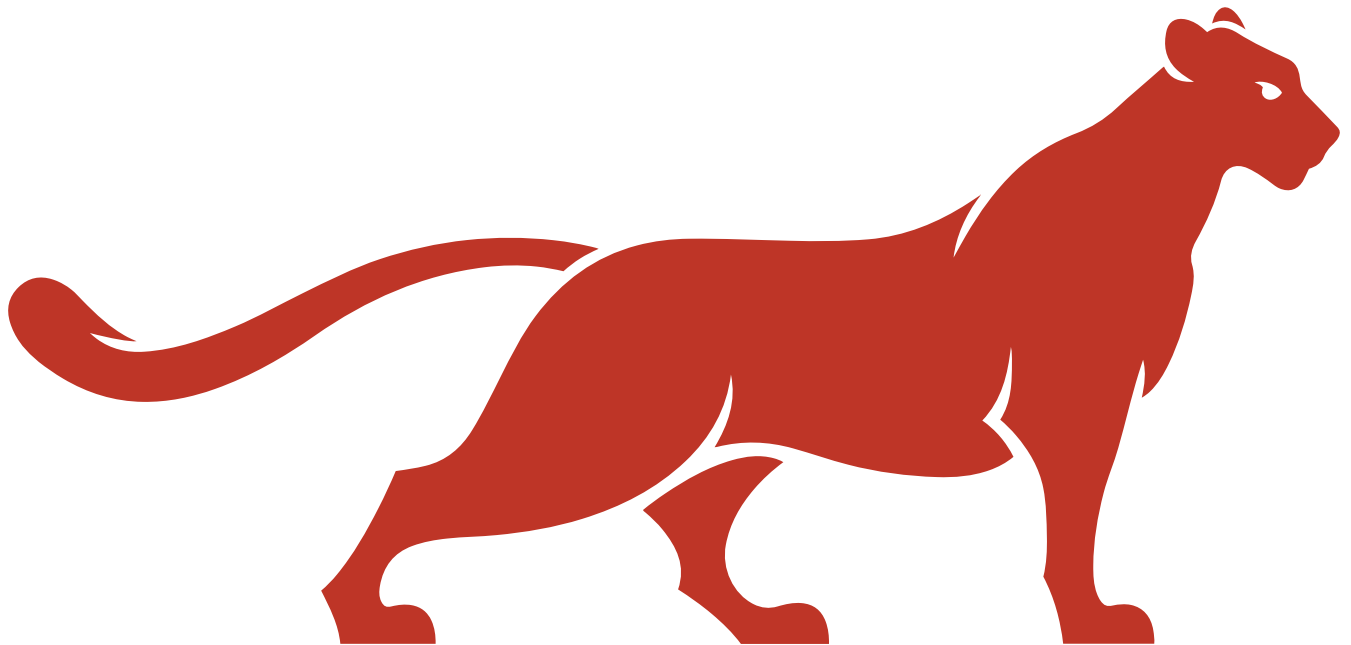


VALENCIA COLLEGE

2023 – 2024

# Skillshops

KEEP LEARNING.  
STAY CONNECTED.



[valenciacollege.edu/skillshops](https://valenciacollege.edu/skillshops)

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# What are Skillshops?

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

1. Encourage holistic development
2. Free to all students
3. Pre-registration required for Zoom sessions
4. Bring Valencia College or UCF photo ID to on-campus sessions for admission.
5. Space is limited at on-campus sessions. Attendees will be admitted until room is at capacity.

Skillshops will be offered in both Zoom and on-campus format. Review the lists for each term to find Skillshop(s) you are interested in attending. Pre-register for any Zoom sessions using the provided links. You will then receive an email with the link to the Zoom session. Join us!

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## Who can attend Skillshops?

Skillshops are open to Valencia College students (faculty and staff also welcome) and, in light of our particular collaboration at the Downtown Campus, UCF Downtown Campus students are also welcome.

### Valencia College

Pre-register for Zoom Skillshops by visiting the linktr.ee page: [linktr.ee/valenciaskillshops](https://linktr.ee/valenciaskillshops) (Additional instructions on page 20)

### UCF Downtown Campus Students

Register for Zoom Skillshops using your PID, name and email address.

On-campus sessions – Be sure to bring a Valencia College or UCF photo ID for admission.

