

# STUDENT SERVICES EVENTS CALENDAR

## *Spring 2024*



SOUTH  
SUBURBAN  
COLLEGE

Office of

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**STUDENT LIFE & LEADERSHIP**

# Welcome to the Spring 2024 Semester!



South Suburban College is so excited to have you as part of our student body for the spring semester. All spring we have new events, activities, and workshops that are designed to supplement your classroom learning process. Please take some time to check out our Spring 2024 Student Success Seminars that are constructed to help you navigate the semester successfully. SSC also offers opportunities to celebrate our diverse student body and support each other by recognizing special days and awareness months. Do you want to become more involved and have your voice heard? You should consider becoming a student leader through the Student Government Association (SGA). As a student leader you will have an opportunity to ask questions, seek input, and provide recommendations for future programming. Student improvement is crucial to our improvement and we need you to share with us.

If you are not sure where to get the resources you need to be successful at SSC please visit our webpage at [www.ssc.edu/students](http://www.ssc.edu/students) for an overview of everything we have to offer our students. Take advantage of our Food Pantry or engage with our Alumni/Mentor Network. Better yet, become our next SSC Student Trustee!

Whatever your interest, we have programming that will spark your interest, connect you to your peers, and provide you with the resources you need to be successful. Take full advantage of our student programming this spring. We are excited to have you at SSC and look forward to seeing you soon!

**Devon Powell**

**Vice President, Student & Enrollment Services**





# Spring 2024 Events Calendar

*Sponsored by the Office of Student Life and Leadership*

## SSC Healthy Corner:

**Pantry will re-open Monday, January 22, 2024**

**Time: Every Monday, 10:00am- 1:00pm**

**Location: Room 1157**

SSC Healthy Corner is an on-campus food pantry for students that can receive healthy food options. Items are provided by the Greater Food Depository and supported by ECMC. Students must present a current SSC student ID for access.



## Understanding Stalking:

**Date: Tuesday, January 30, 2024**

**Time: 1:00pm- 2:00pm**

**Location: Zoom**

Please join us for this important virtual informational session on the topic of stalking with Assistant State's Attorney Sara Ondera. For more information please contact Alexandra Glumac for more information at [Aglumac@ssc.edu](mailto:Aglumac@ssc.edu).



## SSC Book Club

**Date: Thursday, February 1, 2024**

**Time: 2:00pm – 3:00pm**

**Location: Room 4152**

An opportunity to share your voice through discussion and build connections! Open to SSC students, faculty, and staff!



## SSC Library Author's Spotlight:

**Date: Thursday, February 1, 2024**

**Time: 11:00am- 1:00pm**

**Location: Library 1st Floor**

Book reading and discussion by former SSC history professor Art T. Burton, refreshments will be available.



## History and Lunch

**Date: Wednesday, Feb 7, 2024**

**Time: 12:00pm-2:00pm**

**Location: PAC**

From the 1830s until the Civil War, individuals and families escaping enslavement in the southern states came through our area, traveling south from Chicago, then onto Detroit and into freedom in Canada. This event will feature stories, artifacts, in honor of the freedom seekers and their journey to freedom. Join Student Life and Leadership to lunch and learn about the history of the underground railroad.



## Healthy Relationships: (Love Is ...)

**Date:** Wednesday, February 14, 2024

**Time:** 12:00pm-2:00pm

**Location:** MB Financial

**The Love is Board ...**

This will be a student DIY project where students will have the opportunity to grab a colorful sharpie and a heart shaped sticky note to express the concept of "Love". This DIY project will allow for students to show their interpretation and creativity. The positivity of the project can foster an environment where students can share their thoughts and feelings about love in an uplifting way.



