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.

Virtual Career Fair Opportunity!

Career Services may help students prepare for the Virtual Career Fair: Resumes, education on how to prepare for a virtual interview, virtual mock interviews, and preparing students to be employable vs. just landing a role. If you desire assistance please email careerdev@ssc.edu

LOOKING FOR LOCAL OPEN JOBS IN THE CURRENT CLIMATE OF THE PANDEMIC?
THERE ARE EMPLOYERS LOOKING TO HIRE FAST!!

Catalyst Career Group

If you are questioning if employers are hiring or if you are currently pursing employment, attending a virtual career fair may be a great opportunity for you to learn more about the industries that are hiring and connect with hiring managers in those professions. The Catalyst Career Group will be hosting a virtual career fair on June 3, 2020, and are looking for strong candidates to fill open roles for their employers. Please follow the links below to learn more about Catalyst Career Group and to register for the upcoming virtual career fair.
https://catalystcareergroup.com/

Student Assistance Program (SAP)

The Student Assistance Program at South Suburban College provides a voluntary, confidential resource to assist you with issues affecting your studies, work and personal life. It can assist you in understanding and dealing with stress related issues, family concerns, abusive relationships, self-esteem, single parenthood, anxiety and depression. In addition, the Program offers counseling and/or referral for substance abuse, pregnancy, AIDS and eating disorders. Visit https://www.ssc.edu/services/student-services/student-assistance-program/ for more information.
**Summer 2020 Important Dates**

<table>
<thead>
<tr>
<th>8-week, Starts On:</th>
<th>Start Day of</th>
<th>Drop Ends</th>
<th>Attendance Verification*</th>
<th>Mid-Term Grade &amp; Active Pursuit</th>
<th>Last Day to Withdraw</th>
<th>Class End Week Of</th>
<th>Final Grades Due</th>
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<tbody>
<tr>
<td>Monday</td>
<td>06/01/20</td>
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<td>06/07/20</td>
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<td>07/20/20</td>
<td>07/27/20</td>
</tr>
</tbody>
</table>

If your class does not meet according to any of the above, check with your department to verify due dates.

* If a student shows up for class for the first time after the Attendance Verification due date and was marked “NS”/Never Attended, they are no longer actively enrolled in the course and have already been issued a grade of “AW”.

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**Prepare For Your Placement Test!**

**Placement Review Sessions - Summer 2020**

Online through Zoom - Access ZOOM at [https://zoom.us/join](https://zoom.us/join) and use the ID number 289-789-3353.

Email William Radtke at Wradtke@ssc.edu for the password or additional information.

**SSC Library**

**Summer 2020 Virtual Reference Schedule**

Session 1: June 1 - June 25, 2020 - Sangeeta Kumar

Session 2: June 29 - July 23, 2020 - Marilyn Wells

**Hours:** 8:00am-4:00pm Monday - Thursday

**Lunch:** 12:00-1:00pm

**First Meeting** (Day & Evening Classes)

First Meeting

**June 1st**

**Last Meeting**

**July 23rd**

View important updates on the SSC Library webpage and access curbside pickup with our request form!

[https://www.ssc.edu/services/library/](https://www.ssc.edu/services/library/)

[https://www.ssc.edu/services/library/circulation-sevices-request-form/](https://www.ssc.edu/services/library/circulation-sevices-request-form/)
Counselors Corner

By John McManus, QMHP, Access Center Counselor

Our brains are wired to avoid continuously making conscious decisions. You may not realize it, but most of our behaviors happen at an unconscious level outside of our awareness. Basically, we are on “autopilot”. We wake-up. We get out of bed. We brew the coffee. We walk the dog.

Unconscious thought processes are essential. They allow us to function without being overwhelmed by the thousands of decisions we need to make every day. But relying too much on your unconscious can interfere with taking healthy risks, getting out of your comfort zone and living a more purposeful life.