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## Counseling Services



Valencia College Counseling Services provides 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.



# Student Success Resources

## Virtual Advising Center

[valenciacollege.edu/students/advisingcounseling/virtual-advising](http://valenciacollege.edu/students/advisingcounseling/virtual-advising)

## Career Center

[valenciacollege.edu/students/career-center](http://valenciacollege.edu/students/career-center)

## Counseling Services

[bit.ly/CounselingSupport](http://bit.ly/CounselingSupport)

## Financial Aid Services

[valenciacollege.edu/financialaid](http://valenciacollege.edu/financialaid)

## Office for Students with Disabilities

[valenciacollege.edu/students/officefor-students-with-disabilities](http://valenciacollege.edu/students/officefor-students-with-disabilities)

## Tutoring & Academic Support

[valenciacollege.edu/students/learning-support](http://valenciacollege.edu/students/learning-support)

## DirectConnect to UCF®

[directconnect.ucf.edu](http://directconnect.ucf.edu)

## Valencia College Honors

[valenciacollege.edu/academics/programs/honors](http://valenciacollege.edu/academics/programs/honors)

## Veterans Affairs

[valenciacollege.edu/students/veterans-affairs](http://valenciacollege.edu/students/veterans-affairs)

# Skillshops Etiquette

## Virtual

- Pre-registration is required
- Prepare your technology in advance
- 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

## On-Campus

- Be on time
- Dress appropriately
- Stay focused and limit distractions

## But wait, there's more!

**Every time you log in or attend a Skillshop, you will be entered for a chance to win: a \$300 Scholarship**

**The more Skillshops you attend the higher your chances to win!\***

Supported by the Valencia College Foundation and Student Development.  
You must be on time and stay for the entirety of the session to be eligible. Dual Enrollment students are not eligible.



# Suicide Awareness Walk/Run/Roll

VIRTUAL. ANYTIME, ANYWHERE.

ENTIRE MONTH OF SEPTEMBER

September is National Suicide Prevention Month. Suicide is a national health problem that currently ranks as the second leading cause of death for college students. Suicide is also one of the leading causes of preventable death in our nation. This virtual walk is to help spread awareness in an effort to shed light on this highly taboo and stigmatized topic. Join the Valencia College Counselors and other participants across the country as we walk for a purpose, start conversations and shed light on suicide awareness. Learn how you can participate by visiting the bitly below.

**Pre-register for the session at: [www.bit.ly/RunForAPurpose2023](http://www.bit.ly/RunForAPurpose2023)**

Brought to you by the Valencia College Counselors

## Campus Events, Skillshops, Mental Health Screenings & QPR Trainings

EVENT	DATE	TIME	PLACE
<b>Color Out the Darkness</b>	9/6	11 a.m. - 2 p.m.	Downtown Campus UnionWest, First Stop Lobby
<b>Heart Wall Installation</b>	9/6	10:30 a.m. - 2 p.m.	Winter Park Campus Portico Lobby
<b>Memorial Wall</b>	9/12	10 a.m. - 12 p.m.	West Campus Building 6 Library, Front Entrance
<b>It's Real: Depression Among College Students</b>	9/14	11:30 a.m. - 12:30 p.m.	East Campus Building 5, Room 112
<b>Mental Health Screening</b>	9/14	12:30 - 2 p.m.	East Campus Building 5, Room 210
<b>Let's Chalk About It: Sidewalk Chalk Event</b>	9/20	11 a.m. - 2 p.m.	East Campus Building 4, Outside
<b>QPR Virtual Skillshop</b>	9/20	2:30 - 3:30 p.m.	Virtual <a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>QPR Virtual Skillshop</b>	9/25	11 a.m. - 12 p.m.	Virtual <a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>In Person: Walk/Run/Roll</b>	9/27	10 - 11 a.m.	Osceola Campus Clock Tower
<b>Stand Up to Suicide Exhibit</b>	9/27	11:30 a.m. - 1 p.m.	Osceola Campus Building 4, Courtyard
<b>Labyrinth Walk Out of the Darkness</b>	9/27	11 a.m. - 1 p.m.	Poincianna Campus Building 1, Room 125
<b>Hold On, Reach Out: Techniques To Prevent Suicide</b>	9/28	1 - 2 p.m.	Virtual <a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>



# Free Mindfulness and Meditation Classes

Koru Mindfulness is a 4 session no-credit course that will teach you the skill of mindfulness. Developed by 2 psychiatrists from Duke University, Koru participants have decreased stress, improved sleep, increased focus and self-compassion.

