

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

#16

REGISTRATION RESOURCES

SSC has moved to a Virtual Classroom model through Spring 2021 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.

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.

Register Now for Spring Classes!

https://selfservice.ssc.edu/S46student/courses

HOW TO REGISTER!

View our SSC Self Service User guide!

https://www.ssc.edu/wp-content/ uploads/2018/02/Self-Service-User-Guide.pdf



COUNSELORS CORNER

Are You Feeling 'Pandemic Fatigue'?

WEDNESDAY, Nov. 18, 2020 (HealthDay News) -- As COVID-19 case numbers surge across the United States, some people are experiencing pandemic fatigue after many months of social distancing, mask wearing and guarantines.

Experts from Penn State Health stressed the importance of continued vigilance and following established safety efforts to slow the spread of the virus, while also offering suggestions for minding mental health while being creative about social gettogethers.

"Since those early days, there's been a lot of evidence overall that wearing masks may definitely slow the spread of the virus and help people from transmitting it to others, especially if they're asymptomatic," said Dr. Jonathan Nunez, an internal medicine physician at Penn State Health Milton S. Hershey Medical Center.

Be creative about social gatherings, Nunez suggested, offering virtual game nights as one idea.

He also advised that anyone considering in-person activities like dining out or shopping make sure that everyone in those places is abiding by the rules.

"Are they wearing masks, covering the whole face, sitting six feet apart?" he asked, adding that even with these measures, "there is no absolute decreased risk."

The relentlessness of the pandemic has been exhausting and stressful, said Dr. Julie Graziane, a psychiatrist at the Milton S. Hershey Medical Center.

"We've been watchful with mental health as individuals experience significant emotional stress during the pandemic," Graziane said in a Penn State news release. "And we're especially concerned as we head into the winter months that play a role in some people's depression."

But people can mitigate those emotions by emotionally reframing the quarantines and

cont.



restrictions, she said.

"Don't think of them as things we're being forced to follow, but rather as actions we're freely choosing to do to help others," Graziane said. "We shift it into an altruistic action as we do these things to help our loved one, our neighbor, even the stranger in the community that we care about."

To help with stressors, Graziane suggests having regular awake or sleep times, and scheduling meals. Check in with yourself on your feelings each day. Incorporate pleasurable activities, as well as healthy activities such as exercise and mindfulness. Reflect on what was important to you before the pandemic to help find strength and purpose.

"And don't be afraid to reach out for help. If you feel like you're struggling with getting through this, talk to someone such as a loved one, a physician, a counselor or a friend," she said in a Penn State news release.

Nunez suggested taking the time to check in with others, too.

"Maybe someone you know is struggling and just because you don't ask, they don't mention it. We're all going through this. We are not alone," he said.

"I think what's important this holiday season is remembering that we're trying to stay healthy and we're also really trying to keep others healthy," Nunez added, "especially our patients who are vulnerable and at risk for severe complications of the disease."

SOURCE: Penn State Health, news release, Nov. 12, 2020

The StayWell Company, LLC ©2020

SSDO

For classroom accommodations contact the Services for Students with Disabilities Office (SSDO) at <u>DisabilityServices@ssc.edu</u>. 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.

FALL ACADEMIC CALENDAR

Dec. 7-12	Finals Week		
Dec. 22 - Jan. 2	College Closed		
Jan 4	College reopens		
Jan 11	First meeting of day and evening 1st 8 week & 16 week credit classes		
Jan 18	Martin Luther King Holiday: Main Campus Closed - No Classes/ OFC Campus Open - No SSC Classes		
Feb 8	First meeting of day & evening 12 week credit classes		
Feb 15	Presidents' Day: College Closed, No Classes - Both Campuses		
Feb 22	Last day to withdraw from 1st 8 week credit classes		
Feb 26	Pulaski Day Observed: College Closed, No Classes - Both Campuses		
Mar 6	End of 1st 8 week credit		
Mar 8-13	Midterm Break: College Open, Main Campus - No Classes/ OFC Campus Open - No SSC Classes		
Mar 15	First meeting of 2 nd 8 week credit classes		
Apr 1	Spring Break: College Open, No Credit Classes		
Apr 2	Spring Day: College Closed, No Classes - Both Campuses		
Apr 3	No Credit Classes		
Apr 26	Last day to withdraw from 2 nd 8 week, 12 week & 16 week credit classes		
May 8	Last meeting of day & evening college credit classes		
May 10-15	Finals Week		
May 16	Commencement		



PREPARE FOR YOUR PLACEMENT TEST!

