

October 2013



SOUTHWESTERN COLLEGE

HECSY Newsletter

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

Personal Wellness Services

Are you experiencing any of the following symptoms?



- ◆Stress
- ◆Personal Problems
- ◆Mood Swings
- ◆Substance Dependence
- ◆Headaches
- ◆Anxiety
- ◆Burn-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- ◆Withdrawn Behavior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!

All appointments are confidential and must be scheduled in person at HECSY Student Services Front Counter

Spring 2014 Registration

Did you miss a semester? If yes, you need to reapply for Southwestern College. The online application for Spring 2014 is now available. Continuing students do not need to reapply, but must have a valid email address in order to receive a registration appointment. Update all your information on WebAdvisor at www.swccd.edu.



**Join us for the
Halloween Costume
Contest Judging!
12:00 & 4:00 p.m.,
Thursday, October 31,
in the Student Center!**

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IMPORTANT DATES

- **October 21** 2nd Short Session Classes Begin
- **October 28** Deadline to Petition for Fall 2013 Graduation

Get Involved! Be our ASO Senator



The Higher Education Center at San Ysidro is looking for a student who wants to make an impact and represent HECSY students by serving as an ASO Senator



WANTS YOU!!

ACADEMIC ELIGIBILITY REQUIREMENTS

- * Must carry nine (9) units & maintain a 2.0 cumulative GPA throughout the term in office.
- * Must be in a non-probationary status (academic or disciplinary) as determined by College policy.
- * Has not served as an ASO Senator for more than two terms.

Take advantage of this great resumé building opportunity!

If you meet the requirements and are interested in serving as the HECSY ASO Senator, please contact Student Services at the front desk or by calling (619) 216-6790 Ext. 4901, 4902, 4903. You may also contact Center Supervisor Heidi Newhouse via email at hnewhouse@swccd.edu

Top Jobs



School Counselor

School Counselors make yearly salaries of about \$54,130. Counselors collaborate with teachers, social workers, and other school personnel to ensure the academic, developmental, and social needs of children, teenagers, and college students are being met. The Labor Department predicts this profession will swell by 19 percent this decade. You can prepare for this career through Southwestern College and transfer to a four year university. See your resident counselor for more details. To schedule an appointment, please call Student Services at (619) 216-6790 Ext. 4902, 4903.

Child Development Club



Join the Child Development Club! The club is an informal group that meets to plan activities centered around the study of young children and the field of early childhood education.

For more information, please contact

Edna Marquez
emarquez@swccd.edu

Club Meetings

Tuesday, October 1st
Tuesday, October 15th
Tuesday, October 29th

Time: 4:30pm—5:30pm
Room: 5210

Are you ready for midterms?

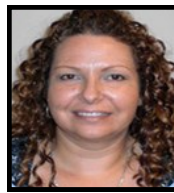
Tutoring available in the library, room 5105, for the following subjects: English, ESL, and Math!

Computer tutoring is also available in the computer lab, room 5203!

Child Development tutoring is available in office 5100-D (behind Student Services)



ESL / ENGLISH / WRITING
Monday, 10:00 a.m.–2:00 p.m.
Wednesday, 4:00–6:00 p.m.
Thursday, 2:00–4:00 p.m.
Library—1st floor



CHILD DEVELOPMENT
Tuesday, 10:00 a.m.–3:00 p.m.
Office 5100-D,
(1st floor next to Student Services)



COMPUTER LAB
Monday, 12:00–2:00 p.m.,
3:45–7:45 p.m.
Tuesday & Thursday,
9:30 a.m.–2:00 p.m.



MATHEMATICS
Wednesday, 9:30 a.m.–12:30 p.m.
Thursday, 4:30–8:00 p.m.
Friday, 9:30–11:00 a.m.
Library—1st floor

Assessment Testing at HECSY

Full Battery English, Reading, Math

Friday, October, 11 at 12:00pm
Friday, October, 18 at 12:00pm
Room 5201



English As a Second Language (ESL)

Friday October, 25 at 1:00pm
Room 5100-A

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

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

The following is the EOPS appointment timeline:

1st Contact SEP/SxS Update:

August 19 to October 11th

2nd Contact Progress Report:

October 14th to December 6th
(scheduled by December 2nd)

3rd Contact Exit Session:

December 9th to December 20th

Is Laboratory Medicine a career for you?

Come and discover career options that put YOU in the forefront—the need for Professionals in the Laboratory Industry is at an all-time high and you can be part of a dynamic and rewarding future.!



DATE

Monday, October 14, 2013

LOCATION

Southwestern College HEC, National City
880 National City Blvd.
National City, CA 91950
Room 7202, 2nd Floor

TIME

4:30pm—6:00pm

Limited Space Available

Please RSVP via email by

Thursday, October 10, 2013

Veronica Pineda: vpineda@swccd.edu

Please include your full name, email and contact number.

Presenters

Luis A. Nuñez,
Medical Laboratory Technician (MLT)
Program Director

Dean Aragoza
Counselor

October Workshops

Computer Workshops

Crear ensayos en la computadora usando Microsoft Word

Miércoles, 9 de Octubre 5:30pm—6:45pm Salon 5201

Crear presentaciones en la computadora usando Power Point

Viernes, 25 de Octubre 3:45pm—5:00pm Salon 5201

Presented in Spanish by Arick Sandoval, Computer lab Assistant



Counseling

How to complete the CSU on-line application?

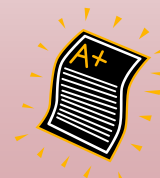
Thursday, October 10 5:30pm—7:00pm Room 5201

Thursday, October 24 5:30pm—7:00pm Room 5201

Test-Taking Techniques

Wednesday, October 16 3:00pm—4:00pm Room 5201

Presented by Osvaldo Amezcua, Academic Counselor



WE LISTENED TO YOU!

Microwave oven in the Student Center!

In response to YOUR requests, you can now warm up your food in the microwave!

Let's please all work together to keep the oven clean after use—thanks!

