

October 2018



SOUTHWESTERN COLLEGE

# HECSY Newsletter

## Are you Ready for Midterms? See a Tutor!

Tutoring available in the Library, (room 5105) for the following subjects: Math, English, English as a Second Language, Writing, Reading and Family Studies (Child Development). Computer tutoring is available in the Computer Lab, room 5203!

### Leslie Santana Verduzco, FAMILY STUDIES (Child Development)

Tuesday & Thursday  
4:00 p.m.—6:30 p.m.



### Christie Matalka, ENGLISH/ESL/WRITING

Tuesday & Wednesday  
10:00 a.m.—3:00 p.m.

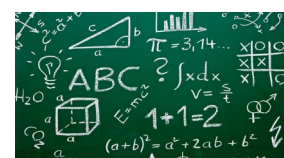


### Alberto Lombardo, COMPUTER LAB



Monday 9:30 a.m.—1:00 p.m. &  
4:00 p.m.—7:30 p.m.  
Tuesday 9:30 a.m.—1:00 p.m.  
Thursday 9:30 a.m.—1:00 p.m.

### Math Tutor



Coming soon!

## EOPS News



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 yours, please call HECSY Student Services (619) 216-6790 Ext. 4902.

The following is the EOPS appointment timeline:

### 2nd Contact Progress Report:

October 1st to November 21st  
(scheduled by November 15th)

### 3rd Contact Exit Session:

November 26th to December 12th

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### IMPORTANT DATES

- **October 15** 2nd Short Session begins
- **November 1** Deadline to Petition for Fall 2018 Graduation

# Stress? Anxiety? Overload? Help is available for you!

## Personal Wellness Services

Are you experiencing any of the following symptoms?

- |                       |                       |                 |
|-----------------------|-----------------------|-----------------|
| ◆Stress               | ◆Anxiety              | ◆Overload       |
| ◆Personal Problems    | ◆Burn-out Tension     | ◆Anger Outburst |
| ◆Mood Swings          | ◆Withdrawn Behavior   | ◆Poor Appetite  |
| ◆Substance Dependence | ◆Low Energy           | ◆Fatigue        |
| ◆Headaches            | ◆Mental Health Issues | ◆Insomnia       |

Crisis intervention, evaluation, therapy and referrals are available for  
Southwestern College students at no cost!

Appointments available on **Mondays** from 9:30am to 3:00pm on;  
**10/29, 11/5, 11/12, 11/19, 11/26 & 12/13**

*All appointments are confidential and must be scheduled in person at  
HECSY Student Services Office, 5100-A*

## Get your Flu Shot

**STOP THE FLU. GET VACCINATED.**



**SWC Students and Staff ONLY**

(while supplies last)

**Students: \$11 Staff: \$16**

- Pay appropriate fees at Student Services
- Bring receipt to Health Services room
- No appointment necessary

### Health Services Hours at HECSY

Monday 4:00pm—6:30pm  
Thursday 8:00am—1:45pm  
Room 5108

## Assessment Testing

### English As a Second Language (ESL)

Thursday, October 25 at 11:00am  
Room 5100-A



### Full Battery

### English, Reading, Math

Thursday, October 4 at 11:00am  
Thursday, October 18 at 11:00am  
Room 5201

All testing is by appointment only. Please call  
Student Services to reserve a space  
(619) 216-67960 Ext. 4902, 4903, 4901

# Free Breakfast

**HECSY CARES - San Ysidro Kitchenette...**  
**Serving Students in Need**

"Researchers surveyed 43,000 college students at 66 schools and found that 36 % of students on U.S. college campuses are considered "food insecure," meaning they do not get enough to eat." CNBC/Makia IT, April 2018

**HUNGRY?**  
**FREE BREAKFAST**

**Dates:**  
Wednesday, October 3, 10, 17, 24, 31  
Thursday, October 4, 11, 18, 25  
Wednesday, November 7, 14, 28  
Thursday, November 1, 8, 15, 29

**Time:**  
10:15 a.m. - 11:30 a.m.

**Location:**  
Student Center/Bookstore

**FREE Breakfast Items:**

- . Oatmeal
- . Granola Bars
- . Coffee
- . Fresh fruit when available



**SWC CARES Serving Free Breakfast Items:**  
Every Wednesday/Thursday  
September 12, 2018 - November 29, 2018  
10:00 a.m. - 10:30 a.m.; 11:30 a.m. - 12:15 p.m.  
(Wednesday only: 2:15 p.m. - 3:00 p.m. - Snacks only/No coffee)  
Location: Student Center/Bookstore

## Recycle!!

### **Recycling Information**

We have started recycling at HEC, San Ysidro!! Look for our blue recycle bins around the center!

All proceeds go back to students!

Money collected through recycling will be invested into the HECSY CARES to purchase food items. Please deposit your bottles and cans in any blue recycling bin placed throughout our Center!




# Upcoming events at HECSY

 *Higher Education Center at San Ysidro*



## FALL 2018 STUDENT SUCCESS WORKSHOPS

Workshop	Date	Time	Room	Counselor
Test-Taking Techniques	Wednesday, October 3	4:00 p.m. - 5:30 p.m.	5206	O. Amezcua
Creating a Résumé and Interview Skills	Thursday, October 18	12:30 p.m. - 2:00 p.m.	5208	L. Rodriguez
How to Complete the CSU On-line Application	Wednesday, October 24	3:00 p.m. - 4:30 p.m.	5201	O. Amezcua

 Higher Education Center at San Ysidro

Fall 2018 Fall 2018 Fall 2018 Fall 2018 Fall 2018

## Computer Workshops


The workshops below will help you gain confidence and improve your computer skills.

Take advantage of these **FREE** workshops.

There is limited seating, stop by the Open Computer Lab room 5203 to sign up today.

Workshop	Date and Time	Description
Creating Presentations Part I *	Tuesday, October 9 4:30-5:30 p.m. Room 5201	Learn the basic skills needed to create presentations for your classes.
Creating Presentations Part II *	Wednesday, November 14 4:30-5:30 p.m. Room 5201	Learn advanced skills for creating custom presentations.

\*Attend Both Part I & II to Get Certificate of Completion

 **Transfer Tuesday/  
Popcorn Event**

Stop by our lobby for a **FREE** bag of popcorn and meet one of our HECSY counselors.


Ask general questions regarding classes or transfer information.

**Date:**  
Tuesday, October 16, 2018

**Time:**  
10:15 a.m. - 11:30 a.m.

**Location:**  
HECSY Lobby

**FREE POPCORN**



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