

CUYAMACA COLLEGE CIVIC ENGAGEMENT WORKSHOPS

SPRING SEMESTER 2024



FEBRUARY 15
1:00 to 2:00pm



APRIL 11
1:00 to 2:00pm

SELF-CARE AND ADVOCACY

Join us for an empowering workshop merging self-care and advocacy, where we'll explore tools and strategies to nurture your well-being while advocating for change. Through this session, learn about the dimensions of wellness and ways to practice positive self-care.

Zoom Link:

<https://gcccd-edu.zoom.us/j/98123456789>

GOAL SETTING FOR SUCCESS!

Uncover the power of goal setting as we strive to make change in our community. Learn to craft clear, actionable goals aligned with your advocacy initiatives, empowering you to strategically plan, measure progress, and achieve meaningful outcomes in your pursuit of change.

Zoom Link:

<https://gcccd-edu.zoom.us/j/123456789012>



MARCH 21
1:00 to 2:00pm



MAY 2
1:00 to 2:00pm

TIME MANAGEMENT FOR STUDENT LEADERS

Being a student advocate can be time consuming! Discover ways to effectively manage your schedule and explore practical techniques to optimize your time while advocating for causes you're passionate about. Let's find techniques to balance priorities, maximize productivity, and drive meaningful change

Zoom Link:

<https://gcccd-edu.zoom.us/j/987654321098>

ENCOURAGE THE HEART

How do we balance empathy and advocacy? Let's dive into "heart-led leadership" and find the balance between being an empathetic leader and being a changemaker on campus.

Zoom Link:

<https://gcccd-edu.zoom.us/j/135792468013>

Students who complete two workshops by May 10, 2024 will receive a Civic Engagement leadership certificate at the Student Government awards ceremony in May 2024. Please contact the Student Affairs office at (619) 660-4612 if you have any questions.



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