Registration Resources

SSC has moved to a Virtual Classroom model through Summer 2020 Semester with some exceptions. However, the College continues to provide a high level of instruction and support services. Apply now and register today! Email registration&records@ssc.edu for assistance.

Counselors Corner

Ten Tips for Staying Healthy During Stressful Times

1. Practice Being Present: Pay attention to your breathing for a couple minutes a day. Breathe in for 5 seconds and breathe out for 8 seconds. Repeat 10 times.

2. Practice Acceptance: What we resist persists. Resisting a situation in your life right now will not make it go away. It will just make it more stressful. Accepting what is brings an automatic sense of peace.

3. Be Aware of Your Judgmental Thoughts of Yourself and Others: Ask Yourself why do we judge others? Why are we constantly judging ourselves? Witness your judgment without judgment. When judgment is our belief system we will always feel unsafe and defensive.

4. Look at Others with Loving Eyes: Look to see the good in others. Know that everyone has a broken child within them. What bothers you most about someone else is most likely a part of yourself that you dislike.

5. Practice Self Love: Ask yourself, what choice would I make if I loved myself? Show all of your parts love, even the parts you don’t like. Treat yourself how you would treat someone you loved (your own child, family member). Your love will always be conditional for yourself if you continue to disown any part of yourself or exclude any part of yourself from love, including your pain.

6. Spend Time in Nature Every Day: Fresh air and sunshine affects our brains positively on so many levels. Getting outside can change your mood in an instant.

7. Move Your Body Often: Exercise has been shown to be just as effective, if not more effective than prescription medications in combating stress and depression. Exercise produces those feel good endorphins that you get when you feel euphoric. Have you ever heard of the Exercise high? It is real!

8. Visualize What You Want: If taking courses over the summer and doing well is what you would like to have happen, visualize yourself going to class, doing the work and getting the good grades. Try to imagine what it would feel like to have this happen. Attempt to make your body feel the feelings you would feel as if it was actually happening. Research shows that our brains do not know the difference between what we tell it is happening and what is actually happening. This is one amazing strategy to manifest what you want in your life.

9. Feed Your Body Well: Eat as many fruits and vegetables as you can. Make sure you are staying hydrated by drinking enough water each day. Avoid, foods and beverages with added sugar. Check the ingredients... Avoid artificial sugars, dyes, vegetable oils, and words you cannot pronounce. Reduce your caffeine intake. Try to stick to 5 ingredients or less.

10. Remind Yourself What You Are Grateful for Everyday: We are hardwired to focus on the negative. Gratitude has the ability to change your state very quickly. Benefits include better sleep, decreased negative emotions, lower blood pressure, resilience and compassion. What are you grateful for today?

Virtual Workshop Wednesdays

This week’s topic:

Social Media For The Career Minded Student

Social media is rapidly growing and professional use of social channels is soaring. This presentation will provide insight on the expectations of social media use in the workforce, how to search for jobs, and branding yourself professionally online.

Date: Wednesday, May 13th, 2020
Time: 1pm
Participants must have Zoom capabilities.
Comments/questions please email us at careerdev@ssc.edu

Testing Center

Students have access to remote testing for Math (ALEKS), Reading (Accuplacer) and English/Writing (Moodle). Please email TestingCenterQuestions@ssc.edu to set up appointments.
South Suburban College maintains high expectations for student behavior at all times whether the class is offered in-person, virtually or online. These expectations can be found in the Student Codes of Conduct which is available in the College Catalog, the Student Handbook, and the SSC website. This document is intended to provide additional guidance for students and faculty regarding appropriate etiquette in a virtual environment. These guidelines for online behavior and interaction are known as netiquette.

**General guidelines:**

- Treat your instructor and classmates with respect in email or any other communication.
- Always use your professors’ proper title: Dr. or Prof., or if in doubt use Mr. or Ms.
- Unless specifically invited, don’t refer to your instructor by first name.
- Use clear and concise language.
- Use correct spelling and grammar (this includes discussion boards).
- Avoid slang terms and texting abbreviations such as “u” instead of “you.”
- Use standard fonts such as Arial, Calibri or Times New Roman and use a size 10 or 12 pt. font.
- Avoid using the caps lock feature AS IT CAN BE INTERPRETED AS YELLING.
- Avoid the use of emoticons.
- Be cautious when using humor or sarcasm as tone is sometimes lost in an email or discussion post and your message might be taken seriously or sound offensive.
- Be careful with personal information (both yours and others’).
- Do not send confidential information via e-mail.

