



**Helping you 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, saving

**FIT SMART:** Physical fitness and wellness

**CAREER SMART:** Find the right major

**SKILLSHOP SCHEDULE**

All Skillsshops on Pellissippi Campus unless otherwise noted—AL: Alexander Building; ERC: Educational Resources Center; GN: Goins Building; MC: McWherter Building; SRC: Student Recreation Center

**JANUARY**

DATE	SKILLSHOP	TIME	LOCATION	CONTACT
12	Computer Basics for New Students	9-11 1-3	ERC 147	Mary Bledsoe/694-6415
13	Computer Basics for New Students	2-4	ERC 147	Mary Bledsoe/694-6415
15	Survival Skills for Students With LD, AD/HD and Other Challenging Conditions	Noon	GN 134	Ann Satkowiak/ 539-7153
19	TI-83 or TI-84 Calculator Workshop	2	ERC 124	Learning Ctr./694-6453
20	Study Smart	Noon-1	Mag. Ave.	Garry Loftis/329-3100
	Discovering the Path to Success in College	Noon-1	Div. St. 118	Rhoda Stone/971-5218
21	TI-83 or TI-84 Calculator Workshop	2	ERC 124	Learning Ctr./694-6453
22	Computer Basics for New Students	2-4	ERC 147	Mary Bledsoe/694-6415
26	Springing Forward: Tips for Success Drop-in	11-1	GN 128	Counseling/694-6556
27	Financial Aid	Noon-1	ERC 218	TRi0/539-7267
	Intro to Group Fitness	Noon	SRC	Dan Jones/694-6576
	Time Management	Noon-1	Mag. Ave.	Garry Loftis/329-3100
	Springing Forward: Tips for Success Drop-in	11-1	GN 128	Counseling/694-6556
	Making College Work for You	2	Blount Co. 130	Counseling/681-1064
28	Financial Aid	Noon-1	ERC 218	TRi0/539-7267
	Making College Work for You	2	Blount Co. 130	Counseling/681-1064

**FEBRUARY**

2	NoodleTools	10 TBA	ERC 147 Blount Co. 106	Library/539-7107 Library/539-7107
3	PTSD and Managing Stress	1	GN College Ctr.	Counseling/694-6556
	NoodleTools	1:00	ERC 147	Library/539-7107
	Self-Esteem: Making the Best Decisions for You!	3	GN 145	Mary Bledsoe/694-6415
	Test Taking Strategies	Noon-1	Mag. Ave.	Garry Loftis/329-3100

**FEBRUARY**

4	Self-Esteem: Making the Best Decisions for You!	2	GN 145	Mary Bledsoe/694-6415
8	NoodleTools	10	ERC 147	Library/539-7107
9	NoodleTools	1	ERC 147	Library/539-7107
	Eating Disorders	9:10	Blount Co. 104	Counseling/681-1064
10	NoodleTools	TBA	Div. St. 126	Library/539-7107
	Time Management	Noon-1	ERC 218	TRiO/539-7267
	NoodleTools	TBA	Blount Co. 106	Library/539-7107
	American Sign Language Lunch and Learn	Noon	Blount Co.	M. DeFelice/539-7249
11	Time Management	Noon-1	ERC 218	TRiO/539-7267
	NoodleTools	TBA	Mag. Ave. 123	Library/539-7107
	Love's Evil Twin	11	GN 128	Counseling/694-6556
12	Love's Evil Twin	1	GN 128	Counseling/694-6556
	Healthy Love	10	Div. St.	Mike North/971-5216
17	MuscleSmart	Noon	SRC	Dan Jones/694-6576
	Money Management: Control the Flow	3	AL 206	Mary Bledsoe/694-6415
	Juggling Acts Balancing Family, School and Work	12-1	Div. St. 118	Rhoda Stone/971-5218
18	Money Management: Control the Flow	2	AL 206	Mary Bledsoe/694-6415
24	Self-Esteem: Love Yourself First	3	GN 145	Mary Bledsoe/694-6415
25	Self-Esteem: Love Yourself First	2	GN 145	Mary Bledsoe/694-6415

**MARCH**

2	Transfer Tips	Noon-1	ERC 218	TRiO/539-7267
3	Transfer Tips	Noon-1	ERC 218	TRiO/539-7267
	Money Management: Protect Your Identity	2	AL 206	Mary Bledsoe/694-6415
	QPR Suicide Prevention Training	1	GN College Ctr.	Counseling/694-6556
4	Money Management: Protect Your Identity	3	AL 206	Mary Bledsoe/694-6415
16	All About Majors Information Table	8:30-2		
		5:30-6:30	MC 1st floor	Becky Milam/694-6560
17	All About Majors Information Table	9-2		
		5:30-6:30	MC 1st floor	Becky Milam/694-6560
	Test-Taking Strategies	12-1	Div. St. 118	Rhoda Stone/971-5218
	Financial Literacy	Noon-1	ERC 218	TRiO/539-7267
	DietSmart	Noon	SRC	Dan Jones/694-6576
	I'm a Successful Non-traditional Student	TBA	Blount Co. 130	Counseling/681-1064
18	Financial Literacy	Noon-1	ERC 218	TRiO/539-7267
	I'm a Successful Non-traditional Student	TBA	Blount Co. 128	Counseling/681-1064
19	American Sign Language Basics	Noon	Div. St.	Mike North/971-5216
22	All About Majors: Drop by with questions!	8-6:30	GN 123	Becky Milam/694-6560
23	All About Majors: Drop by with questions!	8-4:30	GN 123	Becky Milam/694-6560
	Destress for Success	11	GN 128	Counseling/694-6556
24	Destress for Success	1	GN 128	Counseling/694-6556

**APRIL**

2	Alumni Speak	1	Div. St.	Mike North/971-5216
4	National Alcohol Screening Day	11-1	GN College Ctr.	Counseling/694-6556
7	Creative Problem Solving	Noon-1	ERC 218	TRiO/539-7267
8	Creative Problem Solving	Noon-1	ERC 218	TRiO/539-7267
20	QPR Suicide Prevention Training	9:10	Blount Co. 140	Betsy Boyd/681-1064
	Finishing the School Marathon	11	GN 128	Counseling/694-6556
21	Finishing the School Marathon	1	GN 128	Counseling/694-6556