



Experiential Learning & First Year Experience

FYI Success Series – Fall 2019

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 www.rrcc.edu/fye for more information

	Monday	Tuesday	Wednesday	Thursday	Friday
August 2019	19	20	21	22 Study & Success Strategies Outreach 11am-1pm, Arvada	23 Taming Tests 12-1pm, Arvada
	26	27	28	29	30
September 2019	2	3 Career Conversations Resumes/Cover Letters 3-4pm, HUB	4	5 L.O.T.S. of Success 12-1pm, HUB	6
	9 Mythbusters 4-5pm, Great Hall	10 L.O.T.S. of Success 5-6pm, HUB	11	12	13
	16 Time Management 11am-12pm Torreys Peak	17	18 Cyber Apprenticeship Information Session 4:30-5:30pm, Hub	19	20
	23 Industry Information Session: NSA 4-5pm, HUB	24	25	26 Improve Your Health, Improve Your Grades 12-1pm, HUB	27
	30 Taming Tests 12-1pm, HUB	1 Career Conversations Internships 3-4pm, HUB	2	3	4 Personality Diversity Leadership Workshop 9am-12pm, Torreys Peak
	7	8 Study & Success Strategies Outreach 11am-1pm, Arvada	9 Taming Tests 5-6pm, HUB	10	11
October 2019	14	15 Taming Tests 2-3pm, HUB	16	17	18
	21	22	23 Improve Your Health, Improve Your Grades 12-1pm, HUB Cyber Resume Review 4:30-5:30pm, HUB	24	25
	28	29	30	31	1
	4 The Science and Psychology of Stress on Brain Health 12-1pm, HUB	5 Career Conversations Interviewing 3-4pm, HUB	6 The Science and Psychology of Stress on Brain Health 3-4pm, Grays Peak	7	8
November 2019	11	12	13 Internship Fair 10:30am-1pm, Bridge	14 Taming Tests 12-1pm, HUB	15
	18 Study & Success Strategies Outreach & Sweet I Got an A 11am-1pm, Arvada	19 Sweet I Got an A 11am-1pm / 4-6pm HUB	20	(Session Details Over)	

SESSION DESCRIPTIONS

Career Conversations – Interviewing and First Impressions (Hosted by FirstBank): Tips and tricks to best prepare for an interview, including questions and how to always make a great first impression.

Career Conversations – Making the Most of an Internship (Hosted by Home Advisor): How to identify and find internships.

Career Conversations – Resumes and Cover Letters (Hosted by Target): Learn more about resumes and cover letters as well as how a large corporation operates and how they can help you connect, and work towards their goals.

Cyber Apprenticeship Information Session (Hosted by Northrop Grumman): Did you know RRCC has a Registered Apprenticeship in Cyber Security? Come to an Information Session to learn more about the apprenticeship program and meet one of our partner employers, Northrop Grumman.

Cyber Resume Review (Hosted by Northrop Grumman): Entering the field of Cyber Security and want to have your resume reviewed by experts in the field? Come and meet with representatives from Northrop Grumman and have them take a look at your resume.

Improve Your Health, Improve Your Grades: Explore the importance of nutrition, movement, sleep, and stress management on one's ability to learn and perform.

Industry Information Session – NSA (Hosted by the National Security Agency): The National Security Agency (NSA) has a variety of technical summer internships available throughout the US. At this Informational Session, you will learn about NSA and how to apply to their internship opportunities.

Internship Fair: Interested in doing an internship? Plan on attending the Internship Fair to meet local employers looking for interns for Spring 2020 and Summer 2020.

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

Mythbusters: Does the idea of doing research intrigue you but you are not sure where to start? Stop by and help us bust some myths while we put the scientific method to use. You will also learn about a FREE class you can take to learn how to navigate undergraduate research and how to start your own research!

Personality Diversity Leadership Workshop: (RSVP required for participation) Learn about your personality and how to identify and bridge differences when interacting with others in order to enhance your relationships, communication, leadership skills, and “team” success.

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.