

# STUDENT SERVICES EVENTS CALENDAR

## Spring 2023

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SOUTH  
SUBURBAN  
COLLEGE

Office of

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STUDENT LIFE & LEADERSHIP

# Welcome to the Spring 2023 Semester!



South Suburban College is so excited to have you as part of our student body for the Spring semester. All fall we have been planning new events, activities and workshops that are designed to supplement your classroom learning process. Please take some time to check out our Spring 2023 Student Success Seminars that are designed to help you navigate the semester successfully. SSC also offers opportunities to celebrate our diverse student body and support each other by recognizing special days and awareness months such as Earth Day on April 19th. Do you want to become more involved and have your voice be heard? You should consider becoming a student leader through the Student Government Association (SGA). As a student leader you will have an opportunity to ask questions, seek input, and provide recommendations for future programming. Student feedback is crucial to our improvement and we need you to share with us!

If you are not sure where to get the resources you need to be successful at SSC please visit our webpage at [www.ssc.edu/students](http://www.ssc.edu/students) for an overview of everything we have to offer our students. Take advantage of our Food Pantry or engage with our Alumni/Mentor Network. Better yet, become our next SSC Student Trustee!

Whatever your interest, we have programming that will spark your interest, connect you to your peers, and provide you with the resources you need to be successful. Take full advantage of our student programming this spring. We are excited to have you at SSC and look forward to seeing you soon!

**Dr. Deborah King**

**Vice President, Student & Enrollment Services**



# Spring 2023 Events Calendar

Sponsored by the Office of Student Life and Leadership

## SSC Healthy Corner

Pantry will re-open Monday, January 23, 2022

Time: 10:00am-1:00pm

Location: Bremen Room (Cafeteria)



## Understanding Stalking Workshop

Date: Wednesday, January 25, 2023

Time: 1:00pm-3:00pm

Location: Zoom

Please join us for this important workshop covering topics such as definition of stalking, statistics, predators and how to protect yourself. To attend this workshop please email OVW program director at [aglumac@ssc.edu](mailto:aglumac@ssc.edu) by 4:00pm Tuesday, January 24, 2023. You must RSVP in order to receive the zoom link to this workshop.



## Student Government Petition Request Deadline: Monday January 30, 2023- Monday February 6, 2023

SGA will be having an election for the vacant seats. The following positions are vacant

- Vice President of Public relations and promotions
- Vice President of Financial Affairs
- Secretary
- Senators (5 seats Open)



To request a petition visit Student Life and Leadership in room 2329 or contact Danielle Whitted at [DMWhitted@ssc.edu](mailto:DMWhitted@ssc.edu).

Date: Tuesday February 7, 2023-Thursday February 9, 2023

Time: Entire Day

Place: A Virtual link will be provided

Students will be able to let their voice be heard through leaders, by participating in the SGA election. Students can cast their votes for the vacant positions. Contact the student life and Leadership office for details at [Studentlife@ssc.edu](mailto:Studentlife@ssc.edu) Ext: 5737 or Visit room 2329



Students who are interested in serving SSC students on the Board of Trustees can request a petition to run for SSC Student Trustee. Qualified students can send a request for a petition via email [Studentlife@ssc.edu](mailto:Studentlife@ssc.edu)

## Student Government Association (SGA) General Student Body Meetings

Dates: February 8, March 1, & April 5

Location: SGA Office (Cafeteria)

Time: 2:30pm

The purpose of SGA is to promote the general welfare of students by representing the student body's interests, needs and concerns, and by keeping students informed about issues that affect them. The SGA General Student Body meetings are open to all enrolled SSC students.

## Student Trustee Petition

Date: Monday March 20-Friday March 24, 2023

Student Trustee Campaign - Monday March 27, 2023 - Friday March 3, 2023

For more information and questions contact Azeal Branch at [ABranch@ssc.edu](mailto:ABranch@ssc.edu) or ext.: 2303.

