



EOF/CCM FALL 2022 WORKSHOPS



THURS, SEPT. 15 12:30-2:00 PM	FALL WELCOME BACK RECEPTION <i>Meet our new & continuing EOF Scholars!</i> <i>Refreshments</i>	LRC 122 (Conference room in the Learning Resource Center)
Thurs, Sept. 29 12:30-1:45 PM	STORIES OF HOPE Personal stories of mental health	CH 100
Wed, Oct. 5 12:30-2:30 PM	COLORING TO DE-STRESS Yes, workshop credit!	SCC Lobby
Wed, Oct. 5 12:30-1:00 PM	GENTLE YOGA Here's a chance to try it!	SCC Davidson Rm A
Thurs, Oct. 6 12:30 PM	HOW TO PICK THE BEST MAJOR Get help here!	CH 106
Thurs, Oct. 20 12:00-2:00 PM	DE-STRESS FOR SUCCESS Learn to relax & manage stress	CH 104
Tues, Oct. 25 10 AM-2 PM	EOF HALLOWEEN OPEN HOUSE Bring friends! Costume Contest	EOF Office CH 211
Wed, Nov. 9 2:00-3:15 PM	ALL EOF SCHOLARS MEETING A Meet n' Greet	EOF Office CH 211
Tues, Nov. 15 12:30-1:45 PM	TEST PREP FOR SUCCESS Learn testing strategies!	CH 104
Tu, Oct. 25 & Thur, Dec. 8 12-2 PM	DE-STRESS WITH THERAPY DOGS! Attend either or both dates!	SCC Lobby
Tues, Dec. 6 12:30-2:00 PM	EOF HOLIDAY PARTY- KWANZAA Workshop credit!	EOF Office CH 211
Anytime Pre-recorded	S.M.A.R.T. GOALS How to set academic goals	https://www.ccm.edu/academic-success-center/workshops-resources/
Anytime Pre-recorded	TESTING STRATEGIES Build better ways to get an A!	https://www.ccm.edu/academic-success-center/workshops-resources/

EOF OFFERS ONLINE WORKSHOPS on the EOF Blackboard course. See Workshops or Raise my GPA Now. View information and send back the evaluation form for workshop credit. Many topics to choose from! Please try to attend 4 workshops each semester, can also be workshops of the Tutoring Center. Use the back of this sheet to get verification of attendance for non-EOF events.