

Workshop Descriptions (listed alphabetically)

For 5pm workshops ONLY: please call
732-906-2546 to sign up.

Choosing Your College Major: Haven't declared a major? Don't worry – come hear how to help yourself decide. **10/6 @ 12:30pm**

Coping with Grief and Loss: Loss of a close friend or family member may seem impossible to recover from, & the impact can affect all aspects of life. Learn strategies to manage your feelings.

10/27 @ 12:30pm OR @ 5:00pm

Depression: I feel sad, but am I depressed? What is depression? What can I do? Come connect -let's talk.

10/5 @ 12:30pm

How to Succeed in MATH: Don't freeze up – ease up! Conquer your math anxiety!

10/7 @ 2pm

11/1 @ 11:15am

I don't have a RESUME – How Do I Get Started?

We'll review the basic components every resume needs & discuss how to best market yourself using this important professional document.

12/1 @ 12:30pm

Ingredients for Success: What does it take to be successful? Come join this *fun* workshop to see.

10/28 @ 2pm

11/8 @ 11:15am

Job Search Basics: Landing a job takes preparation, especially now. This workshop reviews finding, applying and interviewing for jobs.

12/2 @ 2pm

Note-taking: Do *you* know how to take good notes? Learn proven techniques that are tied to better grades.

9/30 @ 2pm

Organizing Your Time: Time management tips and techniques to help you realize just where did the time go ... and how to prioritize all that you need to do.

10/18 @ 11:15am

Preparing for Final Exams: Don't despair – prepare!

9/29 @ 2pm

11/18 @ 2pm

11/22 @ 11:15am

11/22 @ 5pm (for Adult Students)

Relationships: How can you find more fulfillment in interpersonal relationships? What makes healthy, positive relationships? What's the female role? Male role? Here is a *fun* opportunity to learn more...

11/17 @ 2pm

Relaxation & Meditation: Learn relaxation techniques to help you manage stress ... so it doesn't take control over you!

10/14 @ 2:00pm

11/3 @ 2:00pm

Resume Tune-up FOR ADULT STUDENTS: You **must** have an existing resume—**bring it with you** & we'll discuss techniques to make it more effective.

10/25 @ 5:00pm (pls call to RSVP)

Stress Management Is stress getting the best of you? Come learn ways to cope with these feelings productively.

11/1 @ 5pm (for Adult Students)

11/15 @ 11:15pm

Test-taking Strategies: Learn to attack that test with proven strategies. Nothing beats good test preparation but there *are* ways to tackle that test.

10/25 @ 11:15am

The Way to an 'A': Let's talk about the strategies that will help make you successful in your classes.

9/20 @ 5pm (for Adults Students)

9/27 @ 11:15pm

10/14 @ 2pm

Time Management (for Adult Students): With so much on your plate, let's talk about techniques to prioritize and accomplish what you need to.

10/4 @ 5pm

Transfer Info for BUSINESS Majors: a general transfer information session for students planning to transfer to four-year colleges as Business majors.

10/21 @ 2pm

Transfer Information: Planning to transfer? Let's talk about what you need to plan to do.

11/4 @ 2pm

11/10 @ 2pm

NEW! **Unemployment Blues** Have you been the victim of the recession? Do you find yourself at an unexpected crossroads? Learn strategies to manage your feelings.

9/29 @ 12:30pm OR @ 5:00pm

Counseling & Career Services

Fall 2010 Workshops



Your keys to
**Academic
Personal
Career
SUCCESS**

www.middlesexcc.edu/counseling




www.middlesexcc.edu/career

All workshops are held in Edison Hall room 100

Questions?

Call 732-906-2546

MIDDLESEX
COUNTY COLLEGE

Workshop	Date	Time	Area
September 2010			
The Way to an "A" for Adult Students	Monday, Sept 20	5:00pm	Academic
The Way to an "A"	Monday, Sept 27	11:15am	Academic
Unemployment Blues 	Wednesday, Sept 29	12:30pm	Personal
Preparing for Final Exams	Wednesday, Sept 29	2:00pm	Academic
Unemployment Blues	Wednesday, Sept 29	5:00pm	Personal
Note-taking	Thursday, Sept 30	2:00pm	Academic
October 2010			
Transfer Information	Monday, Oct 4	11:15am	Academic
Time Management for Adult Students	Monday, Oct 4	5:00pm	Academic
Depression	Tuesday, Oct 5	12:30pm	Personal
Choosing Your College Major	Wednesday, Oct 6	12:30pm	Academic
How to Succeed in MATH	Thursday, Oct 7	2:00pm	Academic
Relaxation & Meditation	Thursday, Oct 14	2:00pm	Personal
The Way to an 'A'	Thursday, Oct 14	2:00pm	Academic
Organizing Your Time	Monday, Oct 18	11:15am	Academic
Transfer for BUSINESS MAJORS	Thursday, Oct 21	2:00pm	Academic
Test-taking Strategies	Monday, Oct 25	11:15am	Academic
Resume Tune-up for Adult Students 	Monday, Oct 25	5:00pm	Career
Coping with Grief and Loss	Wednesday, Oct 27	12:30pm	Personal
Coping with Grief and Loss 	Wednesday, Oct 27	5:00pm	Personal
Ingredients for Success	Thursday, Oct 28	2:00pm	Academic
November 2010			
How to Succeed in MATH	Monday, Nov 1	11:15am	Academic
Stress Management for Adult Students	Monday, Nov 1	5:00pm	Personal
Relaxation & Meditation	Wednesday, Nov 3	2:00pm	Personal
Transfer Information	Thursday, Nov 4	2:00pm	Academic
Ingredients for Success	Monday, Nov 8	11:15am	Academic
Transfer Information	Wednesday, Nov 10	2:00pm	Academic
Stress Management	Monday, Nov 15	11:15am	Personal
Relationships	Wednesday, Nov 17	2:00pm	Personal
Preparing for Final Exams	Thursday, Nov 18	2:00pm	Academic
Preparing for Final Exams	Monday, Nov 22	11:15am	Academic
Preparing for Final Exams for Adult Students	Monday, Nov 22	5:00pm	Academic
December 2010			
I don't have a Resume - How Do I Get Started?	Wednesday, Dec 1	12:30pm	Career
Job Search Basics	Thursday, Dec 2	2:00pm	Career