





## Workshop Descriptions **NOVEMBER 2016**

<b>Achieving Your Goals</b>	"Goals are dreams with deadlines." Learn and experience a process that you can use to develop long-and short-term goals in all areas of your life. Create an action plan, outlining next steps to move toward your goals.
<b>Creating Your Dream Team</b>	This workshop will focus on developing a supportive team with emphasis on academic, career and personal relationships.
<b>Summer Jobs With The Forest Service: Apply Now</b>	Learn how to apply for US Forest Service 2017 Summer Jobs. There are 600-1000 openings! Now is the time to apply for seasonal, summer, and student positions. Applications will be accepted from November 15th-November 21st 2016 for the Willamette and Siuslaw positions!
<b>How To Apply For Forest Service Jobs</b>	This workshop focuses on USAJOBS.gov and how to apply for the US Forest Service jobs and other federal jobs. Learn to create a profile and upload your needed documents.
<b>Increasing Emotional Intelligence</b>	This workshop will help you improve relationships through empathy for-and understanding of-the emotions of others, learn strategies to consciously choose how to think and speak more positively about self and others.
<b>Living Your Values</b>	Discover what values are essential to "create the life that you want." Explore how you can live a life that's congruent with your values, by identifying "what's important to you" in four life roles—Work, Leisure, Family, Community.
<b>Managing Stress</b>	This workshop provides information on how stress is experienced in the body, and the impact this has on our thinking and feeling states. It includes hands-on activities designed to reduce stress and promote well being.
<b>My FAFSA's Done – What's Next?</b>	The focus of this workshop is on the two paths that occur after you complete your FAFSA: verification process and award letters. There will be an explanation of the verification process, the required documents, and instructions on how to complete the forms. There will also be discussion about how to read and understand award letters, becoming familiar with F.A. requirements, and learning the steps to complete loans. This workshop is appropriate for students and /or parents.
<b>Scholarship Workshop</b>	Attend this workshop and learn how to apply for the LCC Foundation and OSAC scholarships. Even if you don't think your GPA is good enough, even if you don't think your life has been hard enough, even if you don't think you have enough time to sort through the information; scholarships are a possibility for you. All Scholarship Advising and Scholarship Workshops are services provided by the Lane Foundation Scholarship Advising Team. They may be reached at 541.463.5768 or <a href="mailto:scholarshipadvising@lanecc.edu">scholarshipadvising@lanecc.edu</a> .

## Career Center Calendar At A Glance **NOVEMBER 2016**

Tuesday	November 1			
Wednesday	November 2			
Thursday	November 3			
Friday	November 4	Summer Jobs with The Forest Service: Apply Now	1:00 – 3:00	19/261
Monday	November 7			
Tuesday	November 8	Increasing Emotional Intelligence	11:30 – 12:50	19/263B
Wednesday	November 9	Achieving Your Goals	1:00 – 2:50	19/263B
		Scholarship Workshop	3:30 – 4:50	19/261
Thursday	November 10	Creating Your Dream Team	1:00 – 2:20	19/263B
		How To Apply For Forest Service Jobs	2:30 – 4:30	19/263B
Friday	November 11	<b>COLLEGE CLOSED</b>		
Monday	November 14			
Tuesday	November 15	Managing Stress	1:00 – 2:50	19/263B
Wednesday	November 16	Living Your Values	1:00 – 2:50	19/263B
Thursday	November 17	Student Employment: Finding A Job On Campus	2:30 – 4:00	19/263B
Monday	November 21			
Tuesday	November 22	My FAFSA's Done—What's Next?	2:30 – 4:30	19/263B
Wednesday	November 23			
Thursday	November 24	<b>COLLEGE CLOSED</b>		
Friday	November 25	<b>COLLEGE CLOSED</b>		
Monday	November 28			
Tuesday	November 29			
Wednesday	November 30	Scholarship Workshop	3:30 – 4:50	