

College Success Seminars

Hampton Campus

Southeast Higher Education Center

FALL 2012



Students interested in attending any of these College Success Seminars on the Hampton Campus or Southeast Higher Education Center, can come directly to the classroom. If you need further information, please call the Office of Student Success at (757) 825-2827



PERSONAL DEVELOPMENT

TOPIC: ANGER MANAGEMENT

Focus: Alleviate Aggravation and Agitation

Wednesday, September 19	12:00-1:00 p.m.	Wythe 229
Wednesday, October 3	1:00-2:00 p.m.	Wythe 229
Monday, October 15	4:00-5:00 p.m.	Wythe 229
Tuesday, October 30	6:00-7:00 p.m.	SEHEC

TOPIC: FAMILY MATTERS (PARENTING)

Focus: Develop strategies to succeed as a student and as a parent.

Monday, September 17	3:00-4:00 p.m.	Wythe 229
Wednesday, September 26	3:00-4:00 p.m.	Hastings 324
Monday, October 8	5:00-6:00 p.m.	Hastings 324
Thursday, October 18	6:00-7:00 p.m.	SEHEC

TOPIC: FINANCIAL AID & SCHOLARSHIPS

Focus: Understanding how to correctly complete the requirements to apply for Financial Aid and Scholarships

Wednesday, September 19	8:00-9:00 a.m.	Hastings 324
Wednesday, October 3	3:00-4:00 p.m.	Hastings 324
Tuesday, November 13	10:00-11:00 a.m.	Hastings 324

TOPIC: HEALTH MATTERS

Focus: Awareness of how Nutrition and Exercise impacts Grades

Monday, September 24	1:00-2:00 p.m.	Wythe 229
Thursday, October 11	3:00-4:00 p.m.	Hastings 324
Monday, October 15	1:00-2:00 p.m.	Wythe 229

TOPIC: MONEY MATTERS

Focus: Focus: Your Credit Score, Budgeting, and Spending Wisely

Friday, September 14	12:00-1:00 p.m.	Hastings 324
Thursday, September 27	3:00-4:00 p.m.	Hastings 324
Tuesday, October 9	3:00-4:00 p.m.	Wythe 229
Thursday, October 25	6:00-7:00 p.m.	SEHEC
Wednesday, November 7	4:00-5:00 p.m.	Hastings 324

TOPIC: RELATIONSHIPS

Focus: Appropriate Communication Skills for Personal and Internet Relationships

Thursday, September 13	3:00-4:00 p.m.	Hastings 324
Tuesday, October 2	5:00-6:00 p.m.	Wythe 229
Wednesday, October 10	1:00-2:00 p.m.	Wythe 229

TOPIC: S.A.D. (STRESS/ANXIETY/DEPRESSION)

Focus: Learn Coping Skills and Strategies to Reduce Stress, Anxiety, and Depression

Tuesday, September 11	5:00-6:00 p.m.	Wythe 229
Wednesday, September 19	6:00-7:00 p.m.	SEHEC
Thursday, October 4	3:00-4:00 p.m.	Hastings 324
Wednesday, October 10	3:00-4:00 p.m.	Wythe 229

TOPIC: TIME MANAGEMENT

Focus: Managing Minutes to Maximize Success

Monday, September 10	6:00-7:00 p.m.	SEHEC
Wednesday, September 19	3:00-4:00 p.m.	Hastings 324
Thursday, September 20	11:00-12:00 p.m.	Wythe 229
Monday, October 8	4:00-5:00 p.m.	Wythe 229

TOPIC: TRANSFER PLANNING

Focus: Understanding the requirements to transfer to a 4 year university

Monday, September 17	8:00-9:00 a.m.	Hastings 324
Thursday, September 27	4:00-5:00 p.m.	Hastings 324
Tuesday, October 30	12:00-1:00 p.m.	Hastings 324
Wednesday, November 28	2:00-3:00 p.m.	Hastings 324