

Fall '13

SSS Workshop Descriptions

Keys to College Success

Education holds the key to your future. However, many students enter college unprepared for what will be required of them to succeed. This workshop will highlight those skills and qualities necessary to successfully earn a college degree.

Financial Literacy: How to Keep Your Federal Aid

This presentation will help students to learn more about financial aid policies and the academic requirements necessary to continue to receive federal financial aid.

MLA and APA Done Right

Documentation is the easiest yet most misunderstood element of essay writing. This workshop will review the correct documentation methods for source citation.

Job Interview Skills

This workshop will focus on basic tips for handling the interview process. Topics such as dress, things you should or shouldn't bring with you, ways to prepare, and what not to say when you're being interviewed.

Where Did The Time Go? Time Management Workshop

Learn how to utilize and manage your time more efficiently to achieve academic success.

Stress Management

We all know that being a college student can be very stressful. This workshop will explore the concept of mindfulness. It focuses on allowing things to happen without overreacting to them and practicing techniques that reduce stress.

AA&AS Transfer

This workshop will cover the new requirements for the AA & AS degree and the general purpose for these degrees. The issue of transferring to a 4 year school will be covered briefly – such as the how and when to apply, how to look for scholarships, and more.

Internships

This workshop explores the importance of internships and provides tips to assist students in securing one. Discusses the different types of internships and what students should know when considering internship work.

Finishing the Semester on a Positive Note

Learn tips to get the most out of what's left of the semester. We will discuss topics including, 'keep working', 'know your resources' and 'manage your stress'.

Preparing For Finals

This workshop will help you get ready for your final exams. Learn about different types of finals, study tips, and general ideas that will help you get that extra level of preparation to do well.