

Catch the Wave 

Student Success Workshop Menu

13 workshops have been developed by Student Services and will be offered once each semester. These workshops can also be ordered off of this menu to be delivered in your classroom or other locations.

Please take advantage of this wonderful opportunity to support our students' success.

For example, if you notice that a majority of your classes are unmotivated, you may want to "order" our *How Attitudes Affect Your Life* workshop.

1. Requests must be submitted at a minimum of 10 business days prior to desired date. Please e-mail the contact person for your desired workshop.
2. Workshops can be delivered in Classrooms, Regional Learning Centers, Clubs, Student Organization meetings, Commons, etc...
3. Some workshops focus on NWTC Core Abilities. These could be supplemental to your classroom activities.

Topics Include:

Academic Concern

- **The Right Way to Write Papers**
erin.blaney@nwtc.edu
Description: Tips on how to structure and organize college quality papers. Facts on MLA and APA documentation. College writing resources will be provided.
- **Understanding Your GPA**
boua.thao@nwtc.edu
Description: GPA, SAP, Honor Cords, etc...??? What does all this mean... Learn to advocate for yourself, Learn to approach your instructors, what to do if you are struggling, and the importance of maintaining a good GPA.
- **Study Skills 101**
cynthia.kothbauer@nwtc.edu
Description: How to study effectively. This workshop will cover note-taking in class and from a textbook, as well as time management.

Workshop list continues on back

 **Northwest**
Wisconsin Technical College

We Are Futuremakers

Student Success Workshop Menu

Academic Concern (continued)

- **Developing Your Leadership Skills for the Future**
touko.thao@nwtc.edu

Description: Learn how to build team skills in classrooms and in the workplace. Understand your personality traits and how it can influence others to work collaboratively while appreciating their differences.

Cultural Awareness

- **Undercover NE Wisconsin: Exploring local area's culture**
bernadine.vigue@nwtc.edu

Description: Expand your cultural horizons by getting to know your culturally diverse neighbors in the Green Bay Area.

Health Issues

- **Ten Creative Tips You Can Implement Simply for a Balanced and Healthy Lifestyle**

jennifer.hyland@nwtc.edu

Description: Hear tips and tricks to live a healthy and balanced life, both physically and emotionally.

- **Develop Emotional Intelligence and Increase Your Sense of Well-being**

katie.kolarik@nwtc.edu

Description: Feeling semester burnout? Learn how to develop a healthy emotional intelligence, by learning how to reduce stress, curb anxiety and develop a sense of self-confidence.

- **Everyday Safety and Self-defense**

nicole.hartfield@nwtc.edu

Description: Maintain your personal safety by learning about security, crime prevention, loss prevention, and risk analysis.

Social Awareness

- **Smart Money Skills for College and Beyond**

debbie.sobiesczyk@nwtc.edu

Description: Learn basic budgeting skills, how to create a spending plan, the value of savings, and good habits to tackle debt.

- **How Attitudes Affect Your Life: How to Get and Stay Motivated**

timothy.yandila@nwtc.edu

Description: Turn lemons into lemonade! Positive commitment, control and challenge attitudes lead to successful outcomes at home, work and school. Learn how to harness the power of resilient attitude.

Career Services

- **Ready, Set, Work...**

brooke.holbrook@nwtc.edu

Description: Comprehensive job search strategies.

- **Tools to Secure Employment**

brooke.holbrook@nwtc.edu

Description: Resume and Interviewing.

- **Portfolio Development**

brooke.holbrook@nwtc.edu

Description: Developing your professional portfolio and using it during an interview.