



# EOPS Workshops - Fall 2009

## Transfer Workshop

If you are thinking about transferring to continue your education, this workshop is for you.

- ◇ Wednesday, October 7            3:00 - 4:00pm    AG 105
- ◇ Thursday, October 8            9:00 - 10:00am    AG 117

## Balancing Your Life

Gain an understanding on balancing your commitments, family, work, school, and life.

- ◇ Monday, October 5            4:00 - 5:00pm    SM-101B
- ◇ Tuesday, October 6            1:00 - 2:00pm    SM-102
- ◇ Monday, October 26            5:00 - 6:00pm    SM-101A
- ◇ Tuesday, October 27            4:00 - 5:00pm    SM-102

## Scholarships

Find out how you can get FREE MONEY to continue your education.

- ◇ Wednesday, October 28            3:30 - 4:30pm    AG 105
- ◇ Thursday, October 29            9:30 - 10:30am    AG 117

## Career Assessment

Take the Self Directed Search (SDS). This test will help you discover your interest, skills, and values.

- ◇ Tuesday, October 6            9:30 - 10:30am    CA-4
- ◇ Thursday, October 8            1:00 - 2:00pm    AG-107
- ◇ Friday, October 9            9:00 - 10:00am    AG-117

## Online Registration

For new students only! You will learn how to register for your Spring 2010 classes.

- ◇ Monday, October 26            12:00-1:00pm    AG-120
- ◇ Tuesday, October 27            2:30 - 3:30pm    AG-120
- ◇ Wednesday, October 28            2:00 - 3:00pm    AG-120
- ◇ Friday, October 30            9:00-10:00am    FA-101

## Improving Your Reading

Learn techniques to become an active reader.

- ◇ Thursday, October 8            5:30 - 6:30pm    AG-105
- ◇ Friday, October 30            11:00 - 12:00pm    AG-119

## Stress and Anxious During Exams?

Test anxiety and test taking strategies will be discussed.

- ◇ Friday, October 9            11:00 - 12:00pm    AG-119
- ◇ Thursday, October 29            5:30 - 6:60pm    AG-119

Please choose one workshop to attend.

Sign up prior by coming by the office or calling 791-2224.

Seats can be limited so reserve early.