## Movie Days presented by SGA

### Selma

Date: Friday, January 20, 2023

Time: 1pm-3pm

Place: SGA

### Black Panther:

Date: February 17, 2023

Time: 1pm-3pm

Place: SGA

### A Woman King

Date: Thursday, March 23, 2023

Place: SGA



### Hidden Figures

Date: Thursday, March 30, 2023

Time: 1pm-3pm

Place: SGA

### Jump In

Date: Thursday, April 20, 2023

Place: SGA



## Black History Month

### Black History Trivia Table

Date: Monday, February 6, 2023

Place: College & Career Success Center (Table Outside)

Time: 12:00-2:00pm

Student Life and Leadership will be in front of the College and Career Success Center. Students will get a chance to win prizes when participating in the Black History Month trivia contest. For more information contact Student Life and Leadership.

### Muntu Dance Company Performance

Date: Wednesday, February 15, 2023

Time: 6:00pm-8:00pm

Location: PAC

Students, Faculty, and Staff are invited to a musical concert and cultural immersion featuring the Muntu Dance Theatre of Chicago. Founded in 1972, The Chicago-based Muntu Dance Theatre performs authentic and progressive interpretations of contemporary and ancient African and African-American dance, music, and folklore. Immediately following the performance, attendees can join us for a "Taste of Soul" in the Kindig Performing Arts Center Lobby.



### SSC Voices Forum "Equity Matters" Workforce, Education and Community"

Date: Thursday, February 16, 2023

Time: 10:00am

Place: Zoom

<https://zoom.us/meeting/register/tjwoc-morTsjHdBqY6n7fTxTzPqptPdBK37K>

Join the SSC community in a panel discussion about the meaning and demonstration of the "equity" in the workplace, education and our communities. Raffle prizes available.



## Student Resource Fair

**Date:** Wednesday, March 1, 2023

**Time:** 10:00am-12:00pm and 2:00-4:00pm

**Location:** 2nd Floor (Main Campus)

Learn about campus and community resources to support students' academic and personal wellness.



## So You Want to be a Student Leader

**Date:** Wednesday, March 8, 2023

**Location:** Zoom [https://zoom.us/meeting/register/tj1qdeypqToqHtzSzimfDeYmYCN26mvti\\_oe](https://zoom.us/meeting/register/tj1qdeypqToqHtzSzimfDeYmYCN26mvti_oe)

**Time:** 3:30pm

Meet with the current SSC student leaders who will discuss their experiences in various roles at the college. Attendees can also expect to learn about upcoming student election processes.



## Diversity and Inclusion in the Workforce Panel Discussion

**Date:** Thursday, March 9, 2023

**Location:** Zoom <https://zoom.us/meeting/register/tjYqfu-grToqE9OmYIJWiXSyik8j7zDjFFya>

**Time:** 2:00pm

Description: Join representatives from the Veterans Center, Services for Students with Disabilities Office, Career Services, and community organizations in a discussion about in-demand careers, employability skills and resources.



## Women's History Month:

### Women's Self-Defense Class (Peace School)

**Date:** Wednesday, March 8, 2023

**Time:** 12:00pm-1:00pm

**Location:** MB Financial

Learn essential skills in this hands-on class taught by an expert female martial artist. Attendees will discover the principles behind the movements. The techniques in this class can be applied to any scenario expected or unexpected. Please RSVP by Wednesday, March 1, 2023 To RSVP please email Danielle Whitted at [DMWhitted@ssc.edu](mailto:DMWhitted@ssc.edu)



### Women in Small Business

**Wednesday, March 22, 2023**

**Date:** 12:00pm-1:30pm

**Location:** MB Financial Room

More Women are becoming entrepreneurs. Therefore, diversifying the climate of the business industry. Join VP – Community Manager, Brandon Mells from Chase Bank for an enlightening discussion about the advantages, challenges, and opportunities for women in business. For more information please contact Student Life and leadership #5737 or Email [StudentLife@ssc.edu](mailto:StudentLife@ssc.edu).

### Sexual Assault Awareness Month

**Date:** April 27, 2023

**Time:** 10:00am-11:00am

**Location:** MB Financial Room RSVP via

<https://zoom.us/meeting/register/tj1rduitpjoohT2VQI2XttZuIPvBo74TYtl>

Join the SSC community in a panel discussion to commemorate Sexual Assault Awareness month. Definitions, statistics and best practices to create a culture of safety will be shared.



