



Our Workshops

Financial Aid: “What’s Next?”

Description: The Financial Aid, “What’s next” presentation will cover the additional steps students need to take after submitting their FAFSA which can include creating a Web Grants account for Cal Grant or submitting additional documents if needed for Federal verification. It will include information about completing the CSUS Scholarships application. Also, students can receive assistance with their FAFSA/Dream Act if they still have not submitted.

Career Readiness: Teamwork/Collaboration

Description: Every semester we will have a community employer (i.e. SMUD, State Farm) conduct a workshop on desired skills employers are seeking from employees. Build collaborative relationships with colleagues and customers representing diverse cultures, races, ages, genders, religions, lifestyles, and viewpoints. Learn to work within a team structure and negotiate and manage conflict.

Health & Wellness: Active Minds – Stress Less, Worry Less

Description: Come and join us for our health and wellness presentation. In conjunction with The Well, PERSIST co-hosts a presentation about simple techniques to manage stress that college students face. Stressors may include family obligations, school, work, and other personal matters. By the end of the presentation, students will be able to:

- Describe the difference between eustress and chronic/negative stress
- Recognize the effect of negative stress on overall health and well-being
- List at least three self-care and stress management techniques
- Identify resources available on campus pertaining to stress management

Progress to Degree: Academic Advising/Class Planning

Description: Attend one of our Progress to Degree workshops to learn what classes to take next semester, learn about summer school (at Sacramento State or Community College), tutoring, academic standing, general education, graduation requirements, the Writing Placement for Juniors (WPJ), and much more!