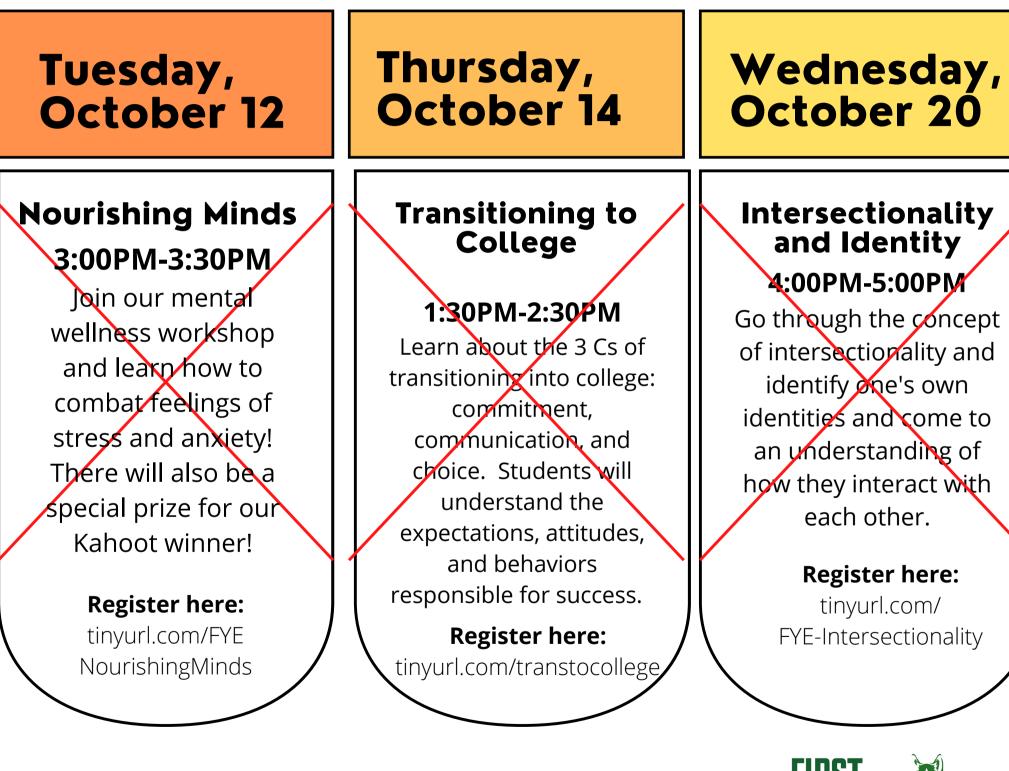
FYE OCTOBER WORKSHOPS



East Los Angeles College **Promise**



Friday, October 29

Transfer Student Experience: First . Generation Edition

1:00PM-2:00PM

Success Coaches will share their transfer stories, navigational tips, and what to expect entering a four-year institution as First-Generation students.

Register here:

tinyurl.com/TransferExp





YEAR



FYE NOVEMBER WORKSHOPS

Friday,

Wednesday, November 3

Intersectionality and Identity

4:00PM-5:00PM

Go through the concept of intersectionality and identify one's own identities and come to an understanding of how they interact with each other.

Register here: https://tinyurl.com/FYE-Intersectionality2

Transitioning to College: First Gen Edition

Thursday,

November 4

1:30PM-2:30PM

Learn about the 3 Cs of transitioning into college: commitment, communication, and choice. Students will understand the expectations, attitudes, and behaviors responsible for success.

Register here: https://tinyurl.com/transto college

Transfer Student Experience: First Generation Edition

November 5

1:00PM-2:00PM

Success Coaches will share their transfer stories, navigational tips, and what to expect entering a four-year institution as First-Generation students.

Register here: tinyurl.com/FirstGenLACP

Join our mental wellness workshop and learn how to combat feelings of stress and anxiety! There will also be a special prize for our Kahoot winner!

East Los Angeles College **Promise**





Tuesday, November 9

Wednesday, **November 17**

Nourishing Minds 3:00PM-3:30PM

Register here: https://tinyurl.com/Nourishto FlourishFYE

Self Advocacy 101

1:30PM-2:30PM

Develop your self advocacy skills so that you are able to clearly communicate, actively participate in decisions that affect you, and speak up for yourself and others.

Register here: tinyurl.com/SelfAdvocacy101



FYE DECEMBER WORKSHOPS

Thursday, Monday, Monday, **November 29 December 2 December 6 Nourishing Minds Preparing For** Self Advocacy Finals 101 3:00PM-3:30PM Develop your self 12:00PM-1:00PM Join our mental advocacy skills so Get ready for finals wellness workshop that you are able to by joining us to go and learn how to clearly communicate over time combat feelings of your needs, actively management, good stress and anxiety! participate in study habits, and There will also be a decisions that affect how to best prepare special prize for our you, and speak up for finals season! Kahoot winner! for yourself and

Register here: https://tinyurl.com/Preparing ForFinals

Register here: https://tinyurl.com/FYEnourish toflourish

others.

Register here: https://tinyurl.com/FYESelf Advocacy101

East Los Angeles College Promise 🛣





Friday, **December 10**

Intersectionality and Identity

4:00PM-5:00PM

Go through the concept of intersectionality and identify one's own identities and come to an understanding of how they interact with each other.

Register here:

https://tinyurl.com/FYE-Intersectionality3