

ALL WORKSHOPS ARE OFFERED AT BOTH 12 NOON AND 2 PM

FALL 2018

Beginning Success

Want to start strong? Begin with learning effective strategies and ways to become a strong student!

8/21(Tues)	Jamestown	AT 263
8/22(Wed)	Greensboro	W3-333C
8/23(Thurs)	High Point	H4-117

Test Anxiety

Do you stress over tests and exams? Learn strategies to combat that anxiety when testing!

9/25(Tues)	Jamestown	AT 263
9/26(Wed)	Greensboro	W3-333C
9/27(Thurs)	High Point	H4-117

Scholarships!

Do you love FREE money? Learn how to quickly apply to all GTCC Scholarships at once!

10/30 (Tues)	Jamestown	AT 263
10/31 (Wed)	Greensboro	W3-333C
11/1 (Thurs)	High Point	H4-117

Study Skills

Do you know how to study? Learn how to be more effective and efficient in your study habits!

8/28(Tues)	Jamestown	AT 263
8/29(Wed)	Greensboro	W3-333C
8/30(Thurs)	High Point	H4-117

Stress Management

Feeling overwhelmed? Learn how stress affects you and ways you can reduce it!

10/2(Tues)	Jamestown	AT 263
10/3(Wed)	Greensboro	W3-333C
10/4(Thurs)	High Point	H4-117

The Power of Addiction

Are you or a loved one suffering from an addiction? Learn what an addiction is and how to beat it!

11/6 (Tues)	Jamestown	AT 263
11/7 (Wed)	Greensboro	W3-333C
11/8 (Thurs)	High Point	H4-117

Math Anxiety

Does Math stress you out? Build confidence and learn ways to be more successful in math classes!

9/4(Tues)	Jamestown	AT 263
9/5 (Wed)	Greensboro	W3-333C
9/6 (Thurs)	High Point	H4-117

1/2 Way There—Getting Ahead!

How's it going? Midterms are here! Time to evaluate and plan for a strong finish!

10/9(Tues)	Jamestown	AT 263
10/10(Wed)	Greensboro	W3-333C
10/11(Thurs)	High Point	H4-117

Repaying Student Loans

Confused about Loan Repayment? Learn all you need to know about paying back your student loans!

11/13 (Tues)	Jamestown	AT 263
11/14 (Wed)	Greensboro	W3-333C
11/15 (Thurs)	High Point	H4-117

Test Taking Strategies

Want to become a better Test Taker? Learn new and efficient ways to ace those tests!

9/11(Tues)	Jamestown	AT 263
9/12(Wed)	Greensboro	W3-333C
9/13(Thurs)	High Point	H4-117

Depression and Anxiety

Feeling down and/or anxious? Learn about anxiety and depression and how to combat both! Note Fall Break Week Schedule difference:

10/17(Wed)	High Point	H4-117
10/17 (Wed)	Greensboro	W3-333C
10/18(Thurs)	Jamestown	AT 263

Finishing Strong!

Worried about Finals? Keep calm and learn strategies to succeed on final exams.

11/27 (Tues)	Jamestown	AT 263
11/28 (Wed)	Greensboro	W3-333C
11/29(Thurs)	High Point	H4-117

Time Management

Not enough time? Get some hints and help to manage your time to be academically successful!

9/18(Tues)	Jamestown	AT 263
9/19(Wed)	Greensboro	W3-333C
9/20(Thurs)	High Point	H4-117

Conflict Resolution

Conflict at school, work or home? Learn how to manage conflict in all areas of your life!

10/23(Tues)	Jamestown	AT 263
10/24(Wed)	Greensboro	W3-333C
10/25(Thurs)	High Point	H4-117

All workshops are FREE!
No Pre-registration needed!



Just BE There!



Workshop Sponsors

GTCC Center for Academic Engagement

GTCC Academic Intervention Team

GTCC Counseling Center

GTCC Financial Aid

GTCC Title III Grant

GTCC Student Success Workshops