



A biweekly newsletter for student resources brought to you by The Division of Student & Enrollment Services

#12

COUNSELORS CORNER

Laughing Your Way to a Strong Immune System

Ask veteran nursing educator Anne Belcher, Ph.D., to describe the link between your health and your sense of humor, and she'll quickly tell you how she handled a recent monster traffic jam.

Her strategy was simple. While other drivers leaned on their horns and snarled curses, Dr. Belcher calmly reached into the glove compartment for her jar of pink "Wonder Bubbles."

Moments later, the university nursing professor was blowing a stream of fluttery bubbles past the other drivers, while laughing herself silly at their startled reactions.

"After a couple of minutes," chuckles the professor, who teaches classes in "laughter therapy" each semester, "they didn't know whether to call the cops, or start laughing with me."

For the fun-loving Dr. Belcher, the "Great Bubble Caper" offers a classic example of how laughter can improve your health. Her message, in exactly six words: Laugh more, and you'll feel better.

Develop a better sense of humor, Dr. Belcher contends, and you'll reduce the wear and tear caused by stress, anxiety and frustration – while at the same time strengthening your immune system's ability to fend off disease. Increasingly, scientific researchers all across America are agreeing with her.

At the Stanford University Medical School in Palo Alto, Calif., for example, famed health researcher William Fry, M.D., recently demonstrated that "mirthful laughter" (the kind you get from watching Bill Cosby, let's say, while enjoying a few old-fashioned "belly laughs") markedly enhances the body's ability to resist illness.

According to Dr. Fry, lab tests showed that the immune systems of the "laughers" tend to release more disease-fighting "T cells" from the spleen into the bloodstream than do the systems of the "non-laughers."

"There's no doubt that mirthful laughter stimulates the quantity of T cells, and also their vitality," says the Stanford psychiatrist.

Here's the bottom line

Because these T cells are a major weapon in the body's defense against illness, the "laughter stimulus" they receive may be a crucial factor in staving off the next flu virus that comes your way.

But the mystery of exactly how laughter strengthens the immune system continues to puzzle researchers.

Is it simply that the physical exercise of laughing helps to "condition" the disease-fighting system, in the same way that exercise "conditions" an athlete? (Dr. Fry's studies have shown that the "inner jogging" of laughter can boost the average pulse rate from 60 to 120 in a few seconds, while flooding the entire cardiovascular system with vital oxygen.) Or is there also a mysterious psychological component at work?

REGISTRATION RESOURCES

SSC has moved to a Virtual Classroom model through Fall 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.

See our list of Late Start Classes

https://www.ssc.edu/wp-content/uploads/2020/10/LATE_START_FA_2020_10_13.pdf

Login to Online Courses

<https://d2l.ssc.edu/d2l/login>

<https://lms.ssc.edu/login/index.php>

For help with online courses email ssconline@ssc.edu or call 708-225-5825 option 2.

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.

"We can't answer that," says Dr. Fry. "But there's absolutely no doubt that laughing is great exercise. Some people get so involved they end up kicking their feet in the air."

Another health benefit to be gained from the giggles, he says, is that vigorous laughter often activates the body's natural tranquilizers – the brain-centered "endorphins," which reduce pain and trigger the euphoria known as "runner's high."

Given all of these marvelous health benefits, you'd think that most of us would be laughing our heads off these days, in our continuing quest for wellness.

But we aren't, and for good reason: Life today has become so stressful that many people can't seem to manage even a tiny smile, let alone an old-fashioned belly-whomper.

cont.

“A lot of people have just plain forgotten how to laugh,” explains Marci Catanzaro, Ph.D., a University of Washington nursing professor, “and that’s really a shame.”

For those of us now suffering from such “terminal seriousness,” Dr. Catanzaro offers a helpful recommendation: We should “reconnect with the child inside, and learn how to laugh again by enjoying the silliness in life.” To accomplish that, try a few of these tips:

- Draw up what Dr. Fry calls a five-day “humor profile” of yourself by making a list of things you laughed at during that period (a funny cartoon, a goofy remark, a TV comic, etc.). Start collecting examples of that kind of humor.
- Learn to enjoy the comedy in your own mishaps and boo-boos. Example: Marvin Herring, M.D., a longtime professor of family medicine at the University of Medicine and Dentistry of New Jersey, remembers how he once reached for a microphone before class – and knocked his own wig off. His reaction? He simply made the mess-up part of the lesson-plan, telling his students: “That just goes to show you that what you see in life is not always what you get – an important lesson for a doctor!”
- Teach yourself some of Dr. Catanzaro’s tricks, such as taking a “humor walk” each day (look for the “human comedy” all around you) or keeping a jar full of your favorite jokes on your desk.
- When it’s appropriate, dare to show others the silliness in yourself. Describing a recent tumble she took on an icy sidewalk, Dr. Belcher recalls: “I told the friend I was walking with, ‘Just remember that I fell gracefully.’ And then I laughed my head off.”

