

# MEP

## Spring 2015 U-Hour Workshops

Join our mailing list! [nmora@cpp.edu](mailto:nmora@cpp.edu)

Week	Date	Workshop (RSVP by clicking below)	Location
2	4/7	<b>Nutrition on the Go   Eat Your Colors</b>	09-151
	4/9	<b>Exercise 101</b>	09-151
3	4/14	<b>Tame Your Stress</b>	09-151
	4/16	<b>First Generation College Student Issues</b>	09-151
4	4/21	<b>Prep for Career Fair Workshop</b>	Career Center
5	4/28	<b>Northrop Grumman   Backpacks to Briefcases</b>	09-151
	4/30	<b>Lawrence Livermore National Laboratory</b>	17-1631
6	5/5	<b>What Personality Type are You?</b>	09-151
7	5/12	<b>Interviewing Skills</b>	09-151
	5/14	<b>Thinking about Graduate School?</b>	Career Center
8	5/19	<b>Learning and The Brain <i>Lessons from Neuroscience</i></b>	09-151
	5/21	<b>Managing Test Anxiety</b>	09-151
9	5/26	<b>Mindfulness &amp; Meditation   A Relaxation Tool</b>	09-151
	5/28	<b>Internships 101</b>	Career Center