

SMC ASSOCIATES SPRING 2023 LECTURE SERIES

# COMMUNICATION, MEDIA & DESIGN



02.21.23

WORK SMARTER,  
LIVE BETTER WORK-LIFE  
BALANCE TRAINING

**Joe Robinson**

04.05.23

*WE WERE ALL HERE*

**Documentary Screening and Q&A  
with Director Dan Kwong**

SANTA  
MONICA  
COLLEGE

Associates



## WORK SMARTER, LIVE BETTER WORK-LIFE BALANCE TRAINING

### Joe Robinson

Discover how to rise above challenging times with tools to manage demands and build attention, mental health, and resilience. Learn how to adjust how you think, react, and work; how to manage pressure, multiple demands, and other people; and how to refuel the chief productivity tool: attention. Then find out how to focus that attention on life outside work to find life balance, improve wellness, increase optimism in your outlook, and build the keys to sustainable happiness. Sponsored by the SMC Associates, SMC Communication and Media Studies Department, and SMC Design Technology Department.

**Tue, February 21 | 2 p.m. | Free  
Orientation Hall (SSC 183)**

## *WE WERE ALL HERE*

### Documentary Screening and Q&A with Director Dan Kwong

Join us for a screening of *We Were All Here*, a collaborative video project by artists Dan Kwong and Paulina Sahagun examining the history of Santa Monica's Pico Neighborhood, the longtime home of the area's Latinx, Black, and Asian families. A Q&A and panel discussion with director Kwong and descendants of those featured in the documentary follows the screening. Sponsored by the SMC Associates.

**Wed, April 5 | 10 a.m. | Free  
SMC Malibu Campus Room 200**



♿ If you need an accommodation due to a disability, please contact the Center for Students with Disabilities at [dsp@smc.edu](mailto:dsp@smc.edu) or 310-434-4265, at least 5 business days in advance.

The Santa Monica College Associates is a community-based support group that brings outstanding speakers, performers, and special events to SMC to enhance student excellence. Associates members receive invitations to special receptions and advance notices of lectures. Annual Associates memberships are entirely tax-deductible. Call 310-434-4100 or visit [smc.edu/associates](http://smc.edu/associates) for more information.



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