

PSS SUMMER WORKSHOPS



Attention all PSS students, this summer Tenacity will be offering 5 workshops starting on July 6th, Please take a look at the workshop titles and description and register for as many that you are interested in! Each workshop will be offered twice a day, 2 times a week via ZOOM.

WORKSHOP 1: LIFE AFTER COLLEGE

This workshop will include a checklist and breakdown of 3 of the topics that include student loans and repayment options, establishing a budget and how to write cover letters.

Link to register: <https://forms.gle/yM1A2PeBusEV4aSV6>

MONDAY, JULY 6TH

10:00am session or 3:00pm session

TUESDAY, JULY 7TH

10:00am session or 3:00pm session

WORKSHOP 2: BUDGETING

This workshop will include different ways to help you create a budget and provide different ways to help you save. Saving a little bit now can help you long term. We will also talk about helpful resources and Apps that can help you stay on track!

Link to register: <https://forms.gle/DHy9At1pGPtiE4A4A>

MONDAY, JULY 13TH

10:00am session or 3:00pm session

TUESDAY, JULY 14TH

10:00am session or 3:00pm session

WORKSHOP 3: JOB SEARCHING STRATEGIES

This workshop will include Networking Dos and Don'ts. The process of job searching and different resources you can use to be effective.

Link to register: <https://forms.gle/n7tbeA1WPiHPHBuX9>

MONDAY, JULY 20TH

10:00am session or 3:00pm session

TUESDAY, JULY 21ST

10:00am session or 3:00pm session

WORKSHOP 4: SELF-CARE

This workshop will help you develop a self-care plan which can help you enhance your health and wellbeing and manage your stress. Learn to identify activities and practices that support your wellbeing and help you to sustain positive self-care in the long-term.

Link to register: <https://forms.gle/tAkopQQdyGyCf2mJ7>

MONDAY, AUGUST 3RD

10:00am session or 3:00pm session

TUESDAY, AUGUST 4TH

10:00am session or 3:00pm session

WORKSHOP 5: ADULTING 101, ESSENTIAL SKILLS FOR YOUNG ADULTS

This workshop will include life skills that you should look to master. You will learn skills that you will need for college, employment or to navigate the challenging aspects of adult life.

Link to register: <https://forms.gle/EQJMHv4VM5V8Mpp1A>

MONDAY, AUGUST 10TH

10:00am session or 3:00pm session

TUESDAY, AUGUST 11TH

10:00am session or 3:00pm session