

January and February Student Success Workshops

Room 103 (Main Campus Library)

➤ **How to Succeed in Your Online Class
- Student Success Workshop**

Presented by: Carol Zadnik

Day	Date	Time
Thursday	January 25th	10:30-12:00 PM

➤ **Optimal Performance Workshop**

Presented by: Kevin Marks

Day	Date	Time
Tuesday	January 30 th	11:00-12:30 PM
Tuesday	February 6 th	11:00-12:30 PM
Wednesday	February 21 st	10:00-11:300 PM

***See Descriptions of Workshops Below**

➤ **How to Succeed in Your Online Class - Student Success Workshop**

Students who wish to attend this workshop must email carol.zadnik@solano.edu with first, last name, and @students.solano.edu email address to reserve a seat. Be sure to indicate which orientation date & time you wish to attend. Students will then receive a confirmation email holding their seat. There will be 28 seats available for these orientations. This workshop will be a practical hands-on workshop where students will be enrolled in a shell to complete the following tasks:

1. Add a Contact method in Canvas
2. Set Notification Preferences in Canvas
3. Connect Canvas with Google Drive
4. Use the Canvas Inbox
5. Reply to a Discussion topic
6. Submit a file upload or Google assignment
7. Submit a text box entry assignment
8. Submit a web URL assignment
9. Take a quiz using Responds Lockdown Browser

➤ **Optimal Performance Workshop**

We will discuss one of the most impactful mental exercise you can execute that will allow you to perform at higher levels in the classroom. You will learn about the latest research, theories and models relating to the 3 most profound habits you can practice for high performance in the classroom and how to apply these.