



Student Success Workshops

September-November 2008

For more information, please contact
Dr. Clive Scott at 954-201-8994.
cscott@broward.edu

November 4, 2008 • 12:30-1:45 p.m.

Activity Center • 68/191

***How to Create Interest in What You Want to Read
and What You Have to Read***

Facilitator: Dr. Gray Kay, Faculty

This workshop will explore:

- Strategies to create interest and engagement when reading required texts
- Monitoring progress when reading
- The unending benefits of reading for pleasure
- The role of reading in your life

Facilitator's Signature: _____

November 18, 2008 • 12:30-1:45 p.m.

69/133

Ethical Behavior in the Classroom and Beyond

Facilitator: Dr. Gray Kay, Faculty

Gregory Lindeblom, Faculty

Ethical behavior is one of the most essential personal qualities for true success in school work and life. Please join us for a lively and important exploration of the role of ethics in our personal and professional lives. Topics of discussion:

- Ethical behavior and personal responsibility
- The consequences of unethical behavior for oneself and others
- How unethical behavior by people in power affects our society
- The relationship between ethical behavior and self esteem

Facilitator's Signature: _____

November 20, 2008 • 11 a.m.-noon

69/133

Journey to Teaching: Title V Co-op Grant

Facilitators:

Michelle Lilly, BCC/FIU Teacher Education Coordinator

Monserrat Pere, Bilingual Transfer Specialist

Learn how you can change lives through teaching and how we can assist you in successfully completing your Journey to teaching! The Title V Co-op grant serves as a support system for students majoring in Teacher Education. Learn what resources are available to you through the Title V Co-op grant, critical shortage area, and about Broward College's collaborative relationship with Florida International University. We will discuss items such as:

- Critical need shortage areas
- Title V benefits

- Scholarship opportunities
- Faculty mentorship
- General knowledge exam
- Bachelors degree in education
- CLAST exemptions
- and much more...

Facilitator's Signature: _____



Pines Center Workshops

September 17, 2008 * 11 a.m.-12:15 p.m.

100/207

Time Management

Facilitator: Robert Wiltegn, Counselor

So much to do, so little time to do it. You have so much to do, and you do not know when you are going to get it done. Sometimes you feel as if you are drowning. You have a paper due in three days, two quizzes tomorrow, and your chemistry lab report has to be turned in by 5 p.m. today. You will:

- Discover the steps to achieve your goals in a timely manner
- Learn how to effectively manage and prioritize your time
- Learn how to avoid procrastination
- Learn how managing your time can help you to be more relaxed and have time for social activities

Facilitator's Signature: _____

October 14, 2008 • 9:30-10:45 a.m.

100/209

Managing stress: A Fact of Life

Facilitator: Robert Wiltgen, Counselor

Stress is a fact of life. Even though we cannot eliminate stress from our lives we can learn to handle stress more effectively. In this workshop we will share with you some suggestions for dealing successfully with stress. You will learn:

- How to respond or react to stressors in your life
- How stress can become distress
- Strategies for dealing with stress in college
- Where to focus your attention and how not to stress the small stuff
- Most importantly, how to cope, as stress is the fact of life

Facilitator's Signature: _____

November 5, 2008 • 11 a.m.-12:15 p.m.

100/207

***Choosing a Career and a Major:
The Key To Your Future***

Facilitator: Robert Wiltgen, Counselor

Are you undecided or unsure about your major? Have you changed your major several times? Are you attending college to please your parents or guardians? Did you enroll because of your friends, or because you did not know what else to do? Regardless of why you initially entered college, at some point you will need to pursue a specific educational curriculum. A trained career counselor will help you understand:

- How to select a career path and a major
- More about your values, abilities and interests
- The self- assessment process
- The career decision process

Facilitator's Signature: _____

Your Passsport to Success!

- ✓ ***Improve your note-taking skills***
- ✓ ***Improve your time management skills***
- ✓ ***Improve your memory skills***
- ✓ ***Learn how to manage stress***
- ✓ ***Learn how to write the perfect resume***

**FREE
High-
lighter**

**FREE
Calculator**

September 11, 2008 • 12:30-1: 30 p.m.

69/133

Nursing Success Skills (Pre-Nursing Students)

Facilitator: Italia Folleco, Counselor/Health Sciences

To be more successful, students are required to have a thorough understanding and strong foundation in the sciences of anatomy, physiology and chemistry. Upon entering the program, students apply aspects of science to many areas of the program. The purpose of this workshop is to provide students with additional steps that can enhance their success once they enter the program. The workshop will cover the following areas:

- Science anxiety
- Study skills and forming study groups
- Stressful environment
- Clinical assignments
- Utilizing campus resources such as tutoring, counseling and advising
- How to balance work and family while in the program

Facilitator's Signature: _____

September 16, 2008 • 2-3:15 p.m.