PLACEMENT REVIEW TUTORING FOR WINTER 2020/ Spring 2021

To enter the Academic Assistance Center Zoom, go to zoom.us/join and enter 962 0996 2139 for the Meeting ID.

Receive one on one tutoring from a trained tutor.

12/14/20	12/15/20	12/16/20	12/17/20	12/18/20
8:00am - 12:00pm	8:00am - 12:00pm	8:00am - 12:00pm	8:00am - 12:00pm	8:00am - 12:00pm
12:00pm - 4:00pm	12:00pm - 4:00pm	12:00pm - 4:00pm	12:00pm - 4:00pm	12:00pm - 4:00pm
1/4/20	1/5/20	1/6/20	1/7/20	1/8/20
1/4/20 10:00am - 2:00pm	1/5/20 10:00am - 2:00pm	1/6/20 10:00am - 2:00pm	1/7/20 10:00am - 2:00pm	1/8/20 8:00am - 12:00pm

Ask about our math review packet!

Email AcademicAssistanceCenter@ssc.edu or call 708 596-2000 ext. 2397 for questions or additional information



LIBRARY RESOURCES

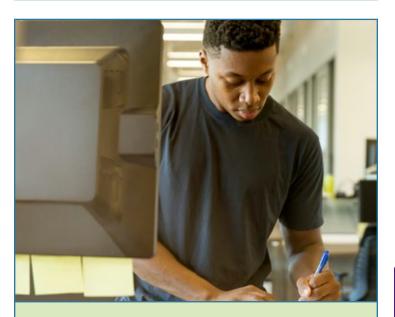
The EBSCO Mobile app provides library users with an easy way to access their library's EBSCO host and EBSCO Discovery Service resources. It is available for Apple and Android devices from the iTunes App store and Google Play Store.

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.

TESTING CENTER

Students have access to remote testing for Math (ALEKS), Reading (Accuplacer) and English/Writing (Moodle). Please email <u>TestingCenterQuestions@ssc.edu</u> to set up appointments.

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:

- Preference will be given to new students, recent high school graduates, and students that have been out of school for more than I 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



Celebrating 40 Years

South Suburban Family Shelter offers services for victims of domestic violence and accepts clients regardless of race, color, religion, national origin, sex, gender identity, sexual orientation, disability, marital status, or age.

For After-Hours Emergencies, Please Call Hotline Number 708-335-3028

708-794-2140

Office hours:

info@ssfs1.org

Monday-Friday: 9.00am - 4:00pm

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

SUPPORT SERVICES



Log in to your WorkLife Online Portal for access to a variety of different online resources and information:

Username: SSC500
Password: perspective



SUPPORT IS EVEN CLOSER THAN YOU THINK

 $800.456.6327\,\textbf{|}\,\,\textbf{perspectivesItd.com}$

SELF CARE WEBINARS

Self-care during the time of COVID: Webinars

https://youtu.be/J8E5-5TFukY https://ispri.ng/m08zv

YWCA Metropolitan Chicago

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.





Need money to cover rent, pay bills and get groceries?

Apply for our resident cash assistance program!

Cook County is offering \$600 cash grants to eligible Suburban Cook County residents who are financially impacted by the pandemic.

The application is short, available in multiple languages, and can be completed directly from your phone.

Applications open Monday, December 7, 2020 and close Friday, December 11, 2020

Learn more and apply at www.cookcountyil.gov/recovery

Cook County
COVID-19
RECOVERY
Resident Cash
Assistance

ACT NOW!

Contact us at: Info.Edev@cookcountyil.gov

Sign up for updates at: www.cookcountyil.gov/recovery

Get text alerts by texting: AlertCook to 888-777



and the Bureau of Economic Development are working with a variety of community partners to provide critical services to residents during the pandemic.



