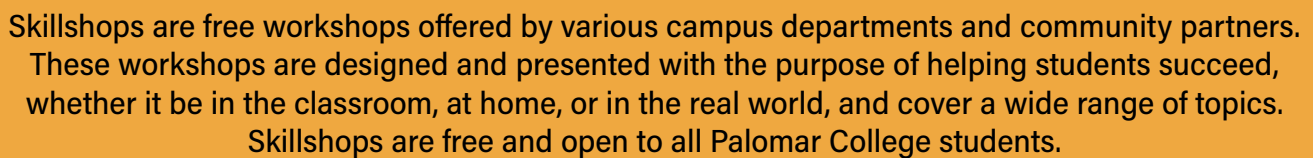
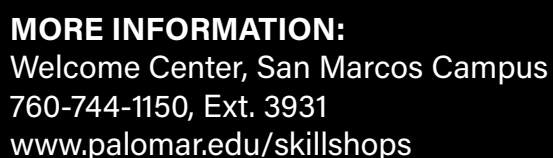


Skillshops

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.



Skillshops

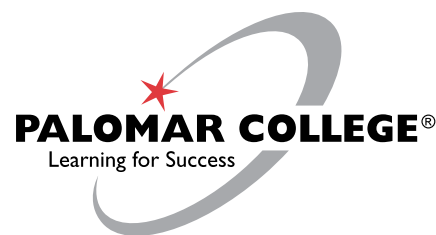
For Student Success

DAY	DATE	TIME	TOPIC	MODALITY	LOCATION
ACADEMIC SUCCESS					
Tuesday	09-23-25	11:00 a.m. - 12:00 p.m.	Study Strategies	HyFlex	Welcome Center/Zoom
Monday	09-29-25	11:30 a.m. - 12:00 p.m.	Introduction to the Library Services & Resources	HyFlex	Welcome Center/Zoom
Tuesday	09-30-25	11:00 a.m. - 12:00 p.m.	Study Skills in Math and Sciences	HyFlex	Welcome Center/Zoom
Monday	10-06-25	12:00 p.m. - 12:30 p.m.	Changing your Major	HyFlex	Welcome Center/Zoom
Monday	10-13-25	11:30 a.m. - 12:00 p.m.	Selecting and Citing Websites	HyFlex	Welcome Center/Zoom
Thursday	10-16-25	11:00 a.m. - 12:00 p.m.	Overcoming Math Anxiety	HyFlex	Welcome Center/Zoom
Monday	10-20-25	11:30 a.m. - 12:00 p.m.	Citations and Avoiding Plagiarism	HyFlex	Welcome Center/Zoom
Tuesday	10-21-25	11:00 a.m. - 12:00 p.m.	Scholarship Tips	HyFlex	Welcome Center/Zoom
Wednesday	10-22-25	11:00 a.m. - 12:00 p.m.	MLA: The Essentials	HyFlex	LRC-208/Zoom
Tuesday	10-28-25	3:00 p.m. - 4:00 p.m.	Study Skills for Success	HyFlex	Welcome Center/Zoom
Thursday	10-30-25	2:00 p.m. - 3:00 p.m.	The Ins and Outs of MLA	HyFlex	Rancho Bernardo TLC (SEC-416)/Zoom
Thursday	11-13-25	2:00 p.m. - 3:00 p.m.	Preparing for Finals	HyFlex	Welcome Center/Zoom
Tuesday	11-18-25	10:00 a.m. - 11:00 a.m.	Passion Planner as a LIFE Tool	HyFlex	Welcome Center/Zoom
Tuesday	11-18-25	12:00 p.m. - 1:00 p.m.	Preparing for Finals in Math and Science	HyFlex	Welcome Center/Zoom
FINANCIAL LITERACY					
Tuesday	10-14-25	2:00 p.m. - 3:00 p.m.	Car Buying	Virtual	Zoom
Thursday	10-16-25	3:00 p.m. - 4:00 p.m.	Manejando Tu Dinero: Una Perspectiva Latina	Virtual	Zoom
Thursday	10-23-25	11:00 a.m. - 12:00 p.m.	Managing Your Money: A Latino Perspective	HyFlex	Welcome Center/Zoom
Tuesday	11-04-25	2:00 p.m. - 3:00 p.m.	Budgeting 101	Virtual	Zoom
Thursday	11-20-25	11:00 a.m. - 12:00 p.m.	Emotional Spending and Reducing Expenses	Virtual	Zoom
Tuesday	12-02-25	2:00 p.m. - 3:00 p.m.	Credit and Credit Scores	HyFlex	Welcome Center/Zoom
Thursday	12-04-25	11:00 a.m. - 12:00 p.m.	Savvy Savings: A Smarter Way to Secure Your Future	Virtual	Zoom
HEALTH & WELLNESS					
Tuesday	09-30-25	2:00 p.m. - 3:00 p.m.	Mindfulness, Meditation & Relaxation (Active Minds)	HyFlex	Welcome Center/Zoom
Monday	10-13-25	3:00 p.m. - 4:00 p.m.	Roots and Resiliency (BHCS)	HyFlex	Welcome Center/Zoom
Tuesday	10-14-25	12:00 p.m. - 12:30 p.m.	Narcan Administration Training	HyFlex	Welcome Center/Zoom
Thursday	10-16-25	1:00 p.m. - 2:00 p.m.	Healthy Relationships (Active Minds)	HyFlex	Welcome Center/Zoom
Monday	10-20-25	10:00 a.m. - 11:00 a.m.	Values-Based Motivation	HyFlex	Welcome Center/Zoom
Tuesday	10-21-25	2:00 p.m. - 3:00 p.m.	Stress Management (Active Minds)	HyFlex	Welcome Center/Zoom
Thursday	10-23-25	1:00 p.m. - 2:00 p.m.	Connecting Through Beads (BHCS)	HyFlex	Welcome Center/Zoom
Wednesday	10-29-25	11:00 a.m. - 11:30 a.m.	Narcan Administration Training	HyFlex	South Education Center (SEC-224)
Thursday	10-30-25	10:00 a.m. - 11:00 a.m.	De-Stress Strategies	HyFlex	Welcome Center/Zoom
Thursday	11-06-25	2:00 p.m. - 3:00 p.m.	Healthy Sleep (Active Minds)	HyFlex	Welcome Center/Zoom
Monday	11-17-25	11:00 a.m. - 12:00 p.m.	Money Psychology	HyFlex	Welcome Center/Zoom
Thursday	11-20-25	1:30 p.m. - 2:30 p.m.	Building Self Compassion and Gratitude	HyFlex	Welcome Center/Zoom
Monday	12-01-25	1:00 p.m. - 12:00 p.m.	Techniques for Emotional Regulation	HyFlex	Welcome Center/Zoom
Wednesday	12-03-25	2:00 p.m. - 2:30 p.m.	Narcan Administration Training	HyFlex	Welcome Center/Zoom
Thursday	12-04-25	1:00 p.m. - 2:00 p.m.	Mindfulness through Vision Boards (Active Minds)	In-Person	Welcome Center