**Pre-Registration and Attendance at all 4 sessions is required.**

Courses will held by Zoom. Double check your calendar and then sign up for one of the classes below.

## Koru Basic Mindfulness & Meditation Classes (2023-2024)

1.	Wednesdays	September 6, 13, 20, 27	11 a.m. - 12:15 p.m.	<a href="https://bit.ly/KoruBasic045">bit.ly/KoruBasic045</a>
2.	Tuesdays	February 6, 13, 20, 27	1 - 2:15 p.m.	<a href="https://bit.ly/KoruBasic046">bit.ly/KoruBasic046</a>
3.	Tuesdays	March 5, 12, 26 and April 2	1 - 2:15 p.m.	<a href="https://bit.ly/KoruBasic047">bit.ly/KoruBasic047</a>
4.	Wednesdays	June 5, 12, 19, 26	11 a.m. - 12:15 p.m.	<a href="https://bit.ly/KoruBasic048">bit.ly/KoruBasic048</a>

Questions? Please contact Dr. Marcia Roman at [mroman20@valenciacollege.edu](mailto:mroman20@valenciacollege.edu)

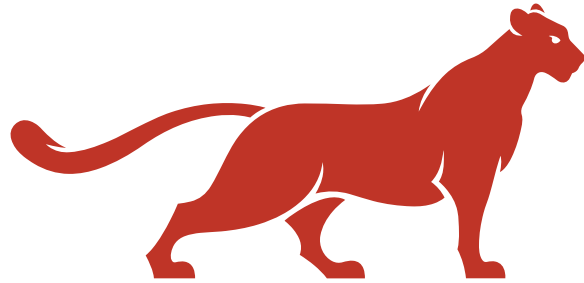
Also join us for...

# Koru Silent Retreat

Half-day silent retreat open to all, whether you have completed a Koru class or not. Join us in silence for different practices to help calm the language center of the brain and restore equilibrium.

Thursday, September 21, 2023	1 - 4:30 p.m.	Winter Park Campus
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**Pre-registration is required. Pre-register at: [bit.ly/KoruRetreat2023](https://bit.ly/KoruRetreat2023)**



# Fall 2023

**September**

**Spiritual Wellness Month**

**October**

**Intellectual Wellness Month**

**November**

**Career Wellness Month**

# SEPTEMBER

## SPIRITUAL WELLNESS MONTH

EVENT	DATE	TIME	PLACE	
<b>Be the One To Protect Digital Privacy</b> Trisha Charles, Director, Equal Opportunity, and Coretta Cotton, Assistant Director, Equal Opportunity	9/5	6 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>The Way to Happiness - Best Eastern &amp; Western Practices</b>	9/6	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Political Power: Knowledge is Power</b>	9/7	1 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Buying a Car</b>	9/12	6 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Let's Talk: Visualizing Your Wellness</b> Jennifer Papoula, Counselor	9/13	11 a.m.	West Campus	SSB, Room 206
<b>Professor-approved Uses for ChatGPT</b> Jennifer Papoula, Counselor	9/13	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Developing Leadership Skills</b> John Niss, Executive Dean, Winter Park Campus	9/14	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>It's Real: Depression Among College Students</b> BayCare	9/14	11:30 a.m.	East Campus	Building 5, Room 112
<b>The Enneagram and You</b> Natali Shulterbrondt, Counselor	9/14	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Schooling on Scholarships</b> Financial Learning Ambassadors Peer Program	9/19	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Get Real</b> Rafael Davila, Counselor	9/19	3 p.m.	East Campus	
<b>QPR (Question, Persuade, Refer) Suicide Prevention Training</b> West and Downtown Campus Counselors	9/20	2 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>QPR (Question, Persuade, Refer) Suicide Prevention Training</b> Jocelyn Morales, Counselor, and Andrea Bealler, Counselor	9/25	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Yoga for Testing Anxiety and Life's Challenges</b> Theresa Portoghese, Assessment Specialist	9/27	3 p.m.	Downtown Campus	
<b>Hold On, Reach Out: Techniques To Prevent Suicide</b> Vivian Morrison, Licensed Mental Health Counselor	9/28	1 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>



### WHAT IS SPIRITUAL WELLNESS?

Finding peace and harmony in one's life through aligning one's actions with personal beliefs and values.



