

Hosting the  
following

# WORKSHOPS

## Improving Motivation and Positive Self Talk April 1, 2021

3:30-4:30pm

Learn how to set goals and maintain a positive attitude and motivation.

## Self Esteem April 8, 2021

5:30-6:30pm

Learn how to be kinder to yourself and improve your self-esteem.

## Tolerating Distress and Facing Your Feelings April 15, 2021

3:30-4:30pm

Learn how to manage tough emotions and decrease distress/negative emotions.

## Beating Test Anxiety April 22, 2021

5:30-6:30pm

Learn tips and tricks for managing anxiety during, before, and after test taking.

## Surviving Finals Pt I April 29, 2021

3:30-4:30pm

Learn how to survive finals with time management, problem solving skills and understanding how stress and anxiety relates to school.

## QUESTIONS?

Email

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Zoom link for all of the workshops:

[https://zoom.us/meeting/register/tJAocequqT0iE9WNDquk\\_hkVLBFzOZkFqAFe](https://zoom.us/join/zoom/register/tJAocequqT0iE9WNDquk_hkVLBFzOZkFqAFe)