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FALL ACADEMIC CALENDAR

October 10	<i>End of 1st 8 week credit classes</i>
October 12	<i>Columbus Day - Main Campus Closed, No Classes, OFC Campus Open, No SSC Classes</i>
October 13	<i>First meeting of 2nd 8 week credit classes</i>
November 3	<i>Election Day - College Closed, No Classes, Both Campuses</i>
November 13	<i>Veterans’ Day Observed - Main Campus Closed, No Classes, OFC Campus Open, No SSC Classes</i>
November 23	<i>Last day to withdraw for 2nd 8, 12 week & 16 week college credit classes</i>
Nov. 26-28	<i>Thanksgiving Recess- College Closed, No Classes, Both Campuses</i>
December 5	<i>Last meeting of day & evening college credit classes</i>
Dec. 7-12	<i>Finals Week</i>
Dec. 22 - Jan. 2	<i>College Closed</i>

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.



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.

Note Takers Needed!

Qualified individuals must have a GPA of 2.0 or better. Students must be available to work a minimum of 2 to 3 hours.

Any interested candidates can visit the Career Development Office in Rm. 2250 to complete an application or they may visit SSDO (Services for Students with Disabilities Office) in Rm. 2268.

In recognition of World Mental Health Day, a mental wellness training session will be facilitated by National Alliance on Mental Illness (NAMI).

All SSC faculty, staff and students are welcome to participate.



**Tuesday, October 20, 2020
at 11:00am**

Must register for access, use this link:

[us02web.zoom.us/meeting/register/tZYkduivqjktG9F_41kKgsXYwbQo4C_48oAT](https://us02web.zoom.us/join/tZYkduivqjktG9F_41kKgsXYwbQo4C_48oAT)

For more information contact:

Devon Powell, Dean of Student Services, dpowell@ssc.edu or (708) 596-2000, ext. 5841.



This is Success.

SSC HEALTHY CORNER

Every Monday

Opens September 28th

10:00am-2:00pm

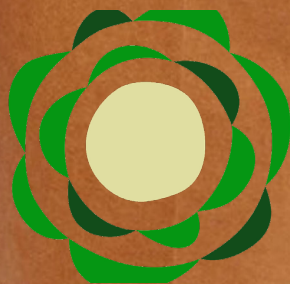
Bremen Room (*Cafeteria*)

Must have a valid SSC student ID to access.

Pantry will be closed during college closures.



This is Success.



**GREATER
CHICAGO
- FOOD -
DEPOSITORY**

STUDY GROUPS

MTH 091/093 Study Group

At the Study Group you can:

- Get help with your homework from Rebecca Arnold, AAC Student Specialist and adjunct faculty member.
- Ask the questions you didn't get to ask in class.
- Study with your classmates and prepare for upcoming exams.
- Have your homework checked.

Meeting Times – Starts 9/1/20

Tuesdays and Thursdays 1:30pm – 3:30pm

Study group will be conducted over Zoom. [Click here to join the Academic Assistance Center Zoom](#) or go to zoom.us/join and enter 962 0996 2139 for the meeting ID. Contact Rebecca Arnold at RArnold@ssc.edu for more details.

Additional tutoring is available outside the study group times! Email AcademicAssistanceCenter@ssc.edu for more info.

 **This is Success.**

MTH 095/100 Study Group

At the Study Group you can:

- Get help with your homework from Roger Desouza, AAC Student Specialist and Hermine Carating, PBI Project Success tutor.
- Ask the questions you didn't get to ask in class.
- Study with your classmates and prepare for upcoming exams.
- Have your homework checked.

