

Hosting the  
following

# WORKSHOPS

## Setting Realistic Goals and Expectations

**April 6, 2023**

4:30-5:30pm (In-person in MACC-208 • Also via Zoom)

Learn how to set realistic goals and expectations for yourself to be successful.

## Overcoming College Burnout

**April 20, 2023**

4:30-5:30pm

Learn how to identify burnout and maintain motivation throughout your college experience.

### QUESTIONS?

Email [sonia.juarez@chaffey.edu](mailto:sonia.juarez@chaffey.edu)



Zoom link for all of the workshops: [zoom.us/j/96700716542](https://zoom.us/j/96700716542)