

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