



# College Knowledge

## A Student Success Workshop Series

For more information regarding this series,  
Call Advising and Counseling (253) 589-5548

### WINTER 2012



### I Received My Financial Aid Check - What's Next?

by Sharon Freeman and EOC representative Jessica Moore

Tuesday, January 17, 12:00pm-1:00pm

Location: Building 15, Room 101

Join us as we talk about how to wisely use your Financial Aid funds. In this workshop you will learn how to read your financial aid award letter and explore ways to plan ahead to budget for school related and personal expenses to successfully complete your college program stress-free.

Meets core ability: 2,3,4



### Does Your Cover Letter Sink or Rise to the Top of the Pile?

by WorkSource representative Sue Sharer

Tuesday, January 24, 1:00pm-2:00pm

Location: Student Center, Room 212

Your job interview begins with your first contact with an employer: your cover letter or email. Learn to write a standout cover letter in this workshop.



### Test Anxiety Workshop, by Mary Pedersen

Thursday, February 2, 2:00pm-3:00pm

Location: Student Center, Room 212

Do you study effectively for tests but feel excessively stressed during the test? Does your stress level lead to 'freezing up', 'going blank', or feeling physically or emotionally unwell? This workshop will address steps for de-stressing before and during a test.

Meets core ability: 1, 2, 3



### Financial Aid Workshops, by EOC representative Jessica Moore

Tuesday, February 7, Session 1—8:00am-10:00am and Session 2—10:15am-12:00pm

Location: Building 15, Room 101

Looking for funding to pay for your education? Need assistance with completing your FAFSA? Come and join us for an informative workshop on the basics of financial aid.

Meets core ability: 1, 2, 3, 4



### Stress Management Workshop, by Mary Pedersen

Thursday, February 16, 2:00pm-3:00pm

Location: Student Center, Room 212

Stress is an ever-present part of our lives; there is simply no way to avoid it, nor would we want to. Some amount of stress keeps us motivated and energized. Come learn ways to manage stress when the balance is tipped to overload.

Meets core ability: 1, 2, 3



### I Received My Financial Aid Check - What's Next?

by Sharon Freeman and EOC representative Jessica Moore

Tuesday, March 6, 12:00pm-1:00pm

Location: Building 15, Room 104

Join us as we talk about how to wisely use your Financial Aid funds. In this workshop you will learn how to read your financial aid award letter and explore ways to plan ahead to budget for school related and personal expenses to successfully complete your college program stress-free.

Meets core ability: 2,3,4



### Scholarships and Funding Sources, by Brandon Rogers

Thursday, March 15, 2:00pm-3:00pm

Location: Student Center, Room 212

This workshop will help students maximize their opportunities for winning scholarships and graduating with as little loan debt as possible.

Meets core ability: 3, 4

### CPTC Core Abilities



1. Communication



2. Critical Thinking/  
Problem Solving



3. Personal/Professional  
Responsibility



4. Information/Technological  
Literacy