

STUDENT SUCCESS SERVICES

COUNSELING SERVICES provides short-term counseling for personal issues such as anxiety, depression and addictions. Academic counseling is available for test-taking skills and time management. Career counseling uses the Campbell Interest and Skills Survey to match a student's skills and interests with careers. All counseling is free and confidential. **Pellissippi Campus: 694-6556; Blount County, Division Street, Magnolia Avenue Campus: Main Office; www.pstcc.edu/departments/studev/**

SERVICES FOR STUDENTS WITH DISABILITIES provides services and academic accommodations for students with disabilities who self-identify as having a disability and provide appropriate documentation of the disability. SSWD coordinates the services and accommodations. **539-7153 or 694-6751 V/TTY; www.pstcc.edu/departments/swd/index.html**

THE LEARNING CENTER provides face-to-face academic tutoring in a variety of subjects. The center is a popular studying area where students can go to receive help in a nurturing, risk-free, relaxed environment. Each campus has a Learning Center. **539-7079; www.pstcc.edu/learn/**

SMARTHINKING is a virtual learning assistance center providing online tutoring 24/7. SMARTHINKING also offers an online writing lab where E-structor® certified tutors critique and return essays within 24 hours. **http://pstcc15.pstcc.edu/tutoring/**

THE TESTING CENTER offers a comprehensive testing program to augment and enhance academic programs. The center can assist instructors with class testing. Students may test to gain college credits, obtain certification or licensing, and determine readiness for college-level classes. Each campus has a Testing Center. **539-7079; www.pstcc.edu/learn/**

TRIO provides educational opportunities for students who are low income, are first generation and/or have a disability. TRiO offers career development, college planning, peer tutoring, transfer assistance, leadership development and success seminars. While financial aid helps students overcome financial barriers to higher education, TRiO helps them overcome class, social and cultural barriers. **539-7267; www.pstcc.edu/departments/trio/index.html**

STUDENT LIFE AND RECREATION offers co-curricular activities where students connect with other students, faculty, staff and the community. Student Life manages all student clubs and sponsors a variety of social, educational, and fitness programs. The Student Recreation Center is available for many fitness activities and intramural sports. The facility includes weight room, racquetball court, dance and martial arts studio, tennis, basketball, volleyball, and outdoor putting and chipping greens. **694-6555; www.pstcc.edu/departments/student_life/index.html**

THE PLACEMENT OFFICE serves students and the community through access to employment opportunities and preparing students for entering the workforce. Placement also matches graduates and co-op students with employers. **694-6559; www.pstcc.edu/departments/placement/**



Student Success SkillShops

Enroll in Student Success SkillShops

Student Success SkillShops are designed to give you the tools and knowledge to get "in the groove" of college quickly. Whether you're attending Pellissippi State right out of high school or it's been a few years since you've been in a classroom, you'll learn what it takes to be successful and graduate.

Find your edge
for success!

FALL 2010



SUCCESS SKILLSHOPS—FALL 2010

SEPTEMBER

Day/Date	Event	Description	Time/Location
Wed./Sept. 1	How to Be Successful in College	Examine study styles and how to get good grades.	11 a.m.-3 p.m./ Division Street Campus
Tues./Sept. 7	How to Be Successful in College	New students or those having academic difficulty: Learn time management and organizational skills, classroom etiquette, and strategies for maintaining family support. Get a variety of Web, College and community resources for creating success.	2-3 p.m./ Blount County Campus, 157
Wed./Sept. 8	Nothing Unexpected: Tips for Success	Improve classroom etiquette, time management and goal setting; discover available resources and family support strategies.	11 a.m.-1 p.m./ Pellissippi Campus, Courtyard
Thurs./Sept. 9	How to Be Successful in College	Learn classroom etiquette and how to set goals; acquire valuable resources.	Noon/ Magnolia Avenue Campus
Wed./Sept. 15	Time Management	Time can be your friend or your enemy; you can waste it or spend it wisely. Discover how to make time your friend.	Noon/Pellissippi Campus, TRiO
Wed./Sept. 15	Study Smart	Learn note-taking, test-taking and time management skills.	Noon/Magnolia Avenue Campus
Wed./Sept. 15	Making College Work for You	Identify symptoms of stress and anxiety; get tips for overcoming stress and skills to reduce test stress.	1 p.m./Pellissippi Campus, Goins Building College Center
Wed./Sept. 15	Test-Taking Strategies	Review study tips; discover how to prepare for tests and avoid last-minute cramming.	Noon/Division Street Campus, 118
Thurs./Sept. 16	Time Management	Time can be your friend or your enemy; you can waste it or spend it wisely. Discover how to make time your friend.	Noon/Pellissippi Campus, TRiO
Tues./Sept. 21	Memory and Memory Improvement	What is memory? Can you improve information retention? Learn several definitions of memory, techniques that enhance memory capacity, and how diet/foods and stress can improve the ability to recall important information at critical times (like test-taking).	Noon/Division Street Campus, 116
Wed./Sept. 22	Financial Aid	Money is out there, if you know how to find it. Find out where it hides.	Noon/Pellissippi Campus, TRiO
Wed./Sept. 22	Stress Smart: Stress Management	Learn early signs of stress, avoid negative self-talk, and discover the power of positive thinking.	Noon/Division Street Campus, 118
Wed./Sept. 22	Stress Management	Discover how to deal with stress.	Noon/Magnolia Avenue Campus
Thurs./Sept. 23	Financial Aid	Money is out there, if you know how to find it. Find out where it hides.	Noon/Pellissippi Campus, TRiO
Tues./Sept. 28	QPR Suicide Prevention Training	Learn how to recognize if someone is suicidal and what to do about it.	9:10-10:30 a.m./ Blount County Campus, 157
Wed./Sept. 29	Financial Literacy	Discover how to get a lot with just a little money. Develop habits to keep you in the black.	Noon/Pellissippi Campus, TRiO
Wed./Sept. 29	Time Smart and Getting Organized	Explore the importance of being organized.	11:30 a.m.-12:30 p.m./ Division Street Campus, 118
Wed./Sept. 29	Self-Esteem	Create self-worth.	Noon/Magnolia Avenue Campus
Thurs./Sept. 30	Financial Literacy	Discover how to get a lot with just a little money. Develop habits to keep you in the black.	Noon/Pellissippi Campus, TRiO