# OCTOBER

## INTELLECTUAL WELLNESS MONTH

EVENT	DATE	TIME	PLACE	
<b>It's Your Move! - Career Game</b> Tamara Eicher, Career Advisor	10/4	3 p.m.	West Campus	SSB, Room 206
<b>Story of You</b> Melissa Shank, Coordinator, Program Advisor	10/5	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Psychology: Turning a Major into a Career</b> Osceola Campus Psychology Department	10/10	3 p.m.	Osceola Campus	Building 2, Room 172
<b>Music and Meditation</b> Alan Gerber, Professor, Music	10/10	4 p.m.	East Campus	Building 3, Room 143
<b>Friendships and Attachment Styles</b> Alina Siddiqui, Counselor	10/11	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Stress-free Baking</b> Tanner Anthony, Assistant Director, Employee Relations	10/11	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Courageous Conversations Pretty Privilege: Colorism, Texturism and Featurism</b> Courageous Conversation Panel	10/11	1 p.m.	Downtown Campus	UnionWest, Room 111
<b>Making Cents of Your UCF Transfer</b> Richard Cortez - Satterlee, Success Coach and Jessica Matos, Success Coach	10/11	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Study Skills with UCF ConeXiones</b> Sara Diaz - Success Coach, UCF	10/17	3 p.m.	West Campus	SSB, Room 206
<b>Nightmare on Loan Street</b> Financial Learning Ambassadors Peer Program	10/18	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Take The Wheel: Drive Away Happy From Buying A Car</b> Erich Heintzelman, Librarian, and Chris Wettstein, Librarian	10/18	11 a.m.	East Campus	Building 4, Room 203
<b>Relationships and Communication</b> BayCare	10/18	1 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Navigating ChatGPT's Ethical Landscape</b> Kris Merceron, Professor, Speech, and Karene Best, Librarian	10/18	3 p.m.	Poinciana Campus	Room 300
<b>Jingle Into Savings</b> Financial Learning Ambassadors Peer Program	10/24	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Couponing 101</b> Christine Pugh, Student Wellness Coordinator, UCF	10/24	2:30 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>College Students and Mental Health</b> BayCare	10/26	11 a.m.	West Campus	SSB, Room 206



### WHAT IS INTELLECTUAL WELLNESS?

Opening one's mind to new ideas and diverse experiences by seeking challenges, learning new concepts, exploring creativity, and improving skills

