## Skulshops For Student Success



Skillshops are free workshops offered by various campus departments and community partners. These workshops are designed and presented with the purpose of helping students succeed, whether it be in the classroom, at home, or in the real world, and cover a wide range of topics.

Skillshops are free and open to all Palomar College students.

5 Reasons why you should attend a Skillshop

- 1) They are Free! 2) You may attend as many as you want. 3) They are jam-packed with information and skills you need to know.
- 4) They are short and are offered at convenient times and modalities. 5) They are taught by instructors, counselors, peers and experts.



## **MORE INFORMATION:**

Teaching and Learning Center San Marcos 760-744-1150, Ext. 3931 www.palomar.edu/skillshops



Wednesday         02-14-24         11:30 a.m12:30 pm.         Applying for Graduation         In-Person         TLC-112/Zox           Wednesday         02-14-24         230 pm330 pm.         Metacognitive Skills How to Study Smarter, Not Harder         Hyflex         TLC-112/Zox           Wednesday         02-21-24         11:30 am1200 pm.         Applying for Graduation         In-Person         TLC-112/Zox           Friday         02-22-24         11:30 am1200 pm.         Applying for Graduation         In-Person         TLC-112/Zox           Wednesday         03-06-24         11:30 am1200 pm.         Applying for Graduation         In-Person         TLC-112           Wednesday         03-06-24         11:30 am1200 pm.         Analygour Finals         In-Person         TLC-112           Thursday         04-25-24         11:00 pm200 pm.         Acing your Finals         In-Person         TLC-112/Zox           CAREER PLANNING & EXPLORATION           Wednesday         02-14-24         11:00 pm200 pm.         Career Planning Part It Know Yourself and Your Purpose         In-Person         TLC-112           Wednesday         03-18-24         11:30 am1230 pm.         Career Planning Part It Know Yourself and Your Purpose         In-Person         TLC-112           Wednesday         03-18-24				ACADEMIC SUCCESS						
Wednesday         02-14-24         230 pm-330 pm.         Metacognitive Skills: How to Study Smarter Not Harder         Hyflex         TLC-112/Zox           Wednesday         07-21-24         1130 am1230 pm.         Metacognitive Skills: How to Study Smarter Not Harder         Hyflex         TLC-112/Tox           Wednesday         02-21-24         230 pm330 pm.         Applying for Graduation         In-Person         TLC-112           Friday         02-28-24         230 pm330 pm.         Applying for Graduation         In-Person         TLC-112           Wednesday         03-06-24         1130 am1230 pm.         Managing Stress & Anxiety         In-Person         TLC-112           Thursday         04-25-24         150 pm200 pm.         Acing your Finals         In-Person         TLC-112           Thursday         05-02-24         150 pm200 pm.         Career Panning Part I: Know Yourself and Your Purpose         In-Person         TLC-112           Wednesday         02-14-24         150 pm200 pm.         Career Panning Part I: Know Yourself and Your Purpose         In-Person         TLC-112           Wednesday         03-30-24         1130 am1230 pm.         Career Panning Part I: Know Yourself and Your Purpose         In-Person         TLC-112           Wednesday         03-10-24         150 pm200 pm.         Career	DAY	DATE	TIME	TOPIC	MODALITY	LOCATION				
