**2019 SPRING SEMESTER Calendar**

Workshops are all held from 12pm-1pm in building 15, Room 1814 (some locations are different)

## **FEBRUARY Dates:**

Mon, 4th ARCHES tutoring begins

Tue, 5th Maximizing Your Time on Semesters, presented by Julie Aguilera

Thur, 7th FAFSA & CA Dream Renewal, presented by Crystal Steele from Financial Aid,

Thur, 12th Exploring Scholarships (BSA), presented by Dalia Garcia from Financial Aid

Tue, 19th Identifying Your Career & Work Values, presented by Becky Cutler from EOP

Fri, 22nd Tutoring Requests Deadline

Tue, 26th Research 101: Navigating the Library and Finding Reliable Sources, presented by Paul Hottinger, Engineering Librarian, from 12:00pm to 12:50pm at building 15, room 2907

## **MARCH Dates:**

Mar 4-5th Summer 2019 Priority Registration

Fri, 8th Cultural Event: Aladdin at Segerstrom Center for the Arts, Costa Mesa from 5:30 - 11pm

Thur, 14th How to Manage your Financial Aid (FA), presented by Mireya & FA staff

Mar 22nd Progress Reports Due

Tue, 26th Applying for Grad School and Securing Funding, presented by Milio Medina, from the Career Center.

## **APRIL Dates:**

Apr 1-5th SPRING BREAK (Campus Open)

Apr 8-9th FALL 2019 Priority Registration – ARCHES Drop-in Advising Available

Tue, 26th Credit & Money Management, presented by Joy Taferella from CPP Credit Union,

 Tue, 30th ARCHES Graduate Recognition Luncheon: invite only

## **MAY Dates:**

May 10th Finals Tutor Requests Due

Thur, 2nd Study Abroad Program: You can afford it! Presented by Kraig Walkup from the International Center

May 13 - 17 Spring Finals Week

May 17 - 19 Commencement Ceremonies (Fri – Sun)

**CAPS Wellbeing Workshops**

Well-being workshops are innovative strengths-based workshops designed to help you learn tools and coping strategies to deal with your thoughts, feelings, and situations that are challenging. Additionally, they will help you reflect more on what you want to get out of therapy. Topics include:

Communication/Relationships

Mindfulness

Panic Attacks

Resiliency

Self-Care

Self-Esteem

For dates and times, visit caps at [www.cpp.edu/~healthcounseling/counseling/groups.shtml](http://www.cpp.edu/~healthcounseling/counseling/groups.shtml)