

Spring 2020 FYI Success Series - Tuition Voucher Prize!

Brought to you by First Year Experience & Career Success Center

Join your peers at a variety of **FREE** activities designed with your success in mind! Browse the calendar and make your plans—the more we see you, the more you gain. Everyone welcome to attend and **one student will win a \$500 tuition voucher!**

Contact dana.kobold@rrcc.edu or view webpage www.rrcc.edu/fye for more information.

Month	Monday	Tuesday	Wednesday	Thursday	Friday
January	27	28	29	30 Introduction to YouScience® 12-1pm, HUB	31
February	3 Study & Success Strategies Outreach 11am-1pm, Arvada	4 Career Conversations Resume Review 3-4pm, HUB	5	6	7
	10 L.O.T.S. of Success Tips 5-6pm, HUB	11	12	13	14
	17	18 Cell Phone Addiction 10-10:50am Torreys Peak	19 Introduction to YouScience® 11am-12pm, HUB	20	21
	24	25	26 Time Management 2-3pm, HUB	27 L.O.T.S. of Success Tips 12-1pm, HUB	28
March	2	3 Career Conversations How to Build People Skills to Advance in Any Career 3-4pm, HUB	4	5 Improve Your Health, Improve your Performance 5-5:45pm, Torreys Peak	6
	9 Taming Tests 2-3pm, HUB	10 Introduction to YouScience® 3-4pm, HUB	11 Study & Success Strategies Outreach 11am-1pm, Arvada	12	13
	16	17 Learn to Learn 11-11:45am Torreys Peak	18	19 Learn to Learn 5-5:45pm Torreys Peak	20
	23	24	25	26	27
	30	31	1 The Science & Psychology of Stress on the Brain 11am-12pm, HUB	2	3 The Science & Psychology of Stress on the Brain 12-1pm, HUB
April	6	7 Career Conversations Interview 101 3-4pm, HUB	8 Taming Tests 12-1pm, HUB	9	10
	13 Introduction to YouScience® 3-4pm, HUB	14	15 Sweet I Got an A 11am-1pm & 4-6pm HUB	16 Study & Success Strategies Outreach / Sweet I Got an A 11am-1pm, Arvada	17
	20	21	22	23 Taming Tests 5-5:45pm Torreys Peak	24

SESSION DESCRIPTIONS

Career Conversations – How to Build People Skills to Advance in Any Career: Professional advancement requires industry specific skills as well as “people skills” or “soft skills.” Strong people skills can help you recognize opportunities and stand out from your competition. (Presented by Premier Roofing Company)

Career Conversations – Interview 101: Toni Johnson from FirstBank will join us to provide tips and tricks on how to prepare for an interview, plus insight on what to expect!

Career Conversations – Resume Review: Presenters from Robert Half will be sharing their expertise on how to make your resume stand out from the crowd. Bring your resume for professional review!

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.

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

Introduction to YouScience®: Explore this free career assessment tool offered to students through our RRCC Career Success Center, designed to help leverage their aptitudes, those natural abilities they were born with, to help them measure both their aptitudes and interests to then match them to majors and careers that fit them best. Students will get actionable insight and information for choosing majors and careers as the assessment accurately evaluates aptitudes and interests in minutes with their online assessment feature.

Learn to Learn: Some educational researchers believe that all college students should know the ins and outs of how their brains learn. Join in to understand the concept of metacognition and apply it to enhance learning.

L.O.T.S. of Success Tips: Start your semester off right with some success essentials: Learning, Organization, Time management and Studying strategically.

Study & Success Strategies Outreach: Stop by and chat with RRCC’s First Year Experience Coordinator and take away a variety of study/success strategies - and a treat, too!

Sweet I Got an A: Your hard work has brought you success! Show us a paper, project, presentation, quiz, test, or homework assignment with an “A” to receive a goodie. One goodie per person please and thanks!

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.