# NOVEMBER

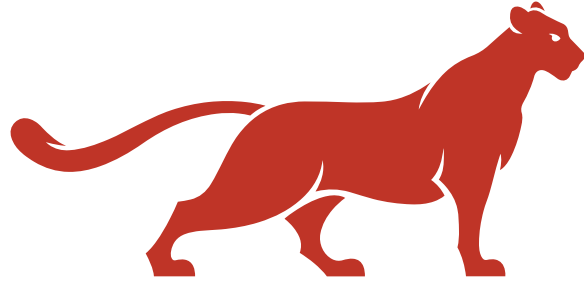
## CAREER WELLNESS MONTH

EVENT	DATE	TIME	PLACE	
<b>Perfectionism - Let's Talk About Breaking With the Bad</b> Marcia Roman, Counselor	11/1	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Write a Valencia Scholarship Essay</b> Vickiana Supriana, Instructional Lab Assistant	11/1	3 p.m.	Lake Nona Campus	Room 203
<b>Transferable Skills: Identifying and Marketing Them to Employers</b> Cindy Oakley, Coordinator, Career Development Services, and Kaitlyn Lockhart, Career Advisor	11/2	1 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Courageous Conversations - Pretty Privilege: Colorism, Texturism and Featurism</b> Courageous Conversation Panel	11/2	1 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Trauma and Resiliency</b> BayCare	11/2	1 p.m.	Downtown Campus	Dr. Phillips Academic Commons, Room 107
<b>ADHD? Maybe?</b> Andrea Bealler, Counselor	11/7	11 a.m.	East Campus	Building 3, Room 113
<b>Valencia College Alumni Puma Panel</b> Mildred Medina Mattos, Assistant Director, Enrollment Services	11/7	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>ADHD? Maybe?</b> Andrea Bealler, Counselor	11/8	11 a.m.	Lake Nona Campus	Room 203
<b>How Gender Bias Leads to Gender Based Violence</b> Hannah Jenarine, Education and Prevention Training Coordinator, VCS	11/8	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Learn. Connect. Succeed.: Internships 101</b> Michelle Terrell, Director, Work-based Learning, Kerry Fleming, Coordinator, Internship and Workforce Services, and Anissa Mohun, Coordinator, Internship and Workforce Services	11/9	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Effects of Depression and Anxiety on College Students</b> BayCare	11/9	12 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Alzheimer's Awareness Skillshop</b> Osceola Campus Psychology Department	11/9	3 p.m.	Osceola Campus	Building 2, Room 172
<b>Automatically Save</b> Financial Learning Ambassadors	11/15	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>



### WHAT IS CAREER WELLNESS?

Achieving personal fulfillment and work/life balance through aligning one's values, interests, and passions while making a positive contribution in the chosen career.



# Spring 2024

**January**

Physical Wellness Month

**February**

Emotional Wellness Month

**March**

Social Wellness Month

**April**

Environmental Wellness Month

# JANUARY

## PHYSICAL WELLNESS MONTH

EVENT	DATE	TIME	PLACE	
<b>From Vision to Reality</b> Financial Learning Ambassadors Peer Program	1/16	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>GSD With ADHD and Executive Dysfunction</b> Andrea Bealler, Counselor	1/18	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Purse in the Fridge! Improve Memory Skills</b> Nalini Odapalli, Professor, Biology	1/22	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Quick Tips for Successful Applications</b> Melissa Shank, Coordinator, Program Advisor	1/23	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Adulting 101:                      Success Strategies for Being a Grownup</b> Jocelyn Morales, Counselor	1/24	11 a.m.	East Campus	Building 3, Room 113
<b>Yoga for Testing Anxiety and Life's Challenges</b> Theresa Portoghese, Assessment Specialist	1/24	3 p.m.	Downtown Campus	UnionWest, Room 111
<b>Navigating the Federal Government Hiring Process</b> Anissa Mohun, Coordinator, Internship and Workforce Services, Michelle Terrell, Director, Work-based Learning	1/24	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>All About Food</b> Alex Erdmann, Dean, School of Hospitality and Culinary	1/26	6 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Say It the Way You Say It to Yo Momma:                      Linguistic Justice in Practice</b> Doug Kern, Professor, English, and Ella Raynor, Instructional Lab Supervisor	1/30	6 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Breathe-Stretch-Tone Your Body and Mind for Inner Peace</b> Pamela Ocana, Part-time Faculty, Health and Physical Education	1/31	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>



### WHAT IS PHYSICAL WELLNESS?

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

# FEBRUARY

## EMOTIONAL WELLNESS MONTH

EVENT	DATE	TIME	PLACE	
<b>Travel Tales and Tips</b> Financial Learning Ambassadors	2/1	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Political Power: Knowing Your Voting Rights</b> Justin Jones, Field Manager, Equal Ground	2/6	1 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Building Connections Amongst Others</b> BayCare	2/6	1 p.m.	Poinciana Campus	Room 125
<b>Depression/Anxiety Screening for Skillshop: Building Connections Amongst Others</b> BayCare	2/6	2 p.m.	Poinciana Campus	Room 112
<b>The Future Is Now</b> Financial Learning Ambassadors Peer Program	2/7	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Take The Wheel: Drive Away Happy From Buying A Car</b> Erich Heintzelman, Librarian, and Chris Wettstein, Librarian	2/7	11 a.m.	East Campus	Building 4, Room 203
<b>Launch Your Career With LinkedIn</b> Cindy Oakley, Coordinator, Career Development Services, and Kaitlyn Lockhart	2/8	1 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Filing Your Taxes</b> Alex Erdmann, Dean, School of Hospitality and Culinary	2/13	6 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Be the One To Know Love</b> Trisha Charles, Director, Equal Opportunity, and Coretta Cotton, Assistant Director, Equal Opportunity	2/14	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Stop Procrastinating Now!</b> Kenyatta Joseph, Coordinator, Career Development Services	2/15	11 a.m.	Osceola Campus	Building 2, Room 172
<b>Manage Your Mental Landscape for Serenity and Success</b> Pamela Ocana, Part-time Faculty, Health and Physical Education	2/15	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Meditation with Drumming</b> Alan Gerber, Professor, Music	2/15	3 p.m.	East Campus	Building 3, Room 143
<b>Dive Into the Cantonese Language: History, Culture and Uniqueness of Cantonese</b> Hiu Ching Chan, Student Leader	2/19	11 a.m.	East Campus	Building 6, Room 201
<b>Cultivating Healthy Relationships in Your Life</b> Hannah Jenarine, Education and Prevention Training Coordinator, VCS	2/20	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Career Vision Board Planning</b> Tamara Eicher, Career Advisor	2/21	3 p.m.	West Campus	SSB, Room 206
<b>Couponing 101</b> Christine Pugh, Title	2/27	2:30 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>



