

Fall 2009 Student Success Programs
(formerly called "MUSE Workshops")

Date	Time	Location	Title	Description	Presenter
Monday, August 24, 2009	2:00 PM - 3:00 PM	Industrial Studies 230	Welcome Hour for Nutrition, Food Science, and Packaging	Nutrition, Food Science, and Packaging Majors are invited to learn about our programs and meet other fellow students and faculty.	CASA
Thursday, August 27, 2009	1:00 PM - 3:30 PM	MLK Library 225	Sweet Success: Coffe and Dessert Reception for New SJSU Students with Disabilities	A coffee and dessert reception for new SJSU Students with Disabilities, featuring a student with disability panel, DRC director and staff welcome, alternative media and assistive technology hands-on tour, social gathering, and disability-specific campus and community resources. Don't miss the door prizes either.	DRC
Friday, August 28, 2009	8:30 AM - 1:00 PM	Morris Dailey Aud.	EOP's "Fresh Start" Student Conference	EOP's Fresh Start Conference is a great way to celebrate the end of the first week of school. Come learn about important academic resources and meet your fellow EOP peers! This program is for EOP students and mandatory for all EOP freshmen.	EOP
Monday, August 31, 2009	11:30 AM - 1:00 PM	Health 208	Peer Health Education Info Meeting	Come learn about the Peer Health Education Program and how to become a Peer Health Educator! Peer Health Educators provide presentations and programs to the SJSU community to raise awareness of various health issues. You can also earn two units while becoming a Certified Peer Health Educator.	Peer Health Education Program
Tuesday, September 01, 2009	12:00 PM	Clark Hall 118	Success @ SJSU	Top Ten Ways to Succeed at SJSU. Come learn the top ten ways to get what you want and need from your time at SJSU. Impress your professors and make a name for yourself by knowing classroom and campus etiquette.	Deanna Peck (Counseling Services)

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Thursday, September 03, 2009	1:30 PM	Clark Hall 118	The Adventure Called College	For any adventure, you must plan & possibly learn new skills. You wouldn't go whitewater rafting without knowing basic safety rules and how to paddle. So don't start college without the new skills you need. Get an introduction to SJSU and college life that will make your next few years a "DELIGHTFUL EXPERIENCE."	Deanna Peck (Counseling Services)
Thursday, September 03, 2009	4:00 PM - 6:00 PM	SU, Ballroom	African American New Student Welcome Reception	This is a welcome reception for incoming students who identify as African American. Students will be introduced to campus resources and meet faculty, staff, and student leaders at SJSU. Light refreshments and appetizers will be served. This event is open to all interested participants.	Associated Students
Thursday, September 03, 2009	6:00 PM - 8:00 PM	Market Café	MOSAIC Word Poetry Series	This will kick start our WORD Poetry Series which is offered the first Thursday of the month. Hosted in the SJSU Market Café, it features local talent with an array of different flavors. The series showcases poetry, short fiction, art, improv, dance and music. Truly a great place to hang out, drink your beverage of choice and take in all of the energy and good vibes.	MOSAIC
Tuesday, September 08, 2009	12:00 PM - 1:00 PM	Health 208	Let's Talk About Sex	Discuss ways to communicate about sex and what works for you. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Tuesday, September 08, 2009	4:00 PM - 6:00 PM	SU, Ballroom	Asian Pacific American New Student Welcome Reception	This is a welcome reception for incoming students who identify as Asian American and/or Pacific Islander. Students will be introduced to campus resources and meet faculty, staff, and student leaders at SJSU. Light refreshments and appetizers will be served. This event is open to all interested participants.	Associated Students
Wednesday, September 09, 2009	12:00 PM	Clark Hall 118	Working In Groups	Do's and Don'ts of working in groups. How to make the best experience of working in groups and how to keep them effective.	Peer Mentor Program

