

Cuesta College
DSPS Student Success Workshops
Spring 2021



*You are HIGHLY encouraged to attend these learning strategies workshops!
 They will help you stay connected with DSPS staff, connect with other students
 and improve your success in class.*

Day/Time: Every Tuesday from 2:00 to 3:00 p.m.

Join us by clicking the [Zoom Meeting link](#)

Join by phone: +1 669 900 6833 Meeting ID: 932 0669 1468

Date	Topic
Jan 26	Accommodations 101 - Learn about the benefits of your DSPS accommodations and how to use them
Feb 2	Tips for taking online classes - Learn how to navigate the online learning environment
Feb 9	Know your resources - Learn about the various resources available to you at Cuesta College
Feb 16	Tech tools - Learn about different software programs available to help with your classwork
Feb 23	Time management – Foster success by better planning and managing your time
Mar 2	Transferring to a 4-year university - Learn what DSPS students need to know about transferring to a 4-year university
Mar 9	Test taking strategies - Learn tips to help you perform better on online tests
Mar 16	Art therapy - Learn how to use art as a stress reducer and creative outlet
Mar 23	Tools to avoid procrastination - Learn about how to stop putting things off and get more done
Mar 30	Breathing techniques & self-guided meditation - Learn how to reduce stress through breathing, stretching, and meditation
April 13	Study skills & organizational techniques - Learn how to get organized and improve study habits
April 20	Improve your memory, improve your grades - Learn memory enhancing techniques to improve class outcomes
April 27	Art therapy - Learn how to use art as a stress reducer and creative outlet
May 4	Transferring with a disability to a 4-year university - Learn what DSPS students need to know about transferring to a 4-year university
May 11	Preparing for finals - Study, test taking, and stress reduction tips for finals week