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| **FYI Success Series F20** | Monday | Tuesday | Wednesday | Thursday | Friday |
| August | 24 | 25 | 26 English Language Partners 12-1pm | 27 | 28 |
| September | 31 | 1 | 2English Language Partners12-1pmHonors Speakers Series3-4pm | 3L.O.T.S. of Success Tips11am-12pm | 4LSAMP Lunch & Learn:Cyber & Computer Science Open House11am-12pm |
|  | 7 | 8L.O.T.S. of Success Tips5-6pm | 9English Language Partners12-1pmHonors Speakers Series3-4pm | 10 | 11LSAMP Fall OrientationLunch & Learn11am-12pm |
| 14 | 15 | 16English Language Partners12-1pmHonors Speakers Series3-4pm | 17 | 18Time Management12-1pm |
| 21Cell Phone Addiction9-10am | 22Cell Phone Addiction3-4pm | 23English Language Partners12-1pmHonors Speakers Series3-4pm | 24 | 25LSAMP Lunch & Learn:Biological Sciences11am-12pm |
| October | 28 | 29 | 30Building Up Our Resiliency Muscles!12-1pmHonors Speakers Series3-4pm | 1Taming Tests5-6pm | 2LSAMP Lunch & Learn:Engineering11am-12pm |
|  | 5 | 6Time Management11am-12pm | 7English Language Partners12-1pmHonors Speakers Series3-4pm | 8 | 9 |
| 12 | 13 | 14US Immigration 10112-1pmHonors Speakers Series3-4pm | 15Improve Your Health, Improve Your Performance3-4pm | 16 |
| 19The SCI & PSY of Stress on Brain Health9-10am | 20 | 21Honors Speakers Series3-4pm | 22 | 23 |
| 26Taming Tests11am-12pm | 27 | 28Honors Speakers Series3-4pm | 29 | 30LSAMP Lunch & Learn:The Science of Scary II11am-12pm |
| November | 2 | 3 | 4Honors Speaker Series: The SCI & PSY of Stress on Brain Health3-4pm | 5 | 6LSAMP Lunch & Learn:Grifols Therapeutics11am-12pm |
|  | 9 | 10 | 11Honors Speakers Series3-4pm | 12 | 13Mastering Memory12-1pm |
| 16 | 17 | 18Honors Speakers Series3-4pm | 19 | 20 |
| 23 | 24 | 25 | 26 | 27 |
| December | 30 | 1 | 2Honors Speakers Series3-4pm | 3 | 4 |

**Session Descriptions:**

**Building Up Our Resiliency Muscles:** Let's talk about common risk factors for anxiety and depression. This session is open to all and focuses specifically on the experiences of international, immigrant, DACA, and undocumented students. Learn how you as a student can build “resiliency muscles” to counteract these risk factors.

**Cell Phone Addiction:** Studies show that cell phone addiction does exist! Gain a brief overview of addiction and how it translates to your love of your phone.

**English Language Partners:** Come meet new people and help your fellow students practice English skills. Open to both individuals learning English and individuals who are fluent in English and want to support others in their language journey. Please attend promptly at 12pm as meeting will end early if there are not enough participants.

**Honors Speakers Series:** All are welcome to engage in these informative talks. Check for topic details at www.rrcc.edu/honors.

**Improve Your Health, Improve Your Performance:** Explore the importance of nutrition, exercise, and sleep on one’s ability to learn, live, and lead.

**L.O.T.S. of Success Tips:** Start your semester off right with some success essentials: **L**earning, **O**rganization, **T**ime management and **S**tudying strategically.

**LSAMP (Louis Stokes Alliance for Minority Participation):** All are welcome to engage in these informative talks.

Cybersecurity & Computer Science: LSAMP and Cybersecurity Apprenticeship program review, discussion with industry professionals and faculty at RRCC, overview of opportunities available.

Fall Orientation: Current and new LSAMP Scholars will meet with STEM faculty and staff, and other support services on campus, review goals and offerings for Fall, and network.

Biological Sciences: Discussion of academic and career pathways in Biology with RRCC and LSAMP faculty and staff.

Engineering: Discussion of academic and career pathways in Engineering with RRCC and LSAMP faculty and staff, IDEA lab spotlight, CO Space Grant, etc.

Science of Scary II: Investigate why humans find certain things to be scary, and why some of us love being scared! Join us for a discussion of the horror genre in movies and literature combined with a little biology and psychology.

Grifols Therapeutics: Guest speakers from Grifols Biomat and Talecris Plasma Resources will discuss the plasma biotherapeutics industry, career pathways, and opportunities within their company.

**Mastering Memory:** Some studies suggest that humans forget 50% of new information within an hour of learning it. Try some new tricks to retain in your brain!

**Taming Tests:** Ease stress with tips to try before, during and after tests to enhance your preparation and test-taking approach.

**The Science and Psychology of Stress on Brain Health:** Stress does a number on our brain health – we’ll discuss the “science and psychology” of that impact and how to minimize your stressors.

**Time Management:** You have 168 hours in a week – no more and no less. Let’s determine ways to establish and maintain a system that works for you to juggle your commitments.

**US Immigration 101:** Have you heard all of the news surrounding immigration but you’re not sure what it means? Do you know the different immigration statuses out there? Come learn about the world of immigration. This workshop is open to ALL and is beneficial both for individuals who know nothing about immigration as well as those curious about the logistics of US immigration. In addition, you will learn about what is available on campus for immigrant students.

**Session Descriptions and Access Links:**

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**Link needed here**

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Cybersecurity & Computer Science/Fall Orientation/Biological Sciences/Engineering/Science of Scary II/Grifols Therapeutics

[https://cccs-meetings.webex.com/meet/janet.stomberg](https://cccs-meetings.webex.com/meet/janet.stomberg%20)

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