Life Skills Center Workshops
Spring 2016

Workshops will be in the SPS Annex Bungalow, Adjacent to Café 108

Students will have the opportunity to join a support group of other students after each workshop!

Romance 101: Recognizing the Warning Signs of Destructive Romantic Relationships - Healthy Love/Toxic Love

W 2/10/16 12:45 – 2:15 PM Frankie DePriest & Mallory Behar

“A wise man/woman doesn’t get into in the first place what a smart one gets right out of!” Develop an early warning system for recognizing the signs of a potentially destructive relationship. Awareness is the best protection against these potentially hurtful relationships. There are many subtle signs you can recognize immediately to avoid heartbreak, harm and even death! Learn them so you can spare and even save yourself and your friends! Ongoing weekly Support Group on Relationship Issues on Wednesdays will follow this workshop!

Healthy at Every Size (HAES)

M 2/22/16 1:10 – 2:10 PM Mallory, Frankie, Jennie & Dr. Bonnie

The Healthy at Every Size (HAES) movement emphasizes the importance of finding exercise that’s FUN, that you enjoy, that makes you feel and BE healthy, rather than enacting the cycles of restricted eating and overeating, “yo-yo dieting” which can be bad for your heart and spirit. The goal is find peace with your bodies and your dietary habits, rather than engaging in the impossible task of everyone attempting to look like “Barbie.” (News flash: Barbie is now coming in new shapes and alternative ethnicities!)

Meditation

T 3/1/16 12:45 – 1:45 PM Cathi Curen & Nicky Cautero

An ancient relaxation technique adapted for modern life will be taught in this stress-relieving workshop by experienced practitioners of meditation. With an investment of some time and practice you’ll find yourself sleeping better and having clearer thinking. There will be an opportunity to continue with other meetings, depending on group interest.

Men’s Issues

T 3/8/16 12:45 – 2:00 PM David Cordova
Tectonic shifts in our culture have had a big impact on the roles men play in society and even the very definition of masculinity. Come to this workshop for an honest conversation about what is changing, why and how best to respond. What is lost? What is gained? Where to go from here? A support group for men and women with ongoing weekly continued discussion of these issues will follow this workshop.

**Breaking the Cycle:**
**Understanding and Responding to Domestic Violence**

* M 3/7/16 12:00 PM – 2:15 PM  Sonjia Williams

Any type of abuse which occurs at home within the context of the family is understood to be Domestic Violence: an attempt by one person to maintain power and control over another. It can be physical, emotional, sexual and/or economic. Come to this workshop to learn about the cycle of violence and how to break it. Learn practical information for filing a restraining order and how to break free.

**Preparing for Exams**
**Test-Taking Tips and Managing Anxiety**

* T 3/15/16 12:45 – 2:00 PM  Dr. Bonnie

We’ll be offering some helpful test-taking tips that can assist you in effectively responding to true-false, multiple-choice and essay questions on your mid-term exams. A little anxiety helps you perform, too much does you in! Come to this Workshop to learn how manage your anxiety. You’ll learn how to relax even in the midst of anxiety and get tips on how to quiet your mind and soothe your body so you can shine on your final exams and really show what you know. The Life Skills Center also offers individual coaching in study skills and test preparation as well as many other concerns every morning of the week in the Health Center, Café 110. Give yourself the gift of preparation! Make the most of what you know.

**The Smartphone as a Tool for College Success**

* W 3/16/16 1:00 – 2:00 PM  Pam Anderson

This workshop will present the ways that a Smartphone can save time and effort on the following:

- Writing Papers
- Preparing Presentations
- Preparing for Exams
The Clothesline Project  
M  3/21/16  12: 45 – 1:45 PM  David, Mallory, Nicky

The Clothesline Project will be a week-long outdoor installation raising awareness of Domestic Violence in a visual way with conversation, dialog and literature available.

Family Mental Health  
T  3/22/16  12: 45 – 2:00 PM  Cathi Curen

Do you want to understand and have better relationships with your family? Come to this interactive workshop and learn how to communicate more effectively, listen empathically, and express yourself in a more clear and authentic way. Bring your questions about family member’s puzzling behavior. Learn new responses. Come prepared to hear things in a new way and speak in a language you have never spoken before.

How to Ask for Forgiveness  
T  3/29/16  12: 45 – 1:45 PM  Dr. Bonnie

Forgiving doesn't mean forgetting, nor does it mean that you've given the message that what someone did was okay. It just means that you've let go of the anger or guilt towards someone, or towards yourself. But that can be easier said than done. If forgiveness was easy, everyone would be doing it. You don't forgive someone for his or her sake - you forgive them for your sake. There’s an art to asking for forgiveness, come learn a functional three-part format and practice!

Art for Stress Reduction  
M  4/18/16  1:00 – 2:00 PM  Grace Chang

Coping when Someone Close is Incarcerated  
W  4/20/16  1:00 – 2:00 PM  Nicky Cautero

Tips on getting resources. What to expect. Working with the prison system. Limitations of the prison system. Preparing for release. Resuming life after incarceration.
SUBTANCES: Use, Abuse, Addiction, Harm-Reduction

*M 4/25/16  12:45 – 1:45 PM  Cathi, Mallory, Frankie, Donald, Dr. Bonnie*

Come join a conversation about addiction and substance use and abuse presenting the “Smart Model” of harm reduction: moderation and management. Hear honest facts and stories about how people can get in over their heads in substance use and how they can get themselves out… sometimes on their own and with powerful help from others. Bring your questions. If you believe that you or someone you care about might be having a problem with alcohol or other substance over use or abuse, you will be able to get information about how to talk with a Life Skills Center counselor in a confidential and supportive atmosphere to discuss ways to tackle this challenge. You can get the help and support you need to reduce harm and stop abuse or overuse in yourself or someone you care for. We’ll have referrals to college and community help sources.

**DENIM DAY – Sexual Assault Awareness Week**

*W 4/27/16  1:00 – 2:00 PM  Dr. Bonnie, Interns, ASO Senators*

**LGBTQ – Coming Out**

*M 5/2/16  1:15 – 2:15 PM  Aniberto Martinez & Natalie Navarro*

**Career Management**

*T 5/3/16  12:45 – 2:00 PM  Cathi Curen*

**Managing Test Anxiety - Preparing for Final Exams**

*T 5/10/16  12:45 – 2:00 PM  David Cordova*

We’ll be offering some helpful test-taking tips that can assist you in effectively responding to true-false, multiple-choice and essay questions on your final exams. A little anxiety helps you perform, too much does you in! Come to this Workshop to learn how manage your anxiety. You’ll learn how to relax even in the midst of anxiety and get tips on how to quiet your mind and soothe your body so you can shine on your final exams and really show what you know. The Life Skills Center also offers individual coaching in study skills and test preparation as well as many other concerns every morning of the week in the Health Center, Café 110. Give yourself the gift of preparation! Make the most of what you know. A little anxiety helps you perform, too much does you in! Come to this Workshop to learn how manage your anxiety. You’ll learn how to relax even in the midst of anxiety and get tips on how to quiet your mind and soothe your body so you can shine on your final exams and really show what you know!