NEW COMMUNITY CLASS:

LIFE HACKS

This class will teach you how to create your own toolbox that will help you gain personal understanding, increase self-awareness, and identify your own strengths and weaknesses.

Our SYJCC instructors will help you identify how you can apply self-awareness curricula to your everyday life.

Activities include:
- Role Play
- Light Physical Fitness Activity
- Research Projects
- Journal Writing
- Explore Feedback Analysis
- Learn Grounding Techniques

Skills to Learn include:
- Self-Awareness
- Self-Advocacy
- Time Management
- Critical Thinking
- Interpersonal / Intrapersonal Skills

At the end of this 6-week class experience, you will have completed a personal binder to take with you everywhere you go and use as you need! Lunch included!

Saturdays • May 8 - June 19, 2021 • 12:30-1:45 PM (excluding May 29, 2021)

In-Person Classes • Fee: $48  Member Discounted Fee: $40

Limited space available. Students must register for all class sessions. High School Grades 9-12

Contact: Savannah Marinozzi, 631.462.9800, x139 smarinozzi@syjcc.org

The Butler Center is funded through a generous grant from the JE & ZB Butler Foundation. SYJCC is a beneficiary of UJA-Federation New York. Additional funding is provided by the United Way of LI, Suffolk County, The Townwide Fund of Huntington and other public and private contributions. Open to the Public and best suited for high school students in mainstream classes. Please visit syjcc.org for our refund policy.