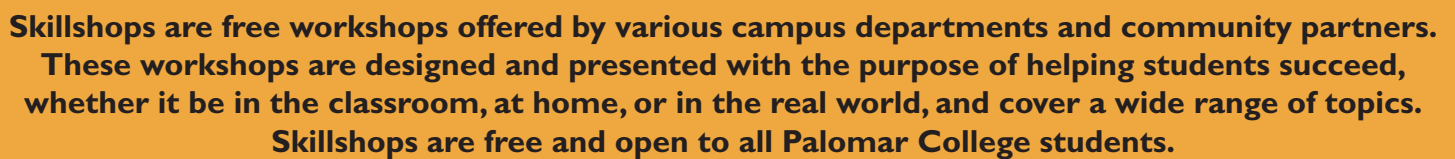


Skillshops

For Student Success



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.



ACADEMIC SUCCESS					
DAY	DATE	TIME	TOPIC	MODALITY	LOCATION
Wednesday	02-14-24	11:30 a.m. -12:30 p.m.	Applying for Graduation	In-Person	TLC-112
Wednesday	02-14-24	2:30 p.m. -3:30 p.m.	Metacognitive Skills: How to Study Smarter; Not Harder	HyFlex	TLC-112/Zoom
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	02-21-24	2:30 p.m. -3:30 p.m.	Applying for Graduation	In-Person	TLC-112
Friday	02-23-24	11:30 a.m. -1:00 p.m.	Time: Goals, and the Power of Routines	HyFlex	MD-157/Zoom
Wednesday	02-28-24	2:30 p.m. -3:30 p.m.	Applying for Graduation	In-Person	TLC-112
Wednesday	03-06-24	11:30 a.m. -12:30 p.m.	Managing Stress & Anxiety	In-Person	TLC-112
Thursday	04-25-24	1:00 p.m. -2:00 p.m.	Acing your Finals	In-Person	TLC-112
Thursday	05-02-24	11:00 a.m. -12:00 p.m.	Acing your Finals	HyFlex	TLC-112/Zoom
CAREER PLANNING & EXPLORATION					
Wednesday	02-14-24	1:00 p.m. -2:00 p.m.	Career Planning Part I: Know Yourself and Your Purpose	In-Person	TLC-112
Wednesday	02-28-24	1:00 p.m. -2:00 p.m.	Career Planning II: Mapping Out Your Education & Career Plan	In-Person	TLC-112
Wednesday	03-13-24	11:30 a.m. -12:30 p.m.	Career Planning Part I: Know Yourself and Your Purpose	In-Person	TLC-112
Wednesday	03-20-24	11:30 a.m. -12:30 p.m.	Career Planning II: Mapping Out Your Education & Career Plan	In-Person	TLC-112
Wednesday	04-10-24	1:00 p.m. -2:00 p.m.	Career Planning Part I: Know Yourself and Your Purpose	In-Person	TLC-112
Wednesday	04-10-24	1:00 p.m. -2:00 p.m.	Career Planning II: Mapping Out Your Education & Career Plan	In-Person	TLC-112
FINANCIAL AID ASSISTANCE					
Monday	03-18-24	10:00 a.m. -12:00 p.m.	Financial Aid Application Assistance-Hands On	In-Person	TLC-112
Monday	04-01-24	2:00 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.m. -12:00 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.m. -1:00 p.m.	Intro to Taxes (SDFLC)	Virtual	Zoom
Monday	03-11-24	2:00 p.m. -3:00 p.m.	Money Management & Financial Challenges Affecting Women (SDFLC)	In-Person	TLC-112
Monday	04-08-24	12:00 p.m. -1:00 p.m.	Dangers of Debt (SDFLC)	Virtual	Zoom
Tuesday	04-16-24	11:00 a.m. -12:00 p.m.	Financial Fitness (CCCU)	In-Person	TLC-112
Monday	04-22-24	12:00 p.m. -1:00 p.m.	Financial Stressors and Mitigators (SDFLC)	Virtual	Zoom
Monday	05-06-24	12:00 p.m. -1:00 p.m.	SummerTime- Under the Sun or On The Clock? (SDFLC)	Virtual	Zoom
Tuesday	05-07-24	11:00 a.m. -12:00 p.m.	Managing Money When Your Income is Variable (CCCU)	In-Person	TLC-112
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	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.m. -2:00 p.m.	Transfer Center Services Overview	HyFlex	TLC-112/Zoom
Thursday	03-14-24	10:00 a.m. -11:00 a.m.	Transfer Strategies & Planning	HyFlex	TLC-112/Zoom
Thursday	04-04-24	1:00 p.m. -2:00 p.m.	Creating A Transfer Foundation:The Nuts and Bolts	HyFlex	TLC-112/Zoom
Tuesday	04-16-24	2:00 p.m. -3:00 p.m.	Transfer Center Services Overview	HyFlex	TLC-112/Zoom
Tuesday	04-23-24	10:00 a.m. -11:00 a.m.	Transfer Center Services Overview	HyFlex	TLC-112/Zoom
Thursday	05-02-24	1:00 p.m. -2:00 p.m.	Transfer Strategies & Planning	HyFlex	TLC-112/Zoom