Updated 08/20/09

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Wednesday, September 09, 2009	12:00 PM - 1:00 PM	Health 208	Nutrition 101	The basics of label reading and using the food guide pyramid. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Wednesday, September 09, 2009	12:00 PM - 1:00 PM	Clark 100H	Color of the Sea Discussion	Opportunity to share your thoughts and hear how others viewed this Fall 2009 campus reading book. Informal, no tests, no right or wrong answers, just a fun opportunity to look at this book and story in a few different ways.	Campus Reading Program
Wednesday, September 09, 2009	3:00 PM	Clark Hall 118	Time Management	Does it feel like there are never enough minutes in the day? Do you wonder how everything gets away from you so quickly? Have no fear! This workshop is for you. Learn how to manage your time and be more productive.	Angela Krumm & Trainee (Counseling Services)
Thursday, September 10, 2009	12:00 PM - 1:00 PM	Health 208	Alcohol 101	Learn the basics about alcohol: myths & facts, alcohol effects and more. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Thursday, September 10, 2009	1:00 PM - 2:00 PM	Clark Hall Lobby	Color of the Sea - WWII Campus Tour	Would you like to learn more about our tie to this piece of history? Visit and discuss how these local connections affect your perceptions of the events portrayed in the book.	Campus Reading Program

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Date	Time	Location	Title	Description	Presenter
Thursday, September 10, 2009	3:00 PM - 4:00 PM	Clark Hall 100H	National Student Exchange (NSE) Program	National Student Exchange is a unique opportunity for students to experience new environments or academics with the least amount of impact. A broad variety of schools are available with options from Alaska to the Virgin Islands. Attend this reception to inquire about the program and enjoy light refreshment.	National Student Exchange Program
Thursday, September 10, 2009	4:00 PM - 6:00 PM	SU, Ballroom	Latino/Chicano New Student Welcome Reception	This is a welcome reception for incoming students who indentify as Chicano and/or Latino. Students will be introduced to campus resources and meet faculty, staff, and student leaders at SJSU. Light refreshments and appetizers will be served. This event is open to all interested participants.	Associated Students
Friday, September 11, 2009	10:00 AM - 12:00 PM	Health 208	Strength Quest Activity	Research reveals that successful people use their natural talents or strengths frequently every day. Take the StrengthsQuest inventory for free (\$12 value) to discover your top five strengths so you can develop and apply them in your academic, career and personal life. You must sign up by Sept. 4 at noon to receive your online test code. Contact Laurie.Morgan@sjsu.edu, 924-6117, Wellness & Health Promotion Dept.	Wellness and Health
Friday, September 11, 2009	1:30 PM	Clark Hall 118	Raising GPAs	Are you disappointed with your grades? Are you on probation or disqualified? Do you want to learn how you may improve your GPA? Then come to this workshop and we will provide you with some of the insider tips.	Counseling Services
Friday, September 11, 2009	10:00 AM - 2:00 PM	Cesar Chavez Center BB	Service Day	Want a volunteer? Come learn about the different community services, scholarships and social justice programs CCCAC has to offer. Then spend some time working to make the city a better place by doing community service in a neighborhood nearby. Lunch will be provided. Updated 08/20/09	CCCAC

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Thursday, September 10, 2009	3:00 PM	Clark Hall 118	First Generation Rules	Did your parents go to college? If not, you are considered a first generation college student and may find being at college a little confusing. This workshop will present some of the unspoken rules of college and will help you be more successful during your time here.	Veronica Mendoza (Counseling Services)
Friday, September 11, 2009	1:30 PM	Clark Hall 118	Raising GPAs	Are you disappointed with your grades? Are you on probation or disqualified? Do you want to learn how you may improve your GPA? Then come to this workshop and we will provide you with some of the insider tips.	Deanna Peck (Counseling Services)
Monday, September 14, 2009	12:00 PM - 1:00 PM	Mod F	Resumes	Discover the basics of resume writing. Check out these proven strategies about how to present yourself on paper to employers.	Career Center
Monday, September 14, 2009	1:00 PM	Clark Hall 118	Conflict Management	Having problems with your friends or roommates? If you answered yes, this workshop will serve to fix that. Having the knowledge on how to deal with such situations will help you manage these problems when they arise.	Peer Mentor Program
Tuesday, September 15, 2009	12:00 PM - 1:00 PM	Health 208	The ABCs of STIs	Find out what sexually transmitted infections are and how they can affect you! To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program

