**Career Resources Lab**
Lab time utilizing various computerized resources for career exploration.
- Thurs, Jan 29 – 11am-Noon *
- Mon, Feb 9 – 2-3pm *
- Tues, Feb 24 – 11am-Noon*
- Mon, Mar 9 – 2-3pm, BE 120
- Wed, Mar 25 – 4-5pm, BE 117

*Location: Career Services Computer Lab*

**Choosing a Major**
Learn key points to consider when choosing a major.
- Tues, Jan 27 – 11am-Noon, BE 111
- Wed, Feb 4 – 4-5pm, BE 110
- Thurs, Feb 19 – 11am-Noon, BE 110
- Mon, Mar 2 – 2-3pm , BE 105
- Tues, Mar 24 – 11am-Noon, BE 106
- Mon, Apr 13 – 2-3pm, BE 105
- Mon, Apr 20 – 3-4pm, BE 105

**Resume Basics**
Learn the basics of resume structure and content
- Tues, Feb 10 – 11am-Noon, BE 110
- Mon, Feb 23 – 2-3pm, BE 105
- Wed, Mar 4 – 6-7pm, SS 141
- Thurs, Mar 26 – 11am-Noon, BE 110
- Mon, Mar 30 – 11am-Noon, SS 314

**Interview Basics**
Learn tips & techniques to prepare for job interviews
- Mon, Apr 1 – 6-7pm, SS 141
- Tues, Apr 21 – 11am-Noon, BE 110

**Art of Networking**
Learn fundamentals of how to network
- Tues, Mar 10 – 11am-Noon, BE 110

**“What Can I Do With a Major In” Social Sciences**
- Thurs, Apr 2 – 11am-Noon, BE 110

**Exploring Internship Opportunities**
- Wed, Mar 11 – 4-5pm, BE 110

**“What Can I Do With a Major In” STEM**
- Thurs, Apr 29 – 3-4pm, BE 116

**Resume Critique Walk-ins**
Quick feedback on resumes
Every Wednesday starting February 4th
3:00-4:00pm in Career Services

**Prepping for the Job Fair**
- Tues, Mar 31 – 11am-Noon, BE 110

**SAVE THE DATE!**
- Employers’ Panel, Wed., March 11
- Career Expo & Job Fair, Wed., April 8
- Resource Fair – Thurs., April 16

For more information and location of workshops please contact Career Services at (562) 860-2451, Ext. 2356 or visit us at www.cerritos.edu/career-services. Career Services is located in the Administration Building.
Scholarship Workshop

Learn the ABC’s of applying for scholarship money!
Our workshop will cover everything you need to know about:
- Format basics
- Letters of recommendation
- Obtaining transcripts
- Financial statements
- Writing an essay
........ and much more

Tuesday, February 10 – 11am-Noon, BE 106
Tuesday, March 31 - 1-2pm, SS 138

Depression Workshop

Depression is a common illness that can affect anyone. Attend our workshop and learn:
- The definition and symptoms of Depression
- How depression manifests in women, men, children, & adolescents
- What strategies to take to prevent depression
- Where to get help
- Maintaining a support system
- Referral information

Tuesday, February 3 – 11am-Noon, BE 111

Anger Management Workshop

Anger is a normal and even healthy emotion—but it’s important to deal with it in a positive way. This workshop will cover:
- “Healthy” vs. “Unhealthy” Anger
- Angry thinking habits
- What’s beneath anger
- What happens when anger is buried
- How to listen to and release anger
- Management skills for us and our kids

Tuesday, February 17 – 11am-Noon, BE 110

Stress & Relaxation Workshop

Attend our workshop and learn:
- What stress is and how it manifests in your life
- Is there a cure?
- Common causes, signs and symptoms of stress
- How it affects children, adolescents and adults
- What you can do to build resilience
- Coping strategies to decrease negative effects of stress

Tuesday, March 3 – 11am-Noon, BE 110

Math Anxiety Workshop

Math games, puzzles, and study tips help demystify math so you can approach the class you’ve been dreading with a positive attitude and some extra tools for success.

Monday, February 19 – 2-3pm, BE 119

Communications Skills Workshop

Would you like to communicate better? Attend our workshop and learn some tips and tricks to help improve your communication skills. Topics covered include:
- 4 Styles of communicating
- How to recognize miscommunication
- Common barriers to communicating well
- What to DO about it
- Active listening skills
- How to teach this to your kids

Tuesday, March 31–11am-Noon, BE 106

Please RSVP by contacting Shannon Estrada at sestrada@cerritos.edu or by calling (562) 860-2451, Ext. 2362. www.cerritos.edu/re-entry-program.