## The Most Important Love (Self-Love)

**Date:** Wednesday, February 14, 2024

**Time:** 12:30pm-1:30pm

**Location:** MB Financial

"What's love got to do with it!" The answer is just about everything. During this workshop, we'll be diving into how our Self-Love shows up in our relationships and the goals we set for ourselves. We will share stories, reflect, and learn tangible tools that can help improve your love for self. This event is in collaboration with AAGF (A Greater Good Foundation). For more information please contact Corrie Gray Ext: 2303.



## Women's History:

**Women of the Day**

**Date:** Month of March

**Location:** Student Life and Leadership

Students can come to Student Life and Leadership with your answer to Women of the Day, there will be 1st, 2nd and 3rd prize winners.



## Fast Break (Mid-Terms)

**Date:** Wednesday, March 6, 2024

**Time:** 12:00pm-1:00pm

**Location:** MB Financial

Students will get a chance to decompress, socialize and gain valuable tips for navigating a successful school year. There will be games and refreshments.



## Leadership Institute

**Wednesday, March 20, 2024**

**Time:** 12:30pm-1:30pm

**Location:** MB Financial

What does it take to be a leader? How can you improve your leadership abilities? Are you built to be a leader? We'll break down some of the core elements of leadership and exactly how you can improve your leadership skills! This event is in collaboration with AAGF (A Greater Good Foundation). For more information please contact Corrie Gray Ext: 2303.



## SSC Book Club:

**Date:** Thursday, March 21, 2024

**Time:** 2:00pm -3:00pm

**Location:** Room 4152

This is an opportunity to share your voice through discussion and build connections! Open to SSC students, faculty, and staff!



## Sexual Assault Awareness Month:

**Date:** The Month of April

**Location:** Student Life and Leadership Webpage

Students are encouraged to visit the Student Life and Leadership webpage on important information on Sexual Assault.

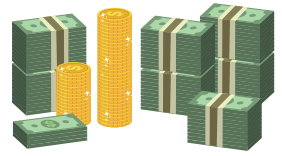


## Financial Literacy:

**Date:** Month of April

**Location:** Student Life Webpage

College students are making financial decisions that will have lasting financial implications. Visit the Student Life and Leadership webpage to learn more about managing your finances.



## Non-Traditional Panel

**Date:** Tuesday, April 3, 2024

**Time:** 12:00pm-12:30pm

**Location:** Zoom

Embrace the extraordinary at our Non-Traditional Student Panel! Join a vibrant community of diverse learners.



## SSC Library Book Sale:

**Date:** Monday April 8-Friday April 12

**Time:** 8:00am-3:30pm

**Place:** SSC Library

Calling all book lovers! The SSC library will be hosting a week-long book sale on the first floor of the library in honor of National Library Week.



## “Mind Matters” Embracing Wellness:

**Date:** Wednesday, April 10, 2024

**Time:** 12:00pm-2:00pm

**Location:** MB Financial

Join us for an immersive journey into mental health and wellness at our special event, this event is designed to promote mental health awareness and provide practical tools for stress relief and relaxation. This event will have Indulge in a variety of relaxation stations curated to help you unwind and find your inner calm. stress-relief exercises and calming music, choose from a range of activities tailored to rejuvenate your mind and body.



## Getting to the Bag

**Date:** Thursday, April 11, 2024

**Time:** 12:30pm-1:30pm

**Location:** MB Financial

There's making money. Then there's building wealth! Come learn how you can go beyond working paycheck to paycheck and just getting by. There are basic wealth-building principles that can immediately shift your thinking and lifestyle. That will be the focus of this session! This event is in collaboration with AAGF (A Greater Good Foundation). For more information please contact Corrie Gray Ext: 2303.



## Earth Day:

**Date:** Monday, April 22, 2024

**Time:** Entire Day

**Location:** Charm Center

SSC encourages students to participate in earth day by donating recyclable items and taking selfies at the SSC Charm Center. Students can come to Student Life and Leadership to show their picture to receive a prize.



