



Learning & Academic Resources

Let's Talk About Money! Series

Join us in a relaxed setting to learn practical ways to better manage your money. Plus raffles, prizes & gift cards! Open to all students. Come to 1 or all 5! Call (562) 938-4699 or sign up in person at locations below.

Savings: How to Make Savings a Priority

Sept. 30	12 PM - 1 PM	L-212, LAC
Sept. 30	2 PM - 3 PM	EE-206, PCC
Oct. 2	12 PM - 1 PM	L-212, LAC
Oct. 2	2 PM - 3 PM	EE-206, PCC

Budgeting: Tools to Start Budgeting

Oct. 7	12 PM - 1 PM	L-212, LAC
Oct. 7	2 PM - 3 PM	EE-206, PCC
Oct. 9	12 PM - 1 PM	L-212, LAC
Oct. 9	2 PM - 3 PM	EE-206, PCC

Credit Cards & Credit: How It Works

Oct. 14	12 PM - 1 PM	L-212, LAC
Oct. 14	2 PM - 3 PM	EE-206, PCC
Oct. 16	12 PM - 1 PM	L-212, LAC
Oct. 16	2 PM - 3 PM	EE-206, PCC

Dumping Debt: Strategies to Avoid & Eliminate Debt

Oct. 21	12 PM - 1 PM	L-212, LAC
Oct. 21	2 PM - 3 PM	EE-206, PCC
Oct. 23	12 PM - 1 PM	L-212, LAC
Oct. 23	2 PM - 3 PM	EE-206, PCC

Taxes: Sales Tax, Tax Brackets & More

Oct. 28	12 PM - 1 PM	L-212, LAC
Oct. 28	2 PM - 3 PM	EE-206, PCC
Oct. 30	12 PM - 1 PM	L-212, LAC
Oct. 30	2 PM - 3 PM	EE-206, PCC

College Knowledge & Viking Student Growth Series

Learn about yourself & the secrets to success in a fun, informative setting. All students welcome. Come to 1 or all 4! No sign up required.

Tame Test Taking Anxiety! College Test Taking Tips

Sept. 17	12 PM - 1 PM	EE-206, PCC
Sept. 17	5 PM - 6 PM	L-212, LAC
Sept. 18	5 PM - 6 PM	L-212, LAC
Sept. 19	4 PM - 5 PM	EE-206, PCC

Learn to better prepare for tests and how you can calm those pre-test jitters.

Happy Life: Discover Your Values for Better Decisions in College, Work & Life

Sept. 27	12 PM - 1 PM	EE-206, PCC
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Become the Master of Your Destiny! Self-Efficacy & Growth Mindset

Oct. 8	12 PM - 1 PM	EE-206, PCC
Oct. 8	12 PM - 1 PM	L-212, LAC
Oct. 9	12 PM - 1 PM	L-212, LAC
Oct. 10	4 PM - 5 PM	EE-206, PCC

Learn to believe in your own ability to be successful in personal, educational, and career of your life.

Get Gritty!

Oct. 14	12 PM - 1 PM	L-212, LAC
Oct. 15	12 PM - 1 PM	EE-206, PCC
Oct. 16	12 PM - 1 PM	L-212, LAC
Oct. 17	4 PM - 5 PM	EE-206, PCC

Learn strategies to strengthen your grit & really commit to your long-term personal, educational & career goals.



STUDENT SUCCESS WORKSHOPS & EVENTS

Fall 2019

Need help?

Contact us at Counseling@LBCC.edu, (562) 938-4561 or (562) 938-3920

Or visit one of our Welcome Centers:

Building A
Liberal Arts Campus
4901 E. Carson St.
Long Beach CA 90806

Building AA
Pacific Coast Campus
1305 E. Pacific Coast Highway
Long Beach CA 90806



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Career Counseling & Workforce Development

What Can I Do With A Major In The World Of Work?

Oct. 1 12 PM - 1 PM EE-105, PCC
Nov. 6 5 PM - 6 PM A-1098, LAC

This workshop discusses career options and positions that students can obtain with bachelors degrees in majors such as: Psychology, Sociology, History, English, and Biology.

Choosing A Major

Oct. 8 5 PM - 6 PM A-1098, LAC
Nov. 13 12 PM - 1 PM EE-105, PCC

Learn the benefits of choosing a major and if the major you chose is a good "fit."