## Community College Month

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**Date:** Month of April

**Time:** Hours of Operation

**Place:** Student Life and Leadership, Room 2329

In observance of Community College Month current SSC students are encouraged to sign the “Commit to Complete” wall to recognize their goal to complete an associates degree.

## Financial Literacy Month

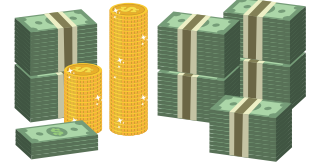
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**Date:** Wednesday, April 5, 2023

**Time:** 12:00pm-1:00pm

**Location:** Zoom

College students are making financial decisions that will have lasting financial implications. Join VP-Community Manager, Brandon Mells from Chase Bank to learn more about managing your finances.



## Earth Day

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### Recycling Event

**Date:** April 19, 2023

**Time:** Entire Day

**Place:** Atrium

Student Life and Leadership will collaborate with Eric Myers and exhibitors to conduct a recycling event. For more information please visit the Student Life and leadership webpage.



## National Library Week

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**Date:** Monday, April 24, 2023- Friday, April 28, 2023

**Place:** SSC Library webpage

National Library Week is a celebration of our nation’s libraries, its worker’s and services. During this week, the SSC library will be hosting a book sale in honor of NLW. Patrons can buy books online on the library’s website, or stop by to buy in person .



## Mental Health Awareness Month

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**Date:** Monday May 1, 2023- Wednesday May 31, 2023

**Time:** Entire Day

**Place:** Student Life and Leadership webpage

In observance of Mental Health Awareness Month Student Life and Leadership will highlight the importance of Mental Health. Please visit the Student Life and Leadership for more info and resources.

## Bulldog Bash

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**Date:** Wednesday, May 3, 2023

**Time:** 12:00pm-2:00pm

**Location:** Courtyard

We will safely celebrate the end of the semester with our annual Bulldog Bash. This is an opportunity to celebrate the end of the year with our students. There will be food and giveaways.



## How to Study For Final Exams

Date: Friday, May 4, 2023

Time: 5:00pm-5:50pm

Place: 2264

Presented by Sarah McAley, Faculty Counselor

Do you want to know your learning style, and how it will help you prepare for your finals? This session, presented by Sarah McAley, Faculty Counselor, will engage you in a short learning styles assessment, and provide useful information on preparing for your final exams. This session will be held in person in Rm. 2264 on May 5th from 9:00am – 9:50am. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.



## LGBTQ Pride Month

Date: Month of June

Location: Student Life and Leadership Webpage

The phrase “lesbian, gay, bisexual, transgender, and queer community” (or “LGBTQ community”) refers to a broad coalition of groups that are diverse with respect to gender, sexual orientation, race/ethnicity, and socioeconomic status. In observance of LGBTQ pride month visit the Student Life and Leadership webpage to learn more about the experiences and triumphs of the LGBTQ community.



## Juneteenth

Please visit the student Life and Leadership webpage for further details.



 SOUTH  
SUBURBAN  
COLLEGE

THE LATINO CENTER &  
FYE SUMMER BRIDGE PROGRAM

INVITES YOU TO:  
**KICKBACK**

TAKE A BREAK FROM  
STUDYING:  
CRAFTS, SNACKS & RELAX

WHERE?: MB FINANCIAL (1ST  
FLOOR BY THE FOUNTAIN)

DATE: WED. MARCH 1, 2023  
10AM-3PM

FOR MORE INFO: CALL (708) 210-5740



# Spring 2023 Student Success Seminars

## **How to Navigate Online Classes and Resources**

Wednesday, January 11<sup>th</sup> 2:00pm - 3:00pm

Presented by William Radtke, AAC Manager

Rm. 2264/ <https://zoom.us/j/96209962139>

Are you taking an online class for the first time? Then you will benefit from attending this seminar presented by William Radtke, AAC Manager. We will walkthrough D2L, Bongo, and all of the virtual resources SSC has to offer. This in person seminar will be held in the Academic Assistance Center (Rm. 2264) and the audio and PowerPoint Presentation will be simultaneously broadcast on Zoom. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **How to Navigate Online Classes and Resources**