## Finals Kickback:

**Date:** April 23, 2024

**Time:** 11:00am - 2:00pm

**Place:** MB Financial

The Kickback is hosted by the Latino Center every semester during Finals. It provides a relaxing haven for students during the stress of finals. There is a craft activity and Latin American snacks with background relaxing music. It provides a soothing and culturally enriching atmosphere for students to unwind and recharge during their hectic finals period. For more information please contact the Latino Center.



## Arbor Day:

**Date:** Wednesday, April 24, 2024

**Time:** 12:00pm-1:30pm

**Location:** In front of the College and Career Success Center

Student Life and Leadership will be outside of the College and Career Success Center distributing tree planting starter kits to encourage students to participate in environmental stewardship and contribute to the beauty of their surroundings.



## Food for Thoughts

**Date:** Wednesday, April 24, 2024

**Time:** 12:30pm-1:30pm

**Location:**

Nothing builds community like sharing a meal together! During this workshop, we'll be eating some delicious local food, networking, and having a light discussion about the power of our minds and the thoughts we think. The question we will consider is "Are you controlling your thoughts or are your thoughts controlling you?" This event is in collaboration with AAGF (A Greater Good Foundation). For more information please contact Corrie Gray Ext: 2303.



## SSC Book Club:

**Date:** Thursday, April 25, 2024

**Time:** 2:00pm - 3:00pm

**Location:** Room 4152

An opportunity to share your voice through discussion and build connections! Open to SSC students, faculty, and staff!



## Bulldog Bash:

**Date:** Wednesday, May 1, 2024

**Time:** 12:00pm-2:00pm

**Location:** SSC Courtyard

The bulldog bash event is an opportunity to celebrate the end of the year with SSC students. There will be food and giveaways. For more information please contact Student Life and Leadership.





## LGBTQ Pride Month:

**Date:** Month of June

**Location:** Student Life and Leadership webpage

The Phrase “Lesbian, gay, bisexual, transgender, and queer community” or (LGBTQ Community) refers to a board coalition of groups that are diverse with respect to gender, sexual orientation, race/ethnicity, and socioeconomic status. In observance of LGBTQ pride month visit the Student Life and Leadership webpage to learn more about the experience and triumphs of the LGBTQ community.



## Juneteenth:

**Date:** Wednesday, June 12, 2024

**Time:** 12:00pm-2:00pm

**Location:** SSC Courtyard

Join us for a celebration in honor of Juneteenth! This special event aims to raise awareness and commemorate the significance of Juneteenth in our history. Gather with us as we come together to reflect, learn, and rejoice in this momentous occasion. Expect an enriching experience filled with insightful discussions and engaging activities.



## Spring, 2024 Bystander Training Dates:

Tuesday, January 30th, 10:00 - 11:15am

Thursday, February 1st, 1:00 - 2:15pm

Monday, February 12th, 2:00 - 3:15pm

Wednesday, February 14th, 12:00 - 1:15pm

Tuesday, February 27th, 1:00 - 2:15pm

Thursday, February 29th, 9:00 - 10:15am

Wednesday, March 20th, 10:00 - 11:15am

Monday, March 25th, 12:00 - 1:15pm



**For questions or more information contact the office of Student Life & Leadership**  
**StudentLife@ssc.edu, ext. 5737, or visit:**  
**<https://www.ssc.edu/services/student-services/student-life/>**



# Spring 2024 Student Success Seminars

## **How to Navigate Online Classes and Resources**

Tuesday, January 9th 2:00pm - 3:00pm

Rm. 2264/ <https://zoom.us/j/96209962139>

*Presented by William Radtke, AAC Manager*

Are you taking an online class for the first time? Then you will benefit from attending this seminar presented by William Radtke, AAC Manager. We will walkthrough D2L, Bongo, and all of the virtual resources SSC has to offer. This in person seminar will be held in the Academic Assistance Center (Rm. 2264) and the audio and PowerPoint Presentation will be simultaneously broadcast on Zoom. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **How to Navigate Online Classes and Resources**

