

# You've got CLASS

## ADVISORS SAY ...

### Why you should take these courses.

*"The SD courses are a great opportunity to focus on topics with immediate personal, college and work applications. They provide practical strategies for enhancing interpersonal communication (SD 120), learning essential life and college success skills including time and self management (SD140), and improving your ability to handle life's stresses more effectively (SD 150). Feedback from past students is that these courses were interesting, practical and very valuable to them in many ways. Even better... you earn college credit."*

## REGISTER NOW

### Online registration

[www.sc4.edu/wave](http://www.sc4.edu/wave)

### Walk-in registration

SC4 Main Campus, Port Huron  
Acheson Technology Center,  
Room 123

## SD140 College Success

Wednesday, noon to 1:50 p.m.  
Jan. 14 to May 6, 2009

### Make the most of your college career.

Learn how to match campus resources to enhance your strengths, overcome your weaknesses and optimize your preferred style of operation and learning. Earn 2 credits.

## SD 120 Assertive Behavior

Monday, 6:30 to 8:20 p.m.  
March 16 to May 4, 2009

### Express yourself and know your rights.

Learn to express beliefs, feelings and needs in an honest, direct and appropriate manner. Earn 1 credit.

## SD 150 Stress Management

Wednesday, 11 a.m. to 12:50 p.m.  
March 18 to May 6, 2009

### Survive the pressures of school and life.

Explore ways to maintain a healthy stress level, and incorporate valuable relaxation skills into your daily routine. Earn 1 credit.

### For more details:

Contact SC4 Student Success Center at  
(810) 989-5520, or e-mail [careerservices@sc4.edu](mailto:careerservices@sc4.edu).