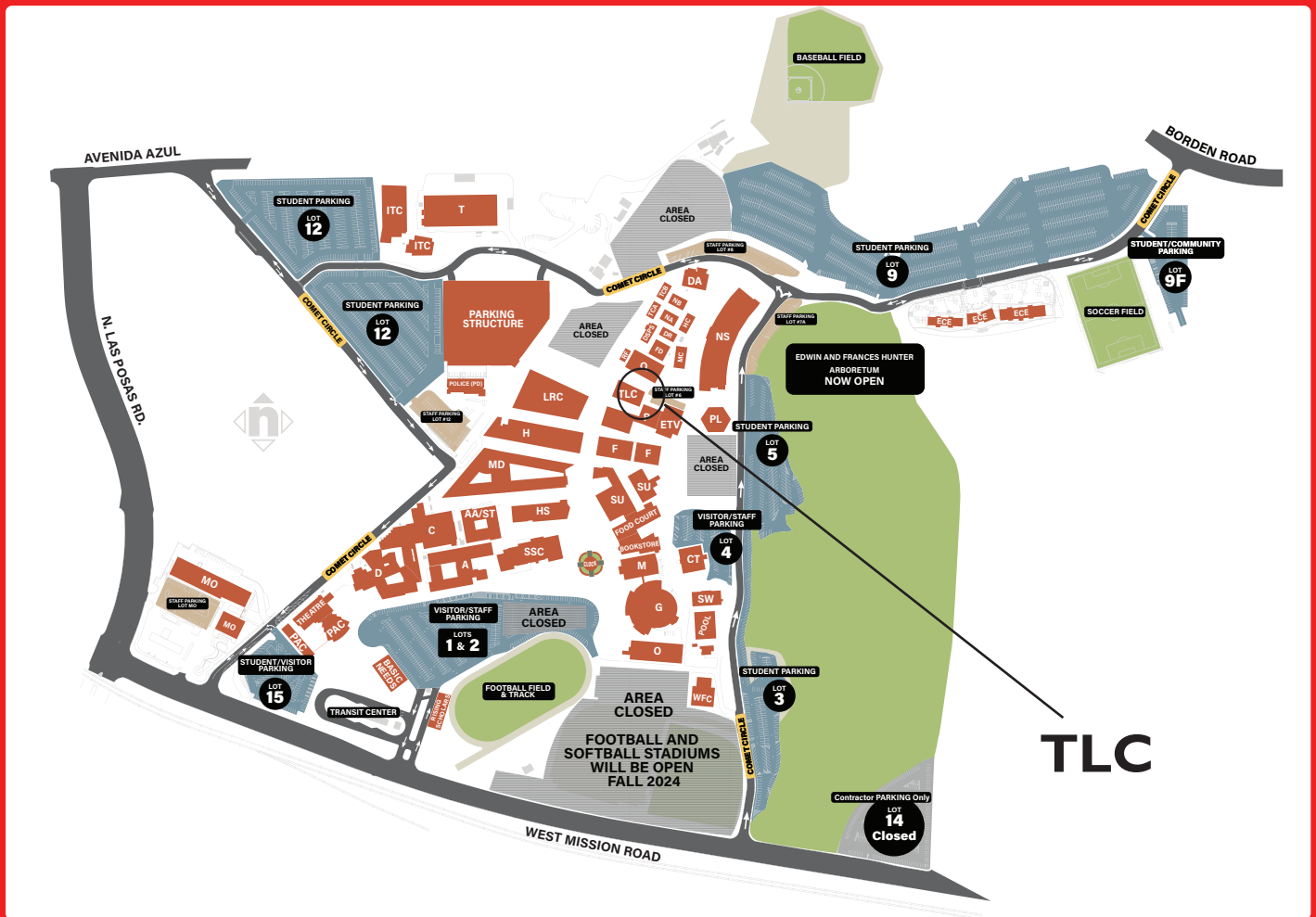
STUDENT SUPPORT AND SERVICES					
DAY	DATE	TIME	TOPIC	MODALITY	LOCATION
Thursday	02-29-24	11:00 a.m. -12:00 p.m.	HELS: Overview of Services/Know Your Rights	HyFlex	TLC-112/Zoom
Tuesday	03-12-24	12:00 p.m. -1:00 p.m.	Student Life & Leadership: How to Get Involved On Campus	HyFlex	TLC-112/Zoom
Tuesday	04-02-24	10:00 a.m. -11:00 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.m. -1:30 p.m.	Narcan Administration Training	In-Person	NB-1
Thursday	02-22-24	1:30 p.m. -2:30 p.m.	Art Therapy: Unity Mural	In-Person	TLC-112
Thursday	02-29-24	3:00 p.m. -4:00 p.m.	Health Services & Wellness Tips for Student Success	HyFlex	NB-1/Zoom
Wednesday	03-06-24	2:00 p.m. -3:00 p.m.	Mindfulness, Meditation & Relaxation (SWAG)	HyFlex	NB-1/Zoom
Monday	03-11-24	10:00 a.m. -11:00 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.m. -4:00 p.m.	Understanding Depression & Suicide (SWAG)	HyFlex	NB-1/Zoom
Wednesday	03-13-24	1:00 p.m. -2:00 p.m.	Antibiotics for a Cold? (SHC)	HyFlex	NB-1/Zoom
Friday	03-15-24	11:30 a.m. -1:00 p.m.	Emotional Understanding and Regulation	HyFlex	MD-157/Zoom
Tuesday	03-19-24	2:00 p.m. -3:00 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-1
Wednesday	03-20-24	3:00 p.m. -4:00 p.m.	Stress Management (SWAG)	HyFlex	NB-1/Zoom
Tuesday	04-02-24	2:00 p.m. -3:00 p.m.	How to Feel Connected On Campus	HyFlex	TLC-112/Zoom
Monday	04-08-24	2:00 p.m. -3:00 p.m.	Anxiety vs. Panic Attacks	HyFlex	TLC-112/Zoom
