

## Spring 2017 La Comunidad Workshop Descriptions

### **Time Management:**

Will discuss various time management strategies, including how to prioritize and utilize tools for scheduling to help students better manage their time.

### **Transfer 101:**

Discusses the basic requirements and tools every student should be familiar with if they are interested in transferring to a CSU or UC campus.

### **Stress Management:**

Will cover various techniques to help students manage their stress.

### **Financial Literacy:**

TBA

### **GCC Resources:**

Will introduce student to various campus resources they can utilize to help them accomplish their academic, career, and personal goals.

### **Test-Taking Strategies:**

Discusses different strategies for preparing for a test/exam including essay questions, and what to look for during the actual test to help you be most successful.