Please call the EOPS Office to sign up to attend a workshop. The telephone number is 954-5151, ext 6296. Office hours are: Mon-Thurs, 8:00 am – 5:00 pm; Fri 8:00 am – 12:00 pm.

ALL WORKSHOPS TO TAKE PLACE IN THE DERICCO BUILDING ROOM 273

**MARCH 2012 WORKSHOPS**

- **Self-Sabotage**: Learn how to transition away from behaviors which subconsciously prevent you from having what you really desire in life or goals you want to accomplish. Empower yourself by building your self-esteem and self confidence.
  
  **Presenter**: A. Gautum  
  **Date/Time**: March 8th 10:00 – 11:00 am

- **Stress Management**: By managing your stress you can be more in control of your life. Learn effective stress management skills which lead to a more content and less stressful lifestyle as well as techniques to manage anxiety while maintaining overall well-being.
  
  **Presenter**: S. Alonzo  
  **Date/Time**: March 12th 2:00 – 3:00 pm

- **Time Management**: Better manage your life by regaining control of your schedule and analyzing how you currently spend your time. With good time management skills you will be able to maintain a balance between your work, school, personal, and family life.
  
  **Presenter**: A. Gautam  
  **Date/Time**: March 13th 10:00 -11:00 am

- **Math Anxiety**: Do you have a feeling of tension, apprehension or fear that interferes with your performance in math? Learn how to reduce and/or overcome math anxiety with strategies to accomplish your homework and exams as related to math.
  
  **Presenter**: C. Xiong  
  **Date/Time**: March 15th 10:00 – 11:00 am

- **Test Taking Strategies**: Learn test taking strategies and tips to perform better on tests and achieve higher grades. Receive advice on note taking, studying and how to reduce test anxiety.
  
  **Presenter**: L. Macy  
  **Date/Time**: March 20th 9:00 – 10:00 am

- **Career Self-Assessment**: A career self-assessment lets you learn about your skills, interests, your personality and values. Find a fulfilling career and learn more about aptitudes.
  
  **Presenter**: J. Rotert  
  **Date/Time**: March 21st 2:00 – 3:00 pm

- **Am I Employable?** Learn how to identify and improve your employability skills. Assess your strengths and skills and find out what motivates a person to work at a particular job.
  
  **Presenter**: T. Fitch  
  **Date/Time**: March 22nd 10:00 – 11:00

- **Money Management**: Learn how to manage your money by taking control of your personal finances. Learn how to develop a budget that can help you reduce your debt, save money and live comfortably within your means.
  
  **Presenter**: S. Alonzo  
  **Date/Time**: March 26th 2:00 – 3:00 pm

- **Preparing to Transfer**: If you are planning on transferring from Delta College to another institution find out how to make a smooth transition to a four-year university by receiving specialized transfer advising.
  
  **Presenter**: C. Louie  
  **Date/Time**: March 29th 2:00 – 3:00 pm

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**EOPS SPRING 2012 WORKSHOPS**

What are the workshops all about and when are they being offered?
APRIL 2012 WORKSHOPS

- **How to Select a Major:** Learn how to select an educational major which is an organized program of courses which lead to an Associate of Arts/Associate of Science Degree, Certificate, or transfer to another college or university.
  
  **Presenter:** T. Fitch  
  **Date/Time:** April 10th 10:00 – 11:00 am

- **Self-Sabotage:** Learn how to transition away from behaviors which subconsciously prevent you from having what you really desire in life or goals you want to accomplish. Empower yourself by building your self-esteem and self-confidence.
  
  **Presenter:** A. Gautun  
  **Date/Time:** April 18th 12:00 – 1:00 PM

- **Stress Management:** By managing your stress you can be more in control of your life. Learn effective stress management skills which lead to a more content and less stressful lifestyle as well as techniques to manage anxiety while maintaining overall well-being.
  
  **Presenter:** S. Alonzo  
  **Date/Time:** April 19th 10:00 – 11:00 am

- **Test Taking Strategies:** Learn test taking strategies and tips to perform better on tests and achieve higher grades. Receive advice on note taking, studying and how to reduce test anxiety.
  
  **Presenter:** L. Macy  
  **Date/Time:** April 23rd 12:00 – 1:00 pm

- **How to Select a Major:** Learn how to select an educational major which is an organized program of courses which lead to an Associate of Arts/Associate of Science Degree, Certificate, or transfer to another college or university.
  
  **Presenter:** T. Fitch  
  **Date/Time:** April 30th 2:00 – 3:00 pm

MAY 2012 WORKSHOPS

- **Math Anxiety:** Do you have a feeling of tension, apprehension or fear that interferes with your performance in math? Learn how to reduce and/or overcome math anxiety with strategies to accomplish your homework and exams as related to math.
  
  **Presenter:** C. Xiong  
  **Date/Time:** May 1st 2:00 – 3:00 pm

- **Time Management:** Better manage your life by regaining control of your schedule and analyzing how you currently spend your time. With good time management skills you will be able to maintain a balance between your work, school, personal, and family life.
  
  **Presenter:** A. Gautam  
  **Date/Time:** May 2nd 1:00 – 2:00 pm

- **Am I Employable?** Learn how to identify and improve your employability skills. Assess your strengths and skills and find out what motivates a person to work at a particular job.
  
  **Presenter:** T. Fitch  
  **Date/Time:** May 7th 2:00 – 3:00 pm  
  **Cancelled**

- **Money Management:** Learn how to manage your money by taking control of your personal finances. Learn how to develop a budget that can help you reduce your debt, save money and live comfortably within your means.
  
  **Presenter:** S. Alonzo  
  **Date/Time:** May 8th 11:00 am – 12:00 pm

- **Career Self-Assessment:** A career self-assessment lets you learn about your skills, interests, your personality and values. Find a fulfilling career and learn more about aptitudes.
  
  **Presenter:** J. Rotert  
  **Date/Time:** May 9th 12:00 – 1:00 pm

- **Preparing to Transfer:** If you are planning on transferring from Delta College to another institution find out how to make a smooth transition to a four-year university by receiving specialized transfer advising.
  
  **Presenter:** C. Louie  
  **Date/Time:** May 16th 10:00 – 11:00 am