

# LIFE SKILLS

## Study Group Formation

**Monday, March 2 - 5:00pm / Tuesday, March 3 - 5:00pm**

Forming study groups is a very effective strategy for enhancing learning. This workshop will give students a chance to form a study group and tips to make the study process successful.

## Setting Goals

**Tuesday, March 10 - 1:30pm**

Discover the connection between setting goals and time management. Learn how to set, measure, and achieve your goals.

## Test Taking Strategies

**Monday, March 16 (Zoom online) - 1:30pm / Tuesday, March 17 - 1:30pm**

Learn how to perform better on test day by gaining knowledge of test-taking strategies. Students will leave this workshop with supportive strategies for exam preparation.

## Effective Communication

**Tuesday, April 21 - 1:30pm**

This workshop will help participants develop and fine-tune their communication skills. Including, oral presentation skills, use of social media, email, texting, and other communication strategies critical in the workplace.

## Decision Making

**Tuesday, April 28 - 1:30pm**

This seminar will cover the process of decision making. Students will examine how they solve problems and learn how to make quality decisions.

## Manage Your Finances No Matter Your Income

**Tuesday, May 5 - 1:30pm**

This seminar will help students learn and apply personal financial management skills. It will include creating a budget.

## Researching Potential Employers

**Tuesday, May 12 - 1:30pm**

Learn how to research potential employers in order to write effective cover letters and resumes.

SPRING 2020

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