Hello students!
Welcome to Fall 2014! The following is a list of workshops dedicated to supporting your success this Fall semester. As part of our program, attending these workshops will help you fulfill your 5 semester contacts. Your feedback is very important; please let us know about your experiences of attending these workshops and if there is a particular topic you would like to see in a future schedule.

Good luck this semester! We know you will do great and we look forward to supporting you in your academic success.
~The SSS Team

**Workshop #1**  
**Time Management**  
Learn ways to manage your time, improve your grades, and your personal life.  
*Tuesday, September 9, 2014 @1:00pm in INST 1012*

**Workshop #2**  
**Succeeding in College**  
This workshop will go over skills such as: note-taking, time management, organization skills, and managing stress, that lead to student success.  
*Wednesday, September 24, 2014 @2:30pm in INST 1008*

**Workshop #3**  
**Transfer Process**  
Learn what you need to do to transfer. A SSS counselor will lead this workshop to answer the basic questions regarding transferring and when you need to apply for transfer.  
*Monday, September 29, 2014 @1:00pm in INST 1005*

**Workshop #4**  
**Career Exploration with Eureka**  
This workshop will go over various careers and how to go about selecting the right one for you.  
*Wednesday, October 15, 2014 @1:00pm in INST 1005*

**Workshop #5**  
**Communication and email etiquette**  
This presentation was designed in response to the growing popularity of email and the subsequent need for information on how to craft appropriate email messages.  
*Monday, October 27, 2014 @2:30pm in INST 1008*

**Workshop #6**  
**Note Taking/ Study Skills**  
Develop positive study habits and learn ways to utilize time. This workshop will help you learn effective note-taking strategies as it relates to a variety of class types.  
*Wednesday, November 5, 2014 @2:30pm in INST 1008*

**Workshop #7**  
**Math Anxiety**  
In this workshop you will learn ten ways to reduce math anxiety, how to overcome it and special strategies for math tests.  
*Monday, November 17, 2014 @1:00pm in INST 1005*

**Workshop #8**  
**Budget and Financial Literacy**  
Establish a budget to help you keep track of how you spend your money and help you reach your financial goals.  
*Wednesday, December 3, 2014 @2:00pm in INST 1008*