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Tuesday, September 15, 2009	2:00 PM	Clark Hall 118	All You Ever Wanted To Know, But Were Afraid To Ask About College	Professors speak up and tell you what they want and expect from you as a student. Topics may range from civility in the classroom to how to work with professors in office hours. Take the opportunity to ask everything you ever wanted to know about being a successful student.	Deanna Peck (Counseling Services)
Thursday, September 17, 2009	2:00 PM	Clark Hall 118	Party With A Plan!	Whether you drink or not, optimize your good time and connection with yourself and your buddies. Find ways to stay healthy and balanced while engaging in social activities where drinking is involved. This is an interactive and fun 90-minute workshop.	David Emmert (Counseling Services)
Monday, September 21, 2009	1:30 PM	Clark Hall 118	Are You Hitting The Goal Mark?	We have all heard that accomplishing something begins with setting a goal. Your academics are the same. Learn how to achieve your academic goals this semester by creating an effective plan and hitting the center of the target.	Rich Chiovarelli (Counseling Services)
Tuesday, September 24, 2009	3:00 PM - 4:00 PM	Clark Hall 118	First in My Family	Did your parents go to college? If not, you are considered a first generation college student and may find being at college a little confusing. This group will present some of the unspoken rules of college and will help you be more successful during your time here.	Veronica Mendoza (Counseling Services)
Wednesday, September 23, 2009	12:00 PM	Clark Hall 118	Finances and SJSU	Looking for a way to beat the costs of College? Learn about financial difficulties you may face in your college career and some common solutions that you can start using right now!	Peer Mentor Program

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Wednesday, September 23, 2009	3:00 PM	Clark Hall 118	Make Learning Styles Work For You	Professors don't always teach in ways that match how you learn. Your friends may not learn the same way you do. This workshop presents a variety of learning styles. You discover your preferred style and how you can use it to improve your performance in all of your classes.	Kim Uhlik (Hospitality & Recreation Management)
Friday, September 25, 2009	3:00 PM	Clark Hall 118	Notes 101: Cn U Rd Ths?	Every day we go to class and read our textbooks, but are we getting the important information that we need? Find out how Cornell and SQ5R can help you learn that material. Discuss what other techniques may be to your advantage. Become the note taking guru of your class!	Counseling Services
Tuesday, September 29, 2009	12:00 PM - 1:00 PM	Health 208	Milk or Muscle Milk?	What really fuels your workout and builds your bones? Learn more about protein, calcium and lactose intolerance. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Tuesday, September 29, 2009	12:00 - 1:00 PM	Mod F	Resumes	Discover the basics of resume writing. Check out these proven strategies about how to present yourself on paper to employers.	Career Center
Tuesday, September 29, 2009	1:30 PM	Clark Hall 118	Study Groups - The 411?	Study groups can be wonderful or they can be very frustrating. Sometimes you may get a lot accomplished and other times, you end up talking about everything but your classes. This workshop will discuss how you can make study groups more effective and how they can really help you achieve! Updated 08/20/09	Counseling Services

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Date	Time	Location	Title	Description	Presenter
Wednesday, September 30, 2009	12:00 PM	Clark Hall 118	Homesickness	Are you missing that homecooked meal? Do you find yourself missing your obnoxious younger siblings? Homesickness is a common feeling that many University students aren't prepared for, and this workshop will give you some great tips on how to cope.	Peer Mentor Program
Wednesday, September 30, 2009	1:30 PM	Clark Hall 118	Money Management For Students	Money management is challenging for the best of us. But as a student, it can be even more stressful trying to balance how much you are spending. There is always something more that is being asked of you - tuition, books, food, housing, social activities, etc. How can you afford to be a student? Come and see how to put the jingle back in your pockets.	Carolyn Guel (Financial Aid)
Thursday, October 01, 2009	12:00 PM	Clark Hall 118	Test Taking Teddy Plays To Win	Do finals have you down? Do you know the best way to study for finals or to take those exams? No fear, Test Taking Teddy is here! Come play Testing Jeopardy with Teddy and find out some hot tips that will be sure to help you pass those exams.	Counseling Services
Thursday, October 1, 2009	3:00 PM - 4:15 PM	Mod F	Exploring Careers	Learn how to explore careers in your major, as well as methods and resources for exploring other career areas.	Career Center
Thursday, October 01, 2009	1:30 PM	Clark Hall 118	Considering Graduate School?	Have you ever thought you might want to get a Masters Degree? A PhD? A Law Degree? All of these possibilities require more schooling and you have to start thinking about graduate school when you are an undergraduate. What you do now, will greatly impact your future school choices as well as possible career choices. Learn how to have all the possible alternatives ahead.	Counseling Services

