



Saddleback College

Division of Counseling Services & Special Programs



**The Center for Career & Life Development (CCLD) &
The Adult Re-Entry Resource Center**
Sholeh Alizadeh
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- **OPEN TO THE PUBLIC GROUPS**
- **MEN & WOMEN ARE WELCOME**
- **RESERVATION IS NOT NEEDED (unless specified)**
- **NO GROUPS ON Feb13, Feb 16, Mar 20, May 14, May 22, & May 25, 2009**

<p>Date & time:</p> <p>Wednesdays 9:00-10.00 a.m.</p> <p>Place:</p> <p>Adult Re-entry Resource Center Building SSC Room140C</p>	<p style="text-align: center;">“RE-ENTRY SUPPORT GROUP”</p> <p>Presented by: Sholeh Alizadeh, Ph.D. Adult Re-Entry Resource Ctr. Officer Adult Re-Entry Resource Ctr., Saddleback College</p> <p>Are you an adult returning to college or work after a break? Is this your first time at college? If yes, this group is for you. Please join us to see how we can help.</p>
<p>Date & time:</p> <p>Fridays 9:00-10.00 a.m.</p> <p>Place:</p> <p>Adult Re-entry Resource Center Building SSC Room140C</p>	<p style="text-align: center;">“INTERNATIONAL STUDENTS SUPPORT GROUPS”</p> <p>Presented by: Sholeh Alizadeh, Ph.D. Adult Re-Entry Resource Ctr. Officer Adult Re-Entry Resource Ctr., Saddleback College</p> <p>International students get together in a relaxed and friendly atmosphere to discuss different issues, problems, concerns, fears, etc. they are dealing with in college.</p>
<p>Date & time:</p> <p>Tuesdays 9:00-10.00 a.m.</p> <p>Place:</p>	<p style="text-align: center;">“SUPPORT GROUP FOR FARSI-SPEAKING STUDENTS”</p> <p>Presented by: Sholeh Alizadeh, Ph.D. Adult Re-Entry Resource Ctr. Officer</p>

<p>Adult Re-entry Resource Center Building SSC Room140C</p>	<p>Adult Re-Entry Resource Ctr., Saddleback College</p> <p>Discuss your questions, concerns, and problems in Farsi in a warm friendly environment.</p>
<p>Date & Time:</p> <p>Monday thru Thursday 8:00 a.m.-6:00 p.m.</p> <p>Fridays 8:00 a.m.-3:00 p.m.</p> <p>Place:</p> <p>The Center for Career & Life Development (CCLD) Building SSC Room 140</p>	<p>“ASSERTIVENESS SKILLS”</p> <p><i>12 action steps to create visibility and take charge of your life</i></p> <p>View this 60-minute video in a small group to discover about the 12 action steps to a more confident, more effective, more assertive you!</p> <p>Once you understand the 12 action steps, you’ll:</p> <ul style="list-style-type: none"> • Respond assertively to people and problems that once frustrated and angered you • Understand how fear, uncertainty and doubt can sabotage your assertiveness • Deal with difficult people using a five-step guide to assertive conversation • Handle demanding bosses, annoying co-workers and angry customers <p>Boost your negotiating power with assertive responses</p>
<p>Date & Time:</p> <p>Monday thru Thursday 8:00 a.m.-6:00 p.m.</p> <p>Fridays 8:00 a.m.-3:00 p.m.</p> <p>Place:</p> <p>The Center for Career & Life Development (CCLD) Building SSC Room 140</p>	<p>“SELF-ESTEEM”</p> <p><i>The Power To Be Yourself</i></p> <p>View this 60-minute video in a small group to gain confidence and self-assurance by developing high self-esteem.</p> <p>We all need a healthy dose of self-esteem, and unfortunately, the majority of us lack the required daily dosage! This video is a prescription for acquiring the self-esteem necessary to have a truly happy and productive life, both for you and for those around you.</p> <p>Find out how to bolster your self-esteem and enhance your self-image by using techniques and exercises. Learn how goal setting helps you focus on those things about yourself that you want to improve. As the old song goes, “Accentuate the positives, eliminate the negative.” Finally become your own best friend –someone you and others trust, respect and admire.</p>
<p>Date & Time:</p> <p>Monday thru Thursday 8:00 a.m.-6:00 p.m.</p> <p>Fridays 8:00 a.m.-3:00 p.m.</p>	<p>“STRESS MANAGEMENT”</p> <p>View this 60-minute video in a small group to reduce stress in every aspect of your life.</p> <p>Stress is an integral part of life. It can be a powerful force to produce positive change and enhance productivity.</p> <p>The bad news is that we experience ongoing stress that continually</p>

