

*Counseling & Career Services
Spring 2008 Workshops*

Extreme Resume Makeover

February 13—12:30pm-1:30pm—ELB Lobby

Effective Interviewing Workshop

February 27—12:30pm-1:30pm—RCF-302

Prepare for the Job Fair

March 5—12:30pm-1:30pm—RCF-302

Job/Career Fair

March 28—10:00am-1:00pm—Burrill Galleria

Career Information Series—Education & Social Science

April 16—12:00pm-1:00pm—Kittleman Room 100

Get That Job! Workshop Series

April 1, 8, 15—12:00pm-1:00pm—RCF Classroom 305

*Learning Assistance Center
Spring 2008 Workshops*

LOCATION: WRITE ROOM, RCF-354

DO I NEED TO WRITE THIS DOWN? Note Taking Strategies

February 13—4:00pm-5:00pm

DON'T FORGET TO REMEMBER: Memory Strategies

February 27—4:00pm-5:00pm

BEAT THE CLOCK READING: Speed Reading

March 12—4:00pm-5:00pm

RELIEVING THE TORTURE OF TESTS: Test Taking Strategies

April 2—4:00pm-5:00pm

WRESTLING WITH RESEARCH PAPERS: Olympic

Responsibilities

Day/TBA 4:00pm – 5:00pm

STRESS MANAGEMENT: Anxiety Relief

April 23—4:00pm-5:00pm



GROUP SNAPSHOT

*Groups & Workshops
Spring 2008*

Counseling and Career Services

Academic Support Services

Learning Assistance Center



For more information:

Call 410.772.4840

or stop by RCF-302

www.howardcc.edu/counseling

SUPPORT GROUPS

Improve Body Image & Self-Esteem

Join other women for support about food and body issues. Learn to accept your body and develop healthy habits. We will meet weekly to share our experiences and do exercises aimed at developing body respect .

Mondays, 1:00pm-2:15pm

Global Connections: A Support Network for International Students

Are you an International Student wanting to meet others? Join us for a support network to discuss topics unique to International Students an HCC.

Mondays, 3:00pm-4:30pm

Grief & Loss Workshop Series

This group is a series of eight ninety minutes seminars designed for students who have recently experienced the loss of a significant person through death and are having difficulty living with that loss. Group will address grief reactions and issues commonly faced by those experiencing grief and bereavement. There will be time for discussion and sharing in a confidential, safe atmosphere.

Group begins in April, *Day/Time TBD*

CAREER LINKS

Career Links students: Please join us for a discussion group. Meet others in Career Links who share similar interests

Friday, April 25, Time/TBD

ACADEMIC SUPPORT

Academic Motivation & Success

Give and receive support to other students on academic probation working to improve their GPA. Let's talk about study skills! Explore ways to combat stress! Learn to develop time management skills that work for you!

Thursdays, 1:30pm-2:45pm

PERSONAL DEVELOPMENT

Girls & Women In Sports*

February 6 - 12:30pm-2:00pm—RCF Lobby

Body Image Awareness Fair*

February 26 - 12:30pm-2:00pm—RCF Lobby

Movie & Discussion “Dying to be Thin”*

February 28 - 12:30pm-2:00pm—Burrill Galleria

Alcohol Awareness Fair & Screening*

April 10 - 12:30pm-2:30pm—RCF Lobby

Wellness Fair-Sponsored by: Kaiser Permanente Wellness Center

April 22 - Time/TBA

Anxiety & Stress Reduction Week*

May 5–8 - Time/TBA—RCF-Lobby

**Partnership between Counseling and Career Services and Kaiser Permanente Wellness Center.*

Career Links Parenting Workshop Series

*Feb 13, 27—Mar 13, 27—Apr 9, 23— May 7
11:30am-1:00pm/Children's Learning Center (lunch included)*