

# PALOMAR PROMISE, EOPS, & TRIO SSS 2022 Welcome Days



## 2022 Welcome Days

August 2 through August 12

Welcome Days offer an array of live workshops, videos and resources to prepare you for the start of your school year and to become acquainted with the many benefits of attending Palomar College. Join us to learn about campus resources, services, programs, and much more! Connect with campus staff, administrators and your fellow peers!

All sessions listed below are offered VIRTUALLY via zoom. Separate registration for each session is required!

|  |   |
|--|---|
| <b>Tues, Aug 2</b><br><b>10 to 11a.m.</b><br><a href="#">Register Here</a> | <b>Welcome Day Kick-Off Session</b><br>Meet the Promise, EOPS and TRIO SSS teams as we show you an overview of the Welcome Days virtual workshops, answer any questions you may have, and introduce you to other resources that can enhance your Palomar College experience.  |
| <b>Tues, Aug 2</b><br><b>1 to 2 p.m.</b><br><a href="#">Register Here</a>  | <b>Time Management and Strategies for Success</b><br>Time management is one of the pillars to academic success. Attend this session to learn simple techniques to help you set, track, and achieve your educational goals. Topics will include time management across instructional settings (virtual/in-person) and other strategies to keep you on track.   |
| <b>Wed, Aug 3</b><br><b>10 to 11 a.m.</b><br><a href="#">Register Here</a> | <b>Palomar Promise Updates</b><br>Meet the Promise team as we welcome you to Palomar College as a first year student. Our team will share our vision and the resources and support services available through Palomar Promise. In this session, we will discuss what you need to do to maintain your eligibility for Year 1 and Year 2, review benefits, and have a Q/A session at the end. We will also provide helpful tips on what to expect during your first week.   |
| <b>Wed, Aug 3</b><br><b>12 to 1 p.m.</b><br><a href="#">Register Here</a>  | <b>How to Prepare for a Healthy Semester</b><br>Join us for an overview of Health Services. Learn about the range of basic medical services provided in-person and via Telehealth by our medical team in the Student Health Center. You will also learn about Behavioral Health Counseling Services, where our goal is to help students benefit fully from the college experience by supporting their personal, social and emotional well-being. Come hear about planned health and wellness programs for fall. |
| <b>Wed, Aug 3</b><br><b>2 to 3 p.m.</b><br><a href="#">Register Here</a>   | <b>How to Navigate Canvas</b><br>Learn how to access your classes in your Canvas account. In this Canvas workshop, you will learn how to submit assignments, participate in discussion boards, take a quiz, view grades, and contact your instructors.  |
| <b>Wed, Aug 3</b><br><b>6 to 7 p.m.</b><br><a href="#">Register Here</a>   | <b>College to Career</b><br>Join us for an overview of Career Development Services offered at Palomar's Career Center. Learn how to choose a major or career pathway through assessments tools while gaining useful tips on preparing for the workforce.  |
| <b>Thur, Aug 4</b><br><b>12 to 1 p.m.</b><br><a href="#">Register Here</a> | <b>Disability Resource Center</b><br>Get an in-depth overview of Palomar's Disability Resource Center (DRC) Program and Services, Application Instructions, followed by a Q&A.  |
| <b>Thur, Aug 4</b><br><b>2 to 3 p.m.</b><br><a href="#">Register Here</a>  | <b>Student Life &amp; Leadership: Overview of Services</b><br>Learn what SLL has to offer students (Student Activities, Associated Student Government, Clubs, Activity Cards, Info on Food & Nutrition Center, obtaining Basic Needs, Student Rights and much more!) and what can be expected this upcoming semester.   |
| <b>Fri, Aug 5</b><br><b>10 to 11 a.m.</b><br><a href="#">Register Here</a> | <b>Military-Affiliated College Benefits</b><br>Learn about different VA and state benefits that military-affiliated students may qualify for!   |

### Contact Information

• 760-744-1150 x3931 • Email: [promise@palomar.edu](mailto:promise@palomar.edu)



