

STUDENT SUCCESS WORKSHOP SERIES WINTER 2017



MEDICINE HAT
COLLEGE

A series of free, drop-in sessions offered to develop your personal and academic skill set.

- Academic Coaching
- Financial Information
- Research & Citation Support
- Career Development and Job Search
- Personal Support
- Traditional Self-Care
- Writing Support

JANUARY

ALL WORKSHOPS TAKE PLACE IN THE LIBRARY FROM 12:15PM - 1:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Understanding Your Assignment	10 Time Management	11 Strategies for Getting a Job	12 Meditation for Beginners	13 Using Images & Videos in Your Assignment
16 Effective Studying: The Study Cycle	17 Money Management in Post-Secondary	18 Art Therapy for Anxiety	19 Evaluating Information	20 Essay Structure & the Writing Process
23 Time Management	24 Medicine Wheel Self-Care	25 Finding Scholarly Articles	26 Thesis Development and Supporting Argument: How to Build Both	27 Resumes & Cover Letters Interview Skills
30 Smudging and Self-care	31 APA Style: Avoiding Plagiarism			

FEBRUARY

ALL WORKSHOPS TAKE PLACE IN THE LIBRARY FROM 12:15PM - 1:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Writing Across Disciplines: How to Write Papers for Your Different Classes	2 Bullet Point Reading Study Strategy	3 Resumes and Cover Letters Interview Skills
6 Using Images and Videos in Your Assignment	7 Self-Editing: What to Check Before You Submit	8 Test-Taking Tips	9 Preparing for the Job Fair	10 The Practice of Gratitude and Forgiveness
13 Grammar	14 Effective Studying: The Study Cycle	15 Break the Cycle – Spend Less, Save More	16 Play Therapy for Stress Relief	17 Finding Scholarly Articles
20 ←	21	22 No class	23	24 →
27 Submitting a Job Application	28 Guided Relaxation			

STUDENT SUCCESS WORKSHOP SERIES WINTER 2017



MEDICINE HAT
COLLEGE

A series of free, drop-in sessions offered to develop your personal and academic skill set.

- Academic Coaching
- Financial Information
- Research & Citation Support
- Career Development and Job Search
- Personal Support
- Traditional Self-Care
- Writing Support

MARCH

ALL WORKSHOPS TAKE PLACE IN THE LIBRARY FROM 12:15PM - 1:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 APA Style: Avoiding Plagiarism	2 Punctuation	3 Bullet Point Reading Study Strategy
6 Smudging and Self-Care	7 Evaluating Information	8 Common Errors in Essay Writing: How to Avoid	9 Maximize Your Memory	10 Career Planning, Beyond College
13 Using Images and Videos in Your Assignment	14 Thesis Development and Supporting Argument: How to Build Both	15 Effective Studying: The Study Cycle	16 Resumes, Covers Letters and Interview Skills	17 Dealing with Perfectionism
20 Strategies for Revision	21 Bullet Point Reading Study Strategy	22 Strategies for Getting a Job	23 Medicine Wheel Self-Care	24 Finding Scholarly Articles
27 Test-Taking Tips	28 Conflict/Assertiveness	29 Credit Rating IQ	30 APA Style: Avoiding Plagiarism	31 In-Class Essay Exams and Final Essays: How to Prep