

Spring 2012 Workshops

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

Please RSVP to workshops at trio@csn.edu

Fall 2011 Workshops			
Date	Day	Time	Workshop
February 2012	Monday, February 6	1:00pm	How to use the Angel system The semester has started and we all need a 411 on what is Angel all about. Let's get together to explore the CSN online campus and its resources.
	Thursday, February 29	2:00pm	Basics on Microsoft Word This workshop will allow you to explore the most widely used computer program on in your college career. If you have any related homework then go ahead and bring in... This is a hands-on training!
March 2012	Wednesday, March 7th	1:00pm	Basics on Power Point Presentations This workshop will allow you to experience a powerful tool that will enhance the appearance of your presentations. If you have any related homework go ahead and bring it in ... This is a hands-on training!
	Tuesday, March 20 th	12:00pm	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
April 2012	Monday, April 9th	1:00pm	Professional Etiquette We will discuss what all College students need to know about fitting in their future working environments. How to dress for success, email etiquette, addressing people properly and much more
	Thursday, April 26th	2:00pm	How to stay out of Academic Trouble Recognizing early warning signs to tackle down this semester. Prioritizing, making a plan, finding the right resources, etc...
May 2012	Thursday, May 10 th	12:00 pm	Final Stretch Event It's almost finals time!! Stop by the TRiO Lounge for some refreshments to get energized and some advice to cope with finals week!!

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

Just ask how!!!