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.



DAY	DATE	TIME	TOPIC	MODALITY	LOCATION
STUDENT LIFE AND LEADERSHIP					
Thursday	09-11-25	12:00 p.m. - 1:00 p.m.	Your College Era: Clubs, Connections & Student Life	HyFlex	Welcome Center/Zoom
Monday	11-20-25	1:00 p.m. - 2:00 p.m.	Your Voice, your Vote: Why your Vote matters (League of Women Voters)	HyFlex	Welcome Center/Zoom
Wednesday	11-12-25	2:00 p.m. - 3:00 p.m.	Thriving at Palomar: Discover Free Resources for Food, Housing, and more	HyFlex	Welcome Center/Zoom
Thursday	11-13-25	12:00 p.m. - 1:00 p.m.	Your College Era: Clubs, Connections & Student Life	HyFlex	Welcome Center/Zoom
TRANSFER SUCCESS					
Wednesday	09-10-25	10:00 a.m. - 11:00 a.m.	Transfer Center Services Overview	HyFlex	Welcome Center/Zoom
Thursday	09-25-25	3:00 p.m. - 4:00 p.m.	Creating a Transfer Foundation: The Nuts & Bolts	HyFlex	Welcome Center/Zoom
Wednesday	10-15-25	10:00 a.m. - 11:00 a.m.	Transfer Center Services Overview	HyFlex	Welcome Center/Zoom
Thursday	10-23-25	3:00 p.m. - 4:00 p.m.	Transfer Strategies & Planning	HyFlex	Welcome Center/Zoom
Tuesday	11-04-25	10:00 a.m. - 11:00 a.m.	Transfer Center Services Overview	HyFlex	Welcome Center/Zoom
Thursday	11-20-25	3:00 p.m. - 4:00 p.m.	Creating a Transfer Foundation: The Nuts & Bolts	HyFlex	Welcome Center/Zoom
Tuesday	12-02-25	10:00 a.m. - 11:00 a.m.	Transfer Center Services Overview	HyFlex	Welcome Center/Zoom
Thursday	12-04-25	3:00 p.m. - 4:00 p.m.	Transfer Strategies & Planning	HyFlex	Welcome Center/Zoom
CAREER PLANNING & DEVELOPMENT					
Wednesday	10-08-25	12:30 p.m. - 1:30 p.m.	Resumania Workshop	In-Person	Comet Career Center, MC-1
Thursday	10-09-25	12:30 p.m. - 1:30 p.m.	Resumania Workshop	In-Person	Comet Career Center, MC-1
Wednesday	10-15-25	12:30 p.m. - 1:30 p.m.	Learning About Careers	In-Person	Comet Career Center, MC-1
Thursday	10-16-25	12:30 p.m. - 1:30 p.m.	Learning About Careers	In-Person	Comet Career Center, MC-1
Wednesday	10-22-25	12:30 p.m. - 1:30 p.m.	How to Prepare for a Career Fair & Developing your Elevator Pitch	In-Person	Comet Career Center, MC-1
Ready to grow your career skills? Check out the lineup of career planning and development workshops! Simply scan the QR code or visit the Career Services webpage www.palomar.edu/careercenter to learn more.					



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- Active Minds Club
- Behavioral Health Counseling Services
- Cal Coast Credit Union
- Cariño Dream Village
- Career Center
- Cooperative Education
- Counseling Services Department
- Dreamer Success Program
- Financial Aid Office
- Higher Education Legal Services
- Hispanic Wealth Project
- Palomar College Library
- Palomar Promise Program
- PSYCH CLUB/PSI BETA
- Reading & Writing Center
- Student Health Center/
Health Promotions Team
- San Diego Financial Literacy Center (SDFLC)
- STAR Tutoring
- Student Life and Leadership
- Student Wellness & Advocacy Group (SWAG)
- Teaching & Learning Center, Escondido
- Teaching & Learning Center, Rancho Bernardo
- Transfer Center

Visit Student Lingo to get 24/7 access to interactive student success workshops on a variety of topics. www.studentlingo.com/palomar



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