Wednesday         02-21-24         H130 am-1230 pm.         Metacognitive Soills How to Study Smarter Not Harder         Hyflex         TLC-112/Zox           Wednesday         02-71-24         230 pm330 pm.         Applying for Graduation         In-Person         TI C-112           Friday         02-23-24         1130 am100 pm.         Time-Goals and the Power of Routines         Hyflex         MD-157/Zox           Wednesday         03-06-24         1130 am1230 pm.         Applying for Graduation         In-Person         TLC-112           Thursday         04-25-24         100 pm200 pm.         Ading your Finals         In-Person         TLC-112           Thursday         05-02-24         1100 pm200 pm.         Ading your Finals         Hyflex         TLC-112/Zox           CAREER PLANNING & EXPLORATION           CAREER PLANNING & EXPLORATION           Wednesday         02-14-24         100 pm200 pm.         Career Planning Part & Know/Yourself and Your Purpose         In-Person         TLC-112           Wednesday         03-13-24         1130 am1230 pm.         Career Planning Part & Know/Yourself and Your Purpose         In-Person         TLC-112           Wednesday         04-10-24         100 pm200 pm.         Career Planning Part & Know/Yourself and Your Purpose         In-Person	Wednesday	02-14-24	11:30 a.m12:30 p.m.	Applying for Graduation	In-Person	TLC-112				
Wednesday         02-21-24         230 pm-330 pm         Applying for Graduation         In-Person         TI C-I 12           Friday         02-23-24         II:30 am -I:00 pm         Time Goals, and the Rower of Routines         Hyflex         MD-157/Zoo           Wednesday         02-28-24         230 pm -3:30 pm         Applying for Graduation         In-Person         TLC-I 12           Wednesday         03-06-24         III:30 am -I 2:30 pm         Ading your Finals         In-Person         TLC-I 12           Thursday         05-02-24         II:00 pm -2:00 pm         Ading your Finals         In-Person         TLC-I 12           CAREER PLANNING & EXPLORATION           Wednesday         02-14-24         II:00 pm -2:00 pm         Career Planning Part Is. Know Yourself and Your Purpose         In-Person         TLC-I 12           Wednesday         03-13-24         II:30 am -I 2:30 pm         Career Planning Part Is Know Yourself and Your Purpose         In-Person         TLC-I 12           Wednesday         03-20-24         II:30 am -I 2:30 pm         Career Planning Part Is Know Yourself and Your Purpose         In-Person         TLC-I 12           Wednesday         04-10-24         I:00 pm -2:00 pm         Career Planning Part Is Know Yourself and Your Purpose         In-Person         TLC-I 12           W	Wednesday	02-14-24	2:30 p.m3:30 p.m.	Metacognitive Skills: How to Study Smarter, Not Harder	HyFlex	TLC-112/Zoom				
Friday	Wednesday	02-21-24	11:30 a.m 12:30 p.m.	Metacognitive Skills: How to Study Smarter, Not Harder	HyFlex	TLC-112/Zoom				
Wednesday         02-28-24         230 pm330 pm.         Applying for Graduation         In-Person         TLC-112           Wednesday         03-06-24         II:30 am1230 pm.         Managing Stress & Anxiety         In-Person         TLC-112           Thursday         04-25-24         II:00 pm200 pm.         Acing your Finals         In-Person         TLC-112/Zoo           CAREER PLANNING & EXPLORATION           Wednesday         02-14-24         II:00 pm200 pm.         Career Planning Part I: Know Yourself and Your Purpose         In-Person         TLC-112           Wednesday         02-28-24         II:00 pm200 pm.         Career Planning Part I: Know Yourself and Your Purpose         In-Person         TLC-112           Wednesday         03-13-24         III:30 am12:30 pm.         Career Planning Part I: Know Yourself and Your Purpose         In-Person         TLC-112           Wednesday         03-10-24         II:00 pm200 pm.         Career Planning Part I: Know Yourself and Your Purpose         In-Person         TLC-112           Wednesday         04-10-24         II:00 pm200 pm.         Career Planning Part I: Know Yourself and Your Purpose         In-Person         TLC-112           Wednesday         04-10-24         II:00 pm200 pm.         Career Planning Part I: Know Yourself and Your Purpose         In-Person         TL	Wednesday	02-21-24	2:30 p.m3:30 p.m.	Applying for Graduation	In-Person	TLC-112				