Tuesday, January 16th from 5:00pm - 6:00pm

Rm. 2264/ <https://zoom.us/j/96209962139>

*Presented by William Radtke, AAC Manager*

Are you taking an online class for the first time? Then you will benefit from attending this seminar presented by William Radtke, AAC Manager. We will walkthrough D2L, Bongo, and all of the virtual resources SSC has to offer. This in person seminar will be held in the Academic Assistance Center (Rm. 2264) and the audio and PowerPoint Presentation will be simultaneously broadcast on Zoom. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **How to Navigate Online Classes and Resources**

Thursday, January 18th from 9:00am - 10:00am

Rm. 2264/ <https://zoom.us/j/96209962139>

*Presented by William Radtke, AAC Manager*

Are you taking an online class for the first time? Then you will benefit from attending this seminar presented by William Radtke, AAC Manager. We will walkthrough D2L, Bongo, and all of the virtual resources SSC has to offer. This in person seminar will be held in the Academic Assistance Center (Rm. 2264) and the audio and PowerPoint Presentation will be simultaneously broadcast on Zoom. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **Strategies for a Successful Semester**

Thursday, January 18th from 11:00am - 12:00pm

Rm. 2264

*Presented by Rebecca Arnold, AAC Student Specialist*

New to SSC? Looking for ways to have a more successful semester this Fall? Unsure what resources may be available to you? In this in person seminar, which will be held on August 24th from 11:00am - 12:00 p.m. in Room 2264, AAC Student Specialist Rebecca Arnold will talk about several habits of highly effective students, campus resources that are available to you, and strategies to get the most out of your classes. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

## **How to be Organized**

Wednesday, January 24th from 11:00am - 12:00pm

Rm. 2264

*Presented by Rebecca Arnold, AAC Student Specialist*

Losing your assignments or notes can cause a lot of unneeded stress and extra work. This hour-long seminar will help you learn how to organize your course materials (and more!) to help you become a more successful student. This seminar will be held in person in Rm. 2264 on January 24th from 11:00am - 12:00pm. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.



## **Factoring**

Thursday, January 25th from 11:00am - 12:00pm  
Rm. 2264

*Presented by Rebecca Arnold, AAC Student Specialist*

This in-person factoring seminar presented by Rebecca Arnold, AAC Student Specialist, will review all the factoring methods presented in MTH 095. This particular seminar is perfect for students enrolled in MTH 100. This seminar will be held in person in Rm. 2264 of the Main Campus. Please email the [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

## **How to Manage Test Anxiety**

Tuesday, January 30th from 10:00am - 11:00am  
Online via Zoom: <https://zoom.us/j/96209962139>

*Presented by William Radtke, AAC Manager*

Even the best students can become anxious while taking a test. Join us for our “How to Manage Test Anxiety” seminar where we will discuss strategies for relieving test anxiety before and during the test. In addition, we will present resources available to SSC students experiencing persistent anxiety. This seminar will be conducted over Zoom. To access the Zoom meeting, go to [zoom.us/join](https://zoom.us/join) and enter 962 0996 2139 for the meeting id or click the following link. <https://zoom.us/j/96209962139>. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions

## **Setting S.M.A.R.T. Goals**

Wednesday, January 31st from 2:00pm - 3:00pm  
Rm. 2264/ <https://zoom.us/j/96209962139>

*Presented by William Radtke, AAC Manager*

Learning how to set goals for yourself is crucial to moving forward in college and in life, but a poorly thought out goal can lead to failure and frustration. Please join us for AAC Manager William Radtke’s seminar, “Setting S.M.A.R.T. Goals” where we will discuss the S.M.A.R.T. goal setting method and how you can create productive goals for yourself. This in-person seminar will be held in the Academic Assistance Center (Rm. 2264) where the audio and PowerPoint presentation will be simultaneously broadcast on Zoom. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **How to Use your Calculator**