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| <b>Fri, Aug 5</b><br><b>12 to 1 p.m.</b><br><a href="#">Register Here</a>      | <b>Puente Project Info Session</b><br>Attendees will learn about the Puente Project, a supportive learning community with community mentorship that prepares students for university transfer.  |
| <b>Fri, Aug 5</b><br><b>2 to 3 p.m.</b><br><a href="#">Register Here</a>       | <b>Phi Theta Kappa Honor Society</b><br>Learn about the various opportunities to build your academic resume through leadership and campus engagement. Phi Theta Kappa students also have access to various scholarships and aid for future academic goals. Come ask questions and learn how you can get involved for this upcoming year.  |
| <b>Wed, Aug 10</b><br><b>10 to 11 a.m.</b><br><a href="#">Register Here</a>    | <b>Transfer Center Services and Overview</b><br>Overview of Palomar's Transfer Center Services, introduction to the Transfer Canvas Community, upcoming Transfer Skillsshops, and much more followed by a Q&A.  |
| <b>Wed, Aug 10</b><br><b>12 to 1 p.m.</b><br><a href="#">Register Here</a>     | <b>How to Navigate MyPalomar</b><br>Useful tips on navigating MyPalomar, your student portal. Learn how to view your Student Ed Plan, Financial Aid, To Do List, and Palomar Promise status, among other features.  |
| <b>Wed, Aug 10</b><br><b>1:30 to 2:30p.m.</b><br><a href="#">Register Here</a> | <b>Preparing for a Successful First Semester</b><br>This workshop will present tips, tools, and valuable information on how to navigate your courses as you begin your academic journey. Navigating the college system can be a challenge for any new student and with distance learning, there are additional factors to be aware of in order to be successful. Not to worry, after this workshop, you will feel prepared and ready to start your courses and have a successful fall semester. |
| <b>Wed, Aug 10</b><br><b>2 to 3 p.m.</b><br><a href="#">Register Here</a>      | <b>STEM Programs and Networks</b><br>Learn about STEM support programs and STEM networks to succeed in your designated STEM pathway   |
| <b>Thur, Aug 11</b><br><b>10 to 11 a.m.</b><br><a href="#">Register Here</a>   | <b>Athletics Introduction</b><br>This workshop will cover everything you need to know about Palomar Athletics as a prospective student athlete or fan.  |
| <b>Thur, Aug 11</b><br><b>12 to 1 p.m.</b><br><a href="#">Register Here</a>    | <b>Tutoring Services</b><br>Overview of FREE Tutoring Services available to all students at Palomar College, and the different ways to access tutoring services.  |
| <b>Thur, Aug 11</b><br><b>1 to 2 p.m.</b><br><a href="#">Register Here</a>     | <b>Overview of Library Services</b><br>Overview of Library services available to all designed to enhance your academic and research development.  |

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| <b>Thur, Aug 11<br/>2 to 3 p.m.</b><br><a href="#">Register Here</a>  | <b>Higher Education Legal Services (HELS)</b><br>The (HELS) program is excited to partner with Palomar College to provide FREE immigration legal services. Come join our interactive webinar and our dedicated team will share about our program and how to access our services. Also included is Know Your Rights information. If you have any immigration related questions, HELS is Here for YOU!  |
| <b>Fri, Aug 12<br/>10 to 11 a.m.</b><br><a href="#">Register Here</a> | <b>EOPS Eligibility and How Can EOPS Help Me?</b><br>Promise + EOPS = Fully Hooked Up. Stop by to learn how you can gain additional resources as an eligible EOPS student. Are you a CCPG recipient? You may be eligible for additional support with EOPS.  |
| <b>Fri, Aug 12<br/>12 to 1 p.m.</b><br><a href="#">Register Here</a>  | <b>Student Support Programs: TRIO SSS and NCEOC</b><br>TRIO Student Support Services (SSS) and North County Educational Opportunity Center (NCEOC) are grant funded programs at Palomar College designed to enhance your educational, personal and career development. Services include priority registration, personalized counseling, textbook support, financial aid assistance, college and cultural enrichment field trips and so much more. Join us to learn about the eligibility requirements and how to apply for these FREE services. |
| <b>Fri, Aug 12<br/>2 to 3 p.m.</b><br><a href="#">Register Here</a>   | <b>Umoja Community Overview</b><br>UMOJA (a Kiswahili word meaning unity) is a community based program dedicated to enhancing the cultural and educational experiences of African American and other students. Get an overview of the program's requirements, benefits and services followed by a Q&A.  |

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