Tuesday	04-09-24	12:30 p.m. -1:30 p.m.	Vision Boards for Success	In-Person	SU-1
Tuesday	04-09-24	2:00 p.m. -3:00 p.m.	Healthy Relationships (SWAG)	HyFlex	NB-1/Zoom
Friday	04-12-24	11:30 a.m. -1:00 p.m.	Value-Based Motivation: Find Yours and Get Some	HyFlex	MD-157/Zoom
Monday	04-15-24	2:00 p.m. -3:00 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.m. -4:00 p.m.	STI Awareness Month (SHC)	HyFlex	NB-1/Zoom
Wednesday	04-24-24	3:00 p.m. -4:00 p.m.	Mindfulness Through Vision Boards (SWAG)	In-Person	NB-1
Monday	04-30-24	2:00 p.m. -3:00 p.m.	Self Compassion	HyFlex	TLC-112/Zoom
Friday	05-03-24	11:30 a.m. -1:00 p.m.	Money Psychology: How To Live Your Rich Life	HyFlex	MD-157/Zoom
Monday	05-06-24	2:00 p.m. -3:00 p.m.	Self Care and Burnout	HyFlex	TLC-112/Zoom
Tuesday	05-07-24	3:00 p.m. -4:00 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-1
Thursday	05-09-24	3:00 p.m. -4:00 p.m.	Narrative Wellness	HyFlex	NB-1/Zoom
Tuesday	05-14-24	2:00 p.m. -3:00 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 Skillsshops!

- Behavioral Health Counseling Services
- Cal Coast Credit Union
- Cariño Dream Village
- Career Center
- Counseling Services Department
- Financial Aid Office
- Higher Education Legal Services
- Palomar Promise Program
- Psychology Club
- Student Health Center/ Health Promotions Team
- San Diego Financial Literacy Center (SDFLC)
- Student Life and Leadership
- Student Wellness & Advocacy Group (SWAG)
- Transfer Center

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