Thursday, February 1st from 11:00am - 12:00pm  
Rm. 2264

*Presented by Rebecca Arnold, AAC Student Specialist*

Are you unfamiliar with everything your calculator can do for you? Do you have a new, more advanced calculator and need help learning how to use it? This seminar is designed to help students learn how to use their calculator more effectively. This seminar will be held in person in Rm. 2264 on February 1st from 11:00am - 12:00pm. Be sure to bring your calculator with you! Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

## **Working with Fractions**

Tuesday, February 6th from 2:00 - 3:00pm  
Rm. 2264

*Presented by Rebecca Arnold, AAC Student Specialist*

Working with Fractions is a seminar designed to review adding, subtracting, multiplying and dividing fractions. Whether you’re looking for a general review or looking for help to study for your MTH 093 Midterm, this seminar will help you feel more confident with your fraction arithmetic. This seminar, presented by Rebecca Arnold, AAC Student Specialist, will be held in person in Room 2264. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

## **Working with Fractions**

Tuesday, February 6th from 6:00pm-7:00pm

Rm. 2264

*Presented by William Radtke, AAC Manager*

Working with Fractions is a seminar designed to review adding, subtracting, multiplying and dividing fractions. Whether you're looking for a general review or looking for help to study for your MTH 093 Midterm, this seminar will help you feel more confident with your fraction arithmetic. This seminar, presented by William Radtke, AAC Manager, will be held in person in Room 2264. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

## **Study Tips and Techniques**

Thursday, February 15th from 11:00am - 12:00pm

Rm. 2264

*Presented by AAC Student Specialist, Rebecca Arnold*

Everyone has a different method of studying. What works for your friend may not work for you! It's important to know several different study techniques. During this seminar with AAC Student Specialist Rebecca Arnold, you can learn a wide variety of study tips and techniques that can help you in any course. This seminar will be held in person on February 15th from 11:00am - 12:00pm in Room 2264. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

## **How to Manage Test Anxiety**

Tuesday, February 27th from 10:00am - 11:00am

Online via Zoom: <https://zoom.us/j/96209962139>

*Presented by William Radtke, AAC Manager*

Even the best students can become anxious while taking a test. Join us for our "How to Manage Test Anxiety" seminar where we will discuss strategies for relieving test anxiety before and during the test. In addition, we will present resources available to SSC students experiencing persistent anxiety. This seminar will be conducted over Zoom. To access the Zoom meeting, go to [zoom.us/join](https://zoom.us/join) and enter 962 0996 2139 for the meeting id or click the following link. <https://zoom.us/j/96209962139>. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions

## **The Basics of APA Citations**

Tuesday, February 27th from 2:00pm - 3:00pm

Rm. 2264

*Presented by William Radtke, AAC Manager*

Do you find APA citations confusing? Then you will benefit from attending this seminar where we will discuss the basics of creating in-text citations, reference lists, and formatting your APA paper correctly. In addition, we will share other helpful resources for making sure your work is properly cited. This in-person seminar, presented by William Radtke, AAC Manager, will be held on February 27th in Rm. 2264 from 2:00pm - 3:00pm. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the seminar.

## **The Basics of MLA Citations**

Wednesday, February 28th from 2:00pm - 3:00pm

Rm. 2264

*Presented by William Radtke, AAC Manager*

Do you find MLA citations confusing? Then you will benefit from attending this seminar where we will discuss the basics of creating in-text citations, works-cited pages, and formatting your MLA paper correctly. In addition, we will share other helpful resources for making sure your work is properly cited. This in-person seminar, presented by William Radtke, AAC Manager, will be held on February 28th in Rm. 2264 from 2:00pm - 3:00pm. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the seminar.

