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MESSAGE TO STUDENTS

By Irma Alvarez, Dean



The key word at the HECOM this fall is **Finish!** Finish your classes and program of study! Finish your certificate or degree! We have created some new programs and revised others that will benefit you, the student, and help you to achieve success in your chosen field. The Higher Education Center at Otay Mesa has one of the best cadres of faculty and staff members around. We pride ourselves in meeting students' needs and providing solid preparation through our public safety, healthcare, and international business, community development, and transfer education programs.

We want to see you finish your studies with great success! Reach out if you experience any problems along the way—we are here to serve you and to help you Finish!

HEC Otay Mesa Counselors' Excursion

Counseling: (619) 216-6750, Ext. 4403
www.swccd.edu/hcom



On September 23 the Higher Education Center at Otay Mesa in collaboration with RAHSI (Regional Allied Health and Science Initiative) hosted a Counselors' Excursion highlighting our signature programs and services. Governing Board member Terri Valladolid and Center Dean Irma Alvarez greeted the more than 50 counselors from schools throughout the South Bay who attended the day-long program. Bea Zamora-Aguilar, Dean of the School of Counseling, provided a timely update on the progress made by the college during

its Accreditation process. Faculty and staff from the signature programs provided presentations. In addition, the attendees received information about Student Services, Financial Aid and Counseling. Sandy Calderon represented SWC Outreach and expertly answered the questions posed by participants about the application and enrollment process, including technical questions about specialized programs like AB540. The counselors were able to visit our state-of-the-art facilities and enjoyed their tours of the Nursing Simulation and Skills Labs, Science Labs, EMT/Paramedic Lab and the Police Academy Combative Room. They also toured our One-Stop Student Services area and our beautiful Learning Resources Center. Maria Elena Solis, Center counselor, conceived of the idea for the event, and spearheaded its organization. She was ably assisted by Center counselor Felipe Ballon, Nursing Program intern Sany Ramirez, and Center faculty, staff and students who worked tirelessly on the many details involved in this type of event. Feedback from the visitors was universally favorable, and the Center plans to make this Counselors' Excursion a recurring event.

Nursing Program Fall 2010

Nursing Program: (619) 482-6352
www.swccd.edu/nursing

Associate Degree Nursing (ADN) Program: Our second year ADN students are already at their clinical sites perfecting the skills they learned last year and are on the road to graduation in May. This is a very busy time of year for the full-time and adjunct faculty.



Licensed Vocational Nurse (LVN) Program: The current class will finish in December 2010 and a new class will start in January 2011. Our LVN students have had a wonderful clinical experience at Donovan State Prison. Currently the LVN students are at Alvarado Hospital. Recognition goes to Gaby Penaloza for her LVN students' pass rate on their state Board Exams. Gaby's class passed with an 83% and the state average is 74%. Great job, Gaby.

Certified Nursing Assistant (CNA) Program: The CNA program has classes four times per year---August, January, March and June. Congratulations to Jamie Florez, Program lead, for her last class which had a 98 % pass rate on the state board examination. Well done, Jamie.

Operating Room Nurse Program: Welcome to our newest program on campus which is the Operating Room Nurse Program. It is a one-semester program which starts in August. Currently we have 10 Registered Nurses learning to be expert operating room nurses. Please check out the operating room skills lab that was completed this summer in time for the move of the ORN program to Otay Mesa. It is located on the second floor of building 4400. Watch for those blue scrub uniforms.

Skills Lab/Simulation Lab: This is a very busy time of year for the Skills lab and Sim lab. Sandy Tyahla oversees the skills lab and makes sure that all the students are ready for their skill check-off. She coordinates all skill practice and assists the faculty in the planning and implementation of skill testing. Sandy is a jack-of-all-trades and master-of-all things NURSING so she keeps us organized. Without her at the helm of the Skills and Sim labs, our program would lack the humor, laughter, and perfection that she creates wherever she goes. The first-year students will begin their Physical Assessment testing this week and competency will be checked off in the Sim lab on our mannequins. These real-to-life patients will assist our students in identifying heart, lung, and bowel sounds. This experience will enable them to acquire the skills needed to assess real patients in the hospital setting starting the second week of October.

Nursing Office: Many thanks go to Cathy McJannet, our director, for her tireless dedication to our students and faculty. Her kindness and support makes our jobs so much easier. Many thanks also to Pat Kelly and Annette Aguilar for their dedication to the nursing faculty and students. Pat truly is the back bone of our nursing program and the nursing faculty highly respects her contributions and hard work. Many thanks also go to our nursing adjunct faculty for their dedication to our nursing program.

New Faculty: We would like to welcome our new Nursing faculty

- Rita Barden - LVN Program
- Vernell Dunkley – Program Lead for Surgical Technology and Operating Room Nursing

Paramedic Program

Paramedic Program: (619) 216-6760
www.swccd.edu/paramedic



Southwestern College Paramedic Class 33 celebrated its graduation from a year-long program on September 18, 2010. Twenty-four students completed all program requirements and were recognized at the ceremony. The graduation occurred at Mayan Hall in Chula Vista and was attended by family members, friends, community partners and college staff. The keynote speaker was Mr. David Krough, a cardiac arrest survivor from Chula Vista. He shared his story of a sudden collapse at his home, quick thinking by a neighbor who started CPR and called 911, and the first responders and paramedics who saved his life. His story was inspiring to the

new graduates as well as the experienced paramedics in the audience.

