



Otter Updates with Student Life

Spring 2022

Dean's Corner

Dr. Dan Johnson

"Great Things Are In-Store for You"

Great things await you upon your return to South Seattle College, or for those attending for the first time. We generally refer to a "return to campus" for students; however, many students who attended South prior to our remote operation status graduated or moved on to **greater things**. We believe **greater things** await all students who matriculate through South Seattle College. I am taking this opportunity to promote the **great things** you will experience as students at South.



In addition to the excellent faculty, instructional programs, Student Services staff, and welcoming atmosphere; an array of co-curricular programs exists to ensure a well-rounded South Seattle College experience. Of paramount importance is the experience of academic success in your instructional programs; however, please familiarize yourselves to the various student Life programs that provide academic support through outside of classroom learning that support student success. Our moniker is **"Student Involvement combined with Student Engagement leads to Student Success!"**

Whether attending an interesting co-curricular speaker forum, joining a club or organization, assuming a position in student leadership, or engaging in social activities that foster a sense of belonging, Student Life is your home for **great things**. As the living room of the campus, the Student Center is the hub of many educational, cultural, social, and recreational activities.

Located in the Brockey Student Center is the campus recreation center, club/organizations center, Center for Equity/Inclusion/Diversity, Veteran's Center, and Student Life and Leadership. All **Great Things!** An addition to our department is the new campus Wellness Center adjacent to Brockey. Exploring these areas are essential for a well-rounded college experience. Come see us and experience **Great Things!**

The Wishing Well

Cordelia & Olson

Students **Jake Olson** and **Shiloh Cordelia**, along side Advanced Fabrication 2 instructor Doug Rupik, created this intricate and captivating steel art piece.

Note from the artists: A collaborative art piece fashioned from steel pipes, rolled steel plate, thick steel wire, and scrap sheet steel. As the Mild Steel parts of the well rust, the Stainless Steel "mortar" will stay shiny. The leaves were cut by hand using a plasma cutter, and given shape with a chisel.



Commencement 2022!

Commencement will once again be back at T-Mobile Park on June 21st. While June may still feel a long way away, graduation applications are due May 15th. Get your paperwork in early, so you can focus on celebrating your achievement! Also be on the look out for our **Grad Fair June 9th** for more graduation information, or check out these links:

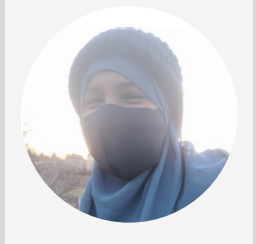
- [Application process](#)
- [Commencement ceremony](#)



Student Article: Homework Tips While Navigating the Pandemic

Ashwak Samatar

Ashwak Samatar is a South Seattle College Running Start student who majors in Psychology. She plans to go to college in pursuit of a PhD, but in the meantime continues to write in hopes that she'll one day release her own book.



Loneliness is a big consequence of the pandemic, and so is the extra work that comes with it. Over the past two years, we have had to deal with all types of situations that have made completing homework, or schoolwork in general, difficult to complete.

In order to combat this difficulty, I've interviewed students from a variety of school backgrounds to put together some tips in completing homework.

1. Don't put off work.

Whether small or big, homework can be a lot to handle. And though the urge to procrastinate can be strong, it leads to more difficulty in the long run. Giving yourself more time to do work for school decreases overall stress and improves work quality. Not only are you getting your work in on time, but you are also submitting work that will help you maintain good grades.

Procrastinating is a hard habit to break, so I suggest starting with looking at assignments earlier, if only to gloss over what's expected from this assignment.

2. Find a good spot to do your homework in.

As identified by the [NCBI](#) (The National Center for Biotechnology Information), study environments foster academic procrastination. Meaning the place you do your work can be the cause of procrastination.

While interviewing classmates, it was brought up multiple times how they're easily distracted, and it's hard to focus at home. This is why it's essential to find a place to study where your needs are met and you're able to do your work best. This could be at a park, at a library, or even in a closet. Whatever works best for you and helps keep you focused. [continued pg 4](#)

Sexual Assault Awareness

Jessica Heide

April is Sexual Assault Awareness Month and as a college campus this is an important ongoing issue we must discuss to keep everyone on our campus safe.

According to RAINN (Rape, Abuse & Incest National Network) "among undergraduate students, 26.4% of females and 6.8% of males experience rape or sexual assault through physical force, violence, or incapacitation." Here are RAINN's suggestions for things you can do to increase your on-campus safety:

1. **Know your resources** - campus [emergency phones](#)
2. **Stay alert** - be aware of your surroundings
3. **Be careful about posting your location** on social media
4. **Make others earn your trust**
5. **Have a "Plan B"** - spare cash, extra phone charger, etc.
6. **Be secure** - lock your car, don't prop open locked doors
7. **[Bystander Intervention](#)** - learn to help friends/others

If you need help, know that **WE BELIEVE YOU!** Here are a few resources to find help:

- South Counselor (non-emergency) –
 - Yvonne Willis, Yvonne.Willis@seattlecolleges.edu (Wed, 9am – 12pm)
 - Stephen Coates-White, 206-934-5135 (Thurs, 12pm – 3pm)
- Crisis Hotline – 1-866-427-4747
- [RAINN](#) – 1-800-656-HOPE (4673)
- [WA Resources](#) – by city

Spring Qtr Events

Events

- 4/4 - 4/8 - Welcome Week
- 4/21 - 4/22 - Students of Color Conference
- 6/9 - Grad Fair
- 6/21 - Graduation @T-Mobile Park

Weekly Online Events

- Mon @12:10 -12:30pm - Mindful Meditation
- Wed @9am - USA weekly meetings
- Thur @5pm - International Student Social Club Events

Holidays/No Class

- 5/12 - Faculty Dev. Day
- 5/30 - Memorial Day

Staff Highlight: An Interview

Jessica Heide

Vanessa Calonzo

Director of New Student Services & First Year Experience



Jessica: What do you do? How does your role serve students?

