



# Otter Updates

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## with Student Life

Spring 2021

### About Student Life

Tori LaZelle

To those of you who are new to South Seattle College, welcome and to those of you who have returned once and time and time again, hello! We are the Student Life Department. You might ask yourself, "What's Student Life?" Hehe, I'm here to tell you! The Student Life Department is first and formally the department for students.

We have Clubs, including the Black Student Union (BSU), Rocket Club, LGBTQIA+, and others. As a student if you want to set up a club, all official student clubs get a stipend to put on events.

We have the United Students Association (USA), that is not only a steppingstone for larger governmental bodies but has a whole lot of power and responsibility here on campus.

We have the Art Gallery, here to bring you beauty, passion, ideas, and the space to share and talk about all those ideas.

We have the Food Pantry, here to offer food assistance to students (hygiene products included).

We have the Gym and Rec Center, places to focus on physical health, destress, and socialize.

We have the amazing Dr. Dan Johnson, Dean of Student Life, who is one of the biggest advocates for students. Remember if you have serious concerns and don't know where to go to, we at student life, that includes our amazing USA, are here to help!

We also have the New Student Services Department, which is a great place for helping students set up their classes and connecting students with a whole bunch of resources.

Let us know if you have any more questions and come on over to Student Life!

### Dean's Corner

Dr. Dan Johnson

#### **"Perseverance is a Great Element of Success"**

- Henry Wadsworth Longfellow -

From a young age, we often long for the day when we will "go to college." Our K-12 journey presents its own unique experiences, opportunities, and growth; however we look forward to the day when we can "go to college."

During these unprecedented times (at least in our lifetime) the concept of going to college has been severely altered. Remote operations that prompted a comprehensive system of online learning has impacted face to face instruction from faculty, personal interactions with fellow students, and the opportunity to grow through interactive co-curricular programming through Student Life. Each of these college options are essential for a well-rounded college experience that ultimately leads to student **success**.

Estrangement from fellow students and mastering a virtual learning environment is trying. However we encourage you to **PERSEVERE**. This too shall pass and we will soon resume regular operations that will culminate in your **success** as a student. We implore you to access the various virtual offerings from Student Life until we can experience them together again. **PERSEVERE!**



# Spring Events

## Special Events

4/5 - 4/9 - Welcome Week

4/7 - Hear Me Roar Celebration

4/8 - Holocaust Remembrance

4/21 - Yom HaShoah

5/31 - Memorial Day, School Closed

6/18 - Commencement



## All Quarter Long

Meditation Mondays,

- 11am, 1pm

Club Center Drop-in Wednesdays

- 10am - 3pm

USA Weekly Meetings, Thursdays

- 3pm - 5:30pm

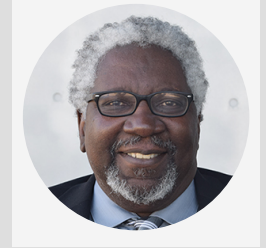


# Staff Highlight: An Interview

Jessica Heide

## Dr. Dan Johnson

Dean of Student Life, Financial Aid, New Student Services, and the Student Complaints Officer



**Jessica:** How does your role(s) serve students?

**DDJ:** I work with a great group of staff and colleagues who are intent on providing opportunities for student leadership, student development, student engagement, student activities, student friendly financial aid services, and onboarding and outreach services that help assist our new students in transitioning to college. The services we provide in the various departments, for which I happen to be the administrative lead, are geared to facilitate a successful experience for students enrolled in South Seattle College.

**Jessica:** How long have you been an Otter?

**DDJ:** After being a Spartan, Sasquatch, Red Devil, Ranger, and Triton; the otter mascot is something I have yet to become accustomed. So I'll say I'm a South Seattle College Employee in my 5th year at South...otter?

**Jessica:** What do you love about South?

**DDJ:** What I love about being an employee at South is the people; the students, staff, and some of the colleagues that I have at South. I am a people oriented person and feel loyal and committed to student success and all sincere college staff that are committed to this effort. I love seeing and facilitating the success of students.

**Jessica:** What is something that you are enjoying doing right now?

**DDJ:** Jessica, during these times of isolation I have been really strapped to find much that I like to do. I take an occasional drive down to the water, participating in staff meetings where I get to see your smiling faces, and having conversations like we are doing right now. Another pleasure is to watch a constant parade of birds that come in regularly [to my bird feeders], that's an enjoyment for me. Except the ones that continue to crash through my window in an attempt to join me in my Zoom meetings.

