

# Fall 2009 WORKSHOPS

All workshops are held in the Student Center, 3rd floor, Room 336

## Self-Esteem and Confidence

Gain confidence by learning techniques you can use to build self-esteem.

Thursday, October 29, 4:30-5:30 p.m.  
Tuesday, November 10, 1-2 p.m.

## Coping Strategies

Tips and techniques you can use to minimize your stress in school and life.

Tuesday, October 27, 1-2 p.m.  
Wednesday, November 4, 4:30-5:30 p.m.

## Non-Traditional Opportunities

Crossing gender stereotypes through career opportunities.

Monday, October 19, 1-2 p.m.  
Thursday, November 19, 4:30-5:30 p.m.

## Choosing A Major

Learn the process to use to choose a major and ways to explore career options.

Thursday, November 5, 1-2 p.m.  
Wednesday, November 18, 1-2 p.m.

## Building Healthier Relationships

Strengthen your relationships with family and friends with these healthy techniques.

Monday, November 23, 4:30-5:30 p.m.  
Thursday, December 10, 1-2 p.m.

## Final Exam Preparation

Learn to create a successful study plan for the end of the Fall semester and gain helpful tips for taking essay, multiple choice, short answer, and true-false tests.

Wednesday, December 2, 1-2 p.m.  
Monday, December 7, 4:30-5:30 p.m.

## Staying Informed About Financial Aid

Learn about the various types of financial aid and scholarship opportunities that are available. Learn how to apply for financial aid and how to avoid financial aid suspension.

Wednesday, September 30, 1-2 p.m.

## Test Taking and Anxiety

Do tests always sneak up on you, leaving you stressed out? Do your palms sweat and your heart race during a test? Learn strategies to make a difference!

Wednesday, October 28, 4:30-5:30 p.m.  
Thursday, November 12, 1-2 p.m.

## Effective Note Taking

Frustrated with your current methods of taking notes? Learn and practice specific styles of taking notes in lecture as well as note taking techniques to use while reading.

Thursday, September 24, 1-2 p.m.  
Tuesday, October 13, 4:30-5:30 p.m.

## Study Skills and Learning Styles

Gain effective study techniques that are geared towards your learning style. Leave with time management and planning tools that can help you improve your grades.

Tuesday, September 29, 1-2 p.m.  
Wednesday, October 7, 4:30-5:30 p.m.  
Monday, October 12, 1-2 p.m.

## Successful Transfer Planning

Planning to transfer on in Fall 2009 for a bachelor's degree? Do you know when to apply for admissions, financial aid, scholarships, housing, and transfer student orientation? Join us to eliminate your confusion about transferring.

Thursday, October 15, 1-2 p.m.  
Monday, November 2, 4:30-5:30

Sponsored by the following:  
Counseling, Advising and Retention Services  
Student Financial Services



For more information, contact the: Counseling and Career Center  
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