Meeting Times

Wednesdays and Thursdays 5:00pm – 7:00pm

Fridays 11:00am – 1:00pm

Study group will be conducted over Zoom. [Click here to join the Academic Assistance Center Zoom](#) or go to zoom.us/join and enter 962 0996 2139 for the meeting ID. Contact William Radtke at WRadtke@ssc.edu or at (708) 596-2000 ext. 2649 for more details.

 **This is Success.**

MTH 126/211 Study Group

At the Study Group you can:

- Get help with your homework from Rebecca Arnold, AAC Student Specialist and adjunct faculty member.
- Ask the questions you didn't get to ask in class.
- Study with your classmates and prepare for upcoming exams.
- Have your homework checked.

Meeting Times – Starts 9/1/20

Tuesdays and Thursdays 10:00am – 12:00pm

Study group will be conducted over Zoom. [Click here to join the Academic Assistance Center Zoom](#) or go to zoom.us/join and enter 962 0996 2139 for the meeting ID. Contact Rebecca Arnold at RArnold@ssc.edu for more details.

Additional tutoring is available outside the study group times! Email AcademicAssistanceCenter@ssc.edu for more info.

 **This is Success.**



Free Online Tutoring Services Available!

Fall 2020 Hours:

Monday through Thursday

8:00am – 8:00pm

Friday

8:00am-2:00pm

Scan this QR code to enter the Academic Assistance Center Zoom or go to zoom.us/join and enter Meeting ID: 962 0996 2139!



Email AcademicAssistanceCenter@ssc.edu or call ext. 2397 to schedule an appointment.

“We're here to help you succeed!”

TECHNOLOGY RELIEF FUND

SSC Technology Relief Fund resources are allocated to students who have been impacted by the COVID-19 pandemic and need additional resources to engage in remote learning. Resources are designated on a case-by-case basis through the Division of Student and Enrollment Services at South Suburban College. Resources allocated under this funding include laptops, digital text books, course fees, course software, internet access and other resources necessary to successfully complete courses in a virtual learning environment.

Eligibility:

1. Preference will be given to new students, recent high school graduates, and students that have been out of school for more than 1 semester. All student are welcome to apply.
2. Recipients must demonstrate a financial need which can include, but is not limited to unemployment, financial aid, TANIF or other support programs.
3. Must be enrolled in at least 6 credit hours for the Fall 2020 semester.

Click the link to apply and start the process!

[Technology Relief Fund](#)

LIBRARY RESOURCES

SSC Library Reference Desk Hours – Fall 2020

Librarian on Duty

Monday – Thursday: 8:00am – 12:00pm

1:00pm – 5:00pm

Friday: 8:00 am – 4:00pm

Send Requests to: ReferenceDesk@ssc.edu

Closed Saturday & Sunday

The EBSCO Mobile app provides library users with an easy way to access their library's EBSCOhost and EBSCO Discovery Service resources. It is available for Apple and Android devices from the iTunes App store and Google Play Store.

Your device must be running:

- Apple Devices: iOS 11+
- Android Devices: Android 5+

Use your SSC Username and Password to login to the app.

https://connect.ebsco.com/s/article/EBSCO-App-Quick-Start-Guide?language=en_US



Did you know that....

You automatically get a Virtual Library Card when you use your login credentials (Username & Password) given to you at Registration to access the Library's Online Catalog (I-Share) and its other Proprietary Databases.

Tip: When typing in your UN & PW type it exactly as shown and do not use the Caps Lock key for capitalization, use the shift key.



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.

ACADEMIC SURVIVAL SESSIONS FALL 2020

Working with Fractions

Wed. Oct. 28th 2:00pm – 3:00pm Online
By Rebecca Arnold, AAC Student Specialist

Factoring

Wed. Nov. 11th 2:00pm – 3:00pm Online
By Rebecca Arnold, AAC Student Specialist

STUDENT DEBT RELIEF FUND

SSC Student Debt Relief Fund resources are allocated to students who have been impacted by the COVID-19 pandemic. Funds are distributed on a case-by-case basis until exhausted. Students are eligible for additional financial resources to address outstanding tuition/fee balances under the following conditions.