## **How to Write an Essay or Research Paper**

Thursday, February 29th from 2:00pm - 3:00pm  
Rm. 2264

*Presented by William Radtke, AAC Manager*

Every college student needs to write an essay or research paper at some point. Please join us for “How to Write an Essay or Research Paper” where you will learn strategies and techniques to improve your writing and research skills. This in-person seminar, presented by William Radtke, AAC Manager, will be held on February 29th in Rm. 2264 from 2:00pm - 3:00pm. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the seminar.

## **How to Manage Time Effectively**

Friday, March 8th from 2:00pm - 3:00pm  
Rm. 2264

*Presented by Roger DeSouza, Student Specialist*

So many things to do, so little time to do it! Do you find yourself in this category? If so, Join Roger DeSouza, the host of this presentation, to explain the fundamentals of Managing your time well. The Myths, facts and features of Time Management will be explained. The “magic” of Improving time managing skills in “creating more time” to do things will also be articulated in a clear and understandable way. This session will be held in person in Rm. 2264 on March 8th from 2:00pm - 3:00pm. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **How to Manage Test Anxiety**

Tuesday, March 19th from 10:00am - 11:00am  
Online via Zoom: <https://zoom.us/j/96209962139>

*Presented by William Radtke, AAC Manager*

Even the best students can become anxious while taking a test. Join us for our “How to Manage Test Anxiety” seminar where we will discuss strategies for relieving test anxiety before, during, and after the test. In addition, we will present resources available to SSC students experiencing persistent anxiety. This seminar will be conducted over Zoom. To access the Zoom meeting, go to [zoom.us/join](https://zoom.us/join) and enter 962 0996 2139 for the meeting id or click the following link. <https://zoom.us/j/96209962139>. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **Basic Computer Operations**

Friday March 22nd 2:00pm - 3:00pm  
Rm. 2264

*Presented by Roger DeSouza, Student Specialist*

Technology has become so much a part of our society that it has taken almost every aspect of our lives. The disadvantaged can be categorized as those who have limited or have no knowledge of computers as it relates to their operations, functions and features. Join me in this session as I will share the most common aspects of computers. In this presentation I will cover job hunting, attaching files to emails, the basic functions of word as it relates to cover letters and resume writing. This session will be held in person Rm. 2264 on March 22nd from 2:00pm - 3:00pm. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **Setting S.M.A.R.T. Goals**

Wednesday, March 27th from 2:00pm - 3:00pm  
Rm. 2264/ <https://zoom.us/j/96209962139>

*Presented by William Radtke, AAC Manager*

Learning how to set goals for yourself is crucial to moving forward in college and in life, but a poorly thought out goal can lead to failure and frustration. Please join us for AAC Manager William Radtke’s seminar, “Setting S.M.A.R.T. Goals” where we will discuss the S.M.A.R.T. goal setting method and how you can create productive goals for yourself. This in-person seminar will be held in the Academic Assistance Center (Rm. 2264) where the audio and PowerPoint presentation will be simultaneously broadcast on Zoom. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.



## **Working With Fractions**

Tuesday, April 9th from 2:00pm - 3:00pm

Rm. 2264

*Presented by Rebecca Arnold, AAC Student Specialist*

Working with Fractions is a seminar designed to review adding, subtracting, multiplying and dividing fractions. Whether you're looking for a general review or looking for help to study for your MTH 093 Midterm, this seminar will help you feel more confident with your fraction arithmetic. This seminar, presented by Rebecca Arnold, AAC Student Specialist, will be held in person in Room 2264. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

## **How to Find Credible Sources**

Wednesday, April 10th from 1:30 - 2:30pm

Rm. 2345 (Multipurpose Lab)

*Presented by Sangeeta Kumar, SSC Librarian*

It can be difficult to judge what is and is not a credible source on the internet with the vast amount of publicly available information. This seminar presented by Sangeeta Kumar, SSC Librarian, will cover research strategies, how to identify misinformation, and how library resources can be used to find credible sources. This seminar will be held in person in Rm. 2345. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **How to Manage Test Anxiety**

