

## **The College Survival Kit Comes to Summit College**

The Counseling, Testing and Career Center will offer College Survival Kit workshops in Polsky Spring Semester 2007. These programs help students achieve their potential with information and practical skills to help them succeed in college. The chosen topics should be especially relevant for Summit College Students and include:

Thurs. 2/15 at 10:10-11:00

Improve Your Study Skills – M. Plaufcan

Learn techniques in studying, memory, concentration and note-taking.

Thurs. 3/1 at 10:10-11:00

A Parent, and Also a Student – M. Plaufcan and D. McDonald

Discuss the challenges of meeting family and academic obligations and learn skills to balance these responsibilities.

Wed. 3/14 at 12:10-1:00

Waiting for the Motivation Fairy? Self-Management Skills – E. Cascarilla

Do you look to others for motivation? Learn ways to consistently get started.

Wed. 3/28 at 12:10-1:00

How to Choose a Major and a Career – S. Rieder Bennett

This workshop introduces you to the career decision-making process and suggests resources for further exploration.

Wed. 4/11 at 12:10-1:00

First Generation College Students – S. Rieder Bennett and D. McDonald

Being one of the first people in your family to go to college presents unique challenges. How do you negotiate the college system, find support and connection, develop effective learning strategies or balance financial and academic concerns? Explore these challenges and learn strategies to promote academic success.

Wed. 4/25 at 12:10-1:00

I'm So STRESSED! – E. Cascarilla

Learn what stress is, where it comes from, and stress management techniques.

All of the programs will be held in 302N Polsky. Please pass this information on to students and encourage their participation. Questions can be directed to the Counseling, Testing and Career Center at 330- 972-7082. Visit the website [www.uakorn.edu/counseling](http://www.uakorn.edu/counseling) for more workshops and to see the full range of CTCC services.