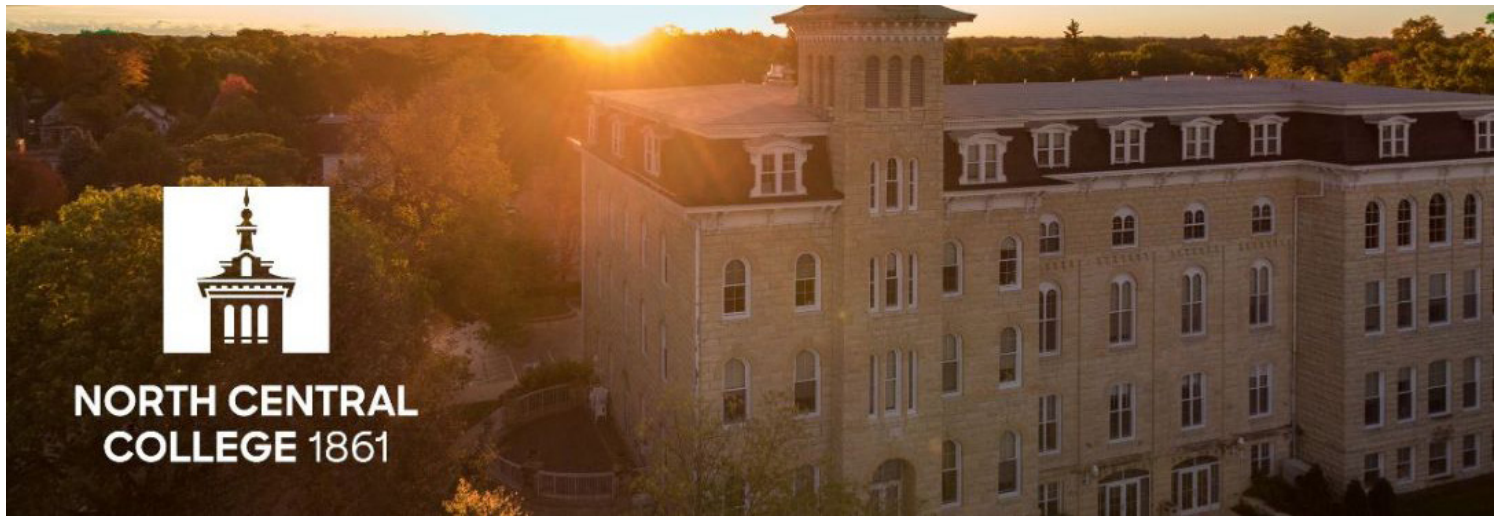
- Debt is the result of tuition/fees incurred at SSC during the pandemic (no earlier than Spring 2020).
- Student demonstrates financial hardship (ineligible for financial aid, unemployment, impacted household, reduced work hours, etc.).
- Student signs a Debt Relief Agreement.
- Student enrolls and successfully (C or better) completes at least 6 credit hours for the semester that funds are allocated.
- Student agrees to check-in with a counselor at least 3xs per semester.
- Student signs-up for a payment plan for current tuition/fee charges.

Click the link to apply and start the process!

[Student Debt Relief Fund](#)



TRANSFER TALKS



North Central College named in top 10 of U.S. News & World Report's "Best Regional Universities in the Midwest."

The College jumped three places from last year, equaling its highest ranking since 2018.

[Get the Details](#)



North Central Debuts New Diversity, Equity and Inclusion Web Pages

[Find Out More](#)

Student Movie Club Addresses Diversity and Promotes Understanding

[Find Out More](#)



OFFICE OF ADMISSIONS

View this video about our Education Program!

<https://screencast-o-matic.com/watch/cYQubCdGJd>



South Suburban College's State Universities of Illinois Transfer Day

Monday

October 19

10 am - 12:20 pm

Virtual Fair

<https://www.ssc.edu/event/sutd/>

Join virtual sessions with
the State Universities



ILLINOIS STATE
UNIVERSITY



SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE



UNIVERSITY OF
ILLINOIS
SPRINGFIELD



SOUTH SUBURBAN COLLEGE'S Private Illinois Colleges & Universities (PICU) Fair



**Monday,
October 26, 2020**



from



10:30 am – 1:00pm

<https://luc.zoom.us/j/94773159687>



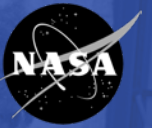
Password: PICUSSC



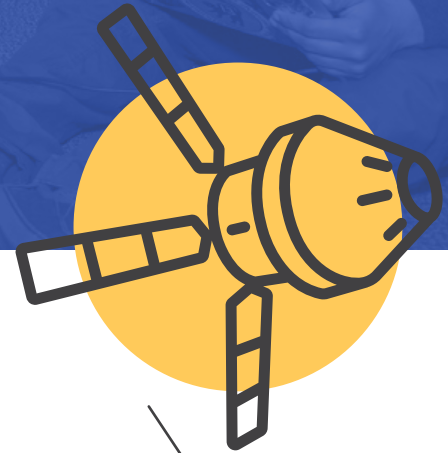
For more information, please contact Anthony Todd at ext. 2310.



