

# BE YOUR BEST

The Best Students . . .

- Attend SkillShops to improve study skills
- Ask the HELPDESK for computer technology
- Use the Learning and Tutoring Center
- Create a study group or find a study buddy
- Get to know instructors outside of class
- Insert syllabus test and assignment dates in a planner/calendar

Success SkillShops are designed to assist you to be your best in academics; career; personal wellness and leadership. The best students get connected to the people and resources that can get them off to the right start.

SkillShops will give you the tools and techniques that you can immediately apply to your life in the following areas:

- Academic 📖 **Study Smart** test taking, note taking, and effective study groups
- **Time Smart** ⌚ create more time by using your time effectively
- Financial \$ **Money Smart** financial planning; spending, working
- **Fit Smart** ★ physical fitness and wellness
- ☐ **Emotional Smart** 🧠 mental and emotional wellness
- **Career & Job Smart** - interview skills, resume building
- Leadership - **Lead Smart**

A variety of SkillShops are offered on all campuses as well as on the Pellissippi web site on the [Counseling Services pages](#).

## **Success SKILLSHOPS FALL 2009**

DATE	TITLE	TIME	LOCATION	CONTACT
<b>SEPT</b>				
2	<i>Survive and Thrive: College Survival Skills Fair</i>	10:30 – 1:00	Division St	Mike North
3	<i>College Survival Reception</i>	11:00	Pellissippi Goins 128	Counseling
4	<i>College Survival Reception</i>	11:00	Pellissippi Goins 128	Counseling
8	<i>ADD-Just to College: A Skill Shop for students eligible for accommodations for ADD and ADHD</i>	11:00	Pellissippi Goins 134	Services for Students, Disabilities
9	<i>Time Smart: Time management Strategies</i>	1:00	Pellissippi ERC 328	Learning Center
9	Study Smart	Noon	Magnolia Comm. Room	Counseling
9	Study Smart <i>Making College Work</i>	1:00-1:50	Blount BL 108	Counseling

DATE	TITLE	TIME	LOCATION	CONTACT
	<i>for You</i>			
10	Study Smart <i>Making College Work for You</i>	1:00-1:50	Blount BL 108	Counseling
10	Smart Math <i>Calculator Skills</i> Part 1	10:45	Pellissippi ERC 330	Learning Center
15	Smart Math <i>Calculator Skills</i> Part 2	10:45	Pellissippi ERC 330	Learning Center
16	TRiO <i>Time Smart</i>	noon	Pellissippi ERC 218	TRiO
16	<i>Grammar Gremlins</i>	1:00	Pellissippi ERC 328	Learning Center
16	<i>Time Smart</i>	Noon	Magnolia Comm. Room	Counseling
17	TRiO <i>Time Smart</i>	noon	Pellissippi ERC 218	TRiO
17	Smart Math <i>Calculator Skills</i> Part 1	1:45	Pellissippi ERC 124	Learning Center
22	Smart Math <i>Calculator Skills</i> Part 2	1:45	Pellissippi ERC 124	Learning Center
23	TRiO Money Smart <i>Financial Aid</i>	noon	Pellissippi ERC 218	TRiO
23	<i>Test Smart: Conquering Test Anxiety</i>	1:00	Pellissippi ERC 328	Learning Center
23	<i>Test Smart</i>	Noon	Magnolia Comm. Room	Counseling
23	<i>What are THEY Thinking? Student/Faculty Expectations Seminar</i>	TBA	Division	Mike North
24	TRiO Money Smart SkillShop – <i>Financial Aid</i>	noon	Pellissippi ERC 218	TRiO
30	TRiO Money Smart – <i>Financial Literacy</i>	noon	Pellissippi ERC 218	TRiO
30	Study Smart – <i>What's Your Learning Style?</i>	1:00	Pellissippi ERC 328	Learning Center
31	TRiO Money Smart – <i>Financial Literacy</i>	noon	Pellissippi ERC 218	TRiO
<b>OCT</b>				
6	TRiO Emotional Smart – <i>Self Management</i>	Noon	Pellissippi ERC 218	TRiO
6	Study Smart – <i>Memory Study Tools</i>	11:00	Pellissippi Goins 128	Counseling
7	TRiO Smart – <i>Self Management</i>	Noon	Pellissippi ERC 218	TRiO
7	Study Smart – <i>Memory Study Tools</i>	1:00	Pellissippi Goins 128	Counseling
7	Test Smart – <i>Fear Tests No Longer</i>	1:00	Blount BL108	Counseling
8	Test Smart – <i>Fear Tests No Longer</i>	2:00	Blount BL108	Counseling
13	Emotional Smart – <i>Domestic Abuse</i>	9:10	Blount BL104	Counseling

DATE	TITLE	TIME	LOCATION	CONTACT
14	TRiO Smart – <i>Transfer Tips</i>	Noon	Pellissippi ERC 218	TRiO
14	<i>Keys to College Success: Unlock Your Potential</i>	1:00	Pellissippi ERC 328	Learning Center
15	TRiO Smart – <i>Transfer Tips</i>	Noon	Pellissippi ERC 218	TRiO
21	Lunch and Learn: <i>Basic American Sign Language</i>	11:50	Pellissippi FAC/Staff Lounge	SSWD
22	TRiO <i>Study Smart Strategies</i>	Noon	Pellissippi ERC 218	TRiO
23	TRiO <i>Study Smart Strategies</i>	Noon	Pellissippi ERC 218	TRiO
28	TRiO Smart – <i>Post-Graduate Studies</i>	Noon	Pellissippi ERC 218	TRiO
29	TRiO Smart – <i>Post-Graduate Studies</i>	Noon	Pellissippi ERC 218	TRiO
NOV				
4	TRiO Smart – <i>Study Abroad</i>	Noon	Pellissippi ERC 218	TRiO
4	Career Smart – <i>What Do I Want To Be When I Grow Up?</i>	1:00	Blount BL108	Counseling
5	TRiO Smart – <i>Study Abroad</i>	Noon	Pellissippi ERC 218	TRiO
5	Career Smart – <i>What Do I Want To Be When I Grow Up?</i>	2:00	Blount BL108	Counseling
6	<i>RAD Self-Defense Training</i>	3:00 – 8:00	Pellissippi Student Recreation Center	Student Life
7	<i>RAD Self-Defense Training</i>	9:00 – 5:00	Pellissippi Student Recreation Center	Student Life
10	Emotional Smart – <i>Beating the Holiday Blues</i>	11:00	Pellissippi Goins 128	Counseling
18	Emotional Smart – <i>Beating the Holiday Blues</i>	1:00	Pellissippi Goins 128	Counseling

### Contact Information

Counseling – 694-6556  
 Services for Students with Disabilities – 539-7298  
 BLOUNT 681-1064 DIVISION – 971-5200  
 HELPDESK – 694-6537

TRiO – 539-7267

Learning Center – 694-7079

MAGNOLIA – 329-3100