

1. Your SQL workbench MySQL and connector/j have to be the same version
Connector: <https://dev.mysql.com/downloads/connector/j/>

MySQLServer: <https://dev.mysql.com/downloads/mysql/>

Workbench: <https://dev.mysql.com/downloads/workbench/>

2. The time zone of your SQL database have to be the same as your Java IDE

/From mysql workbench run the following sql statements:

//

//SET @@global.time_zone = '+00:00';

//SET @@session.time_zone = '+00:00';

//

//with the following sql statements check if the values were set:

//SELECT @@global.time_zone, @@session.time_zone;

3. SYNTAX between SQL queries and java is picky