



SUCCESS IS YOURS.



PROGRAM DESCRIPTION

The Women in Transition Program of Cuyahoga Community College (Tri-C®) is a FREE non-credit course that is designed to help women move their lives forward. Participants receive basic computer training, help in career exploration, financial literacy enrichment, and soft skill training. Upon completing the program, you will know what to expect as a student, be equipped to continue your education, understand financial aid options, and have stronger life management skills, all while making new friends to strengthen your support system.

COURSES

Personal Development

Designed to offer guidance and support as we look at the issues related to self-confidence, motivation, effective communication, attitude, time management and personal responsibility. Concentration is placed on personal growth and development leading to empowerment.

Career Exploration

Explore your interests, skills and values. What career is a good match for your personality? What are the fastest growing careers and what can you expect to learn? What degree or certificate program is right for you?

Workshops

Gain insight leading to increased self-sufficiency. Learn about credit and budgeting. Meet professionals who will share information and teach you how to make positive change.

Computer Introduction

Learn proper website search and email etiquette and how to use social networks. Explore resume resources and much more.

QUALIFICATIONS

A participant must have:

- A strong desire to further education or advance workforce skills (high school diploma or GED not necessary)
- The availability to commit to an eight-week program that meets three days per week
- Critical-thinking skills and be self-motivated and proactive

APPLYING TO THE PROGRAM

Contact the nearest WIT office. At least four WIT courses are offered throughout the year on the Eastern, Metropolitan, Western & Westshore campuses.

OFFICE LOCATIONS

Tri-C Eastern Campus

Education Center, Room 112
4250 Richmond Road
Highland Hills, Ohio 44122 | 216-987-2272

Tri-C Metropolitan Campus

Student Services Room 212
2900 Community College Ave.
Cleveland, Ohio 44115 | 216-987-4974

Tri-C Western Campus

Liberal Arts, Room 102G
11000 Pleasant Valley Road
Parma, Ohio 44130 | 216-987-5091

Tri-C Westshore Campus Corporate College West

25425 Center Ridge Road
Westlake, Ohio 44145
216-987-5764



SUCCESS IS YOURS.

INVEST IN YOUR FUTURE

www.tri-c.edu/WIT



SAMPLE CLASS CURRICULUM

CAREER EXPLORATION	Resources for Success Academic Path @ Tri-C	Choosing a Career Path Career Assessments Career Autobiography	Job Readiness Activities Transferable/ Marketable Skills Library Express	Success at Work Staying Focused
PERSONAL DEVELOPMENT	Self -Talk Healthy Relationships Power of Positive Attitude	Time Management Stress Management Creative Thinking	Decision Making Team Building Communication Styles Goal Setting	Organizing your Environment Barriers to Personal Growth
COMPUTER 101	Social Media/Network Patience & the Computer	Microsoft Word Basics Storage & Download Browser Etiquette	Computer Trends Learning Style Assessment	My Tri-C Space Career Search Techniques
WORKSHOPS	Financial Aid Options Resume Writing Interview Process	Health & Wellness Legal Concerns Domestic Violence	Note and Test Taking Staying Motivated Tri-C & You	Credit & Budgeting Test Anxiety

This course is facilitated by the Women in Transition staff and other professional volunteers

For more information, referral process or to register visit www.tri-c.edu/wit or call...

EASTERN 216-987-2272 METROPOLITAN 216-987-4974

WESTERN 216-987-5091 WESTSHORE 216-987-5764

Note: We may include/alter various programming based on the need of the class