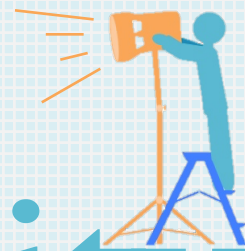
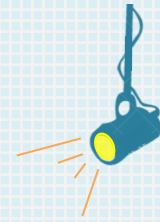


# Latino Community Stage

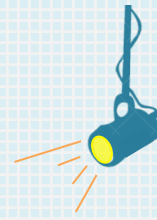


Workshop  
Summary

# A Problem Solving Approach For Life Management



Workshop Description	<p>In many cases – we wing it! It’s an ineffective method, but it’s what most people do! Without strategies, we do our best with what we know, use the same approaches that just don't work, or simply give up. Especially when trying to navigate through school, there is no clear guidance or course that teaches young academics how to handle common, unexpected, or major life pressures. Stress is inevitable, but how students cope with their troubles may significantly affect attention, motivation, and academic progression. This workshop offers a gateway to increased control over school and life stressors. Specifically, this workshop targets thinking and behavioral traps that often intensify stress. The goal is learn preventive and responsive strategies cultivate resiliency. By the end of this interactive workshop participants will have learned practical and adaptive problem solving strategies that will help them excel inside and outside the</p>
Target Audience	<ul style="list-style-type: none"><li>• High school, community college and university students (all majors welcome)</li><li>• Ideal for student led clubs/orgs, nonprofits, symposiums, &amp; conferences</li></ul>
Primary Objective	<p>Increase confidence and control over common academic and life stressors</p>
Our Goals	<ul style="list-style-type: none"><li>• Present an adaptive and practical problem solving model that can be used inside and outside classroom setting</li><li>• Assess personal approaches to problem solving that may hinder or help pursue desired outcomes</li><li>• Introduce coping strategies that foster resiliency</li><li>• Develop a “we” mindset that encourages help seeking behaviors alongside supportive others</li></ul>
Desired Outcomes	<ul style="list-style-type: none"><li>• Gain and identify preventive and responsive methods of problem solving</li><li>• The ability to apply problem solving model and newly formed skills to personal situation</li></ul>
Topics Covered	<ul style="list-style-type: none"><li>• A solution-focused mindset</li><li>• Social stressors</li><li>• How resiliency works</li><li>• Help seeking behaviors</li><li>• Destructive coping strategies</li><li>• The role of emotion</li><li>• Common knowledge vs. common practice</li><li>• Developing a Personal Toolbox</li></ul>



# A Problem Solving Approach For Life Management

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**Length of Workshop:** Workshop can be adapted to meet the needs of the group or event. However, length of workshop may affect timeframe to build toolbox (see below).

**Where?** We come to your school, university or event. Our workshop coordinator will ensure that all the details specific to your group or event are addressed.

**A Personal Touch:** All participants will build & take home a personalized mini-toolbox. The toolbox will serve as a physical & symbolic reminder designed to measure ongoing progress, add new tools, and create desired outcomes.

**Workshop Fee:** Workshop fee will depend on number of participants and length of workshop. Partial or full waivers for fee will be considered on an as-needed basis.

**Book a Workshop** Contact our Event Coordinator at <https://www.latinocommunitystage.org/contact> if you have any further questions or to book a workshop.

- Important Notes:**
- Do workshop participants have to be Latino/a? Nope! Although the Latino/a population is our primary demographic, everyone is welcome to take part and contribute in workshops and all other events.
  - We welcome participants with disabilities. Please let us know if any reasonable accommodations need to be made. In addition, ensuring that the workshop venue and space is accessible to all registered individuals will also be important.
  - Food is not included, however, we encourage hosts to provide a light meal or refreshments.
  - All majors are encouraged to take part in this workshop.
  - What's the process like? We keep things simple! Our event coordinator will answer any additional questions and send a simple checklist that will help organize your event.
  - Is there acting or theater involved? Why Latino Community Stage? Ah no, not at all. Much of what we do is about putting the best and brightest Latino/as on a *global stage* to celebrate their accomplishments.