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Thursday	Wednesday	02-28-24	2:30 p.m3:30 p.m.	Applying for Graduation	In-Person	TLC-112				
Thursday	Wednesday	03-06-24	11:30 a.m12:30 p.m.	Managing Stress & Anxiety	In-Person	TLC-112				
CAREER PLANNING & EXPLORATION	Thursday	04-25-24	1:00 p.m2:00 p.m.	Acing your Finals	In-Person	TLC-112				
Wednesday         02-14-24         I:00 pm2:00 pm.         Career Planning R*Mapping Out Your Education & Career Plan In-Person         TLC-I12           Wednesday         03-28-24         I:00 pm2:00 pm.         Career Planning It Mapping Out Your Education & Career Plan In-Person         TLC-I12           Wednesday         03-13-24         II:30 amI 2:30 pm.         Career Planning It Mapping Out Your Education & Career Plan In-Person         TLC-I12           Wednesday         04-10-24         II:00 pm2:00 pm.         Career Planning It Mapping Out Your Education & Career Plan In-Person         TLC-I12           Wednesday         04-10-24         II:00 pm2:00 pm.         Career Planning It Mapping Out Your Education & Career Plan In-Person         TLC-I12           Wednesday         04-10-24         II:00 pm2:00 pm.         Career Planning It Mapping Out Your Education & Career Plan In-Person         TLC-I12           Wednesday         04-10-24         II:00 pm2:00 pm.         Career Planning It Mapping Out Your Education & Career Plan In-Person         TLC-I12           Monday         03-18-24         II:00 pm2:00 pm.         Career Planning It Mapping Out Your Education & Career Plan In-Person         TLC-I12           FINANCIAL ITERACY           FINANCIAL ITERACY           FINANCIAL ITERACY           FINANCIAL ITERACY	Thursday	05-02-24	11:00 a.m12:00 p.m.	Acing your Finals	HyFlex	TLC-112/Zoom				
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FINANCIAL AID ASSISTANCE	Wednesday	04-10-24	1:00 p.m2:00 p.m.	Career Planning Part I: Know Yourself and Your Purpose	In-Person	TLC-112				
Monday         03-18-24         10:00 a.m12:00 p.m.         Financial Aid Application Assistance-Hands On         In-Person         TLC-112           Monday         04-01-24         200 p.m 4:00 p.m.         Financial Aid Application Assistance- Hands On         In-Person         TLC-112           FINANCIAL LITERACY           Tuesday         03-05-24         11:00 a.m12:00 p.m.         Building and Maintaining a Healthy Credit Profile for Long-term Financial Success (CCCU)         In-Person         TLC-112           Monday         03-11-24         12:00 p.m1:00 p.m.         Intro to Taxes (SDFLC)         Virtual         Zoom           Monday         03-11-24         2:00 p.m3:00 p.m.         Money Management & Financial Challenges Affecting Women (SDFLC)         In-Person         TLC-112           Monday         04-08-24         12:00 p.m1:00 p.m.         Dangers of Debt (SDFLC)         Virtual         Zoom           Tuesday         04-16-24         11:00 a.m12:00 p.m.         Financial Stressors and Mitigators (SDFLC)         Virtual         Zoom           Monday         04-22-24         12:00 p.m1:00 p.m.         Summer Time- Under the Sun or On The Clock? (SDFLC)         Virtual         Zoom           Tuesday         05-06-24         11:00 a.m12:00 p.m.         Managing Money When Your Income is Variable (CCCU)         In-Person	Wednesday	04-10-24	1:00 p.m2:00 p.m.	Career Planning II: Mapping Out Your Education & Career Plan	In-Person	TLC-112				