This is Success.



NASA COMMUNITY COLLEGE AEROSPACE SCHOLARS



ORION SPACECRAFT

[NASA.GOV/ORION](https://www.nasa.gov/orion) >

SECURE YOUR SPOT!

Join the next session of NASA Community College Aerospace Scholars (NCAS) to learn from experts about NASA missions and research. Complete the online course and earn a chance to participate in a NASA experience in Summer 2021 or Fall 2021.

► **REGISTRATION:** Now open through November 18, 2020

ATTEND AN INFO SESSION: ALL TIMES LISTED ARE IN CENTRAL TIME

Thursday, September 10, 2020
7-8 p.m. CDT

Tuesday, October 6, 2020
3-4 p.m. CDT

Wednesday, October 14, 2020
5-6 p.m. CDT

Monday, November 2, 2020
1-2 p.m. CST

LINK TO SESSION: [GO.NASA.GOV/NCASINFO](https://go.nasa.gov/ncasinfo)



NCAS MISSION PATCH

ELIGIBILITY

- U.S. citizenship
- High school graduate or equivalent and at least 18 years of age
- Registered at a U.S. community college during the semester of the onsite workshop
- Concurrent enrollment or completion of 9+ hours of STEM coursework

FOR MORE INFORMATION AND TO APPLY VISIT [GO.NASA.GOV/NCAS](https://go.nasa.gov/ncas)



QUESTIONS? EMAIL US AT JSC-NCAS@MAIL.NASA.GOV

Thriving Through
TRANSFER

#Transfer
Student
Week

NATIONAL TRANSFER STUDENT WEEK
OCTOBER 19-23, 2020

Pathways to the University: Transfer Student Spotlight

Hosted by the
Dual Degree Program
@ Governors State
University

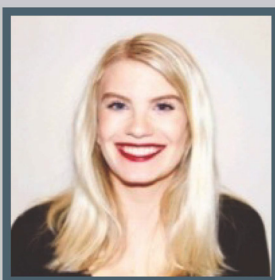
Tuesday, October 20th
5:00 to 6:00 p.m. CST
Zoom Webinar
Passcode: 442250

ALUMNI & STUDENT PANELISTS:



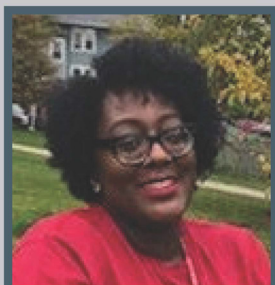
Derron Jackson

*Associate of Arts (2019), Kennedy King College, City Colleges of Chicago
Bachelor of Science in Computer Science (Expected graduation, 2021)*



Isabella Parise

*Associate of Science (2014), Moraine Valley Community College
Bachelor of Health Science in Community Health (2015), Governors State University
Master of Public Health (2019), Tulane University*

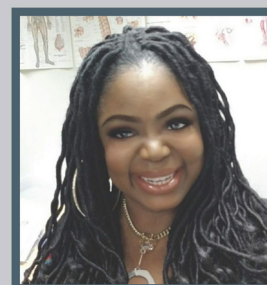


Danielle Terry

*Associate of Arts (2016), Prairie State College
Bachelor of Arts in English (2019), Governors State University
Master of Leadership Studies (2020), North Central College*

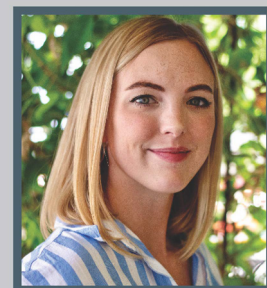
Jeanine Latrice Koger

*Associate of Science (2019), Prairie State College
Bachelor of Science in Psychology (Expected graduation, 2021)*



Stefany Sigler

*Associate of Arts (2013), Joliet Junior College
Bachelor of Arts in Psychology (2015), Governors State University
Master of Leadership Studies (2017), North Central College*



Visit www.govst.edu/transferstudentweek for details!