

Try It Out

PACE Fall Workshops — Main Campus



Getting Things Done with ADHD

Wed, Sep 2nd | 1pm-2pm | Room 2006

Consistency is the biggest challenge with ADHD. This session provides practical, low-effort strategies to help you build habits that actually stick, manage your energy, and finish the semester strong without the burnout.

Free Tech Tools for Every Student

Tue, Oct 13th | 2pm-3pm | Room 2006

Discover how to use NotebookLM as your personal study assistant to summarize dense readings and generate study guides. We'll also cover free online tools designed to streamline your research, keep your notes organized, and go over Canvas basics.

Executive Skills: Discover your Strengths and Challenges

Thurs, Sep 17th | 9am-10am | Room 2006

Take a quick assessment to identify your top three cognitive strengths and your three biggest challenges. Learn how to use your natural talents to overcome the hurdles of procrastination and organization.

If you need an accommodation for this event or for more information, please contact PACE at (530) 242-7789 or paceoffice@shastacollege.edu



Shasta College

www.shastacollege.edu

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