



PALOMAR PROMISE



OCTOBER 2021 SKILLSHOPS*

**All Skillshops will be available via Zoom*

Skillshop Updates: <https://bit.ly/PCSkillshops>

MON

TUE

WED

THU

FRI

10/04/21

10/05/21

10/06/21

10/07/21

10/08/21

Dealing with Debt (CalCoast)
11am-12pm

TRIO Student Support Services Program
1pm-2pm

Mindfulness, Meditation and Relaxation (SWAG)
3pm-4pm

WEEK 7

10/11/21

10/12/21

10/13/21

10/14/21

10/15/21

Car buying (SDFLC)
1pm-2pm

Employment Resumes
11am-1pm
&
5:30pm-7:30pm

Note Taking Strategies
12:45pm-1:45pm

WEEK 8

10/18/21

10/19/21

10/20/21

10/21/21

10/22/21

Healthy Relationships (SWAG)
2pm-3pm

Breast Cancer Awareness
3pm-4pm

Interviewing Skills
11am-1pm
&
5:30pm-7:30pm

Transfer Strategies and Planning
3pm-4pm

WEEK 9

10/25/21

10/26/21

10/27/21

10/28/21

10/29/21

Understanding Credit Reports and Scores (SDFLC)
1pm-2pm

Stress Management (SWAG)
3pm-4pm

Graphic Organizers
4pm-5pm

Introduction to Higher Education Legal Services (HELs)
1pm-2:30pm

WEEK 10