



# FYE OCTOBER WORKSHOPS



**Tuesday,  
October 12**

## **Nourishing Minds**

**3:00PM-3:30PM**

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!

**Register here:**

[tinyurl.com/FYENourishingMinds](https://tinyurl.com/FYENourishingMinds)

**Thursday,  
October 14**

## **Transitioning to College**

**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:**

[tinyurl.com/transtocollege](https://tinyurl.com/transtocollege)

**Wednesday,  
October 20**

## **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:**

[tinyurl.com/FYE-Intersectionality](https://tinyurl.com/FYE-Intersectionality)

**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](https://tinyurl.com/TransferExp)

East Los Angeles College

**Promise** 

**FIRST  
YEAR  
EXPERIENCE**





# FYE NOVEMBER WORKSHOPS



**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>

**Thursday,  
November 4**

## **Transitioning to College: First Gen Edition**

**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>

**Friday,  
November 5**

## **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/FirstGenLACP](https://tinyurl.com/FirstGenLACP)

**Tuesday,  
November 9**

## **Nourishing Minds**

**3:00PM-3:30PM**

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!

**Register here:**

<https://tinyurl.com/Nourishto FlourishFYE>

**Wednesday,  
November 17**

## **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](https://tinyurl.com/SelfAdvocacy101)

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# FYE DECEMBER WORKSHOPS



**Monday,  
November 29**

## **Preparing For Finals**

**12:00PM-1:00PM**

Get ready for finals by joining us to go over time management, good study habits, and how to best prepare for finals season!

**Register here:**

<https://tinyurl.com/PreparingForFinals>

**Thursday,  
December 2**

## **Nourishing Minds**

**3:00PM-3:30PM**

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!

**Register here:**

<https://tinyurl.com/FYEnourish>  
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**Monday,  
December 6**

## **Self Advocacy 101**

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

**Register here:**

<https://tinyurl.com/FYESelfAdvocacy101>

**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>

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