



Re-Entry Program Workshops

Fall 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. This 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, August 21, 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, August 22, 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
- Tuesday, August 28, 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. Get inside tips on writing your personal statement and submitting your best application.

- Presenters: Eric Calderon (Foundation) and Shannon Estrada (Re-Entry Program)
- Tuesday, August 27, from 11 a.m. – 12 p.m. in MP 211
- Wednesday, September 4, from 5 p.m – 6 p.m. on Zoom
- Thursday, September 5, from 2 p.m. – 3 p.m. in MP 213
- Tuesday, September 10, from 11 a.m. – 12 p.m. on Zoom
- Thursday, September 12, from 2 p.m. – 3 p.m. in MP 213

Scholarship Application Assistance Lab

Stop by our Application Assistance Lab for help with your Cerritos College Foundation scholarship application. Have questions about your personal statement or any part of the application? We’re here to help!

- Presenters: Eric Calderon (Foundation) and Shannon Estrada (Re-Entry Program)
- Wednesday, September 18, from 2 p.m. – 3 p.m. in MP 201
- Thursday, September 19, 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 Activities, Adult and Community Education, the Library, and our Learning and Career Pathways (LCP) Success Teams and learn about the various resources each area offers and how they can help you be a more successful student..

- Presenters: Success Center, Student Activities, Adult and Community Education, Library, and LCP Staff
- Thursday, October 17, 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
- Monday, September 23, 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, October 1, from 11 a.m. – 12 p.m. on Zoom

Tips & Tricks for Balancing Life & School

Do you find yourself sitting in class thinking about what you need to pick up at the grocery store on your way home? The laundry that needs to be done before school the next morning? The 3-page essay that's due tomorrow? What to do about your three-year-old's temper tantrums? Yes? Then this workshop is for you! We will cover:

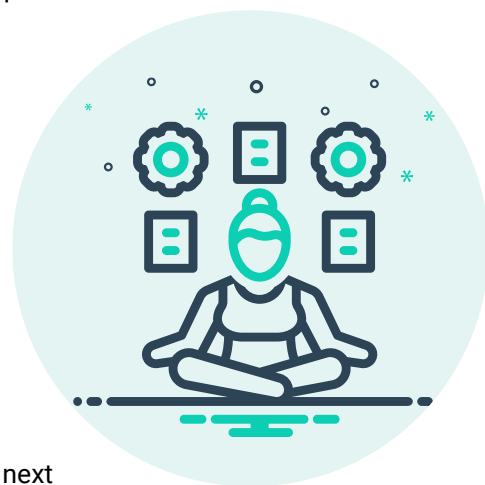
- Time Management
- Building a Support System
- Study Tips
- Helpful Resources

This is a great opportunity to find out about campus/community resources and to learn from others.

- Presenter: Jennifer Palma, Instructor, Child Development
- Thursday, September 26, from 11 am – 12 pm in the EOPS Office/Classroom

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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 within seven school days in advance of the event.



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