

Learning Resource Workshops

Learning Resource Workshops are free to all VC students, and you can just drop in whenever a session fits your schedule. You don't even need to make an appointment. To join a Zoom session click on the link below.

<https://vccd-edu.zoom.us/j/99257806172> (<https://vccd-edu.zoom.us/j/99257806172>)

Workshop Topics

Budgeting for College Students

- Build a budget
- Create a spending plan
- Tips on how to save money
- Free online tool: Google Budget

Growth Mindset

- Develop the belief that with hard work and experience, you can get better at anything.
- Create a desire and confidence to learn.
- Look at struggles as an opportunity to learn, take more risks.

Freewriting

- Writing to learn strategies
- Generating ideas for your essays
- Bring your own writing assignment

Mindfulness

- Breathwork
- Attentive listening and speaking
- Connect with personal motivation

Notetaking

- Explore the Cornell Notes system
- Mind mapping
- Outlining

Online Learning Tools

- Canvas
- Zoom
- NetTutor
- Office 365 (Word, Excel, PowerPoint)
- VCCCD Portal

Tutoring

Learning Resource Workshops

Learning Resource Faculty (IDS)

Nettutor

Online Tutoring

Staff

Student Learning Outcomes

Tutoring Request

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Workshop Topics

Scholarship Essays

- Learn how to apply successfully for Ventura College Foundation Scholarships.
- One application, over 300 scholarships.
- Many have no minimum GPA requirements.
- More than half of applicants receive a scholarship, ranging \$1,000-\$14,000.

SMART Test-Taking

- Study prep for different types of tests (multiple choice, essay, in-person, online, etc.)
- Goals and time management
- The S.M.A.R.T. framework

https://youtube.com/watch?v=i0QfCZjASX8&feature=share&utm_source=EKLEiJECCKjOmKnC5liRIQ
(https://youtube.com/watch?v=i0QfCZjASX8&feature=share&utm_source=EKLEiJECCKjOmKnC5liRIQ).

Time Management

- Setting goals and prioritizing your responsibilities
- Steps to manage your time: create a weekly schedule, assess and adjust as needed
- Tools for Time Management (Apps, Calendars, Online tools, Reminders, Friends)

Weekly Workshop Schedule

Week 9 (Oct. 10-14)

Date	Time	Topic	Instructor	Location
Monday, October 10	11:30 AM	Notetaking	Sheila	LRC 161
Monday, October 10	12:30 PM	Mindfulness	Henny	LRC Pod
Tuesday, October 11	10:30 AM	Freewriting	Henny	LRC Pod

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Weekly Workshop Schedule

Week 9 (Oct. 10-14)

Wednesday, October 11	3:00 PM	Budgeting for College Students	Lisa	LRC 164
Wednesday, October 12	2:30 PM	Time Management	Jaime	Zoom
Wednesday, October 12	6:00 PM	Online Learning Tools	Sharon	LRC Pod 13
Thursday, October 13	11:45 AM	Online Learning Tools	Ray	LRC Pod 13
Thursday, October 13	1:00 PM	Time Management	Jaime	LRC 161
Thursday October 13	6:00 PM	Scholarship Essays	Sharon	LRC 161
Friday, October 14	11:30 AM	Notetaking	Sheila	LRC 161

Week 10 (Oct. 17-21)

Date	Time	Topic	Instructor	Location
Monday, October 17	2:30 PM	Notetaking	Sheila	LRC 161
Monday, October 17	6:00 PM	SMART Test Taking	Christine	Zoom
Tuesday, October 18	10:00 AM	Time Management	Ray	LRC
Tuesday, October 18	10:30 AM	Freewriting	Henny	LRC Pod

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Week 10 (Oct. 17-21)

Tuesday, October 18	11:30AM	Time Management	Ray	C1
Tuesday, October 18	2:30 PM	SMART Test Taking	Christine	Zoom
Tuesday, October 18	6:00 PM	SMART Test Taking	Sharon	LRC 161
Wednesday, October 19	10:00 AM	Growth Mindset	Ray	Zoom
Wednesday, October 19	2:30 PM	Scholarship Essays	Jaime	LRC 161
Wednesday, October 19	2:30 PM	Mindfulness	Henny	LRC Pod H
Wednesday, October 19	3:00 PM	Budgeting for College Students	Lisa	LRC 164
Wednesday, October 19	6:00 PM	Growth Mindset	Sharon	Zoom
Thursday, October 20	11:45 AM	Writing Workshop: Using Quotes	Ray	Zoom
Thursday, October 20	1:00 PM	Time Management	Jaime	Zoom
Friday, October 21	10:00 AM	Notetaking	Sheila	LRC 161

Week 11 (Oct. 24-28)

Date	Time	Topic	Instructor	Location
Monday, October 24	11:30 AM	Notetaking	Sheila	LRC 161

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Week 11 (Oct. 24-28)

Monday, October 24	12:30PM	Mindfulness	Henny	LRC Pod H
Monday, October 24	3:00 PM	Budgeting for College Students	Lisa	LRC 164
Monday, October 24	6:00 PM	SMART Test Taking	Christine	Zoom
Tuesday, October 25	10:00 AM	Time Management	Ray	LRC 161
Tuesday, October 25	10:30 AM	Freewriting	Henny	LRC Pod H
Tuesday, October 25	2:30 PM	SMART Test Taking	Christine	Zoom
Tuesday, October 25	6:00 PM	Scholarship Essays	Sharon	Zoom
Wednesday, October 26	1:00 PM	Spring Registration for Athletes	Sheehan	LRC 128/Pod D
Thursday, October 27	11:45 AM	Time Management	Ray	Zoom
Thursday, October 27	2:30 PM	Scholarship Essays	Jaime	LRC 161
Thursday, October 27	6:00 PM	SMART Test Taking	Sharon	LRC 161
Friday, October 28	11:30 AM	Notetaking	Sheila	LRC 161

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