<p>Place:</p> <p>The Center for Career & Life Development (CCLD) Building SSC Room 140</p>	<p>stimulates our biochemical stress mechanisms. As a result, a variety of ailments such as, heart attacks and high blood pressure have increased, but the good news is that we can understand how and why we react to stress, and we can become its master.</p>
<p>Date & Time:</p> <p>Monday thru Thursday 8:00 a.m.-6:00 p.m.</p> <p>Fridays 8:00 a.m.-3:00 p.m.</p> <p>Place:</p> <p>The Center for Career & Life Development (CCLD) Building SSC Room 140</p>	<p>“A NEW ATTITUDE”</p> <p>View this 60-minute video in a small group to achieve personal and professional success by keeping a positive mental outlook. Studies have shown that a positive mental attitude is very important to your success and well being. Although it can’t guarantee immediate health and wealth, it can make your life more enjoyable and rewarding-personally as well as financially!</p> <p>This video shows you how to take the steps toward achieving a positive mental attitude and more importantly, what you really want out of life. It teaches you how you can turn around a bad attitude, cope with changes, create satisfactions, conquer stress and deal with all kinds of people.</p> <p>Remember, a positive mental attitude is your first step toward accomplishing anything. Now, begin a smile on your face and try to attend this group if you can!</p>
<p>Date & Time:</p> <p>Monday thru Thursday 8:00 a.m.-6:00 p.m.</p> <p>Fridays 8:00 a.m.-3:00 p.m.</p> <p>Place:</p> <p>The Center for Career & Life Development (CCLD) Building SSC Room 140</p>	<p>“LISTEN UP!” <i>Hear What’s Really Being said</i></p> <p>View this 60-minute video in a small group to improve your career and your life by becoming a better listener. Communication is a two way street. Listening is just as important as speaking in communication. As the age-old question goes, “If a tree falls in the forest and no one is there to hear it, does it make a sound?”</p> <p>This video shows instant ways to improve your listening skills and how to overcome the many emotional filters and mental and physical distractions that obstruct your ability to listen. You’ll learn how to interpret nonverbal communication, such as body language, and respond with nonjudgmental phrases, “I” messages and open-ended questions--proven techniques used by all good listeners.</p>
<p>Date & Time:</p> <p>Monday thru Thursday 8:00 a.m.-6:00 p.m.</p>	<p>“HOW TO DEJUNK YOUR LIFE” <i>Keys to Taking Control, Getting Organized and Getting it All Done</i></p>

<p>Fridays 8:00 a.m.-3:00 p.m.</p> <p>Place:</p> <p>The Center for Career & Life Development (CCLD) Building SSC Room 140</p>	<p>View this 60-minute video in a small group to begin to de-junk your life, get organized and focus on the things that are truly important to you, you'll see at least five benefits:</p> <ul style="list-style-type: none"> • You'll have a sense of control over your life. • You'll find it easier to get things done. • You'll have less stress in your life. • You'll have time for the things you want to do. • You'll be more productive. <p>Become more successful and have less stress and more balance in your life and start your war on junk. Remember junk always kills effectiveness.</p>
<p>Date & Time:</p> <p>Monday thru Thursday 8:00 a.m.-6:00 p.m.</p> <p>Fridays 8:00 a.m.-3:00 p.m.</p> <p>Place:</p> <p>The Center for Career & Life Development (CCLD) Building SSC Room 140</p>	<p>80 NEW JOB SEARCH VIDEOS</p> <p>80 Videos are available at the CCLD (The Center for Career & Life development) located at SSC (Student Services Center) Room 140 for the students and community members to watch. These tapes are available Monday through Thursday, 8:00 a.m. to 7:00 p.m., and Fridays, 8:00 a.m. to 3:00 p.m. Please check with the CCLD front desk for the list of the videos.</p> <p>For more information, please call The Adult Re-Entry Resource Center at (949) 582-4611 or the CCLD at (949) 582-4575. or visit: http://www.saddleback.edu/ss/rwc</p>

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