PERSONAL ENRICHMENT SEMINARS

Study Strategies
Noon-1 p.m., Wednesday, Sept. 16
And Tuesday, Nov. 17
Learn more effective strategies to increase your academic motivation and performance.

Time Management
Noon-1 p.m., Thursday, Oct. 1
Learn how to accomplish more and meet your obligations with less stress and worry.

Using Your Emotions Successfully
Noon-1 p.m., Tuesday, Oct. 13
Learn how coping with your emotions can help you handle frustrations, get along with other people and achieve higher academic success.

Increase & Project Your Confidence
Noon-1 p.m., Wednesday, Oct. 28
Learn how your confidence can increase success in your relationships, academic life and career.

Managing Stress
Noon-1 p.m., Thursday, Nov. 12
Explore types and causes of stress, and effective stress management skills.

CAREER TOPICS

Navigating Through Career Decisions
Noon-1 p.m., Thursday, Sept. 17
I don’t have a clue what career or major to select. How do I get started?

Résumés and Cover Letters
Noon-1 p.m., Tuesday, Sept. 22
Learn how to develop effective résumés and cover letters; present yourself on paper.

Interview Coaching
Noon-1 p.m., Wednesday, Oct. 21
Are you making a good impression? Learn how to become more comfortable and successful with the interview process.

Working the Gaps on Your Résumé
Noon-1 p.m., Tuesday, Oct. 27
Learn how to frame your volunteer and life experiences.

Let’s Explore Careers!
Noon-1 p.m., Tuesday, Nov. 3
Research details of careers of interest. Learn what you can do with different majors.

Networking
Noon-1 p.m., Tuesday, Nov. 10
Learn the basics of networking both online and off.

Seminars located in Founders 141.

For more information, email personalcounseling@collin.edu, visit www.collin.edu/studentresources/counseling or call 972.377.1781.

KEEP CALM