

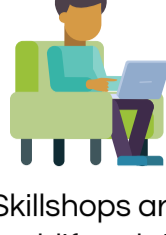
Spring 2021

SKILLSHOPS

Keep Learning, Stay Connected

www.valenciacollege.edu/skillshops

VALENCIA COLLEGE



What are Skillshops?

Skillshops are free workshops, or mini courses that provide real-life solutions to common student issues.

- Encourage holistic development
- Free to all students
- Pre-registration required

This spring, all Skillshops will continue to be offered in a virtual format via Zoom and pre-registration will be required to participate in each session. By clicking on a session below, you will be taken to a detailed description and Zoom registration window. Join us!



Enter a Chance to Win a \$300 Scholarship!

Every time you log in to a Skillshop, you will be entered for a chance to win a Scholarship. The more Skillshops you attend the higher your chances to win!**

Supported by the Valencia Foundation

**You must be on time and logged in for the entirety of the session to be eligible. Dual Enrollment students are not eligible.

Let's Talk

Let's Talk

Valencia counselors provide emotional and academic support services to empower students to succeed at the College. Counselors facilitate curriculum based experiences to bring awareness and understanding to commonly experienced emotional and educational student challenges. Look for the "Let's Talk" icon for counselor-led Skillshops.

Join Our Free Mindful & Meditation Classes! Click here to learn more.



Distinctions

- C** Career Action
- G** Global
- i** Ignite: Creative Thinking
- L** Leadership
- P** Peace & Justice

Skillshops with these tags meet the Distinction requirements.

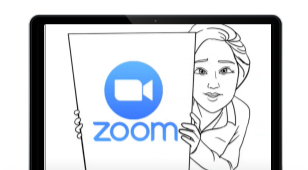


Student Success Resources

- Virtual Advising Center
- Career Center
- Counseling Services
- Financial Aid Services
- Office of Students with Disabilities
- Tutoring & Academic Support
- UCF Direct Connect
- Valencia Honors
- Veterans Affairs

Virtual Skillshops Etiquette

- Pre-registration is required
- Prepare your technology in advanced
- Stage your background
- Be on time
- Use the video option when appropriate
- Dress appropriately (think business casual)
- Stay on mute if you are not talking
- Stay focused and limit distractions



Have Skillshop Questions?

skillshops@valenciacollege.edu

VALENCIA COLLEGE

JANUARY

Physical Wellness Month

<p>26</p> <p>Be the Change</p> <p>11-12 PM Peace & Justice Institute</p>	<p>26</p> <p>Gratitude 2021: New Year, New Opportunities to Grow Happy</p> <p>3-4:15 PM Valencia Counselors</p>	<p>27</p> <p>Bring on the Disruption: Let's Talk About Tomorrow!</p> <p>11-12 PM Ignite! Creative Thinking</p>
<p>27</p> <p>Spring Into Wellness!</p> <p>3-4 PM Student Development</p>	<p>28</p> <p>Money Heist- Decriminalizing the Concept of Credit, Debt, and Interest</p> <p>11-12:30 PM Financial Learning Ambassadors</p>	<p>28</p> <p>Be the One to Protect Digital Privacy</p> <p>6-7 PM Equal Opportunity</p>



What is Physical Wellness?

Learning and engaging in healthy habits (diet, exercise, sleep and other behaviors) contribute to an overall positive quality of life. Click here to learn more.

