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 my 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 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!**