



HECSY NEWSLETTER

APRIL 2013

Exploring Careers

- Listen to successful professionals working in a variety of career fields!
- Learn tips, advice and insider information from guest speakers!

When: Thursday, April 25, 2013
Time: 3:00 p.m. – 5:00 p.m.
Where: Room 5103/5104



Please sign-up by phone at
 (619) 216-6790 ext. 4902/4903
 or stop by the Student Services
 Counter, room 5100.

Space is Limited!



FREE
 Refreshments will be provided by the
 Associated Student Organization (ASO)

Guest Speaker Include:

- * Pre-School Teacher
- * Psychologist Court Interpreter
- * Law Enforcement
- * Nurse



HECSY Important Dates

- ♦ **April 1** Cesar Chavez Holiday
- ♦ **April 8** Career Assessment/Research Workshop
- ♦ **April 8** Exploration Workshop Nursing
- ♦ **April 12** Last day to withdraw from full – semester and receive a “W” grade.
- ♦ **April 12** Full Battery Assessment
- ♦ **April 19** ESL Assessment
- ♦ **April 26** Full battery Assessment

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Message from HECSY Staff

The staff at HECSY welcome you back from a restful spring break.

The 2013 semester is nearing completion and finals are rapidly approaching!

To assist you in preparing for completion of spring 2013 and transition to the summer 2013 term, we have shared tips in this issue that help to maximize your chances of success.

You will need to ensure that you are cleared for registration for the upcoming summer session. If you have library books past due, or other financial holds on your student account, you will have a hold placed on your account. The hold will prevent



you from receiving your summer registration date/time. If you are not sure if you have holds, you should make time to stop by our admissions office at HECSY and let our student service staff check your account.

HECSY Senator



Valeria Hernandez

Please join us in welcoming the new ASO Senator for HECSY, Valeria Hernandez Blake.

As ASO Senator for HECSY, Valeria will represent your interest in matters related to student involvement at Southwest-

ern College during the Spring 2013 term. Valeria is a resident of the San Ysidro area where she completed her primary education. She has plans to transfer to UCSD in the future to pursue a credential in Secondary Education.

As your senator, Valeria is com-

mitted to being your voice in college affairs. Additionally, she has many fun filled activities planned for this term that she hopes you will enjoy. Make time to look for Valeria in our lobby very soon, she will have information on activities and giveaways

Top Jobs

DENTAL HYGIENIST

Did you know that dental hygienist make yearly salaries of about \$68,250, but many work part-time? This career is expected to experience major growth, since many dentist are boosting the patient roster. You can prepare for this career through Southwestern College Dental Hygienist Program.

See your resident counselor for more details. To schedule an appointment please call Student Services at (619) 216-6790 Ext. 4902, 4903.



Higher Education Center Otay Mesa



Fifth Annual Spring 2013 Open House



- EMT/Paramedics
- Nursing
- Police Academy
- Fire Science Technology
- International Business
- International Logistics and Transportation

DATE:
Tuesday, April 30, 2013

TIME:
10 a. m. to 2 p.m.

LOCATION:
Higher Education Center at Otay Mesa
8100 Gigantic Street
San Diego, CA 92154
(619) 216-6750

- Community, Economic and Urban Development
- Leadership Supervision
- Insurance
- Payroll Clerk
- Travel and Tourism



Free Event Open to the Public!
Food • Workshops • Prizes • Music



Counselors Corner



Osvaldo Amezcua

Are you wondering what you can do to improve your chances of getting good grades, Osvaldo

Amezcua our resident counselor has some tips on how to finish the semester strong!

AWARENESS

What is working for you and what is not? A plan of action is necessary to even get started. A plan of action is like a key for an automobile, you need to use it first to get started. The following 5 tips can be very effective, if used consistently.

MAKE A WEEKLY SCHEDULE

Make a weekly schedule listing your daily activities for every hour of each day. You need to have everything you do on the list, this will help you realize where your time is going.

INCREASE YOUR STUDY TIME

By decreasing time bandits/wasters, such as television, facebook, video games and social activities, you will gain back valuable time for study.

GO TO TUTORING

Tutors will help you understand material, you will discover that understanding material is key to learning and remembering it for test.

KNOW YOUR LEARNING PREFERENCE

Knowing how you best take in information is crucial. For example, you may learn better when information

is heard (auditory), seen (visual), or action oriented (kinesthetic). If you are not sure of your learning preferences, a counselor can help you in determining your learning preference.

CREATE PRACTICE TESTS

Creating your own practice tests by making the chapter headings into questions. For example, if the heading is *Auditory Learning Techniques*, then a question could be, "What study methods emphasize auditory learning techniques?"

For further assistance with developing a plan of action, you should see a counselor.