¿Necesita más dinero para pagar la renta, los gastos y comprar alimentos?

ilnscríbase en el programa de asistencia de dinero en efectivo para residentes!

El condado de Cook ofrece beneficios en efectivo de \$600 para los residentes elegibles del condado suburbano de Cook, que hayan sufrido un impacto económico debido a la pandemia.

La solicitud es corta, está disponible en múltiples idiomas y puede ser completada directamente desde su celular.

Las solicitudes abren el lunes 7 de diciembre de 2020 y cierran el viernes 11 de diciembre de 2020.

Obtenga más información y complete la solicitud en: www.cookcountyil.gov/recovery



ACT NOW!

Contáctenos en: Info.Edev@cookcountyil.gov Inscríbase para recibir actualizaciones en: www.cookcountyil.gov/recovery

Reciba alertas enviando un mensaje de texto a: "AlertCook" a 888-777



y la Oficina de Desarrollo Económico trabajan con diferentes socios comunitarios para brindar servicios esenciales a los residentes durante la pandemia.

SSC HEALTHY CORNER Holiday Giveaway

*Extended Hours:

Monday, December 14, 2020 - Friday December 18, 2020 10:00am-2:00pm

Location: Bremen Room (through cafeteria)

*Observes all school closures/holidays









ILLINOIS YOUTH THE INVESTMENT HE INVESTMENT PROGRAM

PARTNERED WITH AUNT MARTHA'S HEALTH AND WELLNESS INC.

BENEFITS FOR YOUTH PARTICIPANTS

- Full and Part Time Paid Job Placements
- Case management services including life skills, counseling and work readiness training
- Educational enhancement opportunities.

Must be between ages 16 - 24



Are You Looking for a Job?

Aunt Martha's Employment Training
Program connects job seekers to
employers and job opportunities
throughout Chicago and the
surrounding counties including Cook,
Kane and Will. We offer programs
that give job seekers the tools,
training and resources they need to
be successful.

Our team of counselors are dedicated to providing the best opportunities available. Through our network of employers who are seeking workers, innovative online resources and job clubs, we will match your skills with a job opportunity that is right for you.

Illinois Youth Investment Program (IYIP)

Youth (ages 16-24) who are in-school and out-of-school will receive job readiness training for part-time/ full-time employment. While focusing on sustained employment, using a holistic approach, youth will also be provided with educational enhancement opportunities and Career Planning

WIOA Youth Program

The Workforce Innovation and Opportunity Act (WIOA) Youth Services Program helps eligible youth by providing opportunities that teach them occupational skills and training that is essential to achieving success in both the academic and professional arena. Through this program, we work with businesses and organizations to help us prepare young adults to become employable



Career Coaches/Job Developers

Our Career Coaches and Job Developers provide professional and friendly support for job seekers including training, career counseling and mentor-ship to help them prepare for and find the right job that suits their qualifications.

For more information call 708-679-8129 or go to www.auntmarthas.org/jobs Aunt Martha's Employment Training Program 23485 Western Avenue Park Forest, IL 60466







COMMUNITY BUILDERS II

Are you 18 years or older and Unemployed?



You Can Join the Workforce with Aunt Martha's Help!

Community Builders II Begins October 12, 2020!

Aunt Martha's **COMMUNITY BUILDERS** is a service that helps the unemployed gain **8 WEEKS** of temporary work experience/training in select industry areas.

You must receive or be eligible to receive SNAP benefits in order to participate.

Participants receive a WEEKLY STIPEND of \$400 for 20 hours of work experience/participation

Please note: Stipends are incentive payments NOT wages.

Contacts:

Chicago residents:

Tiffany Hill (773) 741-9329 / tihill@auntmarthas.org

South Suburban residents:

Norchanta Davis (773) 741-9318 / nodavis@auntmarthas.org

VIRTUAL 40 HR. CRISIS INTERVENTION TRAINING!