Tuesday, January 17<sup>th</sup> 6:00pm - 7:00pm

Presented by William Radtke, AAC Manager

Rm. 2264/ <https://zoom.us/j/96209962139>

Are you taking an online class for the first time? Then you will benefit from attending this seminar presented by William Radtke, AAC Manager. We will walkthrough D2L, Bongo, and all of the virtual resources SSC has to offer. This in person seminar will be held in the Academic Assistance Center (Rm. 2264) and the audio and PowerPoint Presentation will be simultaneously broadcast on Zoom. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **How to Navigate Online Classes and Resources**

Thursday, January 19<sup>th</sup> 9:00am - 10:00am

Presented by William Radtke, AAC Manager

Rm. 2264/ <https://zoom.us/j/96209962139>

Are you taking an online class for the first time? Then you will benefit from attending this seminar presented by William Radtke, AAC Manager. We will walkthrough D2L, Bongo, and all of the virtual resources SSC has to offer. This in person seminar will be held in the Academic Assistance Center (Rm. 2264) and the audio and PowerPoint Presentation will be simultaneously broadcast on Zoom. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **Strategies for a Successful Semester**

Thursday, January 19<sup>th</sup> 11:00am - 12:00pm

Presented by Rebecca Arnold, AAC Student Specialist

Rm. 2264

New to SSC? Looking for ways to have a more successful semester this Spring? Unsure what resources may be available to you? In this in person seminar, which will be held on January 19th from 11:00am – 12:00 p.m. in Room 2264, AAC Student Specialist Rebecca Arnold will talk about several habits of highly effective students, campus resources that are available to you, and strategies to get the most out of your classes. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session

## **Factoring**

Thursday, January 26<sup>th</sup> 11:00am - 12:00pm

Presented by Rebecca Arnold, AAC Student Specialist

Rm. 2264

This in-person factoring seminar presented by Rebecca Arnold, AAC Student Specialist, will review all the factoring methods presented in MTH 095. This particular seminar is perfect for students enrolled in MTH 100. This seminar will be held in person in Rm. 2264 of the Main Campus. Please email the [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.



### **How to be Organized**

Wednesday, January 25<sup>th</sup> 11:00am - 12:00pm

Presented by Rebecca Arnold, AAC Student Specialist

Rm. 2264

Losing your assignments or notes can cause a lot of unneeded stress and extra work. This hour-long seminar will help you learn how to organize your course materials (and more!) to help you become a more successful student. This seminar will be held in person in Rm. 2264 on January 25th from 11:00am - 12:00pm. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

### **Setting S.M.A.R.T. Goals**

Wednesday, February 1<sup>st</sup> 2:00pm - 3:00pm

Presented by William Radtke, AAC Manager

Rm. 2264/ <https://zoom.us/j/96209962139>

Learning how to set goals for yourself is crucial to moving forward in college and in life, but a poorly thought out goal can lead to failure and frustration. Please join us for AAC Manager William Radtke's seminar, "Setting S.M.A.R.T. Goals" where we will discuss the S.M.A.R.T. goal setting method and how you can create productive goals for yourself. This in-person seminar will be held in the Academic Assistance Center (Rm. 2264) where the audio and PowerPoint presentation will be simultaneously broadcast on Zoom. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

### **How to Use your Calculator**

Thursday, February 2<sup>nd</sup> 11:00am - 12:00pm

Presented by Rebecca Arnold, AAC Student Specialist

Rm. 2264

Are you unfamiliar with everything your calculator can do for you? Do you have a new, more advanced calculator and need help learning how to use it? This seminar is designed to help students learn how to use their calculator more effectively. This seminar will be held in person in Rm. 2264 on February 2nd from 11:00am – 12:00pm. Be sure to bring your calculator with you! Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

### **Working with Fractions**

Thursday, February 2<sup>nd</sup> 2:00 - 3:00pm

Presented by Rebecca Arnold, AAC Student Specialist

Rm. 2264

Working with Fractions is a seminar designed to review adding, subtracting, multiplying and dividing fractions. Whether you're looking for a general review or looking for help to study for your MTH 093 Midterm, this seminar will help you feel more confident with your fraction arithmetic. This seminar, presented by Rebecca Arnold, AAC Student Specialist, will be held in person in Room 2264. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

