

**Southwestern  
College**

# HECSY Newsletter

**March 2016**

## **Stress? Anxiety? Overload?**

### **Personal Wellness Services**



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**Are you experiencing any of the following symptoms?**

- ◆Stress
- ◆Personal Problems
- ◆Mood Swings
- ◆Substance Abuse
- ◆Headaches
- ◆Anxiety
- ◆Burn-Out Tension
- ◆Withdrawn Behavior
- ◆Low Energy
- ◆Mental Health Issues
- ◆Overload
- ◆Anger Outbursts
- ◆Poor Appetite
- ◆Fatigue
- ◆Insomnia

Crisis intervention, evaluation, therapy and referrals are available for Southwestern College students at NO Cost!

Tuesdays 3:30pm to 5:30pm 3/1, 3/15, 4/5, 4/19, 5/3, 5/17.

Counselor is Bilingual!



## **EOPS Program**

EOPS students should meet with counselors to complete or update their Student Education Plan (SEP) and Semester by Semester (SxS) form.

Counseling appointments are booked two weeks in advance, so don't wait until the last day to schedule your appointment, please call HECSY Student Services (619) 216-6790 Ext. 4902.

**The following is the EOPS appointment timeline:**

**1st Contact SEP/SxS Update:** January 4th to March 11th

**2nd Contact Progress Report:** March 14th to May 6th

**3rd Contact Exit Session:** May 9th to May 27th

### **Important Dates**

**March 1**—Deadline to petition for Spring 2016 Graduation

**March 11**—Last day to petition for credit by exam

**March 28—April 3**  
Spring Break



# 10 Reasons to Earn a Bachelor's Degree



Many Southwestern College students plan to transfer to a university to earn a bachelor's degree. Transferring requires that you complete all the general education and major prerequisite courses, as well as have the required grade point average and complete a minimum of 60 transferable units. Transferring to a university is a long and strenuous road that requires determination and focus. But, the rewards that result from a bachelor's degree are well worth the journey. The following are 10 reasons to earn a bachelor's degree.

- 1. Increase your salary.** A person with a bachelor's degree tends to earn two to three times more than someone without a bachelor's degree.
- 2. You are more likely to get a job that you enjoy.** I once read, "If you love your job, you will never work a day in your life." A bachelor's degree gives you

the ability to work in a career that you enjoy.

- 3. Increase employment opportunities and promotion.** A bachelor's degree gives you a competitive edge and shows that you are competent and capable of completing large projects.
- 4. Further your study.** A bachelor's degree provides opportunity to earn higher degrees, such as master's and doctoral degrees.
- 5. Be a role model.** You will be a great example for your siblings, as well as your own children and community. You will influence their college success.
- 6. Develop your critical thinking skills.** A bachelor's degree will help develop your problem solving skills.
- 7. Personal Achievement.** Only about a quarter of the U.S. population have a bachelor's

degree. Having this recognition will make you feel proud.

- 8. Increase self-confidence.** A bachelor's degree gives you more pride and self assurance that you will succeed in today's competitive world.
- 9. Buy the things you want.** Having an increased salary will allow you to purchase the things you want. For example, you will be able to buy that car you've always wanted.
- 10. Live a better quality of life.** A bachelor's degree will open up new experiences for you, such as traveling, meeting people from diverse backgrounds, more hobbies, and new pleasures. You will experience life, instead of watching it on television.

To further discuss your interest in transferring to a university, please make an appointment with a counselor.

## Test Taking Techniques Workshop

**Date:** Thursday, March 17

**Time:** 12:00pm—1:00pm

**Location:** Room 5206

**Presenter:** Osvaldo Amezcua

To sign-up, please call HECSY Student Services  
(619) 216-6790 Ext. 4902/4903



### REMEMBER!

Turn your clocks ahead 1 hour before you go to bed on Saturday.

Daylight Savings Time starts on :

**Sunday, March 13th, 2016**

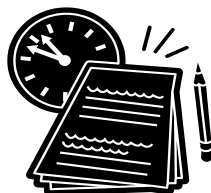
## Assessment Schedule

**ALL TEST SESSIONS ARE BY APPOINTMENT ONLY**

### English, Reading and Math (Full battery)

Thursday, March 3 12:00pm

Thursday, March 17 12:00pm



### English as a Second Language (ESL)

Friday, March 25 10:00am

Please call HECSY Student Services to schedule an appointment.

(619) 216-6790 Ext 4902, 4903

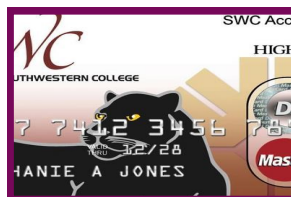
## Financial Aid

The 2016-2017 FAFSA application is available online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Apply now to receive free grants from the Federal government to help pay your college expenses.

Apply for the Board of Governors Fee Waiver today. If you are eligible, your tuition will be paid for by the State of California. If you already paid your

tuition fees, and you qualify for the fee waiver, you must stop by the Student Services office to request your refund.

Direct deposit is now available, through Higher One, for financial aid grants, scholarships and loans. To get



started, look for a bright green envelope in the mail. You must register your card information online to set up your profile. You may choose one of the three options: activate the card, request direct deposit to your personal checking account or continue to receive a check in the mail.

**Higher One ATM is available at the HECSY Student Center!**

## Spring Break



HECSY would like to wish our students a safe Spring Break. Please note

that Southwestern College at Chula Vista and the three Higher Education Centers at San Ysidro, National City and Otay Mesa will be closed for these dates:

### Spring Break

Monday, March 28, 2016

Through

Sunday, April 3, 2016

**Classes will resume on Monday, April 4, 2016.**

## Child Development



**Support the Child Development Club!**

### Tostadas Sale

**When:** Tuesday, March 1

**Where:** HECSY Lobby

**Time:** 11:00am to 2:00pm