




FREE to all OCC students!

Selection of Seminars May Vary by Semester

Register for each seminar in the Auburn Hills ASC – Room B-110 or call 248-242-4435

ADD/ADHD Classroom & Life Strategies	<ul style="list-style-type: none"> ➤ Do you have or do you know someone who has ADD or ADHD? ➤ Learn about ADD/ADHD and discuss helpful strategies
American Idioms “When In Rome”	<ul style="list-style-type: none"> ➤ For ESL and native English speakers ➤ Common phrases can be confusing, take the confusion out of them
Avoiding Plagiarism	<ul style="list-style-type: none"> ➤ What is plagiarism? ➤ Learn how to make sure your work is your own
Building Self-Esteem	<ul style="list-style-type: none"> ➤ Understand the effects of low and high self-esteem ➤ Learn how to build your self-esteem & deal with situations in better ways ➤ Discover new ways to deal with criticism and obstacles
Business Communication	<ul style="list-style-type: none"> ➤ A brief overview of professional (business) writing ➤ Design your message to involve the reader ➤ Use familiar, inclusive phrases and avoid negative language
Capitalization Rules	<ul style="list-style-type: none"> ➤ Do I or don’t ‘i’ make this a letter a capital? Learn guidelines to answer and simplify the question
Critical Thinking	<ul style="list-style-type: none"> ➤ Acquire the tools to examine situations ➤ Consider both intended and unintended consequences
Dealing with Difficult People	<ul style="list-style-type: none"> ➤ Learn about common personalities and types of difficult people ➤ Learn how to beat them at their own game while retaining your professionalism (and your sanity)
Effective Communication Skills	<ul style="list-style-type: none"> ➤ Learn how communication can make a difference in your interaction with others
Explore Library Home Page and Online Catalog	<ul style="list-style-type: none"> ➤ Discover the resources available from the Library’s homepage ➤ Search for books using the Library’s Online Catalog ➤ Explore the OCC Subject guides created by OCC instructors & librarians
Goal Setting	<ul style="list-style-type: none"> ➤ How will you get from here to there? Learn how to set goals
Goal Reaching Techniques	<ul style="list-style-type: none"> ➤ Now that you have set your goal, learn what you need to do to get there!
Important Interactions: College & Life	<ul style="list-style-type: none"> ➤ Discover 5 simple questions to help connect with anyone, anywhere ➤ Learn how to get the attention of anyone ➤ Discover the sign that everyone carries ➤ Learn about commonality and rapport
💻 Inspiration Software: Organizing Your Thoughts for Writing Papers	<ul style="list-style-type: none"> ➤ Discover how to use this visual and graphic organizer software ➤ Learn to develop ideas for papers and create concept maps & outlines ➤ Improve organizational skills, analyze complex topics, outline texts ➤ Succeed in building thinking, comprehension and writing skills
Introduction to OCC Online Databases	<ul style="list-style-type: none"> ➤ Research your papers using online databases from any campus or home ➤ No book on your topic? No problem! ➤ Join the in-crowd of students who use databases instead of ‘Googling’

