SVCC Student Services Center Presents:  
Spring 2020 Success Week!  
February 10-13, 2020

**Monday**  
February 10, 2020

- **Ready, Set, Transfer!**  
  Presenter: Ashleigh Sorenson  
  Time: 12:30-1:15  
  Room: 1K4

- **Time Management Techniques**  
  Presenter: Sarah McFarlane  
  Time: 3:00-3:45  
  Room: 1K4

**Tuesday**  
February 11, 2020

- **Diversity and Inclusion in the Workplace**  
  Presenter: Kristen Roenfanz  
  Time: 12:15-1:00  
  Room: 1K4

- **Biology Study Skills for Success**  
  Presenter: Dr. Steven Phillips  
  Time: 1:00-1:45  
  Room: 1K4

**Wednesday**  
February 12, 2020

- **Pizza with the President!**  
  Time: 12:30-1:15  
  Room: 2K2

  ***PLEASE RESERVE YOUR SPOT WITH ANA SALGADO; 815-835-6432; ana.s.salgado@svcc.edu***

- **Branding for Success**  
  Presenter: Dallas Knack  
  Time: 1:15-2:00  
  Room: 1K4

**Thursday**  
February 13, 2020

- **Overcoming Test-Taking Anxiety**  
  Presenter: Sarah McFarlane  
  Time: 12:30-1:15  
  Room: 1C3

- **Mental Health and Self-Care in College**  
  Presenters: Valerie Kern-Lyons and Kristen Roenfanz  
  Time: 1:15-2:00  
  Room: 1C3

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Snacks will be provided to attendees at Spring 2020 Success Week workshops! Attendees will be eligible to win $20.00 gift cards to Starbucks, Wal-Mart, or Buffalo Wild Wings! Please direct any questions to Kristen Roenfanz at kristen.roenfanz@svcc.edu or (815)835-6408. Please reserve your spot for Pizza with the President! Contact Ana Salgado for this event at ana.s.salgado@svcc.edu or (815)835-6432.
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**Spring 2020 Success Week!**

**February 10-13, 2020**

<table>
<thead>
<tr>
<th>Workshop Title</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ready, Set, Transfer</strong></td>
<td>This workshop is intended to help students looking at transferring to a four-year school to complete their BA or BS degree. In this workshop, you will learn more about the transfer process, such as submitting your application, sending transcripts, and even ways to determine which four-year school is right for you. Bring your questions, and we’ll be happy to help!</td>
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<tr>
<td><strong>Diversity and Inclusion in the Workplace</strong></td>
<td>This workshop is meant to facilitate conversation around the topics of diversity and inclusion in college and the workplace. In an increasingly diverse job market, it is important to have an understanding of and an ability to communicate with people from different backgrounds than you. An appreciation of diversity is a sought-after qualification for many job candidates.</td>
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<tr>
<td><strong>Pizza with the President</strong></td>
<td>Get to know our President, Dr. David Hellmich, over lunch! Pizza will be provided to attendees. Please reserve your spot with Ana Salgado. See below for contact information.</td>
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<tr>
<td><strong>Time Management Techniques</strong></td>
<td>In this workshop, you will learn strategies to help manage your time effectively in college.</td>
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<tr>
<td><strong>Biology Study Skills for Success</strong></td>
<td>Learn study skills that you can apply specifically to your biology class this semester as well as study tips to help you succeed in all of your classes.</td>
</tr>
<tr>
<td><strong>Overcoming Test-Taking Anxiety</strong></td>
<td>Do you have test stress? This workshop is for you. Test-taking can be a very overwhelming and anxiety-inducing situation. In this workshop, you will learn ways of coping with your test-taking anxiety and performing well on your exams.</td>
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<tr>
<td><strong>Branding for Success</strong></td>
<td>Social media is becoming a powerful tool in the hiring process that can either make or break a candidate’s job prospects. Attend this workshop to learn the dos and don’ts of your online presence and the tools to effectively create your own brand.</td>
</tr>
<tr>
<td><strong>Mental Health and Self-Care in College</strong></td>
<td>It is essential to prioritize your mental health throughout college. But this is easier said than done. This workshop is intended to highlight some skills that you can use to take care of yourself throughout college and beyond.</td>
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