GRAND RAPIDS COMMUNITY COLLEGE

GRCC WORKSHOPS

WINTER 2015

All workshops are held in Room 336, Student Center. For more information, contact the Counseling and Career Center, Room 327, Student Center at (616) 234-3900, or visit grcc.edu/counseling.

PERSONAL DEVELOPMENT

Stress Relief
Wednesday, Mar. 11; 1-2 p.m.
Tuesday, Apr. 14; 5-6 p.m.
Feeling totally stressed out? Learn techniques you can use to minimize and manage the stress in your life.

Overcoming Procrastination
Tuesday, Mar. 31; 12-1 p.m.
Do you wait until “the last minute” to get your work done? Learn ways to break the habit and accomplish your goals.

Bridging the Communication Gap
Tuesday, Mar. 10; 3-4 p.m.
Explore the history of your own communication style and how it affects your current ability to get your point across in school and at work.

Caregiving 101
Tuesday, Feb. 17; 11 a.m.-12 p.m.
Learn about available community resources to assist family caregivers of older persons and important tips on caregiver self-care.

Death and Dying
Tuesday, Mar. 24; 10-11 a.m.
Death is an inevitable part of life, yet we live in a death denying society. Learn basic information about death, dying and bereavement within U.S. culture. Increase your understanding of those experiencing these life events.

Alcohol and Marijuana Use
Monday, Mar. 16; 1-2 p.m.
Alcohol and marijuana are used and abused by many college students. Learn how the use of these substances can impact your academic success and what you can do to minimize academic consequences.

Single Parenting
Tuesday, Mar. 17; 4:30-6 p.m.
A practical and interactive workshop to learn and share strategies for successful single parenting. Topics will include, family routines, support at your child’s school and balancing home, work and family.

ACADEMIC AND CAREER PLANNING

Career Planning Basics
Tuesday, Jan. 27; 5-6 p.m.
Monday, Feb. 23; 12-1 p.m.
Thursday, Mar. 26; 9-10 a.m.
This workshop will cover the basics of choosing a major and planning for a career. Learn a step-by-step planning process and leave with a “next step” goal.

Career Direction
Wednesday, Jan. 21; 1:30-2:30 p.m.
Wednesday, Feb. 18; 1:30-2:30 p.m.
Wednesday, Mar. 18; 1:30-2:30 p.m.
Wednesday, Apr. 15; 1:30-2:30 p.m.
Get a full overview of the steps for selecting a career or major. Learn how to complete the first and most important step, and get information about a one-on-one session available to help you complete the remaining steps.

Non-Traditional Career Opportunities
Thursday, Mar. 12; 2:30-3:30 p.m.
Crossing gender stereotypes through career opportunities.

Successful Transfer Planning
Thursday, Mar. 19; 1-2 p.m.
Learn how to transfer to another institution and how to apply for admission, scholarships and more.

Is Online Learning Right for Me?
Monday, Mar. 30; 12-1 p.m.
Thursday, Apr. 9; 10-11 a.m.
Online courses provide convenient and flexible learning opportunities for students. This workshop will provide an overview of how online learning works and what skills students need to be successful.

ACADEMIC SKILLS

Study Skills and Learning Styles
Monday, Jan. 26; 1-2 p.m.
Thursday, Feb. 12; 5:30-6:30 p.m.
Tuesday, Apr. 7; 4-5 p.m.
Learn effective study techniques geared toward your learning style. Discover your learning style today at www.yark-learn.com (click Questionnaire).

Effective Note-Taking
Wednesday, Feb. 4; 2-3 p.m.
Tuesday, Feb. 24; 3-4 p.m.
Learn specific note-taking techniques to get the most out of your classes. We’ll cover strategies for capturing information from lectures and from reading assignments.

Test-Taking Strategies
Thursday, Feb. 5; 12:30-1:30 p.m.
Wednesday, Feb. 18; 5:30-6:30 p.m.
Wednesday, Apr. 8; 1:30-2:30 p.m.
Tests are a fact of life for all college students. Strong preparation is key. Learn strategies for organizing your test prep and increasing your test-taking competence through tried-and-true methods.

Test Anxiety Solutions
Thursday, Feb. 19; 11 a.m.-12 p.m.
Wednesday, Apr. 1; 1:30-2:30 p.m.
Do your palms sweat and your heart race during a test? Ever “blank out” during a test? Learn test prep skills and other strategies that can help!

Sponsored by Counseling, Advising & Retention Services, Distance Learning & Instructional Technologies, the Diversity Learning Center and the Financial Aid Office.

Should you have a need for alternative format (i.e. Braille, CD, enlarged font); contact the DDS office to discuss options or arrange an intake with a counselor.

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