

# Fall Quarter 2016 Workshop Calendar



Monday	Tuesday	Wednesday	Thursday
26 <b>September →</b>	27	28	29
3 <b>Recommendation Committee</b> Dr. Krista Motschieder Palmer Hall 210 12:00-12:50 pm  <b>How to Study for Anatomy &amp; Physiology</b> Dr. Eugene Joseph Palmer Hall 210 5:00-5:50 pm  <b>October →</b>	4  <b>H.U.B. Fair</b> Office of Student Involvement 12:00-1:30 pm Founders Green (No workshop credit.)	5  <b>Transfer Student Meet &amp; Greet</b> Ron Venegas Palmer Hall 214 12-12:50 pm	6  <b>Read Smarter, Not Harder: Strategies for Success</b> Professor Sari Fordham Palmer Hall 214 11:00-11:50 am  <b>Note-taking for Biology</b> Dr. Nate Sutter Palmer Hall 210 12-12:50 pm
10 <b>Allied Health Professions</b> Chuck Dart Palmer Hall 210 12:00-12:50 pm  <b>Note-taking for Social Sciences</b> Dr. Leslie Martin Palmer Hall 210 5:00-5:50 pm	11	12	13
17  <b>Becoming a Competitive Applicant</b> Dr. Brenda Boyd Palmer Hall 210 12:00-12:50 pm  <b>Keys to Completing College on Time</b> Ronald Venegas Palmer Hall 210 5:00-5:50 pm	18	19	20  <b>Secrets to Successful Relationships</b> Professor Daphne Thomas Palmer Hall 214 11:00-11:50 am
24 <b>LLU Communication Sciences &amp; Disorders</b> Jennifer St. Clair Palmer Hall 210 12:00-12:50 pm  <b>Cheap Dates &amp; Other Cost-Saving College Tips</b> Center for Student Academic Success Palmer Hall 210 5:00-5:50 pm	25	26	27  <b>Techniques to Improve Memory &amp; Test Performance</b> Jonathan Davidson Palmer Hall 210 11:00-11:50 am  <b>How to Study for Mathematics</b> Center for Student Academic Success Palmer Hall 214 12:00 – 12:50 pm
31 <b>LLU Pharmacy</b> Andrew Haglund Palmer Hall 210 12:00-12:50 pm	1  <b>November →</b>	2	3  <b>Can We All Just Get Along? How to Survive &amp; Resolve Conflict</b> Palmer Hall 210 11:00-11:50 am
7 <b>LLU Nursing</b> Brianna McAuliffe Palmer Hall 210 12:00-12:50 pm  <b>Test-taking: Overcoming Anxiety</b> Daniel Nyirady Palmer Hall 210 5:00-5:50 pm	8	9	10  <b>Meet the Majors &amp; Health Professions Fair</b> Zapara School of Business 11:00 a.m. - 1:00 pm (Required for First-Year Seminar. No workshop credit.)
14	15	16	17  <b>Test-Taking: Techniques That Work</b> Center for Student Academic Success Palmer Hall 210 11-11:50 am
28  <b>First Things First: Tips for Managing College Life</b> Center for Student Academic Success Palmer Hall 210 5:00-5:50 pm	29	30	1  <b>How to Win with Public Speaking</b> Dr. Melissa Tafoya Palmer Hall 210 11-11:50 am  <b>December →</b>
5	6	7	8  <b>Stop Stressing &amp; Start Living: Hacks for a Healthy Life</b> Palmer Hall 210 11-11:50 am



## Learn & Earn Money this Fall Quarter!

### **ALL STUDENTS**

Connect and learn valuable insights from your favorite professors, health professional schools, and other speakers!

### **\$25 Eagle Ca\$h!**

Attend any SIX (6) workshops throughout the quarter and earn free money on your Eagle dining account!

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## Workshops by Topic

### **Pre-Health Mondays @ 12 PM**

10/3: Recommendations Committee  
10/10: Allied Health Professions  
10/17: Become a Competitive Applicant  
10/24: Loma Linda University Communication Sciences & Disorders  
10/31: Loma Linda University Pharmacy  
11/7: Loma Linda University School of Nursing

### **Health & Financial Wellness**

10/20: Secrets to Successful Relationships @ 11 AM  
10/24: Cheap Dates & Other Cost-Saving College Tips @ 5 PM  
11/3: How to Survive & Resolve Conflict @ 11 AM  
11/7: Test-taking: Overcoming Anxiety @ 5 PM  
11/28: Tips for Managing College Life @ 5 PM  
12/8: Hacks for a Healthy Life @ 11 AM

### **Academics**

10/3: How to Study for Anatomy & Physiology @ 5 PM  
10/6: Read Smarter, Not Harder @ 11 AM  
10/6: Note-taking for Biology @ 12 PM  
10/10: Note-taking for Social Sciences @ 5 PM  
10/17: Keys to Completing College on Time @ 5 PM  
10/27: Improve Memory & Test Performance @ 11 AM  
10/27: How to Study for Mathematics @ 12 PM  
11/17: Test-Taking: Techniques That Work @ 11 AM  
12/1: How to Win with Public Speaking @ 11 AM

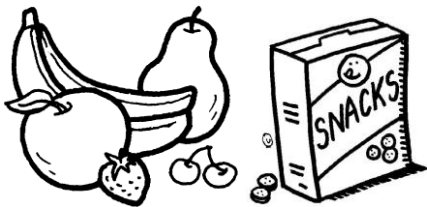
### **Transfer Student Events**

10/5: Transfer Student Meet & Greet @ 12 PM  
10/17: Keys to Completing College on Time @ 5 PM

### **Snacks provided!**

Every  
Monday & Thursday  
workshop

We feed bodies and minds!



### **Don't Miss Another Exciting Workshop!**

Email [4U@lasierra.edu](mailto:4U@lasierra.edu) to  
receive weekly text message  
reminders of upcoming  
workshops!



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### **Mentoring**

Meet with a mentor for

- Academic Support
- Money Management
- Career Planning

***Mentoring is available to  
sophomores, juniors & seniors!***



### **Contact 4U College Management**

Shontay Brown, Mentor  
951.785.2387 or [sbrown@lasierra.edu](mailto:sbrown@lasierra.edu)  
Sierra Vista Hall Room 107

For more information on the 4U College  
Management program visit  
[www.lasierra.edu/4U](http://www.lasierra.edu/4U) or 951-785-2727