

SEPT 2021

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
6	7	8 FINANCIAL TIPS FOR HOUSING 3:00 - 4:00 PM	9 ONLINE COURSE SYLLABUS 2:00 - 3:00 PM	10	11 MATH REVIEW FOR NON-STEM MAJORS 11:00 AM - 12:00 PM
13 GOAL SETTING 11:00 AM - 12:00 PM	14 TAKE BETTER NOTES 11:30 AM - 12:00 PM DISCOVER YOUR PERSONAL LEARNING STYLE 1:00 - 2:00 PM	15 HOW TO STUDY EFFECTIVELY 2:00 - 2:30 PM SPENDING & FOMO 3:00 - 4:00 PM MATH REVIEW FOR NON-STEM MAJORS 6:00 - 7:00 PM	16 MANAGING TEST ANXIETY 12:30 - 1:00 PM FINDING MOTIVATION 2:00 - 2:45 PM	17	18
20	21 TAKE BETTER NOTES 11:30 AM - 12:00 PM TIME & STRESS MANAGEMENT 2:30 - 3:30 PM	22 HOW TO STUDY EFFECTIVELY 2:00 - 2:30 PM RESPONSIBLE FINANCIAL BORROWING 3:00 - 4:00 PM	23 MANAGING TEST ANXIETY 12:30 - 1:00 PM WHAT IS AN ONLINE CLASS? 2:00 - 3:00 PM	24	25
27 COMMUNICATION STYLES 2:00 - 3:00 PM	28 TAKE BETTER NOTES 11:30 AM - 12:00 PM DEVELOPING GRIT 1:00 - 2:00 PM	29 HOW TO STUDY EFFECTIVELY 2:00 - 2:30 PM FINANCIAL AID 101 3:00 - 4:00 PM	30 GROWTH MINDSET 11:00 - 11:45 AM MANAGING TEST ANXIETY 12:30 - 1:00 PM		

Hi, Pirate!
Check out the student development 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.

SEPTEMBER WORKSHOP DESCRIPTIONS

Financial Tips For Housing

Let's talk about things to consider when picking where you will be living and how to make sure you can afford it.

How to Dissect an Online Course Syllabus

By dissecting an online course syllabus, we can better see what the course is about and what is expected from everyone in the class.

Math Review for Non-STEM Majors Taking a GE STEM Course

Are you a non-STEM major taking an astronomy, geology, or physics course to satisfy GE requirements and are in need of a math review? If so, this workshop is for you! We will be reviewing all of the necessary math skills needed for your course, as recommended by your instructors. Skills reviewed will include topics from algebra, basic trigonometry, and plot/graph reading and production.

Personal Goal Setting

Set goals using the SMART method to ensure you will always achieve them.

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.

Discover Your Personal Learning Style

How do you process information you are expected to learn? By seeing it? By hearing it? Another way? Identify your own learning style to use more effective studying techniques.

How to Study More Effectively

Is studying for your classes driving you crazy? Learn some effective study techniques along with some helpful tips for overcoming procrastination, so you can get the most out of your study time.

Spending & FOMO

Learn how your emotions (such as FOMO) impact your spending and tips to make smart financial decisions.

SEPTEMBER WORKSHOP DESCRIPTIONS (CONT.)

Managing Test Anxiety

Learn how to prepare for your mid-term exams and strategies for managing test anxiety.

Finding Motivation

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

Time & Stress Management

Learn effective strategies to manage your time and stress this semester.

Responsible Borrowing

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

What is an Online Class?

Live Online, Online, and Hybrid have some form of online learning component. In this workshop, we will differentiate the kinds of online classes.

Communication Styles

Learn the different styles of communications and what type of communicator you are.

Developing Grit

Think it takes a high IQ or talent to succeed in school? No! It takes grit! Grit is a significant predictor of student success.

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.

Cultivating a Growth Mindset

Change your thinking to increase your abilities and achievements.



Workshop
Giveaways!



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



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



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