CONTACT NUMBERS

Pellissippi Campus—865.694.6415
 Division Street Campus—865.971.5200
 Magnolia Avenue Campus—865.329.3100
 Blount County Campus—865.681.1064

OCTOBER

Day/Date	Event	Description	Time/Location
Mon./Oct. 4	All About Majors: Info Table	Drop by with questions about your major.	9 a.m.-4:30 p.m./ Pellissippi Campus, Goins Building, 123
Tues./Oct. 5	Self-Management	Learn to take control of your life and accomplish your goals.	Noon/Pellissippi Campus, TRiO
Tues./Oct. 5	Study Smart for Success	Gain a wealth of strategies and techniques for creating academic success; pick up goal-setting and time management tips, as well as memory and test-taking strategies.	2-3 p.m./ Blount County Campus, 157
Wed. & Thurs. Oct. 6 & 7	All About Majors: Info Table	Drop by with questions about your major.	9 a.m.-2 p.m. & 5:30-7:30 p.m./ Pellissippi Campus, McWherter Building, 1st Floor
Wed./Oct. 6	Self-Management	Learn to take control of your life and accomplish your goals.	Noon/Pellissippi Campus, TRiO
Thurs./Oct. 7	National Depression Screening Day	Receive free, confidential screening for depression, bipolar disorder, anxiety disorder and PTSD.	11 a.m.-1 p.m./Pellissippi Campus, Goins Building College Center
Tues./Oct. 12	Domestic Violence Awareness	Listen to a Blount County Sheriff's Department Domestic Violence Task Force member discuss the issue of domestic abuse, share local statistics, identify community resources, and offer strategies for staying safe and helping others who might be in danger.	9:10-10:30 a.m./ Blount County Campus, 157
Wed./Oct. 13	All About Majors: Info Table	Drop by with questions about your major.	9 a.m.-2 p.m. & 5:30-7:30 p.m./ Pellissippi Campus, Alexander Building, 1st Floor
Thurs./Oct. 14	All About Majors: Info Table	Drop by with questions about your major.	9 a.m.-2 p.m. & 5:30-7:30 p.m./ Pellissippi Campus, Alexander Building, 1st Floor
Thurs./Oct. 14	Transfer Tips	Explore new possibilities in your search for a four-year school.	Noon/Pellissippi Campus, TRiO
Fri./Oct. 15	Transfer Tips	Explore new possibilities in your search for a four-year school.	Noon/Pellissippi Campus, TRiO
Wed. & Thurs. Oct. 20 & 21	Walk a Mile in My Shoes: Simulation Day	Experience campus life from a different perspective.	8 a.m.-4 p.m./Pellissippi Campus
Wed./Oct. 20	QPR: Suicide Prevention Training	Learn how to recognize if someone is suicidal and what to do about it.	11:50 a.m.-12:45 p.m./ Magnolia Avenue Campus
Fri./Oct. 22	Reflection Wall: Simulation Days	Experience campus life from a different perspective.	11 a.m.-1 p.m./ Pellissippi Campus, Courtyard
Wed./Oct. 27	Study Strategies	Use the mechanics of your brain to maximize learning.	Noon/Pellissippi Campus, TRiO
Wed./Oct. 27	QPR: Suicide Prevention Training	Learn how to recognize if someone is suicidal and what to do about it.	1-2 p.m./ Pellissippi Campus, Goins Building, College Center
Thurs./Oct. 28	Study Strategies	Use the mechanics of your brain to maximize learning.	Noon/Pellissippi Campus, TRiO
Wed./Nov. 3	Study Abroad	Hear from the experts—the travelers themselves.	Noon/Pellissippi Campus, TRiO
Thurs./Nov. 4	Study Abroad	Here from the experts—the travelers themselves.	Noon/Pellissippi Campus, TRiO
Tues./Nov. 9	How to Improve Your Self-Esteem	In this interactive workshop we'll examine the cause of low self-esteem, look at its negative effects and learn methods to increase it.	2-3 p.m./ Blount County Campus, 157
Wed./Nov. 17	Preparing for Finals	Discover what you need to be ready.	Noon/Magnolia Avenue Campus
Tues./Nov. 23	Who You Gonna Call? Stressbusters!	Gather tips for relieving stress during the holidays.	11 a.m.-1 p.m./Pellissippi Campus, Goins Building, Rotunda

NOVEMBER

**The SkillShop calendar is subject to change.
 Refer to the Pellissippi State calendar for up-to-date information.**