



Life Skills Center Workshops

Fall 2017

All Workshops will be in Tech 110 except where noted differently

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

Staff and Faculty are welcome. FLEX credit is available for all the workshops.

Keys to Becoming a Successful Student: Time Management & Prioritizing

Mon. 09/18/17 1:00PM-2PM Hank Skulstad, MA

Time! There's never enough of it during the semester. We're all so busy and overcommitted: juggling school, work, family obligations friendships, romance, spiritual commitments, sleep, having fun and on... Come join us for a conversation about how to organize, prioritize and create a life you can manage, giving all your priorities their due. Learn how to plan ahead to spend your time doing what you value and not get distracted with all the demands on your time. This workshop will provide you with the tools to become an efficient person: set priorities, meet personal needs and fulfill your wishes and goals effectively! Opportunity to join an ongoing support group after the workshop.

Stress: What Is It and How to Tame It

Tues. 09/26/17 1:00PM-2PM Mihaela Schneider, MA

There's an art and a science to managing your stress. Come learn the latest thinking on both! Come learn successful strategies for how to calm your body and quiet your mind. You'll go away from this workshop with a new attitude and some constructive steps to help you you're your days with peacefulness and confidence. Opportunity to join an ongoing support group after the workshop.

Coping with Cyberbullying

Wed. 10/04/17 1:00PM-2PM Natalie Navarro, MA

Cyberbullying is here, there's no getting around it, but there are a number of constructive things you can do about it. Come to this workshop to learn strategies to cope with it, whether it's happening to you, a friend or a child. Opportunity to join an ongoing support group after the workshop.



Substance Use, Abuse & Treatment: Special Focus for the LGBTQ Community

Th. 10/12/17 1:00PM-2PM Jose Lopez, MA

Whether it's concern for yourself or a friend, you'll learn about the scope of the challenge and community resources for responding and getting the help that is needed. We'll address questions and provide up-to-date answers. Opportunity to join an ongoing support group after the workshop.

How to Motivate Yourself to Succeed in College: DON'T QUIT!

Mon. 10/16/17 1:00PM-2PM Krystle Bloom

At the Life Skills Center we *know* how hard it can be! Going to school, juggling all the demands of the rest of your life: work, kids, family obligations, and so much more! Sometimes your goals can feel very far away. We honor how hard it is and give your realistic ideas about how to motivate yourself and get the support you need to stay in school, complete the requirements and successfully move on the next stage in your life. Come hear what we have to say. Please don't quit, you can do it and we can help! Opportunity to join an ongoing support group after the workshop.

Coping With Depression

Tues. 10/24/17 1:00PM-2PM Mihaela Schneider, MA

Do you seem to be just dragging yourself around? Not feeling much enjoyment in things that used to give you joy? Does it all seem to be too much? Sleeping a lot or not very much? Not eating or overeating? All these and more may be signs of depression. Come to this workshop to get a better idea of what might be going on with you and what steps you can take to address it. College and community resources will be provided. Opportunity to join an ongoing support group after the workshop.

How to Talk with Instructors & Have Good Relationships

Tues. 10/24/17 1:00PM-2PM Nicky Flynn, MA

What a difference having a good relationship with your instructors can make! In this workshop you will hear excellent, creative ideas about how (and how not) to approach your instructors, how to develop a good relationship from the first day of class, what to say and not to say, what to do and not do, so that you have the best chance of getting your needs met in a friendly, cooperative way. Instructors at LAHC really care about students. Knowing how to approach them can make the difference in whether or not they can respond constructively to you. Opportunity to join an ongoing support group after the workshop.



Forgiveness: How to Forgive & How to Ask For Forgiveness

Th. 11/9/17 1:00PM-2PM Dr. Bonnie

All the major religions talk about it, but there is not a lot of instruction available in how to actually go about forgiving another person and even less about how to ask for forgiveness. Recent research indicates that there are major health benefits from relinquishing grudges and held resentments. Releasing held anger can do wonders for your stress levels. How to find joy again in relationships that have soured through misunderstandings and resentment? You'll learn specific language with time to practice and hear lots of examples. Just in time for the holidays. Get ready to see family members and friends and approach the task of forgiveness and asking for forgiveness in a competent and successful fashion...then observe the changes! Are you ready for a miracle? Come check this out! Opportunity to join an ongoing support group after the workshop.

Meditation for Stress Reduction, Better Sleep & Clearer Focus

Th. 11/13/17 1:00PM-2PM Hank Skulstad, MA

A little anxiety helps you perform, too much does you in! Come to this Workshop to learn how to use meditation, relaxation techniques and guided imagery to manage your life stress. 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! If you commit to these methods you will find that you can sleep better and have a clearer focus. Opportunity to join an ongoing support group/meditation group.

Preparing for Final Exams & Reducing Test Anxiety

W 11/29/17 1:00 PM – 2:00 PM Sylvia Love, MA

Come to this workshop to learn specific techniques that will help you master any exam whether it's T/F, multiple choice, short answer or essays! We know that a little anxiety helps you perform, too much does you in! Come 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. You'll be double-barreled!