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Monday         03-11-24         200 p.m1:00 p.m.         Women (SDFLC)         In-Person         TLC-112           Monday         04-08-24         12:00 p.m1:00 p.m.         Dangers of Debt (SDFLC)         Virtual         Zoom           Tuesday         04-16-24         11:00 a.m12:00 p.m.         Financial Fitness (CCCU)         In-Person         TLC-112           Monday         04-22-24         12:00 p.m1:00 p.m.         Financial Stressors and Mitigators (SDFLC)         Virtual         Zoom           Monday         05-06-24         12:00 p.m1:00 p.m.         SummerTime- Under the Sun or On The Clock? (SDFLC)         Virtual         Zoom           Tuesday         05-07-24         11:00 a.m12:00 p.m.         Managing Money When Your Income is Variable (CCCU)         In-Person         TLC-112           TRANSFER SUCCESS           Thursday         02-22-24         10:00 a.m11:00 a.m.         Creating A Transfer Foundation: The Nuts and Bolts         HyFlex         TLC-112/Zoo           Tuesday         02-27-24         10:00 a.m11:00 a.m.         Transfer Center Services Overview         HyFlex         TLC-112/Zoo	Monday	03-11-24	12:00 p.m 1:00 p.m.	, , ,	Virtual	Zoom				
Tuesday 04-16-24 II:00 a.mI2:00 p.m. Financial Fitness (CCCU) In-Person TLC-II2  Monday 04-22-24 I2:00 p.mI:00 p.m. Financial Stressors and Mitigators (SDFLC) Virtual Zoom  Monday 05-06-24 I2:00 p.mI:00 p.m. SummerTime- Under the Sun or OnThe Clock? (SDFLC) Virtual Zoom  Tuesday 05-07-24 II:00 a.mI2:00 p.m. Managing Money When Your Income is Variable (CCCU) In-Person TLC-II2  TRANSFER SUCCESS  Thursday 02-22-24 I0:00 a.mII:00 a.m. Creating A Transfer Foundation: The Nuts and Bolts HyFlex TLC-II2/Zoo  Tuesday 02-27-24 I0:00 a.mII:00 a.m. Transfer Center Services Overview HyFlex TLC-II2/Zoo	Monday	03-11-24	2:00 p.m3:00 p.m.		In-Person	TLC-112				
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TRANSFER SUCCESS  Thursday 02-22-24 10:00 a.m 11:00 a.m. Creating A Transfer Foundation: The Nuts and Bolts HyFlex TLC-112/Zoc  Tuesday 02-27-24 10:00 a.m 11:00 a.m. Transfer Center Services Overview HyFlex TLC-112/Zoc	Monday	05-06-24	12:00 p.m 1:00 p.m.	SummerTime- Under the Sun or OnThe Clock? (SDFLC)	Virtual	Zoom				
Thursday 02-22-24 10:00 a.m11:00 a.m. Creating A Transfer Foundation: The Nuts and Bolts HyFlex TLC-112/Zoc Tuesday 02-27-24 10:00 a.m11:00 a.m. Transfer Center Services Overview HyFlex TLC-112/Zoc	Tuesday	05-07-24	11:00 a.m 12:00 p.m.	Managing Money When Your Income is Variable (CCCU)	In-Person	TLC-112				
Tuesday 02-27-24 10:00 a.m 11:00 a.m. Transfer Center Services Overview HyFlex TLC-112/Zoc				TRANSFER SUCCESS						
	Thursday	02-22-24	10:00 a.m 11:00 a.m.	Creating A Transfer Foundation: The Nuts and Bolts	HyFlex	TLC-112/Zoom				
Tuesday 03-05-24 1:00 p.m2:00 p.m. Transfer Center Services Overview HyFlex TLC-112/Zoo	Tuesday	02-27-24	10:00 a.m 11:00 a.m.	Transfer Center Services Overview	HyFlex	TLC-112/Zoom				
, , , , , , , , , , , , , , , , , , , ,	Tuesday	03-05-24	1:00 p.m2:00 p.m.	Transfer Center Services Overview	HyFlex	TLC-112/Zoom				
Thursday 03-14-24 10:00 a.m11:00 a.m. Transfer Strategies & Planning HyFlex TLC-112/Zoo	Thursday	03-14-24	10:00 a.m 11:00 a.m.	Transfer Strategies & Planning	HyFlex	TLC-112/Zoom				
Thursday 04-04-24 I:00 p.m2:00 p.m. Creating A Transfer Foundation: The Nuts and Bolts HyFlex TLC-II2/Zoo	Thursday	04-04-24	1:00 p.m2:00 p.m.	Creating A Transfer Foundation: The Nuts and Bolts	HyFlex	TLC-112/Zoom				
Tuesday 04-16-24 2:00 p.m3:00 p.m. Transfer Center Services Overview HyFlex TLC-112/Zoc	Tuesday	04-16-24	2:00 p.m3:00 p.m.	Transfer Center Services Overview	HyFlex	TLC-112/Zoom				
Tuesday 04-23-24 10:00 a.m I I:00 a.m. Transfer Center Services Overview HyFlex TLC-I I 2/Zoo	Tuesday	04-23-24	10:00 a.m 1 1:00 a.m.	Transfer Center Services Overview	HyFlex	TLC-112/Zoom				
Thursday 05-02-24 I:00 p.m2:00 p.m. Transfer Strategies & Planning HyFlex TLC-I I 2/Zoo	Thursday	05-02-24	1:00 p.m2:00 p.m.	Transfer Strategies & Planning	HyFlex	TLC-112/Zoom				