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Date	Time	Location	Title	Description	Presenter
Monday, October 05, 2009	2:00 PM	Clark Hall 118	How to Avoid Dropping Out	Feeling overwhelmed? Not sure if you can pass your classes? Dropping out is one of the worst things that can happen to a student, and this workshop will give you some great tips on how to avoid it.	Peer Mentor Program
Monday, October 05, 2009	3:00 PM	Clark Hall 118	Help Me! I Have Test Anxiety!	Have you ever gone into a test well prepared and then when you sat down, you couldn't remember a thing? Does your heart start to race like a wild horse and your palms start to sweat? Then you may have test anxiety. Test Anxiety is normal, but you can control it. Spend 60 minutes of your time and make the test taking experience more pleasant than you can ever remember it.	Veronica Mendoza (Counseling Services)
Tuesday, October 06, 2009	12:00 PM - 1:00 PM	Health 208	KISS (Keepin' It Safer and Sexier)	Learn about birth control methods. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program

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Wednesday, October 07, 2009	12:00 PM - 1:00 PM	Health 208	Crash Diets	What have you tried to lose weight? Explore weight loss-, what works, what doesn't, and what to avoid. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Thursday, October 8, 2009	3:00 PM - 4:15 PM	Mod F	Choosing a Major	Find out how to choose a major that's a good "fit" for you, as well as methods & resources for exploring areas of study at SJSU.	Career Center
Thursday, October 8, 2009	3:00 PM - 4:00 PM	Clark Hall 118	First in My Family	Did your parents go to college? If not, you are considered a first generation college student and may find being at college a little confusing. This group will present some of the unspoken rules of college and will help you be more successful during your time here.	Veronica Mendoza (Counseling Services)
Wednesday, October 07, 2009	1:30 PM	Clark Hall 118	The A-B-C of Self-Esteem	Want to improve your self-esteem? This workshop is for people who want to improve or solidify their self-esteem. You will learn what self-esteem is, what self-esteem do for people, and an action plan for improving your self-esteem. Improving self-esteem take time and efforts; if you are ready to change and willing to do the hard work, this workshop if for you. Space is limited to ensure effective learning of the participants, please e-mail deanna.peck@sjsu.edu to RSVP.	Wei-Chien Lee (Counseling Services)
Friday, October 09, 2009	12:00 PM	Clark Hall 118	Overcoming Stress	College can be a very stressful experience on top of all your other life responsibilities. But there are things we can do to manage our stressors and to use them to help us succeed. Discover some helpful coping techniques and find a little bit of peace.	Angela Krumm & Trainee (Counseling Services)

Updated 08/20/09

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Monday, October 12, 2009	3:00 PM	Clark Hall 118	Gut Reaction/Value Clarification	Have you ever made a decision because it felt right in the stomach? Do you wonder why people do what they do, when you can't even come close to understanding it? Well, then this workshop is right for you. Coming to college will bring many questions that may not have just one answer. Knowing yourself is one important aspect of answering these questions. Come and explore why the world works the way it does and what role you play in it.	Rich Chiovarelli (Counseling Services)
Tuesday, October 13, 2009	12:00 PM	Clark Hall 118	Finding Your Strengths	Each person has unique and individual strengths. Do you want to learn more about your strengths and how you can best utilize your strengths to excel in college? This workshop will get you thinking about your positive points and how they can help you.	Laurie Morgan (Health Center)
Tuesday, October 13, 2009	12:00 PM - 1:00 PM	Health 208	Intimate Partner Violence	Love should not hurt! Healthy relationships really do exist. Come learn what the warning signs are of a bad relationship and what resources are available for those who feel trapped in one. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Wednesday, October 14, 2009	12:00 PM - 1:00 PM	Clark Hall Lobby	Color of the Sea - WWII Campus Tour	Would you like to learn more about our tie to this piece of history? Visit and discuss how these local connections affect your perceptions of the events portrayed in the book.	Campus Reading Program
Wednesday, October 14, 2009	12:00 PM - 1:00 PM	Health 208	Consent IS Sexy	Are you getting any? As Men Creating Change we want you to get some CONSENT before you get anything else. Consent IS sexy and you can learn how to ask for it in this interactive workshop. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program