FEBRUARY

Emotional Wellness Month

<p>2</p> <p>Imposter Syndrome: The Voice Saying, "You Cannot" when you know "You Can"</p> <p>11-12 PM Isabelle Saint Joy</p>	<p>3</p> <p>Building Your Resume with Summer Programs for Undergraduates</p> <p>11-12PM Seneff Honros College</p>	<p>3</p> <p>Let's Talk- Adulting 101: Success Strategies for Being a Grownup</p> <p>3-4:15 PM Valencia Counselors</p>	<p>4</p> <p>Developing a Daily Peace Practice</p> <p>6-7 PM Peace & Justice Institute</p>	<p>9</p> <p>How to Protect Yourself: CyberCrime 101</p> <p>3-4 PM Heart of Florida United Way</p>
<p>10</p> <p>Let's Talk: How to Support LGBT+ Students in the Age of COVID</p> <p>3-4:15 PM Valencia Counselors</p>	<p>11</p> <p>Let's Talk: The Five Love Languages</p> <p>3-4:15 PM Valencia Counselors</p>	<p>16</p> <p>Skills Employers Want</p> <p>6-7 PM Internship Services</p>	<p>16</p> <p>Courageous Conversations: 1619- Uncovering the Past 400 Years of Racialized Systems of Slavery</p> <p>2-3:15 PM Valencia Counselors</p>	<p>17</p> <p>Behavioral Health & Medication Management</p> <p>3-4 PM Osceola Community Health Services</p>
<p>18</p> <p>Flirting with Money</p> <p>11-12:30 PM Financial Learning Ambassadors</p>	<p>23</p> <p>Tips for Writing an Exceptional Scholarship Personal Statement</p> <p>11-12 PM Valencia Foundation</p>	<p>24</p> <p>Put the FUN in your Funds!</p> <p>3-4 PM Margaux Pratt & Vanessa Lopez</p>	<p>25</p> <p>Engage for Change: Leadership for Social Change</p> <p>3-4 PM Student Development</p>	



What is Emotional Wellness?

Understanding ourselves, effectively coping with life challenges, and acknowledging and respectfully sharing feelings in a productive manner. Click here to learn more.

MARCH

Social Wellness Month

<p>2</p> <p>Ideas Gone Wild!</p> <p>11-12 PM Ignite! Creative Thinking</p>	<p>3</p> <p>Values Based Decision Making</p> <p>11-12 PM Career & Conduct</p>	<p>3</p> <p>Sexual Harassment vs Flirting</p> <p>3-4 PM Victim Service Center of Central Florida</p>	<p>16</p> <p>Virtual Professionalism in a Pandemic</p> <p>3-4PM Career Center</p>	<p>17</p> <p>Professions in Psychology</p> <p>3-4PM Social Science - Osceola</p>
<p>18</p> <p>Know What You Owe! Loan Basics</p> <p>11-12:30 PM Financial Learning Ambassadors</p>	<p>23</p> <p>Tips for UCF Transfer Success: Making "Cents" of your transfer</p> <p>11-12 PM UCF Connect</p>	<p>24</p> <p>Courageous Conversations: Mental Health & Black Lives</p> <p>2-3:15 PM Valencia Counselors</p>	<p>24</p> <p>Be the One to Recognize Implicit Bias</p> <p>6-7 PM Equal Opportunity</p>	<p>25</p> <p>Let's Talk: OK, BOOMER! Understanding Other Generations</p> <p>3-4:15 PM Valencia Counselors</p>



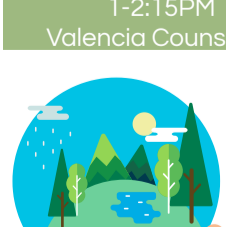
What is Social Wellness?

Establishing and maintaining connections and positive relationships through effective verbal and nonverbal communication, empathy, and situational awareness. Click here to learn more.

APRIL

Environmental Wellness Month

<p>5</p> <p>Financial Literacy Week- The Game of Life</p> <p>11-12:30 PM Financial Learning Ambassadors</p>	<p>6</p> <p>Financial Literacy Week- The Game of Life</p> <p>11-12:30 PM Financial Learning Ambassadors</p>	<p>7</p> <p>Financial Literacy Week- The Game of Life</p> <p>11-12:30 PM Financial Learning Ambassadors</p>
<p>8</p> <p>Financial Literacy Week- The Game of Life</p> <p>11-12:30 PM Financial Learning Ambassadors</p>	<p>13</p> <p>Healthy Relationships</p> <p>6-7 PM Victim Service Center of Central Florida</p>	<p>14</p> <p>Ace the Virtual Interview</p> <p>3-4 PM Career Center</p>
<p>15</p> <p>Courageous Conversations: Policing in America- Past, Present & Future</p> <p>1-2:15PM Valencia Counselors</p>	<p>20</p> <p>Stress Free Baking</p> <p>11-12 PM Tanner Anthony</p>	<p>21</p> <p>Courageous Conversations: Exploring White Racial Identity</p> <p>11-12:30 PM Valencia Counselors</p>



What is Environmental Wellness?

Making a positive impact on the quality of one's surroundings-be it homes, offices, communities, or the planet. Click here to learn more.

Have Skillshop Questions?

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The Skillshop program is brought to you by the Valencia Counselors & Student Development

Visual Designed by Natali Shulterbrondt