

Life Skills Center Workshops

Fall 2016

*All workshops will be held in the Seahawk Quad.
In the event of cold and/or inclement weather the workshop will be held in the SPS Annex
Computer Lab and Classroom, next door to Café 108*

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

Meditation for Stress Management

W 9/21/16 1:00 PM – 2:00 PM Nicky Flynn

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! Opportunity to join an ongoing support group/meditation group.

Goal-Setting for College and Life Success

T 9/27/15 1:00 PM – 2:00 PM Kristen Bodossian

There's an art and a science to setting and keeping goals. Come learn the latest thinking on both!

Wellness and the Mind-Body Connection

W 10/5/16 1:00 PM -2:00 PM Nicky Flynn

No health without mental health! Learn how important your thoughts and beliefs can be in influencing the quality of your everyday health. Friends can be good medicine. Having supportive relationships can make a big difference. So many factors affect our health. Start with the body. Start with the mind. Whatever makes the most sense to you is where you can begin. We'll share the latest thinking on the mind-body connection.

Managing Test Anxiety

M 10/10/16 1:00 PM – 2:00 PM Misook Nierodzik

Do you ever "go blank" on a test? You know you know the material, but you just can't think of the answer! You're perspiring, your head hurts and/or your stomach's churning. You're telling yourself: "I'm never going to make it!" 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 face the next exam with confidence.

Bodacious Beauties - Love Yourself Large: Healthy at Every Size (HAES)

T 10/11/16 11:30 PM – 12:30 PM Dr. Bonnie & Mallory

The goal of Love Yourself Large – Healthy at Every Size (HAES) is to find peace and acceptance of your body *the way it is now*. The 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 so bad for your heart and spirit. Workshop attendees will have the opportunity to continue on as a support group which includes a group walk each time.

Breaking the Cycle: Understanding and Responding to Partner Violence

W 10/19/16 1:00 PM – 2:00 PM Nicky Flynn

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.

Disability Awareness

T 10/25/16 1:00 PM – 2:00 PM Donald Essex, Kristen Bodossian

A joint workshop offered by the Trio program and Life Skills

Time Management: Bringing Order & Balance to Life

W 11/2/16 1:00 PM – 2:00 PM Dr. Niloufar Tahery

How do you 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!

Creative Journaling for Improved Writing and Self-Discovery

W 11/9/16 1:00 PM – 2:00 PM Nicky Flynn

Do you have trouble starting your essays? Never quite sure what you want to say? In this fun, experiential workshop you'll learn the basics of journaling or "free writing" – techniques which will immediately loosen you up as a writer and teach you how to listen to your own mind.

Preparing for the Holidays: Dealing with Stressful Family Relationships

Th 11/17/16 1:00 PM– 2:00 PM Travon Johnson

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. Enjoy the holidays as never before with new insights and behavior!

Build Social Confidence!

W 11/23/16 1:00 PM– 2:00 PM Mariko Iwabuchi

Maximize your social likeability, reduce social anxiety, handle tough conversations easily, get along with everybody. Join us for this workshop to learn proven hacks to boost your charisma...maybe even a little hip-hop!

Preparing for Final Exams

M 11/28/16 1:00 PM – 2:00 PM Mallory Behar

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.