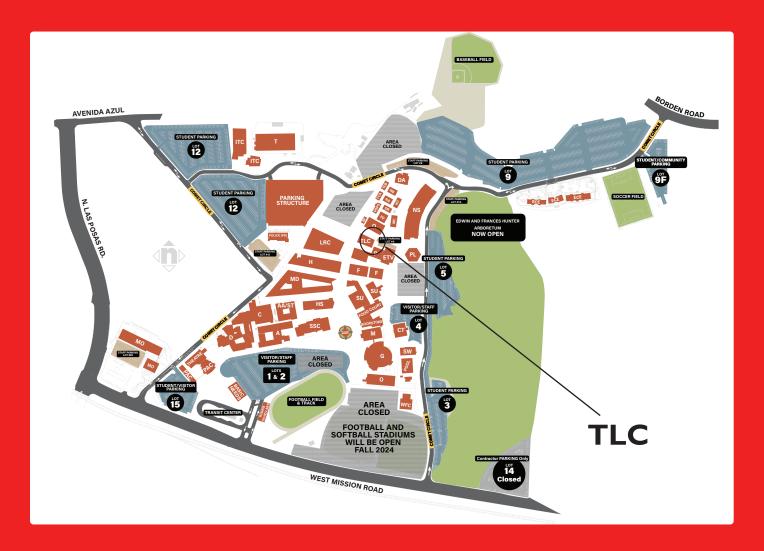
STUDENT SUPPORT AND SERVICES									
DAY	DATE	TIME	TOPIC	MODALITY	LOCATION				
Thursday	02-29-24	11:00 a.m12:00 p.m.	HELS: Overview of Services/Know Your Rights	HyFlex	TLC-112/Zoom				
Tuesday	03-12-24	12:00 p.m 1:00 p.m.	Student Life & Leadership: How to Get Involved On Campus	HyFlex	TLC-112/Zoom				
Tuesday	04-02-24	10:00 a.m 1 1:00 a.m.	HELS: Overview of Services/Immigration Services for Victims of Crime	HyFlex	TLC-112/Zoom				
Wednesday	05-01-24	12:00 p.m 1:00 p.m.	HELS: Mental Health Awareness Month (In Person)	In-Person	TLC-112				
		_	HEALTH AND WELLNESS						
Wednesday	02-21-24	1:00 p.m1:30 p.m.	Narcan Administration Training	In-Person	NB-I				
Thursday	02-22-24	1:30 p.m2:30 p.m.	Art Therapy: Unity Mural	In-Person	TLC-112				
Thursday	02-29-24	3:00 p.m4:00 p.m.	Health Services & Wellness Tips for Student Success	HyFlex	NB-1/Zoom				
Wednesday	03-06-24	2:00 p.m3:00 p.m.	Mindfulness, Meditation & Relaxation (SWAG)	HyFlex	NB-1/Zoom				
Monday	03-11-24	10:00 a.m11:00 a.m.	Coping with Anxiety	HyFlex	TLC-112/Zoom				
Tuesday	03-12-24	10:30 a.m 11:30 a.m.	Art Therapy: Empowerment Bracelets	In-Person	TLC-112				
Tuesday	03-12-24	3:00 p.m4:00 p.m.	Understanding Depression & Suicide (SWAG)	HyFlex	NB-1/Zoom				
Wednesday	03-13-24	1:00 p.m2:00 p.m.	Antibiotics for a Cold? (SHC)	HyFlex	NB-1/Zoom				
Friday	03-15-24	11:30 a.m1:00 p.m.	Emotional Understanding and Regulation	HyFlex	MD-157/Zoom				
Tuesday	03-19-24	2:00 p.m3:00 p.m.	Coping with Depression	HyFlex	TLC-112/Zoom				
Wednesday	03-20-24	1:00 p.m 1:30 p.m.	Narcan Administration Training	In-Person	NB-I				
Wednesday	03-20-24	3:00 p.m4:00 p.m.	Stress Management (SWAG)	HyFlex	NB-1/Zoom				
Tuesday	04-02-24	2:00 p.m3:00 p.m.	How to Feel Connected On Campus	HyFlex	TLC-112/Zoom				
Monday	04-08-24	2:00 p.m3:00 p.m.	Anxiety vs. Panic Attacks	HyFlex	TLC-112/Zoom				
