Clark College Spring 2024

Free Student Success Workshops Brought to you by the Student Success & Retention Department

Student success workshops are hosted in Person and on Zoom. Please register early for the workshops to ensure you get the link before the workshop starts. If you have any questions, please call 360-992-2382 or email <u>Heather Leasure</u>

Week Five (5/6-5/10)

Owning Your Power During the Interview Process, Wednesday, May 8th, 1pm-2pm, Zoom, <u>Register Here</u>

Usually preparing for job interviews is focused on how you can show the interviewer you will benefit their company. But we spend many hours of our lives at work, shouldn't it benefit us as well? In this workshop we will explore methods you can use to determine if you are interviewing at a job that shares your values and has a workplace culture that will be most enjoyable for you. Learn tips and tricks to feel confident during your interview and get information from it that will help you make this large life decision!

Week Six (5/13-5/17)

How to Find a Job or Internship (Step-by-Step), Tuesday, May 14th, 11am-12pm, In Person, PUB 258A (Above Student Life), Register Here

Are you looking for a job or internship? Not sure where to start or feeling stuck? Career Services is here to support you! Explore step by step job and internship search strategies and learn about resources offered here at Clark and in the community.

Pictionary Pandemonium: AI Edition with ChatGPT, Tuesday, May 14th, 1pm-2pm, Inperson, Library 103 <u>Register Here</u>

This workshop offers an exciting opportunity for students to delve into the world of artificial intelligence (AI) through a fun and collaborative game of Pictionary guided by ChatGPT's instructions. Participants will explore AI-related concepts and ethical concerns as they sketch interpretations based on ChatGPT's prompts, aiming to decipher the connection between the sketch and the assigned concept. Through lively interaction and discussion, students will gain insights into AI terminology and its implications, fostering a deeper understanding of this rapidly evolving field while enjoying a dynamic and engaging workshop experience.

Choosing a Major, Thursday, May 16th, 2pm-3pm, Zoom, Register Here

Not sure what to study at Clark or beyond? Learn the process of choosing a college major, how to identify your career interests, and resources to support with your education & career exploration of options.

Week Seven (5/20-5/24)

Mindfulness for Career Clarity, Wednesday, May 22nd, 2pm-3pm, In-Person, PUB 258B (above Student Life) <u>Register Here</u>

Imagine your ideal future, discover your possibilities, and get clear(er) on what you want. During this interactive workshop you'll identify ways to use mindfulness as a strategy for career clarity, along with other creative approaches for career or personal development.

Week Nine (6/3-6/7)

How to Find a Job or Internship (Step-by-Step), Wednesday, June 5th, 12pm-1pm, In Person, PUB 258B (Above Student Life), Register Here

Are you looking for a job or internship? Not sure where to start or feeling stuck? Career Services is here to support you! Explore step by step job and internship search strategies and learn about resources offered here at Clark and in the community.

Stress Management, Wednesday, June 5th, 1pm-2pm, In-Person, GHL 213 (above Financial Aid) <u>Register Here</u>

Human biological evolution has not kept pace with the demands of our cultural and technological advances in a very important way: Our ancient stress response that historically kept our ancestors alive, is now undoing quality of life for many of us. Learn about the human stress response, why it is necessary and how to interact with it differently to promote a foundation for living your best life.

Test Anxiety, Thursday, June 6th, 1pm-2pm, Zoom, Register Here

Does your mind go blank during timed tests? Test anxiety is a common experience that is very treatable with the right tools. Come learn some effective strategies for overcoming test anxiety and improving your grades.