

SVCC Student Services Center Presents: Fall 2020 Virtual Success Week! September 14th-17th, 2020

Monday September 14, 2020

Virtual Faculty & Student Discussion: How to Be Successful Online
Presenters: Amy Jakobsen and Jonathan Devereueawax
Time: 12:30-1:15
Join here:
<https://meet.google.com/nkc-shnh-pag>

How to Survive a Pandemic: Taking Care of our Mental Health and Well-being
Presenter: Kris Widolff
Time: 3:00-3:45
Join here:
<https://meet.google.com/rwt-mehi-jhr>

Tuesday September 15, 2020

Beginner Mindfulness and Yoga Class
Presenters: Kris Widolff
Time: 1:30-2:15
Room: 1C3
Join here:
<https://meet.google.com/ew-q-ngxh-ixn>

Instagram LIVE Academic Advising Q&A – Ask us anything!
Presenters: Ashleigh Sorenson and Kris Widolff
Time: 4:00-4:30
Follow on Instagram
@saukvalleycc

Wednesday September 16, 2020

Motivational Speaker, Roy Juarez Jr.
Time: 12:20-1:20 via Zoo
Check student email for registration link or contact Ana Salgado at 815-835-6432 or ana.s.salgado@svcc.edu

Exploring Career Pathways
Presenter: Stephanie Jacobs
Time: 1:30-2:15
Join here:
<https://meet.google.com/sii-mtem-ags>

Thursday September 17, 2020

Ready, Set, Transfer Workshop
Presenter: Ashleigh Sorenson
Time: 12:30-1:15
Join here:
<https://meet.google.com/dnw-dnvu-syf>

**Ask your professor about getting extra credit for attending Virtual Success Week workshops!
Please direct any questions to Kris Widolff at kristin.m.widolff@svcc.edu or (815)835-6348.**

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Virtual Faculty & Student Discussion: How to Be Successful Online

In this discussion with SVCC faculty, you will have opportunities to ask professors your questions about online classes and learn strategies for meeting your goals this semester.

How to Survive a Pandemic: Taking Care of our Mental Health and Well-being

It is essential to prioritize your mental health throughout college. But this is easier said than done, especially in the midst of a pandemic. This workshop is intended to highlight some skills that you can use to take care of yourself throughout college during times of stress.

Beginner Mindfulness and Yoga Class

Do you need to relax? Let's take a break and focus on regulating our minds and bodies through beginner mindfulness and yoga exercise.

Instagram LIVE Academic Advising Q&A – Ask us anything!

Follow along with Ashleigh and Kris on Instagram LIVE to ask any questions you may have for your academic advisor!

Motivational Speaker, Roy Juarez Jr.

Listen to speaker and activist, Roy Juarez Jr. as he shares his personal message of hope, perseverance, and the power of a higher education. Roy was once a homeless teenager. His story and work have gained national attention on outlets such as CNN and Chicken Soup for the Soul.

Exploring Career Pathways

Learn about the tools available at SVCC to help you make some important decisions regarding your potential major and ultimate career. Begin exploring some different career pathways and learning about the steps to lead you to your goals!

Ready, Set, Transfer

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!

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