



# April Skillshops

## SPRING 2022

All Skillshops will be virtual via Zoom.

Please click on Skillshop date/time to register.

Skillshop are FREE and OPEN to all Palomar College students.

More information:

<https://bit.ly/PCSkillshops>

### **The Mindful Space (BHCS)**

[Tuesday, April 5](#), 10:30-11:30am

[Tuesday, April 19](#), 10:30-11:30am

### **Healthy Relationships (SWAG)**

[Wednesday, April 6](#), 3:00-4:00pm

### **Dealing with Debt (CCU)**

[Thursday, April 7](#), 3:00-4:00pm

### **Budgeting and Apps to Help You Take Control of Your Finances (SDFLC)**

[Monday, April 11](#), 12:00-1:00pm

### **Understanding Depression and Suicide (SWAG)**

[Monday, April 11](#), 2:00-3:00pm

### **Creating a Transfer Foundation: The Nuts and Bolts**

[Wednesday, April 13](#), 1:00-2:00pm

### **Time Management**

[Monday, April 18](#), 11:00am-12:00pm

### **TRIO SSS Info**

[Tuesday, April 19](#), 1:00-2:00pm

### **Supercharge Your Job and Internship Search with Handshake**

[Tuesday, April 12](#), 5:30-6:30pm

[Friday, April 15](#), 11:00am-12:00pm

### **Managing Stress and Test Anxiety**

[Tuesday, April 12](#), 3:00-4:00pm

[Tuesday, April 26](#), 12:45-1:45pm

### **Mindful Self Compassion (SWAG)**

[Wednesday, April 20](#), 3:00-4:00pm

### **Test Prep**

[Monday, April 25](#), 10:00-11:00am

### **Financial Stressors and Mitigators (SDFLC)**

[Monday, April 25](#), 12:00-1:00pm

### **Stress Management (SWAG)**

[Monday, April 25](#), 2:00-3:00pm

### **Transfer Strategy and Planning Sessions**

[Wednesday, April 27](#), 12:00-1:00pm

### **Importance of Sleep (TrueCare)**

[Thursday, April 28](#), 1:00-2:00pm