### WHAT IS EMOTIONAL WELLNESS?

Understanding ourselves, effectively coping with life challenges, and acknowledging and respectfully sharing feelings in a productive manner.

# MARCH SOCIAL WELLNESS MONTH

EVENT	DATE	TIME	PLACE	
<b>Preparing for Success Using Microsoft Word and PowerPoint</b> Karene Best, Librarian	3/5	11 a.m.	Poinciana Campus	001-303
<b>Professions in Psychology</b> Osceola Campus Psychology Department	3/5	3 p.m.	Osceola Campus	Building 2, Room 172
<b>Perfectionism - Let's Talk About Breaking With the Bad</b> Marcia Roman, Counselor	3/5	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>How to Make Friends and Connect With People</b> Natali Shulterbrondt, Counselor	3/6	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>"Civility" and the Lost Art of Unexpected Kindness</b> Steve Tullo, Counselor	3/7	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Stress-free Baking</b> Tanner Anthony - AD, Employee Relations	3/12	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Let's Talk: Increase Your Happiness- Gratitude</b> Jennifer Papoula, Counselor	3/13	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Friendships and Attachment Styles</b> Alina Siddiqui, Counselor	3/27	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Coping with Daily Stress</b> BayCare	3/28	1 p.m.	East Campus	Building 5, Room 112
<b>Wellness Screening</b> BayCare	3/28	2 p.m.	East Campus	Building 5, Room 112



## WHAT IS SOCIAL WELLNESS?

Establishing and maintaining connections and positive relationships through effective verbal and nonverbal communication, empathy, and situational awareness.

# APRIL ENVIRONMENTAL WELLNESS MONTH

EVENT	DATE	TIME	PLACE	
<b>Impulse Shopping: How social media affects your pocket</b> Financial Learning Ambassadors	4/3	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Psychology Skillshop in Social Work and Criminal Justice</b> Osceola Psychology Department	4/3	3 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Looking for a Job? Navigate Your Way to a Job or Internship</b> Debra Sembrano, Technical Specialist, Michelle Terrell, Director, Work-based Learning, and Destiny Graves, Coordinator, Employer Relations	4/3	6 p.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>
<b>Breathe Like an Ocean</b> Pamela Ocana, Part-time Faculty, Health and Physical Education	4/4	11 a.m.	Virtual	<a href="https://linktr.ee/valenciaskillshops">https://linktr.ee/valenciaskillshops</a>



## WHAT IS ENVIRONMENTAL WELLNESS?

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

## 6 Reasons why you should attend Skillshops:

1. They're FREE
2. Convenient times and locations
3. No tests or homework
4. They're not just about academics
5. Skills you need to know
6. Win a chance for a \$300 scholarship\*

The more Skillshops you attend, the higher your chances to win!  
Dual Enrollment students are not eligible for prizes.

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## Pre-Register for Skillshops

**Pre-register for Zoom Skillshops by visiting the provided linktree page: [linktr.ee/valenciaskillshops](https://linktr.ee/valenciaskillshops).**

Find and click the button for your desired Skillshop to begin registration. Afterward, you will then receive an email with the link to the Zoom session.

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## **Have Skillshop Questions?**

**skillshops@valenciacollege.edu**

The Skillshop program is brought to you by the  
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