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Thursday, October 15, 2009	12:00 PM - 1:00 PM	Health 208	Sexual Assault	1 in 4 college women have survived rape or attempted rape. Come learn how you can change this statistic. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Thursday, October 15, 2009	12:00 PM - 1:00 PM	Clark 100H	Color of the Sea Discussion	Opportunity to share your thoughts and hear how others viewed this Fall 2009 campus reading book. Informal, no tests, no right or wrong answers, just a fun opportunity to look at this book and story in a few different ways.	Campus Reading Program
Thursday, October 15, 2009	1:30 PM	Clark Hall 118	Conflict Free Living	Having troubles with your roommates? Classmates? Friends? Significant Others? Would you prefer less conflict in your life? Then this workshop is for you. Find out some tools you can use to bring more peace into your relationships.	Staci Gunner (Office of Ethical Development)
Tuesday, October 20, 2009	12:00 PM - 1:00 PM	Health 208	Happiness & Food	Learn more about the connection between food and mood, and how to eat happy food. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Tuesday October 20, 2009	3:00 PM - 4:00 PM	Clark Hall 118	Time Management	Do you ever feel like there aren't enough hours in a day? Perhaps after a few tips from this workshop on time management, you'll find that having a productive day within 24 hours IS possible.	Peer Mentor Program
Tuesday, October 20, 2009	6:00 PM	MLK Library 225	Japanese- American Resettlement Through the Lens	Authors Lane Ryo Hirobayashi & Carl Iwosaki will talk about their book and sign copies	Asian- American Studies Program
Wednesday, October 21, 2009	12:00 PM - 1:00 PM	Health 208	Alcohol 101	Learn the basics about alcohol: myths & facts, alcohol effects and more. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program

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Thursday, October 22, 2009	12:00 PM - 1:00 PM	Health 208	Breast Cancer Awareness	Learn about how breast cancer can affect men and women. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Thursday, October 22, 2009	3:00 PM - 4:00 PM	Clark Hall 118	First in My Family	Did your parents go to college? If not, you are considered a first generation college student and may find being at college a little confusing. This group will present some of the unspoken rules of college and will help you be more successful during your time here.	Veronica Mendoza (Counseling Services)
Thursday, October 22, 2009	1:30 PM	Clark Hall 118	Music Therapy & Stress Management	Music appreciation and music therapy interventions can enhance your social development, reduce stress, and improve your overall well-being. Come and learn more about this amazing technique to stress management and personal development that can be a lot of fun!	Daniel Murphy (Kinesiology)
Thursday, October 22, 2009	5:00 PM	MOSAIC Student Union	Challenges in an Able Bodied and Able Minded World	Please join MOSAIC's Diversity Advocate Interns in a peer led series of facilitated workshops on a variety of diversity and social justice topics.	MOSAIC
Friday, October 23, 2009	12:00 PM	Clark Hall 118	Power Planner: Become Highly Productive And Efficient By Optimal Planning And Time Managing	This is an advanced time-management workshop for people who use planners or are considering using a planner (e.g., Outlook, paper, PDA, smart phone, etc.). A planner can do much more for you than just remind you about due days and meetings -- it is actually a powerful tool to reduce stress, increase self-confidence, be productive, and project a professional & successful image. Learn how to use a weapon you already have and evaluate your time management and planning skills. You will also learn the "secret" of how productive and successful people use their planners to achieve their goals. ***You need to bring your planner to this workshop.***	Wei-Chien Lee (Counseling Services)

