

Spring 2010 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

Spring 2010 Workshops			
Date	Day	Time	Workshop
February 17, 2010	Wednesday	4:00 pm	Stress Management 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
March 3, 2010	Wednesday	4:00 pm	Time Management Learning how to manage your time in college can be critical for your success
March 31, 2010	Wednesday	4:00 pm	Goal Setting Goal setting is an important part of any planning process! Learn why setting goals are so important and how to set long and short term goals.
April 14, 2010	Wednesday	4:00 pm	Problem Solving & Critical Thinking What is critical thinking? What is problem solving? How do I use them??
Spring 2010 Saturday Seminars			
February 13, 2010	Saturday	11:00 am-1:00pm	Demystifying Math & Overcoming Test-Anxiety MATH – you either love it or hate it! Does the idea of taking a test send you into a panic? 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 and also learn strategies on test preparation and overcoming test anxiety.
March 13, 2010	Saturday	11:00 am-1:00 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
April 10, 2010	Saturday	11:00 am-1:00 pm	Is your Relationship in Trouble? Wondering what to do about your relationship? Come learn what to look for in good and bad relationships.

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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