



Lamkin Center

For Learning & Student Success

Fall 2020 Virtual Workshop Series

September	TOPIC	Time
Wednesday, September 9 th	Overcoming Testing Anxiety	11:00am-12:00pm
Tuesday, September 15 th	Trauma, College Life, and the Brain	11:00am-12:00pm
Monday, September 28 th	Making Goals Work for You	12:15 pm-1:00pm
Wednesday, September 30 th	Preparing for Your Exams	12:15 pm-1:00pm
October		
Thursday, October 1 st	Overcoming Testing Anxiety	12:15 pm-1:00pm
Monday, October 5 th	Creating Your College Bucket List	12:15 pm-1:00pm
Tuesday, October 6 th	Creating Study Guides	12:15 pm-1:00pm
Thursday, October 8 th	Studying for the Sciences	12:15 pm-1:00pm
Friday, October 9 th	How to Avoid Plagiarism	12:15 pm-1:00pm
Wednesday, October 14 th	Murray State University Transfer info session	12:15 pm-1:00pm
Wednesday, October 28 th	Study Skills 101	11:00 am-12:00pm
November		
Monday, November 2 nd	Epilepsy Awareness	11:00am-12:00pm
Tuesday, November 3 rd	Self-Advocacy for Success	12:15 pm-1:00pm
Wednesday, November 11 th	University of Southern Indiana Transfer Info Session	12:15 pm-1:00pm
Thursday, November 12 th	Savings and Money Management	12:15 pm-1:00pm
Monday, November 16 th	Self-Care Tips and Wellness Center Services	12:15 pm-1:00pm
Wednesday, November 18 th	Love & Healthy Relationships	12:15 pm-1:00pm
Monday, November 30 th	The Balancing Act- Parenting, Work & College	12:15 pm-1:00pm
December		
Tuesday, December 1 st	How to manage Adult ADHD	11:00 am-12:00pm
Wednesday, December 2 nd	Are You Career Ready? Learn the Most Valued Skills Employers Seek	12:15 pm-1:00pm
Tuesday, December 8 th	How to rock your finals! Time Management and Final Exams	12:15 pm-1:00pm
Thursday, December 10 th	Relaxation Techniques	12:15 pm-1:00pm

To learn more about the variety of resources available through the Lamkin Center, call 812-492-0336.

All workshops facilitated Virtually for fall 2020. To Sign up visit:

https://ivytech.qualtrics.com/jfe/form/SV_72ve2bo6XUhgCHb



Are You Career Ready? Learn the Most Valued Skills Employers Seek

Some of the most important professional skills for workers and employers alike simply cannot be taught in a classroom or measured on paper. These traits are called soft skills and they are more crucial to your job search and overall career than you think. Join Carrie Feltis from Career Development for this information workshop on career readiness.

The Balancing Act- Parenting, Work & College

Going back to college as an adult can be a tough decision, especially when you have responsibilities outside of school. Come share your experience and discuss skills to thrive.

Creating Study Guides

The purpose of study guides is to organize lecture notes and textbook material so that students can increase their comprehension and memory of large amounts of information. This workshop will cover review strategies that will help students when creating study guides.

Creating Your College Bucket List

Don't graduate college with regrets! Start now and put together the ultimate bucket list and make the most out of your educational experience.

Epilepsy Awareness and Response

November is *Epilepsy Awareness Month*. This workshop will discuss the different types of seizures and how to respond appropriately. It also includes recognizing that epilepsy can be a lot more than just seizures.

How to Avoid Plagiarism

Did you know there are consequences to borrowing other people's words? Avoiding plagiarism is an important skill for all students to possess. There is a critical difference between weaving in external sources in to your writing to support your thoughts and misrepresenting the source's ideas or words as your own. Come learn key tips to avoid this serious matter.

How to manage Adult ADHD

Symptoms of ADD and ADHD can change as you grow from childhood to adult. Learn better ways of keeping up with work, family, and other demands, and learn to get focused. you can become more productive, organized, and in control of your life—and improve your sense of self-worth.

Love & Healthy Relationships

During this *workshop*, participants will have an opportunity to share their perspectives on *healthy* and unhealthy *relationships* with their peers, partners, and loved ones and will practice using *healthy* communication them.

Making Goals Work for You

If you want to succeed, you need to set goals. To accomplish your goals, however, you need to know how to set them. You can't simply say, "I want" and expect it to happen. Goal setting is a process that starts with careful consideration of what you want to achieve, and ends with a lot of hard work to actually do it. During this workshop you will learn how to set realistic goals and make them work for you.

Murray State University Transfer info session

Representatives from Murray State will meet with students virtually to share what types of opportunities are available to Ivy Tech Students.

Preparing for Your Exams

Does it feel like final exams are a long way off but also just around the corner? Depending on how well you prepare, the next few weeks will determine your level of success on these important exams. Learn tips to help you prepare for your big exams and beyond.

Relaxation Techniques

Learn some techniques that you can do at work, home or school to help you unwind and de-stress.

Savings and Money Management

Forget about retirement, how can I pay for college and bills now? Learn how to answer this question, create a budget, find new ways to save, and have fun doing it.

Self-Advocacy for Success

This Workshop will be providing students with opportunities to learn and use decision making and self-advocacy skills to prepare them to become full participants in their life and educational goals.

Self-Care Tips and Wellness Center Services

This workshop is designed to provide an awareness of small steps that can be taken toward self-care and overall wellness, as well as provide an overview of Wellness Center services.

Study Skills 101

This workshop will focus on giving students a brief introduction to some basic study techniques such as listening skills, note-taking skills, study tips, test preparation tips, and test-taking strategies.

Studying for the Sciences

Developing an in-depth understanding of complex scientific principles can take sometimes feel like a daunting task. So daunting, in fact, you may be tempted to put off your studying. Do not do it! Come learn tips to thrive in your science class.

Overcoming Testing Anxiety

Join Leah Davis, Joab Devillez and Patricia Watkins for all kinds of ways to cope with exams. Learn organizational tips, memory techniques, etc. Covers what to do before, during and after an exam, and what resources are available.

How to rock your finals! Time Management and Final Exams

Finals are a stressful time for any college student, and it can often feel overwhelming. Come learn tips on how to stay on task and knock finals out of the ballpark!

Trauma, College Life, and the Brain

This workshop is designed to help students understand how trauma affects the brain, how trauma can impact academic performance, and how to improve academic and personal life skills, and how to gain resiliency.