



# STUDENT WORKSHOPS

CONDUCTED BY COLLEGE NOW ADVISORS & TUTORS

College Now

Spring

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

## Senior Seminar

Have you submitted your college applications and are unsure about what happens next? Have you completed your FAFSA and TAP? This workshop will help you to understand how your financial aid works in college, how to read/interpret your college acceptance and award letters, and how to prepare for the next big step in your life!

## 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 steps you will need to take from now until next fall to apply and pay for college. The more you prepare *now*, the easier this process will be your senior year.

## 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/Managing Your Grades

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.

## 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.

## Professional Etiquette \*New\*

From email etiquette to internet usage on the job, this workshop will review basic professional etiquette students should know for college and the workplace. Topics of discussion include securing recommendation letters from teachers, social media etiquette, and building a professional image.

## 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, 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.

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.