SEXUAL VIOLENCE SUPPORT SERVICES

eliminating racism empowering women

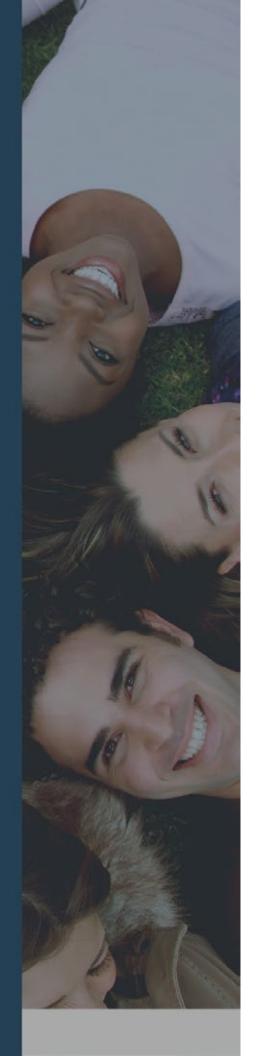
WCa
metropolitan chicago

Facilitated by
YWCA Patterson & McDaniel
Family Center
1-month Training
Jan. 25th - Feb. 25th 2020
5:30pm-9pm (Mon. Wed. Thurs.)
Platform- Zoom

Volunteer with the YWCA!

- Provide 24-hr Crisis Intervention and Medical Advocacy to survivors of sexual assault via hotline, chat, and in person.
- Flexible scheduling.
- · Must be 18 or older to volunteer.
- Complete required 40hr. Crisis Intervention Training.

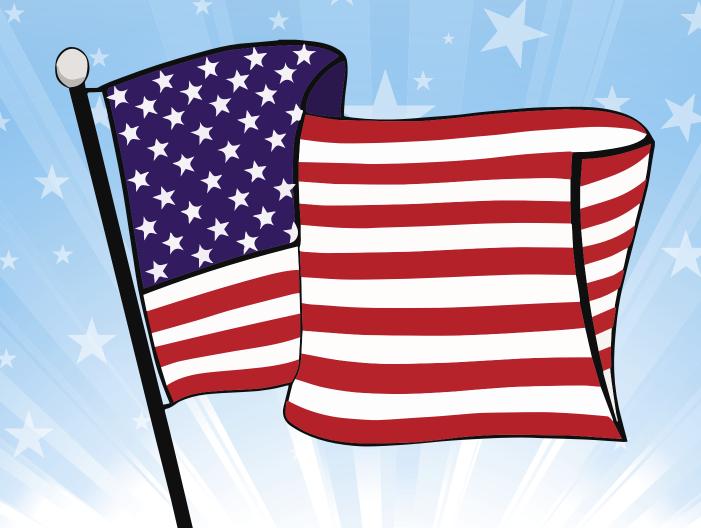
Apply online by visiting www.ywcachicago.org OR contact Volunteer Recruiter 312.834.1294 maizah.albert@ywcachicago.org.

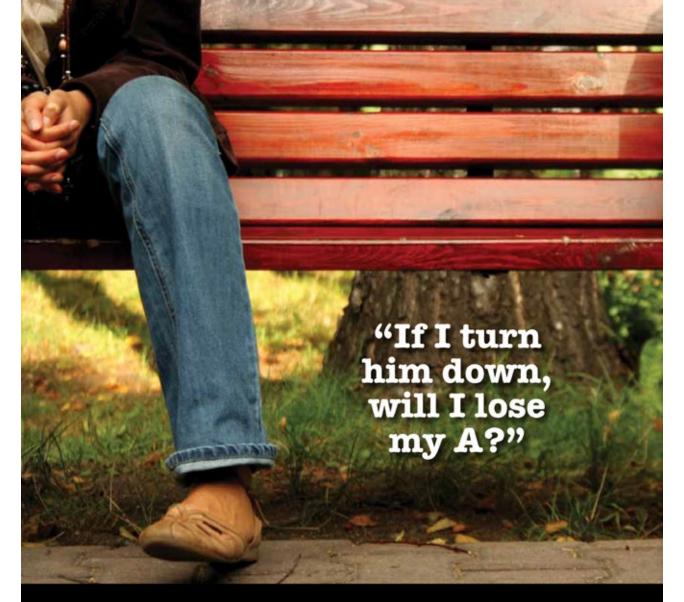


STUDENT GOVERNMENT ASSOCIATION

Student Life and leadership is looking for students interested in running in the Student Government Election in Spring 2021.

