

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

**EOPS Presents...**

# Spring 2012 Workshop Series



**All workshops are opened to  
ALL Students and Staff**

**All workshops are on a Friday from  
1:00-2:00pm in the Orchard Room!!**

<p><b><u>Scholarship Workshop</u></b> Presenter: <b>Salena Mamuyac</b> Student Svs Supervisor Friday, <b>2/03/12 and</b> <b>2/10/12</b></p>	<p><b><u>How to Study With Success</u></b> Presenter: <b>Anna Doan</b> Counselor Friday, <b>2/24/12</b></p>	<p><b><u>Living Well, Spending Less</u></b> Presenter: <b>Barbara Nuss</b> Lib. Media Tech Asst. &amp; <b>Alma Mejia</b> Administrative Asst. LRCT, Friday, <b>3/09/12</b> <b>College Bookstore</b></p>
<p><b><u>Eat This, Not That</u></b> Presenter: <b>Kaiser Permanente,</b> Nutrition Specialist Friday, <b>3/23/12</b></p>	<p><b><u>Everybody Needs Physical Fitness</u></b> Presenter: <b>Travis Parker,</b> Physical Ed. Professor Friday, <b>4/13/12</b></p>	<p><b><u>Dress for Success... Tips from a Professional</u></b> Presenter: <b>Karen Hamilton,</b> Macy's Store Managers Friday, <b>4/27/12</b></p>
<p><b><u>Get on the Bus with EOPS/CARE and the Enriched Scholars Program</u></b> Join us for a full-day trip to experience California State University Sacramento (CSUS) and the University California at Davis. Tour both campuses, get information on student service programs, financial aid, admission requirements, majors, check out their dorms, meet with students, staff, and faculty and more! <i>Early Morning snack and buffet lunch provided free of charge</i> <b>Friday, 5/04/12 7:30am - 5:00pm</b></p>		

**CARE & ESP students: You may use this toward your workshop requirement.**