**Jessica:** Could you share something you learned, that you wish you knew sooner in your academic career?

**DDJ:** I would have to share two things. First of all, one is that despite my protestations, it doesn't cut it anymore just to have knowledge, you need an advanced degree. I feel there were numerous occurrences where my knowledge or experience validated my worthiness for certain opportunities. Those opportunities were not realized until returning to receive advanced degrees. I was smart before the degrees, ha ha!

The main thing for me and my academic career, I would have loved to be more immersed in African American history. I found out things that should have been taught to me in African America history way too late in life. But for me, we need to know all cultural [histories]. Knowing your history and knowing that women and people of color are just as much of a contributor to the greatness of the country as anyone else, gives [students] that confidence and pride [to take ownership of their education].

**Jessica:** Anything else you would like to share about yourself?

**DDJ:** The only other thing I would like to share with students is my availability. Students need to know I am a dean that is accessible and approachable. My student servant background is predicated on my willingness to be there to help students advance through their educational careers and assist with any problems or issues they may encounter. As a student advocate, which I have always been, I am committed to helping students navigate tough situations in their college experience.

# Wellness Center

Colby Keene

Returning students coming back to campus during the 2021-2022 school year can be welcomed back with the newly constructed Wellness Center. The facility is just shy of 20,000 square feet (sqft) of construction that will feature a full-length basketball court, open cardio/weight room, dance studios, locker rooms, and social spaces. Efforts from South's planning committee working alongside SRG architectural firm were made, so that the building design would be as green as possible. An example of these efforts is seen in its locally source building materials, such as its wood framed construction.

This building is a first of its kind on South's campus and will be a welcomed addition for students to use. Its 5000 sqft weight cardio room will include traditional cardio equipment such as stepmills, treadmills, ellipticals, rowers, bikes, and ski ergs. Weight resistant cable machines and free weights will complete the space for its members to use.

After students passed a campus wide referendum to collect funds to build a wellness center, it is exciting to have the building now being constructed with plans to be ready for opening Fall of 2021. Be ready to come and utilize its spaces for prayer, recreational sports such as futsal, badminton, pickleball, and pickup games of basketball.

To get involved with the project or ask questions: email, Colby Keene, Campus Recreation Coordinator  
[Colby.Keene@seattlecolleges.edu](mailto:Colby.Keene@seattlecolleges.edu)



## Grab a SLICE of Student Life

**S** - Student  
**L** - Life  
**I** - Involvement  
**C** - Community  
**E** - Engagement

### Connect with us:

- Social Media - [FB@SouthStudentLife](https://www.facebook.com/SouthStudentLife)  
<https://www.facebook.com/SouthStudentLife>
- Canvas Course - <https://canvas.southseattle.edu/courses/1627218>
- Email: [SouthStudentLife@seattlecolleges.edu](mailto:SouthStudentLife@seattlecolleges.edu)
- Phone: 206-934-5332



## Tips for Finishing Spring Qtr Strong

Jessica Heide

The sun is on the horizon, making it difficult to focus on your studies, let alone adding the challenges of a pandemic. Here are a few tips and resources available to get you through the quarter.

### 1) Fill your basic needs: Food, Shelter, and Finance

We know that you can't focus on your studies if you don't have access to basic essentials like food and shelter. See bottom link for resources for funding for tuition, food, rent, etc.

### 2) Get involved!

Did you know you are more likely to graduate if you are involved in co-curricular activities on campus?

- Not sure where to start? Take our interest survey – <https://tinyurl.com/yxjd9nco>
- Discover Student Life Centers – <https://southseattle.edu/student-life>

### 3) Self-care

Your mental health is important, for ideas and resources for mental health support, see bottom link.

### 4) Engage socially with others!

Make plans with folks; set up an online family reunion, leave fun voicemails for friends, or start a virtual happy hour with your co-works/classmates.

### 5) Set small goals

Setting smaller achievable goals within larger projects can help you stay on task. Then celebrate your successes along the way by treating yourself to dinner or earning that cookie.

### 6) Physical care

Eat healthy, drink water, get plenty of sleep, take breaks, and exercise. Suggestions and resources for local exercise classes, trails, and parks nearby at link below.

**Resource Link:** <https://southseattle.instructure.com/courses/1627218/pages/covid-support-resources>