Tuesday, April 16th from 10:00am - 11:00am

Online via Zoom: <https://zoom.us/j/96209962139>

*Presented by William Radtke, AAC Manager*

Even the best students can become anxious while taking a test. Join us for our "How to Manage Test Anxiety" seminar where we will discuss strategies for relieving test anxiety before and during the test. In addition, we will present resources available to SSC students experiencing persistent anxiety. This seminar will be conducted over Zoom. To access the Zoom meeting, go to [zoom.us/join](https://zoom.us/join) and enter 962 0996 2139 for the meeting id or click the following link. <https://zoom.us/j/96209962139>. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **Factoring**

Thursday, May 2nd from 11:00am - 12:00pm

Rm. 2264

*Presented by Rebecca Arnold, AAC Student Specialist*

This in-person factoring seminar presented by Rebecca Arnold, AAC Student Specialist, will review all the factoring methods presented in MTH 095 and MTH 097. This particular seminar is perfect for students enrolled in MTH 095 or MTH 097, who are preparing for their final exams. This seminar will be held in person in Rm. 2264 of the Main Campus. Please email the [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions about the session.

## **How to Manage Test Anxiety**

Tuesday, May 7th from 10:00am - 11:00am

Online via Zoom: <https://zoom.us/j/96209962139>

*Presented by William Radtke, AAC Manager*

Even the best students can become anxious while taking a test. Join us for our "How to Manage Test Anxiety" seminar where we will discuss strategies for relieving test anxiety before and during the test. In addition, we will present resources available to SSC students experiencing persistent anxiety. This seminar will be conducted over Zoom. To access the Zoom meeting, go to [zoom.us/join](https://zoom.us/join) and enter 962 0996 2139 for the meeting id or click the following link. <https://zoom.us/j/96209962139>. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) with any questions.

## **How to Study for Final Exams**

Thursday, May 9th from 5pm - 5:50pm

Rm. 2264

*Presented by Sarah McAley, Faculty Counselor*

Do you want to know your learning style, and how it will help you prepare for your finals? This session, presented by Sarah McAley, Faculty Counselor, will engage you in a short learning styles assessment, and provide useful information on preparing for your final exams. This session will be held in person in Rm. 2264 on May 9th from 5:00 - 5:50pm. Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu).



If you are a student or know a student who is experiencing homelessness please consider these resources.



**ENTRY POINT**

**My Entry Point**  
**(877) 426-6515**

**Entry Point: Connect**  
[myentrypoint.org](https://myentrypoint.org)



**RESPOND NOW**

**Respond Now**  
**(708) 755-4357**

<https://respondnow.org/resources>

**For more resources visit:**



[shorturl.at/glzT7](https://shorturl.at/glzT7)

**SSC Homelessness Liaison:**  
**Devon Powell, Dean of Student Services,**  
**Room 2329 • [dpowell@ssc.edu](mailto:dpowell@ssc.edu)**  
**(708)596-2000 ext. 5841**



# **JOB ANNOUNCEMENT**

## **SSC IS SEEKING PEER MENTORS.**



Peer Mentors serve as positive social and academic role models to support and encourage students through a smooth transition, acclimation, and a sense of belonging to SSC.

Peer Mentors are paid \$13 an hour.

Scan the QR code below for more information on being a peer mentor and how to apply.



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# SSC HEALTHY CORNER

**Hours: Every Monday From 10:00am-1:00pm**

**Location: Room 1157**

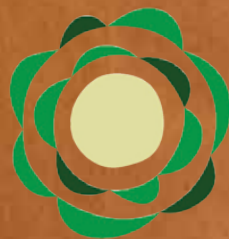
For more information contact: [StudentLife@ssc.edu](mailto:StudentLife@ssc.edu)  
(708) 596-2000 ext. 5737, room 2329

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