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Tuesday, October 27, 2009	12:00 PM - 1:00 PM	Health 208	Stressin' Out...	Discover how stress affects your body and what you can do about it. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Tuesday, October 27, 2009	12:00 PM - 1:00 PM	Clark Hall 100H	Color of the Sea Discussion	Opportunity to share your thoughts and hear how others viewed this Fall 2009 campus reading book. Informal, no tests, no right or wrong answers, just a fun opportunity to look at this book and story in a few different ways.	Campus Reading Program
Tuesday, October 27, 2009	1:30 PM - 2:45 PM	Mod F	Choosing a Major	Find out how to choose a major that's a good "fit" for you, as well as methods & resources for exploring areas of study at SJSU.	Career Center
Tuesday, October 27, 2009	1:30 PM	Clark Hall 118	Where Does My Concentration Go?	Have you ever wondered where your concentration goes? Do you find yourself being distracted easily? Does that distraction come with little motivation? Believe it or not, we all lose our concentration at varying times, but for some people a lack of concentration can impair their schooling, their personal life, and their work. If you think you have this challenge, find out what may be causing your difficulties and what you can do to increase your focus and attention span.	Rich Chiovarelli (Counseling Services)????
Wednesday, October 28, 2009	12:00 - 1:00pm	Mod F	Resumes	Discover the basics of resume writing. Check out these proven strategies about how to present yourself on paper to employers.	Career Center

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Date	Time	Location	Title	Description	Presenter
Wednesday, October 28, 2009	1:30 PM	Clark Hall 118	Graduation - What's Next???	Graduation - Is it really this semester or next year? Oh no, what am I going to do after college? Do I have to do anything special before I graduate? These and many more questions are probably going on as you think about graduation. If you are a Junior or Senior and have some of these questions, come to this workshop and learn some of the steps that will make graduation smooth sailing.	Counseling Services
Wednesday, October 28, 2009	2:00- 3:00pm	Clark Hall 118	Animation Analyzation	Let's watch some cartoons! A lively discussion on the relativity of cartoons and our college experiences.	Peer Mentor Program
Thursday, October 29, 2009	3:00 PM	Clark Hall 303	Stop Emotional Eating And Start Coping Effectively	Emotional eating is a way for us to TRY to cope with challenging feelings and situations. Especially in this culture, we have been taught to reach out for food when we need comfort, support, and/or relaxation. However, this coping mechanism is often ineffective, undermines our self-concept, and brings us undesired results (e.g., regrets, unhealthy eating, diets, feeling more anxious). Come to this workshop to learn practical skills to stop emotional eating by understanding your emotions and feelings and identifying ways to effectively cope with those feelings. Space is limited (20 students).	Wei-Chien Lee (Counseling Services)
Thursday, October 29, 2009	5:00 PM	MOSAIC Student Union	Trash Is Not Treasure	Please join MOSAIC's Diversity Advocate Interns in a peer led series of facilitated workshops on a variety of diversity and social justice topics.	MOSAIC

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Monday, November 02, 2009	1:30 PM	Clark Hall 118	Planning Your College Career	Now is the time to start thinking about your next semester classes. For that matter, do you have a plan for every semester here? Be daring and plan it all out! See what classes are going to be the most beneficial and how to get more information when you really need it.	Counseling Services
Tuesday, November 03, 2009	3:00 PM	Clark Hall 303	Juggling Roles: School, Job, Family, Friends	Want to have it all? Learn the ways to balance and enjoy all the multi-tasks you have going on in your life.	Counseling Services
Wednesday, November 04, 2009	12:00 PM	Clark Hall 118	The Tao of Procrastination	Yes, we all do it. But why? Can procrastination really be productive? Come and see for yourself how to beat procrastination and be productive with it.	Wei-Chien Lee (Counseling Services)
Wednesday, November 04, 2009	2:00pm	Clark Hall 118	Animation Analyzation	Let's watch some cartoons! A lively discussion on the relativity of cartoons and our college experiences.	Peer Mentor Program
Wednesday, November 04, 2009	5:00 PM	Morris Dailey Auditor.	Maya Lilly's "Mixed: A One Woman Show"	Please join MOSAIC's Diversity Advocate Interns in a peer led series of facilitated workshops on a variety of diversity and social justice topics.	MOSAIC
Thursday, November 05, 2009	3:00 PM - 4:00 PM	Clark Hall 118	First in My Family	Did your parents go to college? If not, you are considered a first generation college student and may find being at college a little confusing. This group will present some of the unspoken rules of college and will help you be more successful during your time here.	Veronica Mendoza (Counseling Services)

