

APRIL 2022



Hi, Pirate!
Check out the in person
& virtual workshops
for this month.

The *SAME LINK* is used for
each virtual workshop. **To**

attend,
click on the title or
use this link

**[https://bit.ly/StudentDev
Workshop](https://bit.ly/StudentDevWorkshop)**

Descriptions of each workshop
are included on the next page.

If you have questions, email
successmatters@occ.cccd.edu.

MON	TUE	WED	THU	FRI	SAT
4	5 TIME MANAGEMENT 11:30 AM - 12:00 PM STUDENT SUCCESS CENTER	6 FINDING MOTIVATION 11:00 - 11:45 AM STUDENT SUCCESS CENTER FINANCIAL AID 101 1:00 - 2:00 PM TIME MANAGEMENT 2:00 - 2:30 PM STUDENT SUCCESS CENTER STRESS MANAGEMENT FOR STEM STUDENTS 2:00 - 3:00 PM	7 TIME MANAGEMENT 12:30 - 1:00 PM STUDENT SUCCESS CENTER LATINX IN STEM: MOTIVATE YOUR LEARNING 2:00 - 3:00 PM	8	9
11 GROWTH MINDSET 11:00 - 11:45 PM STUDENT SUCCESS CENTER	12 HOW TO STUDY EFFECTIVELY 11:30 AM - 12:00 PM	13 TRANSFER PREP 12:00 - 12:45 PM SPENDING & FOMO 1:00 - 2:00 PM TIME MANAGEMENT 2:00 - 2:30 PM FINANCIAL TIPS FOR HOUSING 3:00 - 4:00 PM	14 TAKE BETTER NOTES 12:30 - 1:00 PM	15	16
18 DEVELOPING GRIT 11:00 AM - 12:00 PM STUDENT SUCCESS CENTER	19 SET PRIORITIES 11:30 AM - 12:00 PM	20 STUDENT LOAN REPAYMENT 1:00 - 2:00 PM TIME MANAGEMENT 2:00 - 2:30 PM	21 TAKE BETTER NOTES 12:30 - 1:00 PM	22	23
25	26 HOW TO STUDY EFFECTIVELY 11:30 AM - 12:00 PM NUTRITION & MEAL PREP* 1:00 - 12:00 PM	27 GLOBAL GAME DAY* 11:00 AM - 12:00 PM PAYING FOR TRANSFER 1:00 - 2:00 PM TIME MANAGEMENT 2:00 - 2:30 PM FINANCIAL TIPS FOR HOUSING 3:00 - 4:00 PM	28 TAKE BETTER NOTES 12:30 - 1:00 PM	29 STEM FIELDS 12:30 - 1:30 PM	30 *WORKSHOP LOCATIONS NUTRITION & MEAL PREP PIRATES' COVE GLOBAL GAME DAY STUDENT UNION 101

*Attend at least 1
workshop listed
in this April &
May calendar to
get OCC swag!*

MAY 2022



MON	TUE	WED	THU	FRI	SAT
2 FINDING MOTIVATION 12:00 - 12:45 AM STUDENT SUCCESS CENTER	3 TEST PREP 11:30 AM - 12:00 PM	4 STUDENT EQUITY ALUMNI PANEL 11:30 AM - 12:30 PM TEST PREP 2:00 - 2:30 PM	5 TEST PREP 12:30 - 1:00 PM	6	7
9	10 TEST ANXIETY 11:30 AM - 12:00 PM	11 TEST ANXIETY 2:00 - 2:30 PM	12 TEST ANXIETY 12:30 - 1:00 PM	13	14
16	17	18	19	20	21
23	24	25	26	27	28
30	31				

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APRIL & MAY WORKSHOP DESCRIPTIONS

Time Management

Never have enough time for studying? Learn how you can balance work, college, and family.

Finding Motivation

Lacking the motivation to study? Find ways to get motivated right now and in the long run.

Financial Aid 101

Learn the basics of Financial Aid, and play a Kahoot! Game. Let's get ready to complete our 2022-2023 FAFSA/DreamACT application by having some fun.

Stress Management for STEM Students

STEM Academy x Mental Health Services provide tips for stress management to navigate the remainder of the semester.

Latinx in STEM: Motivate Your Learning

STEM Academy invites you to declutter your mind and make space for the rest of the semester. Join us and 4-year STEM Students with the Vanguard University SACNAS cabinet members to discuss tips and tricks while participating in a virtual game.

Cultivating a Growth Mindset

Change your thinking to increase your abilities and achievements.

How to Study More Effectively

Is studying for your classes driving you crazy? Learn some effective study techniques along with some helpful tips for overcoming procrastination, so you can get the most out of your study time.

Transfer Prep for STEM Majors: Next Steps for Fall 2022 Transfers

STEM Counselor Jennika reviews ways to transition to a 4-year university for STEM students transferring in Fall 2022.

Spending & FOMO

Learn how your emotions (such as FOMO) impact your spending and tips to make smart financial decisions.

Financial Tips For Housing

Let's talk about things to consider when picking where you will be living and how to make sure you can afford it.

Take Better Notes

Messy notes? Not sure what to write down? Writing everything down? Explore different techniques, apps, and strategies for taking better, more efficient notes.



APRIL & MAY WORKSHOP DESCRIPTIONS (CONT.)

Developing Grit

Do you need a high IQ or talent to succeed in school? No, you need grit! Develop your grit to better succeed in school and beyond.

Set Priorities, Make Goals, and Avoid Distractions

Finals are just around the corner! Learn how to set priorities, make goals, and avoid distractions.

Understanding Student Loan Repayment

Considering student loans, or already taken some out? Let's talk about how the decisions you make now will impact your repayment.

Nutrition & Meal Prep for Student Success

Join Student Equity Peer Mentors to learn more about why nutrition is so important for your success! Tour and pick up groceries from the Pirates' Cove. See a live meal prep demo on healthy, simple meals you can make with free groceries from the Cove.

Global Game Day

Join Student Equity Peer Mentors to celebrate diverse cultures and build connections with peers with different games from different cultures!

Paying for Your Transfer

Transferring is an extremely exciting step in your academic career. It can also create anxiety in how to fund this step. Attend this session and learn about different funding resources for your transfer.

STEM Fields You Should Know About

Join the STEM Faculty as they share about their respective STEM field, how they got there, and other related career options.

Test Prep

Learn how to gather study materials and set a study schedule. Learn about common test errors and how to avoid them.

First-Gen Alumni Panel by Student Equity

Listen to stories from a diverse panel of first-generation alumni to learn about how they found motivation and navigated their journey at OCC! This is a perfect opportunity to learn and reflect on your own next steps at OCC!

Managing Test Anxiety

Learn how to prepare for your exams and strategies for managing test anxiety.



Workshop
Giveaways!



Complete 1-7 workshops
& get an OCC swag bag!



Complete 8-14 workshops
& get an OCC baseball cap or padfolio!



Complete 15 or more workshops
& get an OCC outdoor blanket!