### **How to Manage Test Anxiety**

Wednesday, February 8<sup>th</sup> 2:00pm - 3:00pm Online

Presented by William Radtke, AAC Manager

<https://zoom.us/j/96209962139>

Even the best students can become anxious while taking a test. Join us for our "How to Manage Test Anxiety" seminar where we will discuss strategies for relieving test anxiety before and during the test. In addition, we will present resources available to SSC students experiencing persistent anxiety. This seminar will be conducted over Zoom. To access the Zoom meeting, go to [zoom.us/join](https://zoom.us/join) and enter 962 0996 2139 for the meeting id or click the following link. <https://zoom.us/j/96209962139>. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions

### **How to Navigate Online Classes and Resources**

Wednesday, February 15<sup>th</sup> 2:00pm - 3:00pm

Presented by William Radtke, AAC Manager

Rm. 2264/ <https://zoom.us/j/96209962139>

Are you taking an online class for the first time? Then you will benefit from attending this seminar presented by William Radtke, AAC Manager. We will walkthrough D2L, Bongo, and all of the virtual resources SSC has to offer. This in person seminar will be held in the Academic Assistance Center (Rm. 2264) and the audio and PowerPoint Presentation will be simultaneously broadcast on Zoom. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **Study Tips and Techniques**

Thursday, February 16<sup>th</sup> 11:00am - 12:00pm

Presented by AAC Student Specialist, Rebecca Arnold

Rm. 2264

Everyone has a different method of studying. What works for your friend may not work for you! It's important to know several different study techniques. During this seminar with AAC Student Specialist Rebecca Arnold, you can learn a wide variety of study tips and techniques that can help you in any course. This seminar will be held in person on February 16th from 11:00am – 12:00pm in Room 2264. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

## **How to Write an Essay or Research Paper**

Tuesday, February 28<sup>th</sup> 2:00pm - 3:00pm

Presented by William Radtke, AAC Manager

Rm. 2264

Every college student needs to write an essay or research paper at some point. Please join us for “How to Write an Essay or Research Paper” where you will learn strategies and techniques to improve your writing and research skills. This in-person seminar, presented by William Radtke, AAC Manager, will be held on Tuesday, February 28th in Rm. 2264 from 2:00pm – 3:00pm. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the seminar.

## **How to Manage Test Anxiety**

Wednesday, March 1<sup>st</sup> 2:00pm -3:00pm Online

Presented by William Radtke, AAC Manager

<https://zoom.us/j/96209962139>

Even the best students can become anxious while taking a test. Join us for our “How to Manage Test Anxiety” seminar where we will discuss strategies for relieving test anxiety before, during, and after the test. In addition, we will present resources available to SSC students experiencing persistent anxiety. This seminar will be conducted over Zoom. To access the Zoom meeting, go to [zoom.us/join](https://zoom.us/join) and enter 962 0996 2139 for the meeting id or click the following link. <https://zoom.us/j/96209962139>. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions

## **Just Breathe...Techniques to achieve Stress-Less Midterms**

Thursday, March 2<sup>nd</sup> 3:00pm - 4:00pm

Presented by Dr. Shunda McGriff, Counselor

Rm. 2250 (Career Center)

In this session presented by Dr. Shunda McGriff, Counselor, you will learn some stress management techniques that will help you manage midterm induced anxieties. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

## **The Basics of APA Citations**

Tuesday, March 7<sup>th</sup> 2:00pm - 3:00pm

Presented by William Radtke, AAC Manager

Rm. 2264

Do you find APA citations confusing? Then you will benefit from attending this seminar where we will discuss the basics of creating in-text citations, reference lists, and formatting your APA paper correctly. In addition, we will share other helpful resources for making sure your work is properly cited. This in-person seminar, presented by William Radtke, AAC Manager, will be held on Tuesday, March 7th in Rm. 2264 from 2:00pm – 3:00pm. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the seminar.