For more information please contact StudentLife@ssc.edu.





It's never okay.

If it feels like harassment, it probably is.

But how do you know for sure? And what are your rights?

Learn what constitutes harassment, and what you can do about it.

For immediate help call the Illinois Sexual Harassment and Discrimination Helpline at 1-877-236-7703 (se Habla Español) or 711 (tty) or visit www.illinois.gov/sexualharassment

Because sexual harassment in higher education is against the law.



Sexual harassment in higher education is Illegal

Everyone has the right to attend a college or university free from sexual harassment. The Illinois Human Rights Act ("Act") makes it unlawful for teachers, professors, facility members and other employees of colleges and universities to sexually harass their students. The Act specifically prohibits unwelcome advances or conduct of a sexual nature, and requests for sexual favors of students by an executive, faculty member, administrative staff member, or teaching assistant. The Act covers all public or private universities, colleges, community colleges, junior colleges, business schools, and vocational schools.

Examples of Sexual Harassment in Higher Education:

- 1) a professor who continually makes jokes of a sexual nature in the classroom;
- 2) a registration advisor who tells a student he or she might be able to get into a class if the student dates the advisor;
- an admissions officer who tells a prospective student that the advisor will put in a "good word" for the prospective student if he or she dates the advisor;
- 4) a financial assistance advisor who tells a student that "if you have sex with me, I can look out for scholarships for you;"
- a teaching assistant who promises a student a better grade if the student does not resist any inappropriate touching or sexual advances.

Protection Against Retaliation: It is also unlawful for a teacher or professor, or for the college or university to retaliate

against a student because the student reported sexual harassment, participated in an investigation of sexual harassment, or because the student filed a charge of discrimination with the Illinois Department of Human Rights.

What to Do: Any student who believes he or she is being subjected to sexual harassment or retaliated against should contact the Illinois Department of Human Rights for further information or to file a charge. Students may contact the Department by calling the Department at 312-814-6200 (Chicago) or 217-785-5100 (Springfield), 866-740-3953 (TTY); or by visiting the Department's website at www.illinois.gov/dhr.Any charge alleging sexual harassment in higher education must be filed within 300 days of the alleged incident(s). Charge forms are available on the Department's website at the following link: https://www2.illinois.gov/dhr/FilingaCharge/Documents/CIS_Emp_PA_FC_SH.pdf.

Any student who believes he or she is being subjected to sexual harassment or retaliated against should report the incident(s) to:

A student may obtain a copy of the educational institution's internal complaint policy by contacting:

If the sexual conduct is criminal in nature, students should also report the incident to the local law enforcement agency.

It's never okay.

Illinois Sexual Harassment and Discrimination Helpline and Website 1-877-236-7703 (se Habla Español) or 711 (tty)

Monday to Friday, 8:30 a.m. to 5:00 p.m.

www.illinois.gov/sexualharassment

The Department of Human Rights may be reached at www.illinois.gov/dhr or:

CHICAGO OFFICE

100 W. Randolph Street, 10th Floor Intake Unit Chicago, IL 60601 (312) 814-6200 (866) 740-3953 (TTY)

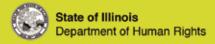
SPRINGFIELD OFFICE

535 West Jefferson Street, 1st Floor 230 Intake Unit Springfield, IL 62702 (217) 785-5100 (866) 740-3953 (TTY)

MARION OFFICE

2309 West Main Street, Suite 112 Intake Unit Marion, IL 62959 (618) 993-7463 (866) 740-3953 (TTY)

The charge process may be initiated by completing the form at: http://www.illinois.gov/dhr







Nunca "Está bien".