Professor Clark Binley spoke on behalf of the faculty and outlined the difficult process of qualifying for admittance to the program and the rough road to receiving their course completion packets. Tiffani Pearson, class president, thanked her fellow students, all of their families and friends and the paramedic faculty at HEC-OM. She told the audience of around 200 guests, "*Clark Binley is the best teacher I have had in my life!*" She spoke on behalf of all of the graduates, and credited the dedication, knowledge, and enthusiasm of the paramedic faculty for their success in this challenging program.

A graduation dinner and party took place later that day at the Firehouse Museum on Columbia Street in downtown San Diego. Congratulations to the graduates and kudos to the faculty and staff of the paramedic program. All of the graduates of Class 33 who have taken the National Registry of Emergency Medical Technicians (NREMT) certification exam have passed on the first attempt. In addition to the twenty-four graduates, twelve students will be finishing the final portion of training in the coming weeks.

Fire Science

Fire Science: (619) 216-6760
www.swccd.edu/firescience



Every year a week near October 9th is designated as National Fire Prevention Week to commemorate the infamous "Great Chicago Fire" of 1871 that killed 250 people and destroyed over 17,000 homes. Local fire departments hold an open house and invite the public to visit and learn about fire safety.

Chula Vista Fire Department held its annual open house on Saturday, October 2nd at Station 4 which is also the training center. Students from Southwestern College's Paramedic and Fire Science programs hosted an information table and also set up a hose pull activity for kids. Kids were able to try on kid-size firefighter jackets and helmets, or real firefighter gear if they preferred. Fire hoses were set out on the grass for kids to drape over their shoulder and pull to the other end of the lawn, usually in a race against a sibling, friend or parent. Fire Science students assisted the kids in getting the gear on and off, and helped the little ones with the heavy hose. The activity was very popular and lots of great pictures were taken of the kids in the firefighter gear. Coronado Fire Department held their open house on Sunday, October 3rd at their headquarters station on 6th Ave. They blocked off the streets and provided a lot of activities for kids including a bungee jump and rock climbing wall. Students from the Fire Science Cooperative Work Experience Education class worked as volunteers to help with the various activities alongside their instructor, Larry Hogueisson, who is a firefighter with Coronado.

Southwestern's Fire Science Club members have also been busy demonstrating equipment and skills for high school students and counselors visiting the Otay Mesa campus this semester. The Fire Science program has increased enrollment as a result of outreach efforts to the local high schools over the past few years.

Southwestern College Police Academy

Certified by the Commission on Peace Officer Standards & Training (P.O.S.T.) **"A career that makes a difference!"**

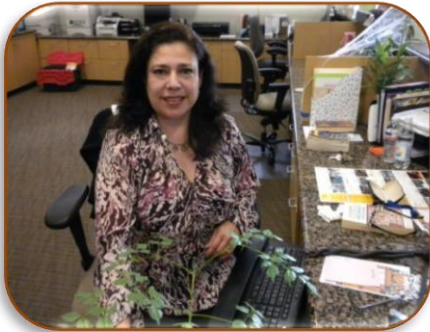
For an application call (619) 482-6462, or access our website at www.swccd.edu/policeacademy.



Meet the Student Services Staff

Student Services: (619) 216-6750, Ext. 4401

www.swccd.edu/hecom



Diana Hernandez (Education Center Technician) is our senior employee after twenty-one years with SWC. She enrolled as a student at the Higher Education Center at San Ysidro in 1988, the first year of operations. She began as an ESL tutor, and worked in several departments before she became a contract employee. Diana was named Classified Employee of the Quarter in the summer 2006 as recognition for her service to the campus community. Diana is married and is famous for her Mexican cuisine, especially her *mole* and *rajas con queso*. She has three dogs named Lady, Paloma and Chiquita. Diana knows the value of an education and of setting goals for oneself: *"Having started Southwestern College as an E.S.L. student, and having completed an A.A. degree, has taught me that persistence and dedication will*

help you accomplish many things in life. An education is the best legacy."

Alejandra Torres (Education Center Technician) has been with the District for eleven-and-a-half years. She was first employed as a student worker for the Counseling area at the Higher Education Center at San Ysidro. From there she advanced to her current position as an Education Center Technician, where in addition to all her other duties, she works closely with our counselors on schedules, workshops and special events. Alejandra is a strong advocate for students: *"I believe that education is the key to freedom: it gives us the ability to do the things we're passionate about. After graduating from SWC, I received a BA degree from SDSU. Being a first generation college student, I wanted to be an example/role model for my family and the students I serve. Working in Student Services has given me that opportunity. Every day I get to help, serve and encourage our students, many of whom are also first generation college students. I wanted to help students just*

as the faculty and staff had helped and encouraged me when I first started at Southwestern College."

Maria D. Martinez is the newest addition to the Student Services staff, but she has already been with the Center for three-and-a-half years as an Education Center Assistant. Maria, like all our Student Services staff is bilingual and she graduated from Southwestern with two degrees (Literature and General Studies). Maria always wears a flower in her hair, color-coordinated to her outfit of the day, of course. She recently purchased a new car which she has accessorized with "Hello Kitty" license plates, seat covers and key chain. Her dog Goliath is 16 years old, and her other dog Louis is a frisky toddler in dog years. She really appreciates the assistance she received from SWC counselors: *"I did not always know what I wanted to major in, but through many bumps along the way and much needed help from great Counselors, I found that English was my true passion.*

With that said I truly and whole-heartedly believe that if you follow your heart and instincts, you can achieve anything, regardless how long it may take. I have always felt that if you have a passion for something, nothing should keep you from reaching the destination you want to reach, and Southwestern College helped me get to mine."

