

Workshop Descriptions (listed alphabetically)

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

Creating Career Luck Do you feel lucky? Find out how to make luck happen!

(for Adult Students): 3/8 @ 5pm

3/22 @ 11:15am

How to Give a Homerun PRESENTATION: Come learn tips to make your presentation a winner!

2/8 @ 11:15am

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

2/11 @ 2pm

3/1 @ 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.

4/19 @ 11:15am

(for Adult Students): 5/3 @ 5pm

I like to Party ... a problem? Maybe. Come learn how to recognize when behaviors become dangerous.

3/25 @ 2pm

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

3/8 @ 11:15am

3/25 @ 2pm

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

4/22 @ 2pm

Note-taking: Good notes are important – do you know how to take good notes? Learn proven techniques that are tied to better grades.

2/4 @ 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.

2/1 @ 11:15am

2/25 @ 11:15am

Preparing for Final Exams: Don't despair – prepare! and start at the beginning of the semester!

4/5 @ 11:15am 4/8 @ 2pm

Relationships: Wondering how you can find more fulfillment in your interpersonal relationships? What makes a healthy, positive relationship? Will it last? What are the roles of the female? male? Here is a *fun* opportunity to learn more...

3/11 @ 2pm

4/12 @ 11:15am

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

3/24 @ 12:30pm

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

2/3 @ 12:30pm 2/18 @ 2pm

4/19 @ 5pm (for Adult Students)

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

2/22 @ 11:15am

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

3/1 @ 5pm

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

3/11 @ 2pm

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

2/8 @ 11:15am

3/4 @ 2pm

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

2/1 @ 5pm (for Adults) 2/17 @ 12:30pm



Over 40 and Unemployed

Support Group

Meets Wednesdays @ 12:30pm <<or>>

Wednesdays @ 5pm

Starting February 3

Come work with us to cope with everything you are feeling and dealing with. No need to go it alone! Info? Email Leslie Carter at lcarter@middlesexcc.edu

Counseling & Career Services

Spring 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



Workshop	Date	Time	Area
February 2010			
Organizing Your Time	Monday , Feb 1	11:15am	Academic
<i>The Way to an "A" for Adult Students</i>	Monday, Feb 1	5:00pm	Academic
Stress Management	Wednesday, Feb 3	12:30pm	Personal
Note-taking	Thursday, Feb 4	2:00pm	Academic
Transfer Information	Monday, Feb 8	11:15am	Academic
How to Give a Homerun Presentation	Monday, Feb 8	11:15am	Academic
How to Succeed in MATH	Thursday, Feb 11	2:00pm	Academic
The Way to an "A"	Wednesday, Feb 17	12:30pm	Academic
Stress Management	Thursday, Feb 18	2:00pm	Personal
Test-taking Strategies	Monday, Feb 22	11:15am	Academic
Organizing Your Time	Thursday , Feb 25	2:00pm	Academic
March 2010			
How to Succeed in MATH	Monday, March 1	11:15am	Academic
<i>Time Management for Adult Students</i>	Monday, March 1	5:00pm	Academic
Transfer Information	Thursday, March 4	2:00pm	Academic
Ingredients for Success	Monday, March 8	11:15am	Academic
<i>Creating Career Luck for Adult Students</i>	Monday, March 8	5:00pm	Career
Transfer for BUSINESS MAJORS	Thursday, March 11	2:00pm	Academic
Relationships	Thursday, March 11	2:00pm	Personal
<i>Creating Career Luck</i>	Monday, March 22	11:15am	Career
Relaxation & Meditation	Wednesday, March 24	12:30pm	Personal
Ingredients for Success	Thursday, March 25	2:00pm	Academic
<i>I Like to Party ... Is that a problem?</i>	Thursday, March 25	2:00pm	Personal
April 2010			
Preparing for Final Exams	Monday, April 5	11:15am	Academic
Transfer Information	Thursday, April 8	2:00pm	Academic
Preparing for Final Exams	Thursday, April 8	2:00pm	Academic
Relationships	Monday, April 12	11:15pm	Personal
<i>I Don't Have a Resume - How Do I Get Started?</i>	Monday, April 19	11:15am	Career
Stress Management <i>for Adult Students</i>	Monday, April 19	5:00pm	Personal
<i>Job Search Basics</i>	Thursday, April 22	2:00pm	Career
May 2010			
<i>Resume Writing for Adult Students (call to sign up)</i>	Monday, May 3	5:00pm	Career
Support Group	Date	Sessions at	Area
Over 40 and Unemployed - Support Group	Wednesdays February 3 - May 5	12:30pm and 5:00pm	Personal