Career Options and My Personality

Oct. 21 12 PM - 1 PM A-1098, LAC
Nov. 19 12 PM - 1 PM EE-105, PCC

Take a career survey to discover your personality traits that match with major and career options.

Creating a Resume and Cover Letter

Oct. 28 5 PM - 6 PM A-1098, LAC
Dec. 3 12 PM - 1 PM EE-105, PCC

Learn key points of creating an effective resume and cover letter that highlights your strengths and experience.

Resume Creation Workshops

Sept. 26 1 PM - 3 PM L-103, LAC
Sept. 27 1 PM - 3 PM LL-102, PCC
Oct. 24 1 PM - 3 PM L-103, LAC
Oct. 25 1 PM - 3 PM LL-102, PCC
Nov. 21 1 PM - 3 PM L-103, LAC
Nov. 22 1 PM - 3 PM LL-102, PCC
Dec. 12 1 PM - 3 PM L-103, LAC
Dec. 13 1 PM - 3 PM LL-102, PCC

Students will learn about the various sections of a resume, how to specifically format it to their industry, and create their own through Career Coach.



Transfer Center Events & Workshops

University Transfer Fair at LAC

Oct. 29 10 AM - 1 PM Building A Quad (by Carson Street)
 Talk to university representatives, explore university transfer, and LBCC majors/programs.

Transfer Boot Camps

Sept. 16 12 PM - 1 PM LL-102, PCC
Sept. 19 12 PM - 1 PM A-1098, LAC
Oct. 7 4:30 PM - 5:30 PM A-1098, LAC
Oct. 8 4 PM - 5 PM GG-247, PCC
Nov. 8 12 PM - 1 PM A-1098, LAC

Review admissions requirements and resources that make you competitive for university transfer



Special Events

CalWorks Long Beach Community Job Fair 2019

Sept. 10 10 AM - 2 PM Veterans Stadium, LAC

This year we will have over 100 employers ready to hire LBCC students. Please go to LBjobfair.org for detailed information. Also refer to the Career Center for support on your resume.



Student Life/ASB

Welcome Back BBQ

Aug. 28 11 AM - 1 PM PCC Lawn/Quad
Aug. 29 11 AM - 1 PM LAC A-Quad

Welcome Back Vikings! Join us on for games, food, and resources!

Join a Club Day

Sept. 11 10 AM - 1 PM PCC Lawn/Quad
Sept. 12 10 AM - 1 PM LAC A-Quad

Which Club is for You? Visit many club members at once during this event to decide which clubs you may be interested in joining.



Health Services Workshops

Learn Skills and tools to improve your emotional well being and create balance in your life.

Stress Management

Sept. 5 2:30 PM - 3:30 PM E-Bldg, Valhalla, LAC
Sept. 11 9 AM - 10 AM AA-101D, PCC

Anxiety: Worry Too Much?

Sept. 19 2:30 PM - 3:30 PM E-Bldg, Valhalla, LAC
Sept. 25 9 AM - 10 AM GG-238, PCC

Depression

Oct. 3 2:30 PM - 3:30 PM E-Bldg, Valhalla, LAC
Oct. 9 9 AM - 10 AM GG-238, PCC

Mindfulness - Relaxation

Oct. 17 2:30 PM - 3:30 PM E-Bldg, Valhalla, LAC
Oct. 23 9 AM - 10 AM GG-238, PCC

Grief and Loss

Oct. 31 2:30 PM - 3:30 PM E-Bldg, Valhalla, LAC
Nov. 6 9 AM - 10 AM GG-238, PCC

Gratitude - A Tool for Happiness

Nov. 14 2:30 PM - 3:30 PM E-Bldg, Valhalla, LAC
Nov. 20 9 AM - 10 AM GG-238, PCC

Art of Wellness

Dec. 5 2:30 PM - 3:30 PM E-Bldg, Valhalla, LAC
Dec. 11 9 AM - 10 AM GG-238, PCC

Movies for Mental Health

Nov. 13 11 AM - 1 PM T-1200, LAC

This workshop uses film and media to initiate dialogue on the topic of mental health, and reflect on messages we receive from media influence our perceptions of mental illness. The main goal of the workshop is to reduce stigma around mental health issues and mental health illness, creating a culture in which we can speak openly about our experience.

The second half of the workshop is a panel discussion connecting student to resources available to them, typically including a mental health clinician from the school and someone from the off campus mental health community.