As difficult as it may seem to find anything positive coming from the coronavirus quarantine, it may encourage us to make conscious decisions. You can access your consciousness to pause, reflect and think about your life status. By accessing consciousness, you can change an unhealthy habit, weigh an important decision and be more intentional about goals.

Some other ways this can help you:

- You realize what you have taken for granted. Going for a cup of coffee, taking a walk, attending sporting events or enjoying meals with friends. Even these mundane moments of the routines we used to have seem like luxuries we can’t wait to get back.

- You are gaining clarity through simplicity. All the extra activities and tasks have been removed from your daily schedule. Now you get to slow down, gain more time for yourself and simplify the previously frenetic pace. This can enable more reflection.

- Your long-term goals may seem less important. Studies reveal that people who focus on the present and enjoy what they are doing report higher feelings of well-being than others who dwell on the past or future. Many people have started to concentrate more on what will happen today or this week versus further in the future.

- Your gratitude is growing exponentially. Long before coronavirus, a 2003 study demonstrated that giving thanks in a written form such as journaling can lead to a calmer outlook. The practice decreases activity in the part of the brain attached to strong emotions. So, you not only increase gratitude, you decrease anxiety.

- Perhaps there was a project you put on hold, a topic you wanted to learn more about or a friend or family member you have not connected with in a long time. The more we repeat thoughts and actions the more likely we are to keep repeating them. Conscious decisions can allow meaningful change. They can also help align our behaviors with our value system.

- As devastating this time has been for many, it could also be the impetus to embrace conscious decisions. Consider a career or relationship change. Relocate to a new environment. Or, return to a passion you put on hold because you were on autopilot for too long.

Our first ever Virtual Commencement will be held July 26th 2020 @ 1:30 p.m.

For more information please contact Registration&records@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.

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.
Transfer Talks

TRANSFER MORE CREDITS
// Earn a Bachelor's Degree while you work

ACCOUNTING
ADDITIONS COUNSELING
BIBLICAL STUDIES
BUSINESS ADMINISTRATION
BUSINESS INFORMATION SYSTEMS
COMMUNICATION
CRIMINAL JUSTICE
DIGITAL ADVERTISING
DIGITAL COMMUNICATION
EARLY CHILDHOOD EDUCATION
FINANCIAL PLANNING
GENERAL STUDIES
HEALTHCARE ADMINISTRATION
HOSPITALITY MANAGEMENT
HUMAN RESOURCE MANAGEMENT
HUMAN SERVICES
INTERNATIONAL RELATIONS
AND SECURITY:
  • Cybersecurity
  • Global Security
MANAGEMENT
MARKETING ANALYTICS
NURSING
PSYCHOLOGY
NON-PROFIT MARKETING
SOCIAL MEDIA
SOCIAL WORK

Associate Degree // Master's Degree

ASSOCIATE OF NURSING TO MASTER OF SCIENCE IN NURSING

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Transfer up to 90 credits toward a 120 credit bachelor’s degree
Not-for profit university • All programs offered 100% ONLINE
Courses taken one at a time • Online technical support
Flexible, convenient study schedule • Financial aid available
Some programs taught ONSITE one night per week
Practical assignments • No application fee

CAITLIN LITTLEJOHN  SENIOR CORPORATE REPRESENTATIVE

Cell 219.781.0050 - Call or Text
caitlin.littlejohn@indwes.edu
IWUeducation.com
Student Lifelines • June 2, 2020 • 5

Apply to be an OMD Scholar Today!

Want to learn more about One Million Degrees?

Attend our 30-minute Virtual Info Session!

Click the ad to RSVP for a 30 minute info session.

You Can Do This! Apply today!

Program Requirements

Enrolled full-time (12 credit hours) at an OMD partner community college for fall and spring semesters*

Receive PELL or MAP* Grant, Chicago STAR Scholarship, or Chicago Housing Authority Partners in Education funding 2.0+ gpa No previous degrees (associate or higher)*

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.

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.

https://youtu.be/9Oelkp9YhEo

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/