Si siente que es acoso, probablemente lo es. ¿Pero cómo saberlo con certeza? Y... ¿cuáles son sus derechos? Visite al www.illinois.gov/dhr para aprender lo que constituye el acoso y lo que usted puede hacer acerca de ello. Si necesita ayuda inmediata, llame al 312-814-6200 ó al 217-785-5100.

Porque el acoso sexual en la educación superior es contra la ley.





El acoso sexual en la educación superior es ilegal

Todas las personas tienen derecho a asistir a un instituto de enseñanza superior o universidad libres de sufrir acoso sexual. El Acta de Derechos Humanos de Illinois (la "Ley") considera una práctica ilícita que los maestros, profesores, integrantes del establecimiento y demás empleados de los institutos de enseñanza superior y universidades acosen sexualmente a sus estudiantes. La Ley prohíbe específicamente insinuaciones no deseadas o conductas de índole sexual y solicitudes de favores sexuales a estudiantes por parte de un ejecutivo, integrante del cuerpo docente, integrante del personal administrativo o auxiliar. La Ley abarca a todas las universidades públicas o privadas, institutos de enseñanza superior, colegios, escuelas de negocios y escuelas vocacionales.

Ejemplos de acoso sexual en la educación superior:

- 1) Un profesor que hace bromas con connotación sexual en el salón de clases de manera continua;
- 2) Un asesor de inscripciones que le dice a un estudiante que podría ingresar a una clase si tiene una cita con el asesor;
- Un funcionario de admisiones que le dice a un estudiante potencial que intercederá por él/ella si tiene una cita con el asesor;
- 4) Un asesor de subsidio económico que le dice a un estudiante que "si tienes sexo conmigo, podré averiguar sobre una beca para ti";
- 5) Un auxiliar de profesor que promete a un estudiante una mejor calificación si el estudiante no se resiste a tocamientos o insinuaciones sexuales inapropiadas.

Protección contra represalias: Asimismo se considera una práctica ilícita que un maestro o profesor, o un instituto de enseñanza superior o universidad, tome represalias contra un estudiante porque informó un hecho de acoso sexual, participó en una investigación sobre un hecho de acoso sexual o porque el estudiante presentó una queja de discriminación ante el Departamento de Derechos Humanos de Illinois.

Qué se debe hacer: Todo estudiante que crea que está siendo sujeto a acoso sexual o que se han tomado represalias contra él debe comunicarse con el Departamento de Derechos Humanos de Illinois para obtener más información o presentar una queja. Los estudiantes se pueden comunicar con el Departamento de Derechos Humanos de Illinois por vía telefónica llamando al 312-814-6200 (Chicago) o al 217-785-5100 (Springfield), 866-740-3953 (teléfono de texto, TTY); o por Internet en la página web del Departamento, www.illinois.gov/dhr. Las quejas que alegan acoso sexual en la educación su-perior se deben presentar en un plazo de 300 días a partir del presunto incidente. Los formularios de queja se encuentran disponibles en la página web del Departamento en el siguiente enlace: www.illinois.gov/dhr.

Todo estudiante que crea que está siendo sujeto a acoso sexual o que se han tomado represalias contra él debe informar el (los) incidente(s) a:

El estudiante puede obtener una copia de la política interna de quejas del instituto educativo al comunicarse con:

Si la conducta sexual es de índole delictiva, los estudiantes también pueden informar el incidente a la agencia de cumplimiento de la ley local.

Nunca es aceptable.

Para recibir ayuda inmediata llame al 312-814-6200 ó 217-785-5100

Puede dirigirse al Departamento en:

OFICINA DE CHICAGO

100 W. Randolph Street, Piso 10 Intake Unit Chicago, IL 60601 (312) 814-6200 (866) 740-3953 (TTY)

OFICINA DE SPRINGFIELD

535 West Jefferson Street, 1st Floor Intake Unit Springfield, IL 62702 (217) 785-5100 (866) 740-3953 (TTY)

OFICINA DE MARION

2309 West Main Street, Suite 112 Intake Unit Marion, IL 62959 (618) 993-7463 (866) 740-3953 (TTY)

El proceso de queja se puede iniciar completando el formulario en: www.illinois.gov/dhr.



