



PHR/SPHR EXAM PREPARATION

Tuesdays, April 14, 21, & 28, 2026
8:00 a.m. – 5:00 p.m.
In-person at SBCCD Training Center
San Bernardino, CA

ADVANCE YOUR HR CAREER WITH CONFIDENCE.

This 3-day training is designed to help HR professionals prepare for the PHR (Professional in Human Resources) or SPHR (Senior Professional in Human Resources) certification exams. Participants will build a strong foundation in core HR competencies, gain essential exam strategies, and explore real-world applications of HR principles.

LED BY AN EXPERIENCED HR INSTRUCTOR.

ENROLL NOW!

Email enroll4etp@sbccd.edu to sign up or request more information.

THIS INTERACTIVE COURSE INCLUDES:

- Focused sessions on key functional areas of HR
- Study tips and strategies to improve exam readiness
- Access to online resources and practice exams
- Insights on HR laws, regulations, and strategic management
- Tools to confidently approach both the PHR and SPHR exams

INSTRUCTOR



Mary Perez's 25-year career in Human Resources includes a variety of industries – U.S. and global ecommerce, logistics, fulfillment operations, NASA space exploration, healthcare, government and entertainment. With her former positions as Director of Human Resources and a University of La Verne graduate, she has transitioned her knowledge to a fulfilling role at San Bernardino Community College District. She provides clients with HR and compliance training that can be applied to their organization, in addition to training and development for their employees' success!