## **The Basics of MLA Citations**

Wednesday, March 8<sup>th</sup> 2:00pm - 3:00pm

Presented by William Radtke, AAC Manager

Rm. 2264

Do you find MLA citations confusing? Then you will benefit from attending this seminar where we will discuss the basics of creating in-text citations, works-cited pages, and formatting your MLA paper correctly. In addition, we will share other helpful resources for making sure your work is properly cited. This in-person seminar, presented by William Radtke, AAC Manager, will be held on Wednesday, March 8th in Rm. 2264 from 2:00pm – 3:00pm. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the seminar.

### **Setting S.M.A.R.T. Goals**

Wednesday, March 29<sup>th</sup> 2:00pm - 3:00pm

Presented by William Radtke, AAC Manager

Rm. 2264 and Zoom at <https://zoom.us/j/96209962139>

Learning how to set goals for yourself is crucial to moving forward in college and in life, but a poorly thought out goal can lead to failure and frustration. Please join us for AAC Manager William Radtke's seminar, "Setting S.M.A.R.T. Goals" where we will discuss the S.M.A.R.T. goal setting method and how you can create productive goals for yourself. This in-person seminar will be held in the Academic Assistance Center (Rm. 2264) where the audio and PowerPoint presentation will be simultaneously broadcast on Zoom. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

### **How to Manage Time Effectively**

Thursday, March 30<sup>th</sup> 2:00pm - 3:00pm

Presented by Roger DeSouza, AAC Student Specialist

Rm. 2264

Do you wonder why you are often over-burdened with work, have no time for family and friends, and even get depressed about things to do but never finding the time to do them? In this seminar Roger DeSouza, AAC Student Specialist, will discuss how your life can turn around for the better, live and feel happier, with the practice of managing your time effectively. This in-person seminar will be held on Thursday, March 30<sup>th</sup> from 2:00pm – 3:00pm in the Academic Assistance Center (Room 2264). Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the seminar.

### **Working With Fractions**

Wednesday, April 5<sup>th</sup> 2:00 - 3:00pm

Presented by Rebecca Arnold, AAC Student Specialist

Rn. 2264

Working with Fractions is a seminar designed to review adding, subtracting, multiplying and dividing fractions. Whether you're looking for a general review or looking for help to study for your MTH 093 Midterm, this seminar will help you feel more confident with your fraction arithmetic. This seminar, presented by Rebecca Arnold, AAC Student Specialist, will be held in person in Room 2264. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

### **How to Manage Test Anxiety**

Wednesday, April 12<sup>th</sup> 1:00pm - 2:00pm Online

Presented by William Radtke, AAC Manager

<https://zoom.us/j/96209962139>

Even the best students can become anxious while taking a test. Join us for our "How to Manage Test Anxiety" seminar where we will discuss strategies for relieving test anxiety before and during the test. In addition, we will present resources available to SSC students experiencing from persistent anxiety. This seminar will be conducted over Zoom. To access the Zoom meeting, go to [zoom.us/join](https://zoom.us/join) and enter 962 0996 2139 for the meeting id or click the following link. <https://zoom.us/j/96209962139>. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

### **Basic Computer Operations**

Friday, April 14<sup>th</sup> 11:00am - 12:00pm

Presented by Roger DeSouza, AAC Student Specialist

Rm. 2264

Knowing the Basics of Computers is an essential skill that is needed for everyone, especially in this age, where technology seems to be taking over every aspect of our lives. In this short seminar, Roger DeSouza, AAC Student Specialist, will prepare you on how to search for jobs, give you credible job sites, how to attach a file to an email, and so much more. Join us for this in-person seminar on Friday, April 14<sup>th</sup> from 11:00am – 12:00pm. in Room 2264. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions of the seminar.

