

**Southwestern
College**

HECSY Newsletter

March 2017

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
- ◆Burnt-Out/Tension
- ◆Withdrawn Behavior
- ◆Low Energy
- ◆Mental Health Issues
- ◆Overload
- ◆Anger Outburst
- ◆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 3/7, 3/24, 4/11, 4/25, 5/9, 5/23.

All appointments are confidential and must be scheduled in person at the Higher Education Center, San Ysidro Student Services office, room 5100.

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 last day to schedule your appointment, please call HECSY Student Services (619) 216-6790 Ext. 4902, 4903.

The following is the EOPS appointment timeline:

1st Contact SEP/SxS Update:
January 3rd to March 15th

2nd Contact Progress Report:
March 16th to May 5th

3rd Contact Exit Session: May 8th to May 26th

Important Dates

March 1—Deadline to petition for Spring 2017 Graduation

March 10—Last day to petition for credit by examination

March 27—April 2
Spring Break - Campus Closed

Test Taking Techniques Workshop

Date: Thursday, March 16

Time: 1:00pm—2:30pm

Location: Room 5207

Presenter: Osvaldo Amezcua

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

What's SEP?

Why do students need a Student Educational Plan?

- ◆ You will know exactly which classes to take.
- ◆ You will know when you are going to finish
- ◆ It's a requirement for Financial Aid
- ◆ Register for classes before everyone else
- ◆ It will help you to SUCCEED in College

Stop by Student Services to make an appointment for your SEP!!! (619) 216-6790 Ext. 4901, 4902, or 4903

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. 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 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.

Assessment Schedule

ALL TEST SESSIONS ARE BY APPOINTMENT ONLY

English, Reading and Math (Full battery)

Thursday, March 9 12:00pm

Thursday, March 23 12:00pm



English as a Second Language (ESL)

Thursday, March 16 12:00pm

Please call HECSY Student Services to schedule an appointment.

(619) 216-6790 Ext. 4902, 4903

Financial Aid



The 2017-2018 FAFSA application is available online at

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 Bank Mobile 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.

Bank Mobile 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 during these dates:

Spring Break

Monday, March 27, 2017
through
Sunday, April 2, 2017

**Classes will resume on
Monday, April 3, 2017.**



REMEMBER!

Turn your clocks ahead 1 hour before you go to bed on Saturday, March 11th.

**Daylight Savings Time start on:
Sunday, March 12th, 2017**