

Fall 2009 Workshops & Seminars!!!

Join us for fun, innovative, and informative workshops to help you have a great semester!!!

Unable to join us?? You can now complete your workshop online!!!

Just ask how!!!

Please RSVP to workshops at trio@csn.edu

Refreshments will be provided

Fall 2009 Workshops			
Date	Day	Time	Workshop
September 9, 2009	Wednesday	4:00 pm	Demystifying Math MATH – you either love it or hate it! If you want to improve your score on your next math exam by one entire letter grade, bring a copy of your last math test (for your eyes only) so that you can analyze new math test-taking strategies.
September 30, 2009	Wednesday	4:00 pm	Use Both Sides of Your Brain to Beat Writer's Block Anybody who has ever put pen to paper or fingers to keyboard has suffered from writer's block. The good news is, there are ways to beat it. Come to this workshop to get some tips, tricks, and tools to help you overcome writer's block!
October 14, 2009	Wednesday	4:00 pm	Body Talk – Building Body Confidence & Self-Esteem How often do you look in the mirror and say "If I could just lose ten pounds, then I would be happy"? Unfortunately, many American women and men are dissatisfied with their bodies, and many take extreme measures in an attempt to change their bodies.
November 18, 2009	Wednesday	4:00 pm	UN-BROKE: What You Need to Know About Money An unconventional look at the fundamentals of everyday finance with all the facts about credit cards, mortgages, stocks and bonds, investing and 401(k)'s
Fall 2009 Saturday Seminars			
September 12, 2009	Saturday	11:00 am-1:00pm	Overcoming Test Anxiety & Procrastination Does the idea of taking a test send you into a panic? Learn strategies on test preparation and overcoming test anxiety. Taking a test no longer needs to be overwhelming when you practice these successful techniques
October 3, 2009	Saturday	10:00 am-2:00 pm	MANDATORY Orientation & Mixer
November 14, 2009	Saturday	11:00 am-1:00 pm	Sleep, Sweat, and Stress Reduction: Self-Care 101 Did you know that nearly 50% of all college students report feeling so depressed that they have had trouble functioning? When it comes to your mental health, it is better to be proactive rather than reactive. Learn the basics of self-care and how these techniques and strategies can help you manage the everyday stress of being a student

Your academic experience at CSN is what being successful is all about. Be sure to stop by and see what's new at TRiO's Student Support Services Office!!

3200 E. Cheyenne Ave.
Room 1120, Tel. 651-4441

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