Activity Center • 68/191

Strategies for Test Taking

Facilitator: Patricia Culpepper, Counselor

Test-taking is a skill. Learn test-taking strategies to maximize your performance and avoid common mistakes that can lower your grade. It is especially painful when you know the answer and you still make "silly" mistakes. This workshop covers tips on:

- Strategies for passing objective (multiple- choice) tests
- How to approach essay questions
- How to prepare for exams

Facilitator's Signature: _____

September 23, 2008 • 2:00-3:15 p.m.

69/133

***Successful Study Skills
(for incoming nursing students)***

Facilitator: Italia Folleco, Counselor/Health Sciences

This workshop is taught by the Health Sciences counselor, and it is designed for nursing students already enrolled in the nursing program. Nursing is a profession with exciting challenges and unlimited opportunities, requiring specialized knowledge and skills. The focus of this workshop is to:

- Assist students with time management
- Prepare for tests
- Understand critical thinking skills
- Multiple choice examinations
- How to effectively manage stress

Facilitator's Signature: _____

September 29, 2008 • 11 a.m.-noon
Activity Center • 68/191

Concentration and Memory Skills

Facilitator: Pam Shaw, Senior Advisor
Renee Pleus, Counselor

- I know the material when I am studying but I draw blank when I take a test.
- I am just not one of those students who can remember a lot of information.
- After reading or listening to a lecture, I forget everything I learned or heard.
- How can I remember all that is required for an exam?

How many times have you heard such statements from your peers or even said some of this yourself? Each one of these statements involves memory or concentration. In this workshop you will learn study techniques to:

- Improve your memory
- Specific mnemonics to aid memory
- Ways to manage distractions and increase concentration while studying

Facilitator's Signature: _____

October 1, 2008 • 8:15- 9:15 p.m.
Activity Center • 68/191

Coping with Test Anxiety

Facilitator: Dr. Debbie Martin, Counselor

Just moments before your instructor hands out the exam your heart pounds, you are sweating, the butterflies in your stomach just will not go away, your mind has gone completely blank, and then you're overwhelmed with panic as other students turn in their exams and head for the door. Can you identify with this feeling? If so, this workshop offers several strategies to:

- Help you remain calm and focused when taking an exam
- Change test anxiety into test confidence
- Develop skills to manage test anxiety
- Prepare you for the test day

Facilitator's Signature: _____

October 15, 2008 • 11 a.m.-12: 15 p.m.

69/133

So Much to Read, So Little Time

Reading with a Purpose - Skills to help you understand.

Facilitator: Dr. Raymond Dunn, Faculty

As a student you will find that many courses required extensive reading. In fact, college courses generally require you to understand and remember a significant amount of written material. With that in mind we present techniques to help you read and understand material in the most efficient manner. In this workshop, you will learn:

- The basics for reading in college
- How to become an active/ involved reader
- How to apply techniques for improving your efficiency and comprehension

Facilitator's Signature: _____

October 16, 2008 • 11 a.m.-12:15 p.m.

Activity Center • 68/191

Resumes, Cover Letters & Interviews

Facilitator: Carl Edgecombe

Job Developer/Placement Specialist

Feeling overwhelmed? Don't know where to start when creating a resume and cover letter? Do you freak out when it comes to interviewing? Don't know where to look for good, quality jobs? You can put all the pieces of the job search puzzle together by attending this workshop. You will learn:

- Tips to writing the perfect resume
- What information should go into a cover letter
- Interviewing dos and don'ts
- Job search strategies

Facilitator's Signature: _____

October 21, 2008 • 11 a.m. -12:15 p.m.

Activity Center • 68/191

Building Relationships

Facilitator: Dr. Matthew Pace, Counselor

Finding it hard to make friends, feel like you are the only person who feels insecure around others? Feeling left out, and you don't know to connect with people of other backgrounds? If this is an area in which you like to make some changes, this is the workshop for you.

- Learn how to define a relationship
- Increase self-awareness of one's place in a relationship
- Discover techniques for improving communication in a relationship

Facilitator's Signature: _____

October 23, 2008 • 11 a.m.-12:15 p.m.

Activity Center • 68/191

The Art of Public Speaking

Facilitator: Susan Smith, Faculty

Public speaking is a common source of stress for everyone. We would like to avoid this problem but it is hard to. The truth is public speaking does not have to be stressful! If you understand the hidden causes of public speaking stress it can be a satisfying experience for you. How do you speak while all those people are watching you? Public speaking anxiety- how do you get it? How do you prepare for a presentation? In this workshop you will learn how to:

- Overcome the fear of public speaking
- Identify the hidden causes of public speaking stress
- Speak in front of a group

Facilitator's Signature: _____

October 28, 2008 • 11 a.m.-12:15 p.m.

Activity Center • 68/191

***Quick Tips for Effective Note- Taking:
Make it EASY on Yourself!***

Facilitator: Ione Turpin, Counselor

- Learn the "Cornell method" of note taking and surprise yourself
- Quote from a student: "I use the Cornell format everyday on my job, and it works!"
- Learn how to create "mind maps" as a great review tool!
- Once you nail it down, note taking can be FUN!

Facilitator's Signature: _____

***Your Passport
to Success!***