

# Lunch N' Learn

Our informative **Lunch N' Learn** sessions ease the apprehension and questions many have about returning to or starting college. These valuable sessions provide useful strategies and resources which will empower attendees to reach their academic and career goals. Highly interactive, our one hour **Lunch N' Learn** sessions are delivered at your site, on your schedule and at no cost to you.



## ▶ **Ready, Set, GO...Back to School!**

Have you thought about going back to school, but don't know where to start? Consider this the launching pad on your way to meeting your educational goals. This session provides you with basics of navigating the college search process as an adult learner. Whether you're considering graduate school, completing your Bachelors degree or starting college for the first time, this session will provide you with the resources that will help you understand how to position your future with education.

### **You Will Learn:**

- ❖ Where and how to begin your college search
- ❖ How to choose the program that's right for YOU
- ❖ Online Learning & Traditional Models
- ❖ Financial Aid Options

## ▶ **Turn it Into College Credit**

Many adult centered institutions value the life experience that adult learners have earned and encourage them to turn it into college credit. How does that process work? In addition to life experience, transfer credits also come from college courses, military training, professional certifications, and CLEP or DANTES exams. This session will explain how to maximize your experiences for college credit.

### **You Will Learn:**

- ❖ How to earn credit for life experience
- ❖ What are CLEP and DANTES exams
- ❖ How to transfer in college credit

## ▶ **Successful Writing for the Adult Learner**

Solid writing skills are going to be an integral part of your college education. As a student, a lot of your time will be devoted to writing essays, projects and presentations. Even for those who write frequently as a part of their job, writing a college essay can be a different challenge that draws on your critical thinking, organizational and communication skills. From the college admissions essay to your senior project, this session will arm you with the skills to be a better writer.

### **You Will Learn:**

- ❖ How to Tackle The College Essay
- ❖ Effective Writing Strategies & Useful Resources
- ❖ Writing To Communicate for On-Line Education

## ▶ **Is Online Learning Right for Me?**

For some, the thought of online classes is intimidating while for others it seems like a welcome convenience. There are a variety of formats offered in online education. Asking the right questions can lead you to the program and format that fits you. Get the right information so you can decide if online learning really is right for you.

### **You Will Learn:**

- ❖ What are the types of online learning formats
- ❖ Online does not necessarily mean easier
- ❖ How much time will I really spend doing my coursework
- ❖ The importance of time management and organization skills

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