

# Skillshops

FALL 2021

FOR STUDENT SUCCESS

## What are Skillshops?

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

5

## *Reasons you should attend a Skillshop*

1. **They are free.**
2. **You can 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.**
5. **They are taught by instructors, counselors and experts.**

### Contact Information

Phone: 760-744-1150, ext. 3931

Email: [sanmarcostlc@palomar.edu](mailto:sanmarcostlc@palomar.edu)

For more information and to register, visit: <https://bit.ly/PCSkillshops>



## Register Today!

All Skillshops will be held via Zoom, and registration will be required.

Visit [bit.ly/PCSkillshops](https://bit.ly/PCSkillshops) to browse the Skillshop Event Calendar. Click on the registration link for the workshop you want to attend, and complete and submit the form. Please include your Palomar student email when completing the form. You will receive a confirmation email with the Zoom meeting ID and passcode to join.


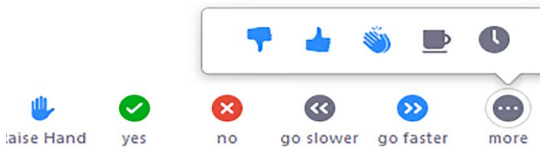
You can join a virtual Skillshop via Zoom in several ways:

1. Go to <https://zoom.us/> and click “Join a Meeting”
2. Download the Zoom desktop app, open the App, click on “Join a Meeting”
3. Download the Zoom mobile app, open the app, click on “Join a Meeting”
4. Prior to joining the virtual Skillshop, please first sign in to your own Zoom account! This ensures you are authenticated and we can track attendance.


For additional resources using Zoom, click [here](#).

## Skillshop Virtual Tips- When Joining the Zoom session


- ★ Prepare your technology in advance
- ★ Be on time. We suggest logging into Zoom at least 5 minutes prior to the start of the session.


Raise your hand to request to be unmuted and speak to the group, or use nonverbal feedback buttons to respond to questions.



Stay **MUTED** when not purposefully speaking to the group



Use the **CHAT** to connect!  
**\*\*Feel free to use the chat feature to ask questions**



Start Video to allow others to see you!  
**Note:** if there are wifi challenges it is helpful to Stop Video.

## Can't attend a live virtual Skillshop?



### StudentLingo®

On Demand  
Student Success Workshops

Help When **YOU** Need It

Visit StudentLingo to get 24/7 access to interactive pre-recorded student success workshops on a variety of topics.

<https://www.studentlingo.com/palomar>

\*Promise students click [here](#) to view how to receive Skillshop credit.

All Skillshops for Fall 2021 will be offered virtually via Zoom. Registration is required.

**REGISTER FOR THESE SKILLSHOPS BY VISITING:** [bit.ly/PCSkillshops](https://bit.ly/PCSkillshops)

### Academic Success

DATE	TIME	SKILLSHOP TITLE
Wednesday, September 29	1:00 p.m. - 2:30 p.m.	Managing Stress and Test Anxiety
Thursday, September 30	9:00 a.m. -10:00 a.m.	Save Time and Money at the Library
Wednesday, October 13	12:45 p.m. -1:45 p.m.	Note Taking Strategies
Wednesday, October 27	4:00 p.m. -5:00 p.m.	Graphic Organizers
Tuesday, November 30	2:00 p.m. -3:00 p.m.	Test Preparation
Wednesday, December 8	12:45 p.m. -1:45 p.m.	Test Preparation
Friday, December 10	10:00 a.m. -11:00 a.m.	Test Preparation

In collaboration with Counseling Services, Palomar Library and Palomar Promise.

### Career Exploration and Planning

DATE	TIME	SKILLSHOP TITLE
Tuesday, October 12	11:00 a.m. -1:00 p.m.	Employment Resumes
Tuesday, October 12	5:30 p.m. -7:30 p.m.	Employment Resumes
Thursday, October 21	11:00 a.m. -1:00 p.m.	Interviewing Skills
Thursday, October 21	5:30 p.m. - 7:30 p.m.	Interviewing Skills
Wednesday, November 10	2:00 p.m. -3:00 p.m.	Boost Your Job and Internship Search with Handshake
Wednesday, November 17	5:00 p.m. -6:00 p.m.	Boost Your Job and Internship Search with Handshake
Thursday, November 18	10:00 a.m. -11:00 a.m.	Boost Your Job and Internship Search with Handshake
Tuesday, November 30	10:00 am-11:00 a.m.	Boost Your Job and Internship Search with Handshake
Wednesday, December 1	11:00 a.m. -12:00 p.m.	Boost Your Job and Internship Search with Handshake
Friday, December 3	12:00 p.m. -1:00 p.m.	Boost Your Job and Internship Search with Handshake

In collaboration with the Palomar College Cooperative Education and Workforce Development

### Financial Literacy

DATE	TIME	SKILLSHOP TITLE
Wednesday, September 15	11:00 a.m. -12:00 p.m.	All About Credit (CalCoast)
Monday, September 20	1:00 p.m. -2:00 p.m.	Establishing Financial Goals (SDFLC)
Wednesday, September 29	11:00 a.m. -12:00 p.m.	Paying for College (CalCoast)
Wednesday, October 6	11:00 a.m. -12:00 p.m.	Dealing with Debt (CalCoast)
Monday, October 11	1:00 p.m. -2:00 p.m.	Car Buying (SDFLC)
Monday, October 25	1:00 p.m. -2:00 p.m.	Understanding Credit Reports and Scores (SDFLC)
Wednesday, November 3	11:00 a.m. -12:00 p.m.	360 Degrees of Auto Buying (CalCoast)
Monday, November 15	1:00 p.m. -2:00 p.m.	Creating a Spending Plan- Budgeting (SDFLC)

In collaboration with California Coast Credit Union and San Diego Financial Literacy Center (SDFLC).

