



EOPS Presents...

The Fall 2011 EOPS Workshops Series

Where: "The Orchard Room"

When: Fridays, 1:00 p.m. to 2:00 p.m.

Workshops are open to ALL Students and Staff

<p>Effective Note Taking Strategies for Students</p> <p>Friday, September 23, 2011</p> <p><i>Presenter:</i> Sharon Alvarado-Padilla Tutorial Center Coordinator</p>	<p>Eating Healthy on a Budget</p> <p>Friday, October 7, 2011</p> <p><i>Presenter:</i> Joshua Hammond Store Captain Almaden Trader Joes</p>	<p>Making Life Easier for You and Your Pre-Schooler</p> <p>Friday, October 14, 2011</p> <p><i>Presenter:</i> Becky Halligan Child Development Center Supervisor</p>
<p>Do You Know Your Learning Style?</p> <p>Friday, October 28, 2011</p> <p><i>Presenter:</i> Scott Hamilton DSPS Counselor</p>	<p>Everybody Needs Physical Fitness</p> <p>Friday, November 4, 2011</p> <p><i>Presenter:</i> Travis Parker Physical Education Professor</p>	<p>Basic Self Defense</p> <p>Friday, December 2, 2011</p> <p><i>Presenters:</i> Police Captain Cheryl Sears, Corporal Dustin Poore & Jon Adams Physical Education Professor</p>

Learning Community, CARE & ESP students: Any of these workshops can be counted towards meeting your Fall 2011 requirements!

Any student wanting to attend a workshop **MUST** sign-up in L-106