

Life Skills Center Workshops

Spring 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!

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

T 2/14/17 1:00 – 2:00 PM Dr. Bonnie Tech 110

“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!

Heart-Centered Communication with Yourself and Others

Th 2/23/17 1:00 – 2:00 PM Dr. Jessie Tech 110

This workshop will introduce the fundamental concepts and techniques of Nonviolent Communication, a simple yet highly effective way to communicate your needs and feelings with both yourself and with others. Nonviolent Communication, developed by Dr. Marshall Rosenberg, has over 40 years of research showing how effective it can be at resolving conflicts. At its core is increasing understanding and empathy, thereby reducing negative interactions with those around us.

Self-Esteem and Self-Acceptance

W 3/1/17 1:00 – 2:00PM Mariko Iwabuchi Tech 110

What you believe about yourself is the road map you use to make all the important decisions in your life. It really matters! Regardless of what anyone else thinks of you, you need to be clear and steady about what you think of yourself. We’ll explore in this workshop how people get these ideas about themselves and how to influence or self-assessments to make our own lives operate optimally.

Stress Management

T 3/7/17 1:00 PM – 2:00 PM Kristen Bodossian Tech 110

A little anxiety helps you perform, too much does you in! Come to this Workshop to learn how 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!

Coping with Depression

Th 3/9/17 1:00 – 2:00 PM Dr. Jessie Tech 110

Almost 50% of college students have experienced some symptoms of depression and at least one in four have suffered from ongoing depression. Come to this workshop to learn more about depression – and more specifically to learn how to heal from it and manage it so that you can build your life the way that you envision it in the face of depression.

Men's Issues

Th 3/16/17 1:00 PM – 2:00 PM Travon Johnson Tech 110

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?

The Clothesline Project

W 3/22/17 1:00 – 2:00 PM Nicky Flynn, Misook Nierodzik and Dr. Nilo Tech 110

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.

Overcoming Math Anxiety

T 3/28/17 1:00 PM – 2:00 PM Dr. Bonnie Tech 110

Do you ever “go blank” when faced with a math problem. You’re telling yourself: “I’m never going to make it!” or “I can’t do math for the life of me!” Come learn successful strategies for how to calm your body and quiet your mind even in the face of a math problem.

Dancing to Build Social Confidence

M 4/10/17 1:00 PM– 2:00 PM Mariko Iwabuchi and Travon Johnson Tech 110

Come learn some hip hop while building your social confidence! Maximize your social likeability, reduce social anxiety, handle tough conversations easily, get along with everybody.... Join us for this workshop to learn new dance moves and proven hacks to boost your charisma...

Managing Test Anxiety

W 4/12/17 1:00 PM – 2:00 PM Misook Nierodzik Tech 110

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!” You’ll go away from this workshop with a new attitude and some constructive steps to help you face the next exam with confidence.

Drug and Alcohol Use and Abuse

T 4/18/17 1:00 PM – 2:00 PM Dr. Bonnie Burstein, Interns Tech 110

The latest research and harm reduction suggestions.

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

W 4/19/17 1:00 PM – 2:00 PM Misook Nierodzik and Maura Torres Tech 110

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.

DENIM DAY – Sexual Assault Awareness Week

W 4/26/17 1:00 – 2:00 PM Dr. Bonnie, Interns Tech 110

Film Showing: Searching for Angela Shelton, The Documentary

In *Searching for Angela Shelton*, filmmaker Angela Shelton drives around the United States surveying other people with the name Angela Shelton. She discovers that 24 out of the 40 Angela Sheltons she speaks to are survivors of rape, childhood sexual abuse and/or domestic violence. On her journey the filmmaker meets an Angela Shelton who tracks sexual predators and lives in the same town as the filmmaker's father, who sexually abused her and her siblings for years. Angela Shelton's survey of women becomes a journey of self-discovery during which she decides to finally confront her own past and her abusive father - on Father's Day. The Angela Sheltons complete the journey by teaching the filmmaker about healing, faith and the power of the human spirit, no matter what your name is.

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

T 5/2/16 12:45 – 2:00 PM Dr. Bonnie Tech 110

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. 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! 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.