CAREER SERVICES WORKSHOPS
SPRING 2016

Choosing a Major
Explore major and career choices through this hands-on workshop

- Wednesday, January 27th – 3pm-4:30pm – BE 120
- Monday, February 8th – 2pm-3:30pm – BE 120
- Tuesday, February 23rd – 11am-12:30pm – BE 120
- Wednesday, March 9th – 5pm-6:30pm – BE 120
- Tuesday, March 22nd – 11am-12:30pm – BE 120
- Monday, April 11th – 2pm-3:30pm – BE 120
- Tuesday, April 19th – 11am-12:30pm – BE 120

Resume Basics
Learn the basics of resume structure and content

- Tuesday, February 16th – 11am-Noon – BE 105
- Wednesday, March 2nd – 11am-Noon – BE 105
- Wednesday, March 23rd – 2pm-3:30pm – BE 120
- Tuesday, March 29th – 11am-Noon – BE 105
- Monday, April 4th – 2pm-3pm – BE 108

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

Career Café
Join us for cookies, coffee, and conversation on various career-related topics!

- Monday, February 29th – 2pm-3pm – Career Services
- Monday, March 28th – 2pm-3pm – Career Services
- Monday, April 25th – 2pm-3pm – Career Services

Prepping for the Job Fair
Find out how to market yourself to employers

- Tuesday, April 5th – 11am-Noon – BE 105

Interviewing Techniques
Discover tips & techniques to prepare for job interviews

- Thursday, March 24th – 2pm-3pm – BE 108
- Tuesday, April 26th – 11am-Noon – BE 105

Enterprise Rent-A-Car Info Session
Information session on job opportunities

- Wednesday, April 20th – 3pm-4pm – BE 116

Disney College Program Internships
Learn about opportunities and requirements to apply

- Thursday, February 25th – 11am-Noon – BE 109

INROADS Internships

- Tuesday, March 1st – 11am-Noon – BE 109

SAVE THE DATE!
Employers Panel - Thursday, March 3rd
Job Fair - Thursday, April 7th
Community Res. Fair - Thursday, April 21st

Free Drawing Each Month
Attend at least one workshop listed on this flyer and be entered into a drawing at the end of that month.

Reasonable accommodations and/or alternate formats of this document are available upon request. Please contact Career Services at (562) 860-2451, ext. 2356 or email us at career-services-info@cerritos.edu a minimum of 7 school days in advance. Career Services is located in the Multipurpose Building 201.
RE-ENTRY RESOURCE PROGRAM
WORKSHOPS - SPRING 2016

Scholarship Workshop

Join us as we walk through the Cerritos College Foundation Scholarship Application process
1. Learn how to apply and begin your application!
2. Get tips on how to write your best personal statement!
3. Get detailed list of available scholarships!

Tuesday, February 2 – 11am-12:30 pm, BE 117

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
• What’s beneath anger
• How to listen to and release anger
• Management skills for us and our kids

Thursday, February 11 – 11am-Noon, BE 109

Single Parenting & Blended Families Workshop

Topics covered include:
• Co-parenting after separation
• Stages of grief & loss
• Tasks or a single parent
• Tasks of blended families
• Steps to successful step-parenting

Thursday, March 10 – 11am-Noon, BE 109

Self-Esteem Workshop

Would you like to have better self-esteem? Come and learn some tools and techniques that are necessary for enhancing your self-esteem.

Thursday, February 25 - 11am-12:30pm, BE 110

Goal Setting Workshop

Setting goals is important for life’s direction, meaning and satisfaction

Wednesday, March 30 - 2-3:30pm, BE 116

Depression Workshop

Depression is a common illness that can affect anyone.
Attend our workshop and learn:
• The definition and symptoms of Depression
• What strategies to take to prevent depression
• Where to get help
• Maintaining a support system
• Referral information

Wednesday, March 30 – 11am-Noon, BE 105

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

Wednesday, February 24 – 11am-Noon, BE 105

Effective Note Taking

Find out how to listen and effectively use fur simple steps to take great notes in class!

Wednesday, February 10, 10-11am, LC 137

Test Taking Strategies

Do you want to be confident that you have prepared properly for your exam? Attend this workshop to gain knowledge of effective test-taking techniques!

Thursday, March 3, 9:30-10:30am, LC 137

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www.cerritos.edu/re-entry-program.