Tuesday	04-09-24	12:30 p.m1:30 p.m.	Vision Boards for Success	In-Person	SU-I				
Tuesday	04-09-24	2:00 p.m3:00 p.m.	Healthy Relationships (SWAG)	HyFlex	NB-1/Zoom				
Friday	04-12-24	11:30 a.m1:00 p.m.	Value-Based Motivation: Find Yours and Get Some	HyFlex	MD-157/Zoom				
Monday	04-15-24	2:00 p.m3:00 p.m.	Grief and Loss	HyFlex	TLC-112/Zoom				
Wednesday	04-17-24	1:00 p.m 1:30 p.m.	Narcan Administration Training	In-Person	NB-1				
Wednesday	04-17-24	3:00 p.m4:00 p.m.	STI Awareness Month (SHC)	HyFlex	NB-1/Zoom				
Wednesday	04-24-24	3:00 p.m4:00 p.m.	Mindfulness Through Vision Boards (SWAG)	In-Person	NB-I				
Monday	04-30-24	2:00 p.m3:00 p.m.	Self Compassion	HyFlex	TLC-112/Zoom				
Friday	05-03-24	11:30 a.m1:00 p.m.	Money Psychology: How To Live Your Rich Life	HyFlex	MD-157/Zoom				
Monday	05-06-24	2:00 p.m3:00 p.m.	Self Care and Burnout	HyFlex	TLC-112/Zoom				
Tuesday	05-07-24	3:00 p.m4:00 p.m.	Stress Management (SWAG)	HyFlex	NB-1/Zoom				
Wednesday	05-08-24	1:00 p.m 1:30 p.m.	Narcan Administration Training	In-Person	NB-I				
Thursday	05-09-24	3:00 p.m4:00 p.m.	Narrative Wellness	HyFlex	NB-1/Zoom				
Tuesday	05-14-24	2:00 p.m3:00 p.m.	Stress Management	HyFlex	TLC-112/Zoom				

To register for a Skillshop or to view workshop descriptions, **visit www.palomar.edu/skillshops** or scan QR code. Skillshop offerings and dates subject to change. Visit our website for up-to-date Skillshop information.



## PALOMAR COLLEGE

1140 West Mission Road, San Marcos, CA 92069-1487



The Teaching and Learning Center - San Marcos (TLC-SM) would like to thank all our campus and community partners for helping us with these Skillshops!

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- Student Life and Leadership
- Student Wellness & Advocacy Group (SWAG)
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