

SPECIAL EVENTS



02.20.24

JOE ROBINSON

"The Wellness Toolkit"



03.27.24

NOT WITHOUT ALONZO

**Documentary Screening and Q&A
with Director Alonzo 'Grandmaster
Lonzo' Williams, Marq 'Cli-N-Tel'
Hawkins, and Kim Renard 'Arabian
Prince' Nazel**



05.07.24

DEE HANKINS

**"Life. Curveball. Homeruns.
Helping Students Focus on Their
Resilience."**

JOE ROBINSON

“The Wellness Toolkit”

Work-life balance and stress management leader Joe Robinson will discuss how to work smarter and break out of the stress and burnout cycle, covering issues ranging from the art and science of working more effectively to switching off stress, building resilience and optimism, and activating life skills. Robinson is author of *Work to Live*, which shows how to avoid reflex defaults to unhealthy work; *Don't Miss Your Life*, on the science and skills of activating the most gratifying life; and *Work Smarter, Live Better*, his latest book on the tools of smarter work. He has appeared on news and lifestyle shows that include “The Today Show,” “NBC Nightly News,” and National Public Radio’s “All Things Considered,” and written for the Wall Street Journal, Fast Company, New York Times, Washington Post, Los Angeles Times, and CNN.com. Sponsored by the SMC Associates.

Tue, February 20 | 2 p.m.
Free | Online; see event date at smc.edu/events for details

NOT WITHOUT ALONZO

Documentary Screening and Q&A with Director Alonzo ‘Grandmaster Lonzo’ Williams, Marq ‘Cli-N-Tel’ Hawkins, and Kim Renard ‘Arabian Prince’ Nazel

Not Without Alonzo presents an insider’s look at the history and development of West Coast Hip Hop. The documentary was directed by Alonzo ‘Grandmaster Lonzo’ Williams – an original member of the legendary World Class Wreckin’ Cru – and features Marq ‘Cli-N-Tel’ Hawkins, also a Wreckin’ Cru original, and early West Coast electro pioneer and N.W.A./founding member Kim Renard ‘Arabian Prince’ Nazel. An audience Q&A with Williams, Hawkins, and Nazel follows the screening.

Wed, March 27 | 11 a.m.
Free | Malibu 202 (23555 Civic Center Way, Malibu)

DEE HANKINS

“Life. Curveball. Homeruns. Helping Students Focus on Their Resilience.”

Inspirational speaker Dee Hankins is on a mission to share one powerful message: Resilience is Everything! Resilience is the ability to bounce back, and what enables students to come out of challenging experiences with a positive attitude about themselves and their futures. After spending 18 years in foster care and watching his daughter battle brain cancer, Hankins knows that life is full of unexpected events, and will share how personal resilience can turn those experiences into an incredible life lesson. Sponsored by the SMC Associates, SMC Guardian Scholars, and SMC NextUp Program.

Tue, May 7 | 11:15 a.m.
Free | SMC Student Services Center, Orientation Hall (SSC 183)

♿. If you need an accommodation due to a disability, please contact the Center for Students with Disabilities at dps@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 for more information.



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