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Date	Time	Location	Title	Description	Presenter
Thursday, November 05, 2009	7:00 PM - 8:00 PM	MLK Library 225	Color of the Sea Discussion	Opportunity to share your thoughts and hear how others viewed this Fall 2009 campus reading book. Informal, no tests, no right or wrong answers, just a fun opportunity to look at this book and story in a few different ways.	Campus Reading Program
Tuesday, November 10, 2009	12:00 - 1:15pm	Mod F	Choosing a Major	Find out how to choose a major that's a good "fit" for you, as well as methods & resources for exploring areas of study at SJSU.	Career Center
Tuesday, November 10, 2009	12:00 - 1:15pm	Mod F	Choosing a Major	Find out how to choose a major that's a good "fit" for you, as well as methods & resources for exploring areas of study at SJSU.	Career Center
Tuesday, November 10, 2009	12:00 PM	Clark Hall 118	Assert Yourself!	Do you have a hard time saying "no" or asking for help? Is it difficult for you to express your feelings, thoughts, or beliefs openly and honestly? Come to this workshop and learn skills to improve your assertiveness. The workshop will help boost your self-confidence and self-esteem when expressing yourself to others. Find out how to stand up for yourself!	Wei-Chien Lee (Counseling Services)
Thursday, November 12, 2009	1:30 PM	Clark Hall 118	Time Management	Does it feel like there are never enough minutes in the day? Do you wonder how everything gets away from you so quickly? Have no fear! This workshop is for you. Learn how to manage your time and be more productive.	Angela Krumm & Trainee (Counseling Services)
Thursday, November 12, 2009	5:00 PM	MOSAIC Student Union	Material Bondage: Resource Trafficking and You	Please join MOSAIC's Diversity Advocate Interns in a peer led series of facilitated workshops on a variety of diversity and social justice topics	MOSAIC
Monday, November 16, 2009	12:00 PM	Clark Hall 118	Overcoming Stress	College can be a very stressful experience on top of all your other life responsibilities. But there are things we can do to manage our stressors and to use them to help us succeed. Come to this workshop and find out some helpful coping techniques.	Trainee & Wei- Chien Lee (Counseling Services)

Updated 08/20/09

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Date	Time	Location	Title	Description	Presenter
Tuesday, November 17, 2009	12:00 PM - 1:00 PM	Clark Hall Lobby	Color of the Sea - WWII Campus Tour	Would you like to learn more about our tie to this piece of history? Visit and discuss how these local connections affect your perceptions of the events portrayed in the book.	Campus Reading Program
Tuesday, November 17, 2009	12:00 PM - 1:00 PM	Health 208	Uppers, Downers, and All Arounders	Learn the basics about the different classes of drugs. To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Wednesday, November 18, 2009	12:00 - 1:15pm	Mod F	Exploring Careers	Learn how to explore careers in your major, as well as methods and resources for exploring other career areas.	Career Center
Wednesday, November 18, 2009	12:00 PM - 1:00 PM	Health 208	Ins and Outs of Eating at SJSU	Discover how to find foods on campus that help you look and feel good! To register or for more info, email mcervan1@email.sjsu.edu or call 408-924-6280.	Peer Health Education Program
Thursday, November 19, 2009	12:00 PM - 1:00 PM	Clark Hall 100H	Color of the Sea Discussion	Opportunity to share your thoughts and hear how others viewed this Fall 2009 campus reading book. Informal, no tests, no right or wrong answers, just a fun opportunity to look at this book and story in a few different ways.	Campus Reading Program
Thursday, November 19, 2009	3:00 PM - 4:00 PM	Clark Hall 118	First in My Family	Did your parents go to college? If not, you are considered a first generation college student and may find being at college a little confusing. This group will present some of the unspoken rules of college and will help you be more successful during your time here.	Veronica Mendoza (Counseling Services)

