



# Re-Entry Program Workshops

## Spring 2024

To register/RSVP for these workshops, please visit the Re-Entry Program website

<https://www.cerritos.edu/re-entry-program/workshops-and-events.htm>

## JUMP START YOUR JOURNEY

### MyCerritos/Canvas Overview

Explore your MyCerritos portal and Canvas, the online “classroom” platform. Session will include tips on using your portal and setting up access to Canvas, how to find information, submitting assignments and other topics to familiarize yourself before the semester begins.

- Presenter: Welcome Center Staff
- Wednesday, January 10, from 5 p.m. – 6 p.m. on Zoom

### Returning to School – How to pick up where I left off

Returning to school after an extended break can seem daunting (or even scary) and you may be wondering how you can get back on track. Join us for a conversation with our career counselor, Dr. Young, and get some pointers on picking up where you left off.

- Presenter: Dr. David Young, Cerritos College Career Counselor
- Thursday, February 1, from 3:30 p.m. - 4:30 p.m. in MP 213

## FUNDING YOUR EDUCATION

### Financial Aid 101 for Re-Entry Students

Uncertain about how to finance your education? Do you wonder if you are eligible as a Re-Entry student? Discover the basics of financial aid, eligibility, what to do if your financial situation changes and other topics unique to our returning students.

- Presenter: Ismael Zepeda, Financial Aid
- Wednesday, January 24, from 5 p.m. - 6 p.m. on Zoom

### Scholarship Workshop

Join us as we walk through the Cerritos College Foundation scholarship application step-by-step.

- Presenter: Catherine Lu and Shannon Estrada
- Wednesday, January 31, from 5 p.m. – 6 p.m. on Zoom
- Tuesday, February 6, from 2 p.m. – 3 p.m. in MP 211
- Wednesday, February 7, from 11 a.m. - 12 p.m. on Zoom
- Wednesday, February 14, from 2 p.m. – 3 p.m. on Zoom
- Thursday, February 15, from 11 a.m. – 12 p.m. in MP 211

### Scholarship Application Assistance Lab

Stop by our Scholarship Application Assistance Lab for help with your Cerritos College Foundation scholarship application.

- Presenter: Catherine Lu and Shannon Estrada
- Wednesday, February 21, from 2 p.m. - 3 p.m. in MP 201
- Thursday, February 22, from 11 a.m. - 12 p.m. in MP 201



## CAMPUS RESOURCES

### Resources for Student Success

There's no doubt about it: college can be stressful and busy and it's easy to forget the many resources available to students. And the best part? They're free! Take the time to find out about the resources available and how they can specifically benefit you and your education.

Join us for an overview of the Cerritos College Success Center, Student Health Center, The Falcon's Nest, Campus Police, and Career Services and learn about the various resources each department offers and how they can help you be a more successful student.

- Presenters: Success Center, Student Health Center, The Falcon's Nest, Campus Police, and Career Services staff
- Thursday, March 21, from 11 a.m. – 12 p.m. on Zoom

## STRATEGIES FOR SUCCESS

### Time Management

Having trouble getting organized? Want to be more productive in college? Our workshop will cover prioritizing your time, getting organized, goal setting, and much more.

- Presenter: : Dr. David Young
- Thursday, February 29, from 11 a.m. – 12 p.m. both in-person in MP 201 and on Zoom

### Stress Management

The goal of this workshop is to help students identify sources of stress and explore tools to help regulate their nervous system and instill a greater sense of focus and balance in daily life.

- Presenter: Angela Williams, LCSW and Manager, Mental Health Services
- Tuesday, March 3, from 11a.m. – 12 p.m. on Zoom

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<https://www.cerritos.edu/re-entry-program/workshops-and-events.htm>



If disability accommodations (e.g. communications access, alternate formats) are needed to participate fully in these events, please submit your request to [AccommodationsRequest@Cerritos.edu](mailto:AccommodationsRequest@Cerritos.edu) within seven school days in advance of the event.



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