**Emailing guidelines:**

- Always use your SSC.EDU email account.
- Use a descriptive subject line.
- Be brief.
- Avoid attachments unless you are sure your recipients can open them.
- Avoid HTML in favor of plain text.
- Sign your message with your name and return e-mail address.
- Think before you send the e-mail to more than one person. Does everyone really need to see your message?
- Be sure you REALLY want everyone to receive your response when you click, “reply all.”
- Be sure that the message author intended for the information to be passed along before you click the “forward” button.
We are pleased to announce that Olivet Nazarene University now has its virtual campus tour up and running! This interactive tour allows the participants to log in, see a brief welcome from our admissions counselors and then select which various campus locations they would like to “visit”. This platform also gives the students the opportunity to set up virtual meetings with an advisor and financial aid counselor.

The virtual tour link is: https://visit.olivet.edu/

In the coming days and weeks, we will be hosting several webcasts to provide an overview or virtual open house for each of our majors. Our academic advisors Jill Briggs and Andrew Nicol will host professors, current students, and alumni, who will share their stories about being the majors. Students will then be given the opportunity to ask questions and interact with the webcast hosts.

If you are not familiar with our College, we offer seven undergraduate degree programs: Criminology and Criminal Justice, Political Science, Public Policy, Public Administration, Environmental Studies, Legal Studies, and Global Studies.

UIS College of Public Affairs and Administration

Webcast Flyer

Discussion board guidelines:

- Make posts that are on topic and within the scope of the course material.
- Take your posts seriously and review and edit your posts before sending.
- Be as brief as possible while still making a thorough comment.
- Always give proper credit when referencing or quoting another source.
- Be sure to read all messages in a thread before replying.
- Don’t repeat someone else’s post without adding something of your own to it.
- Avoid short, generic replies such as, “I agree.” You should include why you agree or add to the previous point.
- Always be respectful of others’ opinions even when they differ from your own.
- When you disagree with someone, you should express your differing opinion in a respectful, non-critical way.
- Do not make personal or insulting remarks.
- Be open-minded.

Jump online to learn about admissions updates to our CCNE-accredited RN to BSN program! Changes include:
- $40 application fee waived through April 30
- Fall application deadline: June 10
- Flexible admissions requirement: NCLEX & Licensure extension due to COVID-19*
  *Students have additional 6 months to take exam/obtain licensure
  *Admission Extension applies for Fall 2020 only

RSVP to join! Visit ben.edu/gradadult or call (877) 353-9622

*Phone/internet are required. Login information will be forwarded upon RSVP with instructions to join the meeting.

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WEI Grant Programs

✓ CPT-Manufacturing Basics Certificate (CPT)
  ❏ CPT-Certified Forklift Operator (National Safety Council)
  ❏ CPT-MSSC Safety Certification
  ❏ CPT-MSSC Quality and Measurement Certification
  ❏ CPT-MSSC Production Certification
  ❏ CPT-MSSC Maintenance Certification

✓ CHW-Community Health Worker Basic Certification
✓ CPCT/A-Patient Care Technician
  ❏ BNATP-Certified Nursing Assistant
  ❏ PCT-Phlebotomist
  ❏ CET-EKG Technician
✓ Barber Technician Certification (Coming Soon!)

Contact:
South Suburban College Workforce Equity Initiative
workforceequity@ssc.edu
(708) 596-2000 ext. 2413

Student Life/Leadership does a student check-in/chat each Thursday at 1:00 pm. Please email Studentlife@ssc.edu to get instructions on entering the meeting.

Need a loaner laptop? Enrolled SSC students can complete and submit a request form at https://www.ssc.edu/services/student-services/loaner-laptop-request-form. For questions contact StudentLife@ssc.edu.

Academic Assistance Center

Need additional support during finals for Math, English, Reading, Chemistry, Biology, or another subject?

Tutoring staff are available from 8am – 8pm Mondays through Thursdays and 8am – 2pm on Fridays.
24/7 tutoring help is also available from the Brainfuse Live Help menu.
Contact AcademicAssistanceQuestions@ssc.edu to schedule an appointment.

SSDO

For classroom accommodations contact the Services for Students with Disabilities Office (SSDO) at DisabilityServices@ssc.edu. Staff are available via email 8am-5pm, Monday-Friday.