

**Paradise Valley
Community College
Lifelong Learning
Seminar Series
Spring 2008**

**Starting Over?
Adult Re-Entry
Services can help!**

Free, open to the public !!!

Coping With Test Anxiety

**Rick Sheets, Director,
Learning Support Center**

**Tuesday, January 22
9:00-9:50 am
KSC-208**

**Lighten Up:
The Impact of Attitude**

**Lisa Chapa, M.A.
Adjunct Counseling Faculty
PVCC**

**Thursday, February 7
12:00 - 1:15 pm
SE Corner of PVCC Library**

**Stressed Out?
Nothing Doing!
The Truth About
Eliminating Stress**

**Fred Wieck, M.S.
Division Chair
PVCC Counseling Division**

**Tuesday, February 12
12:00-1:30 pm
KSC 208**

**Overcoming
Procrastination**

**Marianne Auten, M.C.
Counseling Faculty
PVCC**

**Tuesday, March 18
12:00-1:15 pm
KSC 208**

**Effective Note Taking & Your
Learning Style**

**Diane Chapman, M.A.
Counseling Faculty
PVCC**

**Thursday, March 27
9:00-9:50 am
KSC 208**

**Assertiveness:
Communication for a Healthy
Lifestyle**

**Lisa Chapa, M.A.
Adjunct Counseling Faculty
PVCC**

**Thursday, April 3
12:00-1:40 pm
KSC 208**

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