



# STUDENT WORKSHOPS

CONDUCTED BY COLLEGE NOW ADVISORS & TUTORS

College Now

Fall

*FREE, 1-hour college-readiness workshops are offered to College Now students after class on Saturday afternoons.*

## Financial Planning Workshop

Tuition, room & board, meal plans, text books: college can be an expensive endeavor! In this workshop, you will learn how to plan your college finances. Applying for federal and state financial aid (FAFSA/TAP), locating and applying to private scholarships, and optimizing on institutional scholarships will be covered.

## Managing Your Grades

Take leadership in your academic achievement! GPA may seem like three little numbers, but these three little numbers represent your motivation, dedication, and sense of responsibility as a student. Learn ways to manage and navigate your academic career.

## Finals Stress Relief

Your final exam, paper or project has a HUGE impact on your final grade. This can cause jitters and apprehension; but don't stress! Find ways to beat the anxiety by kicking back with us for an afternoon of Zen. You will learn various stress relief techniques such as breathing and relaxation exercises, and meditation.

## Career Exploration

Sigmund Freud said, "To work and love, that's all there is to life." Work is an integral part of our lives. As Confucius said, if you choose a job you love, you will never have to work a day in your life. Find ways to take into consideration your natural talent, interests, strengths and weaknesses to find a career that fits you best.

## Senior Seminar

Are you ready to apply to college? Do you find the process to be a little intimidating and/ or confusing? Do you wish you had someone to help guide you through the process? Well don't do it alone, stay informed, up-to-date, and ready with this informative workshop that will get you prepared for the college application process.

## Junior Seminar

Are you interested in getting a head start on the college planning process? If so, this workshop is just for you. Come find out what you will need to know from this point as a Junior in High School so that Senior year you are prepared, and ready for all the steps ahead of you.

## Time Management

Do you find yourself pushing items off, procrastinating, or saying "I don't have time for this, there's not enough hours in the day." Well if so, make time for this, because we will show you how to maximize your time to make sure you can do everything that needs to be done.

## Study Skills

Are you having trouble studying? Do you know how to study? Come learn some effective strategies that will increase your ability to gather and store information that will be needed for exams. Different strategies work for different people, do not miss out on what may work for you.

Workshop locations are announced in class and by email, prior to scheduled workshop dates. If you have any questions, please contact the College Now office at 718 260 5206 to speak with an advisor.

We are open to feedback, and welcome suggestions for future workshop offerings! Please email [RLescouflair@citytech.cuny.edu](mailto:RLescouflair@citytech.cuny.edu) with your suggestions.