Vanessa: I am honored to serve as the administrator over the New Student Services Department in the Welcome Center. Our goal is to help prospective and new students get the support they need to explore programs, enroll, and get oriented to the college. You may see our team at outreach events in the community, providing tours around the campus (when we are open), and helping students understand the enrollment process in the Welcome Center. Essentially, we are the Welcome Wagon of South Seattle College.

Jessica: How long have you been an Otter?

Vanessa: As of April 2, I will have worked at South for 15 years :)

Jessica: What do you love about South?

Vanessa: I love South's family-like atmosphere and my co-workers who dedicate themselves to our students. Our campus has a great sense of humor as well. The best part is seeing our students grow and find passions in their time with us. It's an awesome place to work.

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

Vanessa: Right now I'm trying to perfect the art of making an orange mocha on my Nespresso. I'm a coffee lover and I am definitely getting close.

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

Vanessa: When I was in college, I never even considered there were jobs at a college that were focused on learning and education. I lucked out falling in love with higher education through my extra-curricular activities, but I would encourage everyone to really explore careers out there and utilize your WorkSource Career Services and Counseling Services on campus. There are so many new and exciting careers that didn't even exist before. The more you research and reflect on the skills you need to develop, the more opportunity you have to refine those skills in college and in your extra-curricular activities.

I'd also say getting involved is one of the best things you can do to build your network of friends, future references, and people who know resources in general. Having a community when you're facing challenges with learning is so important.

Jessica: Could you share a bit about your academic/career journey? How did you come to your current position?

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Connect with Us

Learn about upcoming events and programs:

- Social Media - FB [@SouthStudentLife](#)
- Canvas Course - [SSC Student Life](#)
- Website - [HERE](#)

Or fill out the [Student Interest Form](#) to be connected with opportunities across campus.

Questions?

- Email: SouthStudentLife@seattlecolleges.edu
- Phone: 206-934-5332

Share your work:

We are always looking for student contributions to our newsletter. Apply today!

- Application - Link [HERE](#)

Grab a SLICE of SL

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



About SL:

Student Life is a department made up of centers created to support co-curricular learning and development. We believe that student involvement combined with student engagement leads to student success. We want to help you succeed, not just in your academic goals, but also in your personal goals. Reach out today and to find out how we can support you.

Image Credit:

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Homework Tips Cont.

Ashwak Samatar

South Seattle has some great locations to do your work as well. For example, the computer lab on the second floor of the library is open to students from 10 AM to 2 PM on Tuesdays, Wednesdays, and Thursdays.

3. Push ahead.

Homework can be really confusing at times and may come off boring or tiring because of this. In response to what students would do in situations like this, I got responses about different sites that were helpful. Running Start student Ruby S. suggested Khan Academy, as did several others.

Instead of quitting, pushing ahead could lead to finding helpful resources or answers you didn't see before. If outside sources are hard to navigate, I suggest checking Canvas or XYZ for sources provided by your professors. However, on the off chance that none of that is successful, then I suggest looking to the next tips for your answer.

4. Ask for help.

In my experience, 99% of the chance your professor will have the ability to answer your questions. So going to them while having a particularly rough time can prove to be essential. This could be in the form of an email, visiting office hours, or staying after class.

Looking to your friends or peers for help can give you the same results. There are people all around you who can prove to be helpful, and though reaching out may be hard, in the end the relief in getting your answers trumps everything.

Plus, what's really awesome about South is the tutoring services it offers, easily accessible from [Starfish](#). Checking office hours for these services, both in-person and online, or booking appointments is really helpful in the long run.

5. Take breaks.

I cannot stress this enough, please take breaks. Sitting in front of a computer screen or looking down at a worksheet for hours on end will not end well. Not only will this result in some very painful cramps, doing homework for so long without breaks can lead to some [long term affects](#).

When questioned for her most successful homework tip, South Seattle student Lauren M. stated that "going outside is really helpful [...] It gives my mind a break."

Going outside and getting fresh air can sometimes produce brain power or ah ha! moment that you needed. As well as giving you that much-appreciated break from your schoolwork. Even smaller breaks to drink water or get a quick snack can give your brain time to recover.



Remember, taking care of yourself is the most important thing.

- To read other articles by Samatar, see our blog [Otter Be Shared](#), on our [Canvas Course](#).

Staff Highlight Cont.

Vanessa: I started my career first as a Multicultural Student Mentor for the Asian Pacific Islander Center at Washington State University (WSU), when I was working on my undergraduate degree in Social Studies for Secondary Education Teaching. I also had the opportunity to serve as both an Orientation Counselor as well as a Program Coordinator for the Alive! New Student Orientation program at WSU.

After I earned my degree, I decided to work for a bit and after a couple random positions I got my opportunity to start working as a Program Assistant at South Seattle College in our Student Outreach, Admissions, and Recruitment (SOAR) Department. I grew in this department and eventually became the SOAR Director. In this time, I went back to school and got my Master's Degree in Education focused on Student Development Administration at Seattle University.

As the years have gone by, we added more responsibilities to our department with enrollment support, orientation activities, and we are now focusing our efforts on our newly formed Welcome Center. I've also been privileged to help with a variety of projects like the Seattle Promise program (which started at South originally) and I am currently assisting with the development of Guided Pathways, a model of system change at South.

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

Vanessa: I'm a proud Filipina/White mix woman and take my ethnic, cultural, and familial identity very seriously. I am a proud mother of 3 kiddos. You most likely will be hearing me giggle on campus because I love to laugh and learn about people. I've loved working at South and am a proud Otter.