



SPRING

INTO A BETTER YOU

All students are welcome and encouraged to attend any of the **FREE Spring Workshop Series** sessions to find out tips for academic and personal success.

Sessions are being offered in Burlington, Elkhorn, Kenosha and Racine. Search for a section that fits into your schedule using WebAdvisor. **Register today!**

Career Skills

Career exploration

Course # 997-483E

Explore your values, interests, and skills to help match your experiences to career fields and specific job titles.

Job seeking skills

Course # 997-483H

Receive assistance and information on job search strategies, resume writing and interview skills.

Family and Life

Choose your battles: Are you choosing 'wise' or 'otherwise'?

Course # 990-410

Stop wasting energy on losing battles. Examine areas in your life that deplete you the most. Explore ways to avoid being derailed and losing steam when it matters most.

Mirror, mirror...friend or foe?

Course # 990-413

How do you see yourself? Examine and confront your negative self-image and self-talk that may prevent you from reaching your potential and feeling good about YOU!

Success or sabotage: Are your coping skills hindering you?

Course # 990-409

Whatever the situation, we all experience challenges at one time or another. Examine and evaluate your coping skills and explore new ways to positively manage your responses to difficult situations.

Student Development

College success skills

Course # 990-411

Learn strategies to help you study the way YOU do best, test taking tips to help you conquer exams and techniques to manage your time.

Intro to service learning

Course # 990-414

Gain a deeper understanding of the philosophy and benefit behind service learning in every career field.

Time management

Course # 990-415

Learn how to prioritize and develop concrete strategies for managing your home, work, and study time.

Continuum of service

Course # 990-412

Learn how service learning can help you can think outside the box, outside the classroom and outside the norm.

Study skills

Course # 990-406

You will learn how to study for difficult subjects with ease. It's all about quality NOT quantity. Learn how to make study time effective and pain free.

Writing skills

Course # 990-416

You will learn steps of the writing process: topic sentences and supporting details, coherent paragraphs, and thesis statement will all be covered.

Disability Support Services

Course # 990-417

Students that need additional academic support due to a learning difference, ADHD or physical disability come learn more about available support services. This workshop will discuss eligibility requirements, transition services, testing services, use of assistive technology and other support.

Test taking strategies

Course # 990-407

Learn tips about test taking that could help improve your grades today. Test types, test question types, beating anxiety and maintaining integrity will all be discussed.

To register via WebAdvisor:

- Go to gtc.edu and click on "My Gateway"
- Login using your student ID# and password
- Go to "students" menu
- Under "registration" click on "register for sections"
- Choose "search and register for classes"
- Select 2013SP and type the course number for the workshop in the "course number" box (XXX-XXX)
- Click the check box next to the course section you'd like to register for and click "submit"
- Under the "action" drop down list select "RG-register" and click "submit"

Register today!

Questions? Contact

HPOP 262-619-6442

Multicultural program 262-619-6440

TRiO 262-767-5410

Interpreter available upon request.

Contact Lisa Sadowski at sadowskil@gtc.edu

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