

SkillShops are workshops that can help you improve skills to succeed in college, career and life . . .

Study Smart: Test taking, note taking, effective study groups

Emotional Smart: Enhance your self-esteem

Money Smart: Financial planning, spending and saving

Fit Smart: Physical fitness and wellness

Career Smart: Find the right major

<b>Date</b>	<b>Title</b>	<b>Time</b>	<b>Location</b>	<b>Contact</b>
January 12	Computer Basics for New Students	9:00 – 11:00 and 1:00 – 3:00	ERC 147	Mary Bledsoe 694-6415
January 13	Computer Basics for New Students	2:00 – 4:00	ERC 147	Mary Bledsoe 694-6415
January 15	Survival Skills for Students with LD, AD/HD and Other Challenging Conditions	Noon	Goins 134	Ann Satkowiak 539-7153
January 19	TI-83 or TI-84 Calculator Workshop	2:00	ERC 124	Learning Center 694-6453
January 20	Study Smart	Noon – 1:00	Magnolia	Garry Loftis, 329-3100
January 20	Discovering the Path to Success in College	Noon – 1:00	Division 118	Rhoda Stone 971-5218
January 21	TI-83 or TI-84 Calculator Workshop	2:00	ERC 124	Learning Center 694-6453
January 22	Computer Basics for New Students	2:00 – 4:00	ERC 147	Mary Bledsoe 694-6415
January 26	Springing Forward: Tips for Success Drop-In	11:00 – 1:00	Goins 128	Counseling, 694-6556
January 27	Financial Aid	Noon – 1:00	TRiO Center	TRiO, 539-7267
January 27	Intro to Group Fitness	Noon	SRC	Dan Jones 694-6576
January 27	Time Management	Noon – 1:00	Magnolia	Garry Loftis, 329-3100
January 27	Springing Forward: Tips for Success Drop-In	11:00 – 1:00	Goins 128	Counseling, 694-6556
January 27	Making College Work for You	2:00	Blount 130	Counseling, 681-1064
January 28	Financial Aid	Noon – 1:00	TRiO Center	TRiO, 539-7267
January 28	Making College Work for You	2:00	Blount 130	Counseling, 681-1064
February 2	NoodleTools	10:00	ERC 147	Library 539-7107
February 2	NoodleTools	TBA	BC 106	Library 539-7107
February 3	PTSD and Managing Stress	1:00 pm	College Center	Counseling, 694-6556
February 3	NoodleTools	1:00	ERC 147	Library 539-7107
February 3	Self Esteem: Making the Best Decisions for You!	3:00	Goins 145	Mary Bledsoe 694-6415
February 3	Test Taking Strategies	Noon – 1:00	Magnolia	Garry Loftis, 329-3100
February 4	Self Esteem: Making the Best Decisions for You!	2:00	Goins 145	Mary Bledsoe 694-6415
February 8	NoodleTools	10:00	ERC 147	Library 539-7107
February 9	NoodleTools	1:00	ERC 147	Library 539-7107
February 9	Eating Disorders	9:10	Blount 104	Counseling, 681-1064
February 10	NoodleTools	TBA	DV 126	Library 539-7107
February 10	Time Management	Noon – 1:00	TRiO Center	TRiO, 539-7267
February 10	NoodleTools	TBA	BL 106	Library 539-7107
February 10	American Sign Language Lunch and Learn	Noon	Blount	Michelle DeFelice 539-7249
February 11	Time Management	Noon – 1:00	TRiO Center	TRiO, 539-7267
February 11	NoodleTools	TBA	MA 123	Library 539-7107
February 11	Love's Evil Twin	11:00	Goins 128	Counseling, 694-6556
February 12	Love's Evil Twin	1:00	Goins 128	Counseling, 694-6556
February 12	Healthy Love	10:00	Division	Mike North 971-5216

<b>Date</b>	<b>Title</b>	<b>Time</b>	<b>Location</b>	<b>Contact</b>
February 17	MuscleSmart	Noon	SRC	Dan Jones 694-6576
February 17	Money Management: Control the Flow	3:00	AL 206	Mary Bledsoe 694-6415
February 17	Juggling Acts Balancing Family, School and Work	12:00-1:00	Division 118	Rhoda Stone 971-5218
February 18	Money Management: Control the Flow	2:00	AL 206	Mary Bledsoe 694-6415
February 24	Self-Esteem: Love Yourself First	3:00	Goins 145	Mary Bledsoe 694-6415
February 25	Self-Esteem: Love Yourself First	2:00	Goins 145	Mary Bledsoe 694-6415
March 2	Transfer Tips	Noon – 1:00	TRiO Center	TRiO, 539-7267
March 3	Transfer Tips	Noon – 1:00	TRiO Center	TRiO, 539-7267
March 3	Money Management: Protect Your Identity	2:00	AL 206	Mary Bledsoe 694-6415
March 3	QPR Suicide Prevention Training	1:00	College Center	Counseling, 694-6556
March 4	Money Management: Protect Your Identity	3:00	AL 206	Mary Bledsoe 694-6415
March 16	All About Majors Information Table	8:30 – 2:00 and 5:30 – 6:30	MC 1 <sup>st</sup> floor	Becky Milam 694-6560
March 17	All About Majors Information Table	9:00 – 2:00 and 5:30 – 6:30	MC 1 <sup>st</sup> floor	Becky Milam 694-6560
March 17	Test Taking Strategies	12:00-1:00	Division 118	Rhoda Stone 971-5218
March 17	Financial Literacy	Noon – 1:00	TRiO Center	TRiO, 539-7267
March 17	DietSmart	Noon	SRC	Dan Jones 694-6576
March 17	I'm a Successful Non-Traditional Student	TBA	Blount 130	Counseling, 681-1064
March 18	Financial Literacy	Noon – 1:00	TRiO Center	TRiO, 539-7267
March 18	I'm a Successful Non-Traditional Student	TBA	Blount 128	Counseling, 681-1064
March 19	American Sign Language Basics	Noon	Division	Mike North 971-5216
March 22	All About Majors: Drop by with questions!	8:00 - 6:30	Goins 123	Becky Milam 694-6560
March 23	All About Majors: Drop by with questions!	8:00 – 4:30	Goins 123	Becky Milam 694-6560
March 23	De-Stress for Success	11:00	Goins 128	Counseling 694-6556
March 24	De-Stress for Success	1:00	Goins 128	Counseling, 694-6556
April 2	Alumni Speak	1:00	Division	Mike North 971-5216
April 4	National Alcohol Screening Day	11:00 – 1:00	College Center	Counseling 694-6556
April 7	Creative Problem Solving	Noon – 1:00	TRiO Center	TRiO, 539-7267
April 8	Creative Problem Solving	Noon – 1:00	TRiO Center	TRiO, 539-7267
April 20	QPR Suicide Prevention Training	9:10	Blount 140	Betsy Boyd, 681-1064
April 20	Finishing the School Marathon	11:00	Goins 128	Counseling 694-6556
April 21	Finishing the School Marathon	1:00	Goins 128	Counseling 694-6556