

It's only Monday & I'm done adulting. You can have it back now. It isn't fun anymore.



som^{ee}cards
user card

Half of my weekend adulting is spent trying to time in a nap.



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user card

I need an adult! It's too hard doing all the adulting for yourself.



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I've had enough adulting for one day.



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ADULTING 101

To sign up for a session follow this link:
<https://tinyurl.com/adulting101sp18>

Nutrition & Cooking

February 26 & 27 | Noon to 1 p.m.
Santa Rosa Village Kitchen
Only 12 spots available!

Join us for a food focused session as we prepare, cook, and eat delicious meals that are budget friendly! You will learn the basics of nutrition to take better care of yourself. Food and instruction is provided free at this event.

Time Management

March 12 & 13 | Noon to 1 p.m.
Bell Tower 1471

Time management can be very complicated and overwhelming but the MDC staff are here to help you figure it out. Bring your class syllabi and plan out the semester before you get stressed out.

Credit 101

March 26 & 27 | Noon to 1 p.m.
Bell Tower 1471

Don't understand credit? Don't know how to build credit? Don't know how to manage credit cards? Don't worry this session will help you understand the basics of credit.

Stress Management

April 9 & 10 | Noon to 1 p.m.
Bell Tower 1471

A big part of adulting is recognizing your own boundaries and learning how to strive for balance. In this session we will talk about work, school and life balance and provide specific tools for your use.

**For more information come by the
Multicultural Dream Center, Bell Tower 1530, or
call 805-437-8407.**

The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Disability Accommodation and Support Services at 805-437-3331 or accommodations@csuci.edu as soon as possible, but no later than 7 business days prior to the event.

