SPRING 2014
LINC
WORKSHOPS

STUDENT SUCCESS WORKSHOPS
Come join us at our spring 2014 workshops and learn step by step strategies to improve your problem solving techniques. Learn how to manage your stress and communicate effectively.

☑ Begin the Spring Semester with a New Outlook
☑ Learn how to stay positive
☑ Address anxiety concerns
☑ Develop the skills you need to succeed this semester

ATTEND ALL FOUR WORKSHOPS AND RECEIVE
☑ A PLANNER
☑ FOLDER
☑ POCKET DICTIONARY
☑ STRESS BALL

DEVELOPING A SUCCESS STRATEGY
WEDNESDAY, JANUARY 22
1:00 p.m. - 2:00 p.m.

EFFECTIVE COMMUNICATION TECHNIQUES
WEDNESDAY, FEBRUARY 19
2:00 p.m. – 3:00 p.m.

PROBLEM SOLVING TECHNIQUES
WEDNESDAY, MARCH 19
2:00 p.m. - 3:00 p.m.

HOW TO MANAGE THE STRESS IN YOUR LIFE
Wednesday, APRIL 16
2:00 p.m. – 3:00 p.m.

OFFICE HOURS
Monday - Thursday
8:00 a.m. – 4:30 p.m.
Friday
8:00 a.m. – 12:00 p.m.

LaRohn Haywood
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