

COUNSELING DEPARTMENT
COMMUNITY COLLEGE OF PHILADELPHIA

***Student Success* WORKSHOP SCHEDULE**

Spring 2008 – All workshops will be held in the Career and Transfer Center (W2-3)

Transfer Workshops

Where will you transfer? How does it work? Find out about issues related to transfer—academic programs, transfer credit, dual admissions/admission criteria, finances/scholarships—and get questions answered.

Tuesday, February 19, 2008, 2:00pm – 3:00pm, Todd Jones

Wednesday, February 20, 2008, 6:00pm – 7:00pm, Todd Jones

Wednesday, February 27, 2008, 3:35pm – 4:35pm, Todd Jones

Returning Adult Students – Strategies for Success

Have you been out of school for a while? Are you unsure of what to do and where to go? Then attend this informative workshop. Learn how to be a successful student the second time around.

Tuesday, January 22, 2008, 12:30pm – 1:30pm – Carmen Colon

Tuesday, January 29, 2008, 5:30pm – 6:30pm – Carmen Serrano

Balancing Act

School, work, children and home. Learn how to prioritize when everything is important.

Wednesday, January 30, 2008, 11:15 – 12:15pm – Brenda Hunt

Monday, February 4, 2008, 6:00pm – 7:00pm – Fred Dukes III

College Survival 101 – Learn how to successfully navigate your way through college

Gather information on important dates, where to go to get help, the academic appeal system, student's rights and responsibilities and how & when to apply for restricted curricula.

Thursday, January 31, 2008, 11:00am – 12:00pm, Cynthia Walls

Career and Transfer Center Open House

Join the knowledgeable faculty and staff of the Counseling Department for an overview of the Career and Transfer Center.

Tuesday, February 12, 2008, 10:00am – 12:00pm & 5:00pm – 7:00pm

Wednesday, February 13, 2008, 10:00pm -12:00pm & 5:00pm -7:00pm

Woulda, Coulda, Shoulda – How to overcome obstacles to academic success

Wednesday, February 20, 2008, 10:00am – 11:00am – Gwen Jackson

Self Esteem

Participants in this interactive workshop will learn about and experience factors that impact growth in personal self esteem. Ways of enhancing the self esteem of others will be examined as well. Attendees should be prepared to interact with others in this workshop.

Tuesday, February 26, 2007, 5:30pm – 7:00pm, Jim Ruffins

What can an Associate's Degree Do for You?

Find out which degrees can lead to gainful employment in as little as two years.

Tuesday, February 26, 2008, 11:00 – 12:00pm, Bridget McFadden

Decisions, Decisions – How to select a Career

This is a workshop for students who are undecided about a career path. Participants will be guided through a rational process for decision-making

Wednesday, February 13, 2008, 5:00pm – 6:00pm, Brenda Hunt

Thursday, March 13, 2008, 11:00am – 12:00pm, Melissa St. Pierre

On-Line Classes – What you need to know to be successful

Are you taking distance education courses? Discover useful techniques to stay focused and motivated throughout the semester.

Wednesday, March 12, 2008, 6:00pm - 7:00pm–Todd Jones

What If I Have A Learning Disability?

So what is a Learning Disability? Do you think you might have one? Did you get special support services when you were in High School or Elementary School? What help is available at the College? Come to this workshop if you would like to learn more about Learning Disabilities and their effect on college performance.

Wednesday, March 12, 2008, 12:30pm -1:30pm - Theresa Tsai

Conflict Resolution

Conflict naturally occurs as we interface with family member, friends and strangers. This interactive workshop will present ways of using conflict to build and strengthen relationships between and among individuals. Attendees should be prepared to interact with others in this workshop.

Wednesday, March 26, 2008, 11:00am -12:00pm, Jim Ruffins

The Academic Roadmap – Avoiding Potholes

Did you know that the order and combinations of your courses can affect your GPA? Learn how to plan a class schedule and academic map which optimizes your chance of success.

Wednesday, March 19, 2008, 1:30pm – 2:30pm – Judy Davidson

Demystifying the College Catalog

Has the CCP catalog always been a mystery to you? Does your program of study confuse you? Learn how to interpret your program's requirements and be able to register independently.

Tuesday, March 25, 2008, 2:00pm – 3:00pm – Patricia Reed

Money Management

Being a college student offers financial opportunities as well as pitfalls. Easy availability of loans and credit cards require financial decision-making and money management. Learn how juggling these new, large expenses of college can be the start of fiscal planning and savvy.

Tuesday, April 8, 2008, 2:00pm – 3:00pm – Carmen Serrano

Stress Relief Workshop

This workshop will help you learn about our body's natural reaction to stress, but most importantly, how to deal with and even prevent feeling stressed and overwhelmed.

Thursday, April 10, 2008, 11:00am – 12:00pm - Melissa St. Pierre

Weekly Support Group:

No one deserves to be hurt!

If you or someone you know is being abused and needs help, join our support group and learn from each other about the cycles of violence and issues of power and control and what you can do for your friend or yourself.

For more information on this group call 215-972-6286. All inquires will remain strictly confidential.

Counseling Center

The Counseling Center is staffed by full-time professional counselors. Educational, career and personal counseling are available to individuals and groups. Counselors also assist students and graduates who wish to continue their education at other institutions. **Information discussed in counseling is kept strictly confidential.**

The Counseling Center is located in W2-2 and can be reached by calling 215-751-8169. Counselors are also available at each of the Regional Centers.