

# Join us for: Spring 2019 Student Success Workshops

<b>DATE</b>	<b>TIME</b>	<b>Workshops</b>	<b>ROOM #</b>
<b>1/16/19 Wednesday</b>	<b>12:00pm-2:00pm</b>	Writing a Scholarship Statement/Essay- Get some tips on how to write a strong scholarship/essay. Workshop led by Jenna Becker	<b>Aptos 913</b>
<b>1/17/19 Thursday</b>	<b>10:00am-12:00pm</b>	Grief- This workshop will assist you in developing skills in dealing with loss and grief to regain your passion for life. Workshop led by Karen Reyes	<b>Aptos 913</b>
<b>2/12/19 Tuesday</b>	<b>12:00pm-1:00pm</b>	Time Management-Learn to manage your time to not feel so overwhelmed. Workshop led by Helene Jara.	<b>Watsonville WatsA-180</b>
<b>2/14/19 Thursday</b>	<b>12:00pm-1:00pm</b>	Time Management-Learn to manage your time to not feel so overwhelmed. Workshop led by Helene Jara.	<b>Aptos SACW 202</b>
<b>3/13/19 Wednesday</b>	<b>1:00pm-2:00pm</b>	Test Anxiety- Nervous when taking a test? Learn strategies to manage test anxiety. Workshop led by Helene Jara.	<b>Aptos SACW 202</b>
<b>3/14/19 Thursday</b>	<b>1:00pm-2:00pm</b>	Test Anxiety- Nervous when taking a test? Learn strategies to manage test anxiety. Workshop led by Helene Jara.	<b>Watsonville WatsA-180</b>
<b>4/2/19 Tuesday</b>	<b>12:00pm-1:00pm</b>	Public Speaking/Performance Anxiety- Tricks on how to minimize anxiety while speaking in public. Workshop led by Helene Jara.	<b>Watsonville WatsA-180</b>
<b>4/3/19 Wednesday</b>	<b>12:00pm-1:00pm</b>	Public Speaking/Performance Anxiety- Tricks on how to minimize anxiety while speaking in public. Workshop led by Helene Jara.	<b>Aptos SACW 202</b>
<b>4/18/19 &amp; 4/25/19 Thursday</b>	<b>12:00pm-1:00pm</b>	Positive Discipline- Learn about a parenting method that focuses on supporting families in developing respectful relationships. This is a 2 week series. You may attend 1 or 2 workshops.	<b>Aptos 825</b>
<b>5/8/19 Wednesday</b>	<b>1:00pm-2:00pm</b>	Mindset-How getting rid of negative self-images can help you fulfill your potential. Workshop led by Helene Jara.	<b>Watsonville WatsA-180</b>
<b>5/9/19 Thursday</b>	<b>1:00pm-2:00pm</b>	Mindset-How getting rid of negative self-images can help you fulfill your potential. Workshop led by Helene Jara.	<b>Aptos SACW 202</b>

Co-sponsored by Student Success Program, EOPS/CARE and SRSN

If you have any questions, contact Marilyn Zanetti at 831-479-6530 or [mazanett@cabrillo.edu](mailto:mazanett@cabrillo.edu)