### **Factoring**

Thursday, April 20<sup>th</sup> 11:00am - 12:00pm

Presented by Rebecca Arnold, AAC Student Specialist

Rm. 2264

This in-person factoring seminar presented by Rebecca Arnold, AAC Student Specialist, will review all the factoring methods presented in MTH 095 and MTH 097. This particular seminar is perfect for students enrolled in MTH 095 or MTH 097, who are preparing for their final exams. This seminar will be held in person in Rm. 2264 of the Main Campus. Please email the [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

### How to Find Credible Sources

Wednesday, April 26<sup>th</sup> 1:30 - 2:30pm

Presented by Sangeeta Kumar, SSC Librarian

Rm. 2345 (Multipurpose Lab)

It can be difficult to judge what is and is not a credible source on the internet with the vast amount of publicly available information. This seminar presented by Sangeeta Kumar, SSC Librarian, will cover research strategies, how to identify misinformation, and how library resources can be used to find credible sources. This seminar will be held in person in Rm. 2345. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

### How to Manage Test Anxiety

Wednesday, May 3<sup>rd</sup> 2:00pm - 3:00pm Online

Presented by William Radtke, AAC Manager

<https://zoom.us/j/96209962139>

Even the best students can become anxious while taking a test. Join us for our “How to Manage Test Anxiety” seminar where we will discuss strategies for relieving test anxiety before and during the test. In addition, we will present resources available to SSC students experiencing persistent anxiety. This seminar will be conducted over Zoom. To access the Zoom meeting, go to [zoom.us/join](https://zoom.us/join) and enter 962 0996 2139 for the meeting id or click the following link. <https://zoom.us/j/96209962139>. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

**For questions or more information contact the office of Student Life & Leadership**  
**[StudentLife@ssc.edu](mailto:StudentLife@ssc.edu), ext. 5737, or visit:**  
**<https://www.ssc.edu/services/student-services/student-life/>**

# SSC Student Check In & Chat



All SSC students are welcomed to join the SSC Peer Mentors and A Greater Good Foundation (AGGF) to discuss a variety of topics about leadership, mental health, financial literacy, etc. to support SSC students’ success. Students can also expect to learn about resources and connect with other students.

## Spring 2023 Session Dates:

All sessions start at 12:30pm on Tuesdays

Jan. 24	The Power of Your Why	March 21	We Think in Pictures
Feb. 7	A, B, Cs of Goals	April 4	Overcoming Fear
Feb. 21	Knowing-Doing Gap	April 18	Developing a Powerful Self-Image
March 7	Using Your Mind to Get What You Want	May 2	Your 5 Amazing Mental Faculties

### Join Via Zoom

<https://bit.ly/AGreaterGoodFoundation>

Meeting ID: 878 3581 5632

Passcode: 804388



### For more information contact:

Devon Powell, [dpowell@ssc.edu](mailto:dpowell@ssc.edu), (708) 596-2000 ext. 5841, Room 2329.

To learn more about the organization visit  
[www.agreatergoodfoundation.org](http://www.agreatergoodfoundation.org)



# HOUSING RESOURCES

If you are a student or know a student who is experiencing homelessness please consider these resources.



**ENTRY POINT**

My Entry Point  
(877) 426-6515

Entry Point: Connect  
[myentrypoint.org](http://myentrypoint.org)

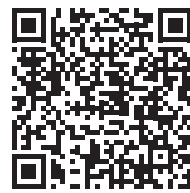


**RESPOND NOW**

Respond Now  
(708) 755-4357

<https://respondnow.org/resources>

**For more resources visit:**



[shorturl.at/glzT7](https://shorturl.at/glzT7)

**SSC Homelessness Liaison:  
Devon Powell, Dean of Student Services,  
Room 2329 • [dpowell@ssc.edu](mailto:dpowell@ssc.edu)  
(708)596-2000 ext. 5841**



# **JOB ANNOUNCEMENT**

## **SSC IS SEEKING PEER MENTORS.**



Peer Mentors serve as positive social and academic role models to support and encourage students through a smooth transition, acclimation, and a sense of belonging to SSC.

Peer Mentors are paid \$13 an hour.

Scan the QR code below for more information on being a peer mentor and how to apply.



# **This is Success.**



# STUDENT RESOURCE FAIR



Learn about campus and community resources to support students' academic and personal wellness.

**Date: Wednesday, March 1, 2023**

**Time: 10:00am-12:00pm and 2:00pm-4:00pm**

**Location: 2<sup>nd</sup> Floor (Main Campus)**

**For more information contact: Devon Powell, Dean of Student Services, dpowell@ssc.edu, (708) 596-2000, ext. 5841, Room 2329.**

**This is Success**



# BOARD OF TRUSTEES

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