

NOV/ DEC 2021



MON	TUE	WED	THU	FRI	SAT
1	2 TAKE BETTER NOTES 11:30 AM - 12:00 PM	3 STEM TEACHING 12:00 - 1:00 PM TEST PREP - STUDY SCHEDULE 2:00 - 2:30 PM FINANCIAL AID 101 3:00 - 4:00 PM	4	5 STEM FIELDS 11:00 AM - 12:00 PM	6
8 SCIENCE HW 6:00 - 7:00 PM	9 TAKE BETTER NOTES 11:30 AM - 12:00 PM	10 TEST PREP - AVOID TEST ERRORS 2:00 - 2:30 PM RESPONSIBLE FINANCIAL BORROWING 3:00 - 4:00 PM	11	12	13
15 EMBRACING DIVERSE ABILITIES PART 1 2:00 - 2:30 PM EMBRACING DIVERSE ABILITIES PART 2 2:30 - 3:00 PM	16	17 MONEY WISE HOLIDAY 3:00 - 3:30 PM LATEX - THE SCIENTISTS' MICROSOFT WORD 6:00 - 7:00 PM	18 FINDING MOTIVATION 1:00 - 1:45 PM LATINX IN STEM 2:00 - 3:00 PM	19	20 PREPARE FOR SCIENCE FINALS 1:00 PM - 2:00 PM
22 PREPARE FOR SCIENCE FINALS 6:00 PM - 7:00 PM	23	24	25	26	27
29	30 MANAGE TEST ANXIETY - PREP STRATEGIES 11:30 AM - 12:00 PM STRESS MANAGEMENT 1:30 - 2:00 PM	1 MANAGE TEST ANXIETY - GOALS 2:00 PM - 2:30 PM READY FOR SPRING?! 3:00 - 3:30 PM	2 MANAGE TEST ANXIETY 12:30 PM - 1:00 PM KEEP COOL WITH ONLINE EXAMS 2:00 PM - 3:00 PM	3	

Hi, Pirate!
Check out the workshops for this month.

The *SAME LINK* is used for each workshop. **To attend, click on the title or use this link**
<https://bit.ly/StudentDevWorkshop>

Descriptions of each workshop are included on the next page.
If you have questions, email successmatters@occ.cccd.edu.

Attend at least 1 workshop listed in this calendar to get OCC swag! More info on page 3.

NOV/DEC WORKSHOP DESCRIPTIONS

Taking Better Notes

Messy notes? Not sure what to write down? Writing everything down? Explore different techniques, apps, and strategies for taking better, more efficient notes.

Consider Teaching! STEM Teacher Education + UCI CalTeach

Join STEM Counselor Mayra Frias as she review the various levels of teaching and information about earning a teaching credential. Followed by a faculty member from UC Irvine CalTeach, Kris Houston, who will share about a free UCI STEM Teacher Education course you can take this winter!

Test Prep - Study Schedule & Goals

Learn how to gather study materials and set a study schedule.

Financial Aid 101

Kahoot! Game Afternoon with Financial Aid. Let's get ready to complete our 2022-2023 FAFSA / DreamACT application by having some fun in who knows the most about Financial Aid.

STEM Fields You Should Know About

Join STEM Faculty as they introduce their respective STEM field, share a brief history about their journey into their field, and highlight careers to consider within their discipline.

Science Homework and Problem-Solving

Learn strategies and techniques for reducing the amount of time spent studying for exams by changing the way you think about and do homework. Learn how to create a more robust study guide. Learn how to solve problems and study based on the expectations of the exam instead of just memorizing information and formulas.

Test Prep - Avoid Test Errors

Learn about common test errors and how to avoid them.

Responsible Financial Borrowing

Let's talk about things to consider when deciding to borrow.

Embracing Diverse Abilities Part 1: How to Access Campus Services

Do you find yourself struggling to follow along with lectures? Find yourself severely anxious during tests? Have difficulties concentrating and feeling like you need extra time on exams? You may be dealing with a type of learning disability or diverse ability and may not know it! Join us for Part 1 of Embracing Diverse Abilities: How to Access Campus Services to learn about campus resources like Disabled Student Programs and Services (DSPP) that may help in your academic success!



NOV/DEC WORKSHOP DESCRIPTIONS (CONT.)

Embracing Diverse Abilities Part 2: People First Language

Do you know what “people first language” is? People First Language is a way of communicating that reflects knowledge and respect for people with diverse abilities by choosing words to recognize the person first. Learn from Disabled Student Programs and Services (DSPPS) and Student Equity how to communicate with respect and inclusivity in mind!

Money Wise Holiday

Let's share ideas and tips to have a money wise holiday season.

LaTeX - The Scientists' Microsoft Word

LaTeX is a document preparation system similar to Microsoft Word but requires some programming skills. This program is used in producing lab reports and published papers in the science world. Many upper division lab courses require LaTeX, so come get a head start on your university lab writing skills!

Finding Motivation

Lacking the motivation to study? Find ways to get motivated right now and in the long run.

Latinx in STEM Series: Strength in STEM

OCC's STEM Academy invites a Latinx STEM student panel from Vanguard University to discuss stress and wellness tips!

Preparing for Science Finals

This workshop is specifically designed for students in science classes to prepare for finals. Learn how to make a study guide and how to keep it organized, how to prepare for the final efficiently and effectively, and how to approach old problems in new ways.

Managing Test Anxiety - Prep Strategies / Gathering & Scheduling Goals / Recognize What You Can Fix So You Can Succeed

Finals are just around the corner! Learn how to prepare for your final exams and strategies for managing test anxiety.

Stress Management

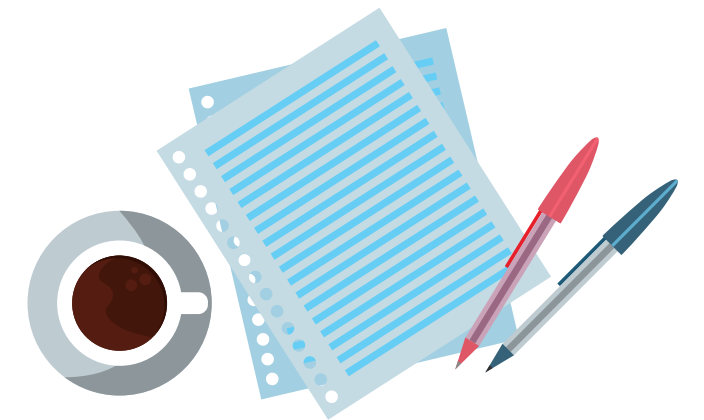
Learn essential tips to manage your stress as you finish the semester.

Are You Ready for Spring?!

Things you can do during winter break to be better prepared for a successful spring semester.

Keep Cool With Online Exams

Taking exams is not fun. Taking it online seems worse. In reality, taking exams online might seem cool. In this workshop, you will learn techniques on how to better prepare for an online exam.



Workshop
Giveaways!



Attend 1-7 workshops
& get an OCC swag bag!



Attend 8-14 workshops
& get an OCC baseball cap or padfolio!



Attend 15 or more workshops
& get an OCC hydroflask or sweater!