All Skillshops for Fall 2021 will be offered virtually via Zoom. Registration is required.

**REGISTER FOR THESE SKILLSHOPS BY VISITING:** [bit.ly/PCSkillshops](https://bit.ly/PCSkillshops)

### Student Life and Leadership

DATE	TIME	SKILLSHOP TITLE
Wednesday, September 29	9:00 a.m. -10:00 a.m.	Student Life and Leadership Overview of Services
In collaboration with Palomar College Student Life & Leadership.		

### Health and Wellness

DATE	TIME	SKILLSHOP TITLE
Tuesday, September 14	1:00 p.m. -2:00 p.m.	How to Prepare for a Healthy Semester (SHC)
Thursday, September 16	1:00 p.m. -2:00 p.m.	Importance of Sleep (SHC/TrueCare)
Wednesday, September 22	3:00 p.m. -4:00 p.m.	Understanding Depression and Suicide (SWAG)
Monday, September 27	2:00 p.m. -3:00 p.m.	Stress Management (SWAG)
Wednesday, October 6	3:00 p.m. -4:00 p.m.	Minfulness, Meditation and Relaxation (SWAG)
Monday, October 18	2:00 p.m. -3:00 p.m.	Healthy Relationships (SWAG)
Tuesday, October 19	3:00 p.m. -4:00 p.m.	Breast Cancer Awareness (SHC/TrueCare)
Tuesday, October 26	10:30 a.m. -11:30 a.m.	The Mindful Space
Wednesday, October 27	3:00 p.m. -4:00 p.m.	Stress Management (SWAG)
Monday, November 1	2:00 p.m. -3:00 p.m.	Mindfulness Through Vision Boards (SWAG)
Thursday, November 4	1:00 p.m. -2:00 p.m.	Substance Use Disorder (SHC/TrueCare)
Monday, November 8	3:00 p.m. -4:00 p.m.	Understanding Depression and Suicide (SWAG)
Tuesday, November 16	10:30 a.m. -11:30 a.m.	The Mindful Space
Tuesday, November 30	10:30 a.m. -11:30 a.m.	The Mindful Space
Wednesday, December 1	3:00 p.m. -4:00 p.m.	World AIDS Day
Monday, December 6	2:00 p.m. -3:00 p.m.	Mindful Self Compassion
Tuesday, December 7	10:30 a.m. -11:30 a.m.	The Mindful Space
Wednesday, December 8	3:00 p.m. -4:00 p.m.	Stress Management (SWAG)
In collaboration with Palomar College Student Health Center, and Student Wellness & Advocacy Group (SWAG). <a href="https://www.palomar.edu/healthpromotion/">https://www.palomar.edu/healthpromotion/</a>		

### Student Support Programs & Services

DATE	TIME	SKILLSHOP TITLE
Wednesday, October 6	1:00 p.m. -2:00 p.m.	TRIO Student Support Services Program Information
Thursday, October 28	1:00 p.m. -2:30pm	Introduction to Higher Education Legal Services (JFSSD/HELs)
Tuesday, November 9	10:00 a.m. -11:00 a.m.	EOPS Information Session
Tuesday, November 9	1:00 p.m. -2:00 p.m.	TRIO Student Support Services Program Information
Tuesday, November 16	12:00 p.m. -1:30 p.m.	Know Your Rights (JFSSD/HELs)
Wednesday, December 1	3:00 p.m. -4:00 p.m.	TRIO Student Support Services Program Information
Thursday, December 9	10:00 a.m. -11:30 a.m.	What is DACA/DACA Updates (JFSSD/HELs)
In collaboration with the Palomar College Extended Opportunities Programs & Services, TRIO SSS, and Jewish Family Services of San Diego.		

## Transfer Success

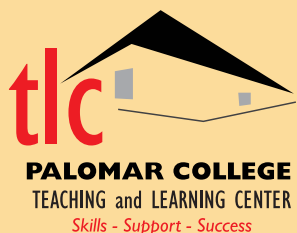
DATE	TIME	SKILLSHOP TITLE
Thursday, September 16	3:00 p.m. -4:00 p.m.	Creating a Transfer Foundation: The Nuts and Bolts
Thursday, September 30	3:00 p.m. -4:00 p.m.	Creating a Transfer Foundation: The Nuts and Bolts
Thursday, October 21	3:00 p.m. -4:00 p.m.	Transfer Strategies and Planning
Thursday, November 18	3:00 p.m. -4:00 p.m.	Transfer Strategies and Planning
In collaboration with Palomar College Transfer Center		

To participate in the Transfer Application workshops, students must join the Transfer Canvas Community. Click on the link for information on how to register: <https://www2.palomar.edu/pages/transfercenter/transfer-center-canvas-registration/>

*Thank you*

**to our campus and community partners  
for helping us offer these virtual Skillshops!**

- ★ Behavioral Health Counseling Services
- ★ Counseling Department
- ★ California Coast Credit Union
- ★ Cooperative Education/Work Experience
- ★ Extended Opportunity Programs & Services (EOPS)
- ★ Jewish Family Service of San Diego
- ★ Palomar College Library
- ★ Palomar Promise
- ★ San Diego Financial Literacy Center (SDFLC)
- ★ Student Health Center
- ★ Student Life & Leadership
- ★ Student Wellness & Advocacy Group (SWAG)
- ★ Transfer Center
- ★ TRIO SSS
- ★ Workforce Development



### Contact Information

Phone: 760-744-1150, ext. 3931

Email: [sanmarcostlc@palomar.edu](mailto:sanmarcostlc@palomar.edu)

View additional Skillshops at: [www.palomar.edu/skillshops](http://www.palomar.edu/skillshops)