



Aug Onsite Classes

Wellness Classes



Join the Summer Wellness Class Challenge and receive free prizes! [Click here for details.](#)



FT105: Your Personal Fitness Assessment

Why is fitness important to health and how do you know if you're fit? Is there a difference between recreation, exercise and fitness? Assess your personal fitness level in class and find out if it's really helping you reach your health goals.

Tue, 8/23 at 11am in B0 Auditorium

FT106: Fitness from Anywhere; What's New this Year

Time always seems to run short, even for running to the gym! Learn how to get fit anywhere without a Fitness Facility. Whether you walk, bike or run in your neighborhood, use calisthenics, balls or bands, you have many healthy options.

Tue, 8/23 at Noon in B0 Auditorium

SM106: Optimism. Don't worry.... be happy....

The statement "seeing the brighter side of life is good for you" is not a myth after all. Join Takis Bogdanos, LPC with the JSC EAP as he explores the facts about optimism and the physical and mental health benefits of being optimistic.

Wed, 8/17 at 11am in B4S / 2419

SM107: The Do's and Don'ts of Relating with People

Ever have someone's reaction totally not match your intentions? Ever stumble over how to say no or how to interact with an individual or group? Learn how to increase your effectiveness and potential for success while interacting with others.

Wed, 8/17 at Noon in B4S / 2419

Career Development Classes

ST101: Preparing for your Job Search

Learn to understand the job market and identify job your skills.

Wed, 8/10 at Noon, B4S / 2419

ST102: Creating Resumes in the Age of Technology

Design your resume to land an interview in a technological world.

Tue, 8/9 at 11am in B30 Auditorium

ST103: Networking and Telephone Techniques

Get past the "gatekeeper" and find your next job in the hidden job market.

Wed, 8/10 at 11am, B4S / 2419

ST105: ABC's of Workintexas.com, Perfect your Profile

Create and maximize your online Workintx profile in TX largest job database.

Tue, 8/16 at Noon in B30 Auditorium

ST106: Interviewing Techniques and Tips

Anticipate and prepare for all aspects of job interviews in today's market.

Tue, 8/9 at Noon in B30 Auditorium



Classes listed below, and other resources, are also offered off site: [LINK](#)

ST114: Linked In - Introduction

Learn what it is, creating profiles, and the power of online networking.

Tue, 8/16 at 11am in B30 Auditorium

ST115: Linked In - Advanced

Expand your connections and maximize your LinkedIn approach.

Wed, 8/31 at Noon in B30 Auditorium

ST116: Linked In Workshop-Advanced Interactive

Prereq: previous Linked In class. Hands-on examples of Linked In.

Mon, 8/29 at 11am in B20 / 116

Mon, 8/29 at Noon in B20 / 116

Financial Classes

Some financial classes repeat previous class content. See details at: [CLASS OUTLINES](#)

FW101: Fundamentals of Financial Management

If you only have one hour, this is the class to take. Reviews how money works, when to start investing, compounding, taxes, risks and more.

Thu, 8/11 at 11am in B30 Aud

Thu, 8/18 at 11am in B30 Aud



FW102: Budgeting, Debt & Cash Management

Overview of money and debt management, development of an emergency fund, and how to use insurance to protect your family.

Thu, 8/11 at Noon in B30 Aud

FW103: Types of Investments

New Longer Session!

Review of investment options, asset categories, risks, strategies and retirement spending.

Longer Session: Mon, 8/22 at 11am to 12:45pm in B30 Aud

FW104: Retirement Planning

Overview of different 401k and IRA approaches, required minimum distribution impacts, retirement income sources and more.

Wed, 8/24 at 11am in B30 Aud

FW105: Maximizing Your 401k

10 ways to maximize 401k's, important retirement questions, expenditures and planning.

Wed, 8/24 at Noon in B30 Aud

FW106: Tax Strategies

New Longer Session!

Overview of tax impacts to retirement nest egg and strategies to minimize impacts.

Longer Session: Thu, 9/1 at 11am to 12:45pm in B30 Aud

FW107: Preparation for Transition

Preparations before you go, benefits portability, risk reduction, 401k rollovers and more.

Thu, 8/18 at Noon in B30 Aud

Energy Industry Series, Class Outlines: [Link](#)

ST118: The Energy Industry: Part 1

The Energy Industry isn't just oil rigs and refineries. Learn how extensive this industry is, industry basics and how to "speak the language."

Wed, 8/17 at 11am in B30 Auditorium

ST119: The Energy Industry: Part 2

Examine occupational crosswalks and local labor market trends. Learn how to transition your skills. Requires completion of Part 1.

Wed, 8/17 at Noon in B30 Auditorium

ST120: The Energy Industry: Part 3

Learn how to rebrand yourself to match occupations in this demanding industry. Requires completion of Parts 1, 2.

Wed, 8/31 at 11am in B30 Auditorium