

OFFICE OF STUDENT ACTIVITIES

Spring 2012 Workshop Series

Sponsored by the I.C.C.

Breakers & Builders: Games and Activities for Successful Group Development

Tuesday February 14, 2012

12:30 P.M. – 1:30 P.M.

Mustang Room

Ice breakers and team builders are a fun way to way to build community and explore effective teamwork. Attend this workshop to learn simple exercises perfect for a meeting, one day training, or retreat. Whether your club is made up of mostly returning members or newly recruited members these exercises will help everyone feel welcomed and a part of the group.

Successful Event Planning

Tuesday February 21, 2012

12:30 P.M. – 1:30 P.M.

Mustang Room

Planning an event can be a fun and exciting process as well as overwhelming and stressful. Attend this workshop to learn expert tips and techniques for planning a successful event and receive information about Delta college policies and procedures associated with on campus and off campus events.

Mastering Your Life: A Conversation about Time Management

Tuesday February 28, 2012

12:30 P.M. – 1:30 P.M.

Mustang Room

Individuals who control their time in a thoughtful, meaningful way also control their lives. Learn techniques to increase your ability to successfully manage course assignments, work, family time, and other interests.

Stress: Do You Manage It or Does It Manage You?

Tuesday March 6, 2012

12:30 P.M. – 2:00 P.M.

Mustang Room

Is all stress bad? Why can some people manage stress better than others? What can I do to better manage stress? This workshop will answer these questions and more and provide some quick stress relieving activities.

Teamwork

Tuesday March 13, 2012

12:30 P.M. – 2:00 P.M.

Mustang Room

What is EQ and why should I care?

Tuesday March 20, 2012

12:30 P.M. – 2:00 P.M.

Mustang Room

Emotional Intelligence (EQ) is the greatest predictor of success not IQ. By developing your EQ you can be more successful in your personal and work relationships, function more effectively as a team member, and become a stronger leader. Find out what EQ is and how you can increase it.

Planning and Goal Setting

Tuesday April 17, 2012

12:30 P.M. – 1:30 P.M.

Mustang Room

Ready, Set, Retreat!

Tuesday April 24, 2012

12:30 P.M. – 1:30 P.M.

Mustang Room

Retreats are a great way to transition in new officers, practice team building, and plan for the future. In this workshop we will explore the benefits of retreats, how to choose a location, creating an agenda, budgeting and much more.