GRAND RAPIDS COMMUNITY COLLEGE

GRCC Workshops WINTER 2014

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

Academic, Career, and Financial Planning Workshops

Career Planning Basics
Tuesday, February 11; 1-2 p.m.
Monday, April 7; 2-3 p.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, January 29; 1-2 p.m.
Wednesday, February 26; 1-2 p.m.
Thursday, March 27; 1-2 p.m.
Thursday, April 24; 1-2 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 info about a 1-on-1 session available to help you complete the remaining steps.

Non-Traditional Career Opportunities
Thursday, March 13; 3-4 p.m.
Crossing gender stereotypes through career opportunities.

My Degree Path
Thursday, January 30; 3-4 p.m.
Monday, February 10; 11 a.m.-12 p.m.
Tuesday, March 18; 11 a.m.-12 p.m.
Thursday, March 27; 5-6 p.m.
Learn how to utilize this new web-based tool designed to help you stay on a clear path to graduation.

Is Online Right for Me?
Monday, March 24; 12-1 p.m.
Thursday, April 10; 12-1 p.m.
Tuesday, April 15; 12-1 p.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.

Successful Transfer Planning
Thursday, February 13; 1-2 p.m.
Wednesday, April 2; 4:30-5:30 p.m.
Learn how to transfer to another institution, including how to apply for admission, scholarships, and more.

Financial Aid Facts
Wednesday, February 19; 1-2 p.m.
Do you know how to apply for financial aid and how to avoid losing it? Learn all about grants, loans, and scholarships from a GRCC Financial Aid Office expert.

Personal and Relationship Development Workshops

Caregiving 101
Tuesday, February 4; 12:30-1:30 p.m.
Learn about available community resources to assist family caregivers of older persons, and important tips on caregiver self-care.

Body Image
Wednesday, February 12; 4:30-5:30 p.m.
Explore body awareness and learn techniques that may assist in building a comfortable/self-accepting relationship with your body.

Stress Relief
Monday, February 17; 1-2 p.m.
Wednesday, April 9; 4:30-5:30 p.m.
Tuesday, April 22; 1-2 p.m.
Feeling totally stressed out? Learn techniques you can use to minimize and manage the stress in your life.

Alcohol & Marijuana Use
Monday, March 17; 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.

Bridging the Communication Gap
Tuesday, February 25; 1-2 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.

Death & Dying
Wednesday, March 12; 1-2 p.m.
Death is an inevitable part of life, yet we live in a death denying society. Learn basic info about death, dying and bereavement within U.S. culture. Increase your understanding of those experiencing these life events.

Self-Esteem & Confidence
Tuesday, April 1; 5-6 p.m.
Gain confidence by learning techniques to boost your self-esteem.

Overcoming Procrastination
Thursday, April 17; 4:30-5:30 p.m.
Do you wait until “the last minute” to get your work done? Learn ways to break the habit and accomplish your goals.

Academic Skills Workshops

Study Skills
Tuesday, January 28; 1-2 p.m.
Thursday, February 13; 3:30-4:30 p.m.
Wednesday, March 19; 4:30-5:30 p.m.
Learn effective study techniques geared toward your learning style. Discover your learning style today at www.vark-learn.com (click “Questionnaire”).

Effective Note Taking
Monday, February 3; 1-2 p.m.
Tuesday, March 11; 4:30-5:30 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
Wednesday, February 5; 1-2 p.m.
Thursday, March 20; 4:30-5:30 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, February 20; 3:30-4:30 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.

Grand Rapids Community College is an equal opportunity institution. GRCC is a tobacco free campus. 1314-22942 01/14

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