while reading and during class lectures. This workshop will provide tips and techniques to help you read more effectively and achieve deeper understanding of the material.

DECISION MAKING: How do you approach the decisions you make every day? Learn about how to approach decision making and understanding the impact of the decisions you make daily.

DEVELOPING YOUR SELF-ESTEEM: Learn techniques to overcome self-imposed limitations and reach your potential.

EXPLORING COLLEGE TRANSFER OPTIONS: Learn about the process of transferring from Tri-C to a four year institution. Gain resources to make the transition easier.

EXPLORING HEALTH CAREERS: There is more to the health careers than becoming a nurse or physician. Learn about the 30+ other careers in this field!

EXPLORING THE LIBERAL ARTS: Learn about the different areas of study and related career paths in the liberal arts.

FINANCIAL AID 102: REQUIREMENTS, REFUNDS & MORE: Learn about resources to fund your education: grants, scholarships, work-study, loans and more. Discover how to qualify and maintain your eligibility.

FINDING THE CAREER FOR YOU: Learn about ways to explore different careers that you maybe haven't thought of.

GET ENGAGED IN YOUR LEARNING: Many opportunities are available to students outside of the classroom. These activities provide valuable skill and leadership development opportunities. Come find out how you can truly be in engaged in learning at Tri-C.

GETTING IT "WRITE": Texting v. Essays. Friends v. Teachers. Formal v. Informal. This workshop will explore common writing errors when it comes to audience, language, and grammar.

HARNESSING POSITIVE ENERGY FOR SUCCESS: An interactive presentation of quick, effective and easy holistic tools that will help you naturally de-stress, focus and balance.

HOW TO GET FROM HERE TO GRADUATION: Learn the habits and skills of college students who graduate.

HOW TO MAKE A MAJOR DECISION: Not sure what to major to choose or thinking about changing your major? Learn how to make the right decision when selecting a major.

HOW TO TAKE GREAT NOTES: Learn to take better notes from lectures and readings; understand what to emphasize in notes; and turn notes into helpful review and study guides.

INTERNSHIP INFO SESSION: Learn how to combine classroom learning with real-world experience, earn college credits and get paid for hands-on learning experience.

Importance of Early Literacy: Learn to read and teach your child to read at an early age. Participants will receive free kits for this workshop.

ONLINE RESOURCE TIPS: Learn about essential free student resources on your mytri-cspace.

LET'S TALK ABOUT READING: Reading is something we do every day. We are constantly reading things from text messages to textbooks! But how often do we actually *talk* about what works, what doesn't, what is hard for us to read and what is easy? What are some of the myths and realities of reading for college classes? Join me, and let's talk about reading!

LEVERAGING THE LIBRARY: Learn about the resources available in the library to assist you during your time at Tri-C.

MANAGING TEST ANXIETY: Do worry, anxiety, and stress impact how you take tests and quizzes? If so, we can help you learn how to better manage anxiety at test time.

RELAXATION AND STRESS MANAGEMENT: Learn about the effects of stress on your body and mind and practice some simple relaxation techniques.

SCHOLARSHIPS: THEY WON'T FIND YOU: College Now Greater Cleveland will provide participants with ways to find and apply for scholarships, including tips for award-winning essays.

TEST TAKING TIPS: Learn practical tips for different types of test questions and how to manage test anxiety.

THE VALUE OF A COLLEGE EDUCATION: Learn about the lifelong benefit of completing your college education and how it will help you get ahead in life.

TIME MANAGEMENT: Participants will learn various time management strategies and the benefits of effective time management practices.

WE THE PEOPLE: Campus conversation on race, politics, and civic engagement. Student actors act out real-life situations involving race on the campus, each *scene* discussed with the audience.