Keeping Balanced in This Challenging World	<ul style="list-style-type: none"> ➤ It may be easy to feel negative in our current global times ➤ Create tools to help you through your day, week, and year.
Learning Styles (Sensory): How Do You Learn Best?	<ul style="list-style-type: none"> ➤ Learn characteristics of sensory modes learning styles ➤ Using online survey, find your own strongest learning styles ➤ Discuss how to use this understanding to learn more effectively when studying and when in class
Lecture Note Taking	<ul style="list-style-type: none"> ➤ Before, during, and after class strategies for taking notes ➤ Learn formats, methods, and tips for taking notes during lectures
Managing Finance: Don't Let It Manage You	<ul style="list-style-type: none"> ➤ Credit Cards, Credit Card companies, & knowing what they are selling ➤ What is APR? How much?!!! ➤ Useful payment strategies
Mastering Articles: "a, an, the"	<ul style="list-style-type: none"> ➤ Great information for ESL and native English speakers and writers
Math Study Skills	<ul style="list-style-type: none"> ➤ Discover strategies you can use in your math classes ➤ How do I study for a math test and overcome my test anxiety? ➤ How do I effectively prepare for class and take notes in math?
Memory Improvement	<ul style="list-style-type: none"> ➤ Principles of memory and learn how the memory works ➤ This is an interactive class, learn some memory tricks
	<ul style="list-style-type: none"> ➤
Motivating Word, The	<ul style="list-style-type: none"> ➤ Inspiring example of famous coach leading football team to win in first Rose Bowl game ➤ An exercise discovering words that motivate you
Multiple Intelligences: Gardner's Inventory for Understanding	<ul style="list-style-type: none"> ➤ An introduction to the characteristics of Gardner's Multiple Intelligences ➤ Go to online survey to determine which is your preferred type ➤ Learn how to use this information to improve your study & life skills
Navigating College	<ul style="list-style-type: none"> ➤ Make the most of classroom interaction and Instructor's office hours ➤ The "H" word – Homework ➤ The syllabus – your contract with your instructor
NetLibrary	<ul style="list-style-type: none"> ➤ Learn how to access your library's eContent (electronic content) 24 hours a day, seven days a week ➤ Create a Net Library account during the seminar
OCC Google Apps: Calendar (Web-Based)	<ul style="list-style-type: none"> ➤ Note: You need to be signed up for OCC Student Email-for this ➤ Plan your months, weeks, days. recurring appointments, and/or classes ➤ An essential tool for managing your time and tasks. Use it anywhere!
OCC Google Apps: Presentations (Web-Based)	<ul style="list-style-type: none"> ➤ Note: You need to be signed up for OCC Student Email for this ➤ Have an assignment to do a PowerPoint presentation and don't have it? ➤ This web-based application will work for you anywhere!!
OCC Google Apps: Documents (Web-Based)	<ul style="list-style-type: none"> ➤ Note: You need to be signed up for OCC Student Email for this ➤ Have an assignment and don't have MS Word available? ➤ Here is a web-based word processing program!! ➤ Learn to collaborate with others via the Web
OCC Student E-mail Explore Great Features!	<ul style="list-style-type: none"> ➤ FREE – OCC email. If you haven't already signed up, do it here ➤ Learn to attach files, use threads, labels, chat and much, much more! ➤ Help is available 24/7
PowerPoint 2007: Basic Introduction	<ul style="list-style-type: none"> ➤ An basic introduction to PowerPoint 2007 for classroom presentations ➤ Creating, editing, selecting and using slide layouts, templates & clip art. ➤ Learn file saving, presenting and printing options
Procrastination Take It Now!	<ul style="list-style-type: none"> ➤ Are you or your tasks often late? Do you 'put off' things like studying & assignments until the last minute? Does this cause you extra stress?

	<ul style="list-style-type: none"> ➤ Learn some reasons why and some coping techniques
Science Study Skills	<ul style="list-style-type: none"> ➤ Learn techniques and skills to improve your studies of science ➤ Memorization techniques, note taking, and test preparation tips
Self-Defeating Attitudes	<ul style="list-style-type: none"> ➤ What are they? Causes? ➤ Learn some skills to overcome these detrimental attitudes
Self Esteem & Paper Plates	<ul style="list-style-type: none"> ➤ Learn to identify your positive attributes
Stress Management- & Relaxation Techniques	<ul style="list-style-type: none"> ➤ What is stress and how does it affect you? ➤ Learn stress management strategies & practice relaxation techniques
Success: Words to Action	<ul style="list-style-type: none"> ➤ Look at how others define success ➤ Create a list of words and phrases that define success ➤ Create your own personal definition of success
Test Taking Strategies	<ul style="list-style-type: none"> ➤ Learn about the different kinds of tests and how to study for them ➤ Specific skills for answering the specific types of questions
Textbook Reading Strategies	<ul style="list-style-type: none"> ➤ Learn how to predict text questions based on the textbook ➤ Use SQ3R and mind maps
Time Management	<ul style="list-style-type: none"> ➤ Examine your own time usage ➤ Learn principles and techniques of time management ➤ Analyze your schedule and learn how to study more efficiently in less time
TOEFL Preparation	<ul style="list-style-type: none"> ➤ ESL students. Preparation for TOEFL exams. Listening, Grammar Practice, and Reading Practice
Using APA Format to Document Sources	<ul style="list-style-type: none"> ➤ Use the APA format to set up a paper and document sources ➤ Citing references and Avoiding plagiarism
Using MLA Format to Document Sources	<ul style="list-style-type: none"> ➤ Understanding and using the MLA standards for your research papers
Vocabulary Building	<ul style="list-style-type: none"> ➤ Techniques and examples to help you build your vocabulary
Welcome to MEL: Michigan eLibrary	<ul style="list-style-type: none"> ➤ Explore Michigan's "virtual" library by searching more than 40 databases ➤ Request and borrow material from dozens of Michigan libraries using your public library card
 Word 2007: Basic Introduction	<ul style="list-style-type: none"> ➤ A basic introduction to word processing using Word 2007 ➤ Create documents, edit, open, close, save, and print files ➤ Change fonts and text attributes, line spacing, and margins

Sign Up for Seminars in the Academic Support Center – Room B-110

Selection of Seminars varies by Semester

Please see current semester schedule for days, dates, times and locations

ASC website www.oaklandcc.edu/ASC/ASCAH/SSSeminars.htm

Questions or have a suggestion for a new seminar?

Come in or call 248-232-4435