



## COLLEGE SUCCESS WORKSHOPS FALL 2009

- LEARN HOW TO IMPROVE YOUR GRADES •
- STUDY SMARTER • GET MOTIVATED •
- MANAGE YOUR TIME • BE MORE POSITIVE • SET GOALS
- CHOOSE A MAJOR • BE SUCCESSFUL •

(ALL FOR FREE!)

For more information or to register for a workshop, call the number listed under each campus or check the web site at

[www.austincc.edu/support/advising/workshops.php](http://www.austincc.edu/support/advising/workshops.php)

### Cypress Creek Campus 223-2011 to register

#### “ACC’s Career Services Available Online 24/7”

Hosted by Counseling & Advising Staff

CYP Student Support & Success Systems

Monday, September 28	3:00-5:00 pm
Thursday, October 22	3:00-5:00 pm
Wednesday, November 4	5:30-7:30 pm
Tuesday, November 10	8:30-10:30 am
Saturday, December 5	9:30-11:30 am

Location: CYP 2109 (Learning Lab – Computer Lab)

*Sessions limited to 30 students*

Learn about the tremendous career & job search resources available for students, faculty, & staff available 24/7 through the ACC Career Services website. This is a hands on workshop in which you will learn how to login and use the various tools available to search for a job, select a major, explore job options for your particular major, learn about what employees have to say about working for a particular company or in a particular job, etc.

#### “Beating the Big, Bad Wolf – Conquering Test Anxiety”

Gail McNeely, Counselor

Online: <http://www.austincc.edu/amcneely>, click on Test Anxiety

CYP Student Support & Success Systems

Contact: [amcneely@austincc.edu](mailto:amcneely@austincc.edu)

Successful performance on tests is a combination of knowledge, skill, and confidence. Anxiety can unravel hours of study and preparation. Come learn how to "show what you know!"

### Northridge Campus 223-4719 to register

#### “Goal Setting and Time Management”

Linda Moeller, Counselor

Online: <http://www.austincc.edu/jgray/time/>

NRG Student Support & Success Systems

Contact: [lindamoe@austincc.edu](mailto:lindamoe@austincc.edu)

Five signs you need tips on time management and goal setting are:

5. You have a “to do list” that includes entries for lunch and bathroom breaks, and they are usually the ones that don’t get crossed off.
  4. You consider 2<sup>nd</sup> day air delivery painfully slow.
  3. Your grocery list has been on your refrigerator so long some of the products don’t even exist anymore.
  2. You get excited when it’s your day off and you can wear sweats to work.
  1. You think “half day” means leaving at 5 o’clock.
- If you can relate to this, it is no laughing matter. Workshop participants will learn tips for managing time and setting some realistic goals to achieve balance in their lives.

**“Stress Management”**

Linda Moeller, Counselor

Online: <http://www.austincc.edu/igray/stress/>

NRG Student Support & Success Systems

Contact: [lindamoe@austincc.edu](mailto:lindamoe@austincc.edu)

Stress is a fact of life. Everyone has ups and downs! While college students cannot eliminate stress and tension from their lives, they can learn to handle stress more effectively. Workshop participants learn what causes stress, what stress does to their bodies and their lives, and strategies to deal with stress.

**“Beat Stress in College: How to Survive the Semester!”**

Daisy Diaz-Aleman, Counselor

Tuesday, October 6

10:00 a.m. – 11:30 a.m.

NRG Student Support & Success Systems

Room: NRG 3140

Stress can negatively affect the outcome of your college experience. Acquire some tools and effective strategies to succeed in your academic life and achieve your goals by learning how to manage your stress instead of allowing stress to manage you.

**“Making the Most of ACC’s Career Services Website: DISCOVER & VAULT”**

Paul Duffy, Counselor

Tuesday, October 13

7:00 p.m. to 8:30 p.m.

NRG Student Support & Success Systems

Room: NRG2 2121

For Students Registered in Dr. Diane Silver’s Psychology 2301-062 Class

Discover and Vault are two invaluable career resources available free of charge to ACC students through ACC’s Career Services website (<http://www.austincc.edu/career/>). This workshop will review a process for making the most of these two internet resident programs and other resources available through ACC’s Career Services website and ACC’s Counseling department.

**“Serenity Now!”**

Roxane Royalty, Counselor

Wednesday, October 14

Time: 2-3:30 pm

NRG Student Support & Success Systems

Room: NRG 3140

You understand timelines, deadlines, and long lines, but do you know how to identify triggers that may affect your mood, health, and/or how you perform your daily activities? This workshop is for those interested in learning more about factors that can affect how you feel and how you react to those feelings. We will discuss topics such as depression, anxiety, stress, and the importance of asking for help when you need it. Learn more about self care strategies and accessing resources in the community as well as on campus.

### **“Stretch Your College Dollars: A Common Sense Approach to Personal Finance”**

**Marshall Bennett, Special Populations Specialist**

**Tuesday, October 20**

**NRG Student Support & Success Systems**

**Time: 9:30-11:00 am**

**Room: NRG 3140**

Even though you are probably “a broke college student” today, the financial habits you develop now will shape your financial future. Minimizing personal debt, having a simple budget, and using cash for purchases are some of the habits millionaires learned long before they became rich. Come to this workshop and learn a simple, common sense approach to your finances and begin to develop habits that could help *you* to become a millionaire one day!

### **“Acting With Purpose – Time Management”**

**Stewart Sachers, Counselor**

**Date: Wednesday, October 21**

**NRG Student Support & Success Systems**

**5:00 p.m. – 6:30 p.m.**

**Room: NRG 3140**

Are you always pressed for time, stressed to the max and juggling one urgent task after the other? If you are tired of asking for extensions at work and in school and exhausted by the pressure of multiple responsibilities then this workshop is for you. Based on Stephen Covey’s book *The 7 Habits of Highly Effective People*, this workshop will help you distinguish between Important and Unimportant activities and plan for urgent or non-urgent deadlines. Choose how you spend your time rather than having the decision forced on you.

### **“ Burnout”**

**Linda Moeller, Counselor**

**Wednesday, October 28, 2009**

**NRG Student Support & Success Systems**

**Time: 10-11:30 am**

**Room: NRG 3140**

If you are feeling disillusioned, helpless, and completely worn out, you may be suffering from burnout. When you’re burned out, problems seem insurmountable and it’s difficult to muster up the energy to care—let alone do something about your situation. In this workshop you will learn the definition, causes, and stages of burnout. You will assess your own burnout potential and look at ways to prevent and cope with burnout and regain balance in your life.

### **“Understanding What You Need to Register Successfully at ACC”**

**Emma Moore, Counselor**

**Online: (beginning in November)**

**NRG Student Support & Success Systems**

**Contact: [emmoore@austincc.edu](mailto:emmoore@austincc.edu)**

It’s easy to get overwhelmed by the processes and procedures required as a student new to college. This workshop is designed to walk you through the terminology, documents, assessment, and advising steps needed for your successful enrollment as a student at ACC. ACC101 used as a resource.