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Date	Time	Location	Title	Description	Presenter
Wednesday, November 18, 2009	1:30 PM	Clark Hall 118	The Cool Factor	Want to be that "cool" person who deals with challenging situations with confidence, knows how to understand and support others, and takes good care of self? Want to know how to get yourself out of funk? Then this workshop is for you! Come to learn the skills to improve your emotional intelligence and help yourself to know the secret of the "cool" factor.	Wei-Chien Lee (Counseling Services)
Thursday, November 19, 2009	12:00 - 1:00 PM	Mod F	Resumes	Discover the basics of resume writing. Check out these proven strategies about how to present yourself on paper to employers.	Career Center
Thursday, November 19, 2009	3:00 PM	Clark Hall 303	Conflict Free Living	Having troubles with your roommates? Classmates? Friends? Significant Others? Would you prefer less conflict in your life? Then this workshop is for you. Find out some tools you can use to bring more peace into your relationships.	Staci Gunner (Office of Ethical Development)
Thursday, November 19, 2009	5:00 PM	MOSAIC Student Union	The Immigration Debate	Please join MOSAIC's Diversity Advocate Interns in a peer led series of facilitated workshops on a variety of diversity and social justice topics	MOSAIC
Friday, November 20, 2009	12:00 PM	Clark Hall 118	Money Management For Students	Money management is challenging for the best of us. But as a student, it can be even more stressful trying to balance how much you are spending. There is always something more that is being asked of you - tuition, books, food, housing, social activities, etc. How can you afford to be a student? Come and see how to put the jingle back in your pockets.	Carolyn Guel (Financial Aid)

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Date	Time	Location	Title	Description	Presenter
Monday, November 23, 2009	1:00 PM - 2:00 PM	MOSAIC Student Union	Color of the Sea Discussion	Opportunity to share your thoughts and hear how others viewed this Fall 2009 campus reading book. Informal, no tests, no right or wrong answers, just a fun opportunity to look at this book and story in a few different ways.	Campus Reading Program
Monday, November 23, 2009	1:30 PM	Clark Hall 118	Painfully Perfect: Perfectionism At Its Finest	Does it take you forever to make a decision? Do you put off starting assignments because you want them to be perfect? Do you dread making mistakes? Do you feel that nothing you do is quite good enough? If you answered yes to any of these questions, you may be trying to be perfect. Come and see how this is impacting your life and learn how to be happier with who you are.	Rich Chiovarelli (Counseling Services)
Tuesday, November 24, 2009	1:30 PM	Clark Hall 118	Don't Judge A Book By Its Cover	Take a look at the stereotypes that surround us everyday. Take part in several activities that will challenge the way you view others, reflect on why you may feel certain ways, and give you an opportunity to get to know other students in a nontraditional way.	Hyon Chu Yi- Baker (MOSAIC)
Monday, November 30, 2009	3:00 PM	Clark Hall 303	Test Taking Teddy Plays To Win	Do finals have you down? Do you know the best way to study for finals or to take those exams? No fear, Test Taking Teddy is here! Come play Testing Jeopardy with Teddy and find out some hot tips that will be sure to help you pass those exams.	Counseling Services
Wednesday, December 02, 2009	12:00 PM	Clark Hall 118	Help Me! I Have Test Anxiety!	Have you ever gone into a test well prepared and then when you sat down, you couldn't remember a thing? Does your heart start to race like a wild horse and your palms start to sweat? Then you may have test anxiety. Test Anxiety is normal, but you can control it. Spend 60 minutes of your time and make the test taking experience more pleasant than you can ever remember it.	Veronica Mendoza (Counseling Services)

Updated 08/20/09

Fall 2009 Student Success Programs
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Date	Time	Location	Title	Description	Presenter
Wednesday, December 02, 2009	5:00 PM	MOSAIC Student Union	"Patria O Muerte"- Homeland or Death- Cuban American Relations	Please join MOSAIC's Diversity Advocate Interns in a peer led series of facilitated workshops on a variety of diversity and social justice topics	MOSAIC
Thursday, December 03, 2009	12:00 PM - 1:00 PM	Clark Hall 100H	Color of the Sea Discussion	Opportunity to share your thoughts and hear how others viewed this Fall 2009 campus reading book. Informal, no tests, no right or wrong answers, just a fun opportunity to look at this book and story in a few different ways.	Campus Reading Program
Thursday, December 03, 2009	3:00 PM - 4:00 PM	Clark Hall 118	First in My Family	Did your parents go to college? If not, you are considered a first generation college student and may find being at college a little confusing. This group will present some of the unspoken rules of college and will help you be more successful during your time here.	Veronica Mendoza (Counseling Services)
Friday, December 04, 2009	1:30 PM	Clark Hall 118	Overcoming Stress	College can be a very stressful experience on top of all your other life responsibilities. But there are things we can do to manage our stressors and to use them to help us succeed. Discover some helpful coping techniques and find a little bit of peace.	Rich Chiovarelli (Counseling Services)