

*All currently enrolled JALC students are welcome,
so please join us!*

free workshops

All workshops will be from 12:00 to 12:50PM in room E-142.

SPRING 2019

TUE 1/29..... Study Skills, Test-Taking Tips
& Learning Styles

TUE 2/5..... Health, Nutrition & Fitness Tips

TUE 2/12..... Time Management
& Organizational Skills

TUE 2/26..... Surviving Math Anxiety
& Building Your Confidence

TUE 3/5..... Minimizing & Managing Stress

TUE 3/19 Transferring to a University

WED 3/27 Resume Writing
& Interviewing Skills

WED 4/3 Health, Nutrition & Fitness Tips

WED 4/10 Time Management
& Organizational Skills

WED 4/17 Surviving Math Anxiety
& Building Your Confidence

WED 4/24 Finishing the Semester Strong

WED 5/1 Minimizing & Managing Stress

TRIO

STUDENT SUPPORT SERVICES
Support is our middle name!

Workshops are in room E 142
and are approx. 50 min. long

Please join us!

*For more information 985-3741,
Ext. 8141 or 8306*

