



STUDENT SERVICES CONNECTION



WEEKLY UPDATE: SEPTEMBER 28, 2020

BE WELL...

Student Health Center Offers Medical & Mental Health Services Remotely

Just like most of your classes, the Student Health Center is operating online. The Health Center has doctors, nurses, and licensed clinical therapists on staff to help you with your physical and mental health. As long as you are enrolled in the current semester and have paid your student health fee, most of the Health Center's services are still available to you. This includes:

- Doctor visits
- Nurse visits
- Mental health therapy sessions
- Prescription fills
- Upcoming flu shots
- And much more!

Your appointments are much like the video conference ses-

sions you've already had with professors, friends and family - safe and private. Along with services, the Student Health Center is also offering an array of programs and workshops this semester:

- COVID-19 Q&A Sessions: the first Tuesday of the month at 3:00 pm on Zoom
- Smoking/Vaping Cessation Program: contact cstreifel@gwc.cccd.edu for more information
- QPR Suicide Prevention Training: contact jmoss31@gwc.cccd.edu for more information
- Upcoming workshops from our medical doctors and therapists

Keep an eye out on the GWC app for more details regarding our programs and workshops.

Just because we are working and studying from home, we should still make our physical and mental health a priority!

Visit us at <https://www.goldenwestcollege.edu/student-health-center/> for hours and more resources, including [Mental Health Resources](#) or call us at 714-895-8379 to schedule an appointment.

Remember, healthy students learn better and stay in school!



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CONTACT US

Golden West College
Student Services
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(714) 892-7711
studentservices@gwc.cccd.edu





GET TO KNOW YOUR SSC TEAM

Veronica Ornelas, Administrative Assistant, Counseling

What is your role at GWC?

My role is insignificant without GWC students and the supportive team working in the Counseling Office. I work behind the scenes with an amazing group of staff and counselors committed to fostering a genuine learning community and college experience for students. Half serious - half joking it feels like Beyonce's Homecoming; it's a collaborative of people coming together to craft and improve what we do for the purpose of serving GWC students. In addition to my collaborative role in Counseling, I provide technology assistance for the office in the areas of data collection and appointment system management. When I'm not geeking out in front of a computer, I'm either advising Oro de Oeste, GWC's first ever Folklorico Club, or supporting new students navigating the enrollment process. I've been around GWC for quite some time as an Administrative



Assistant and would be happy to share my campus knowledge with you. Stop by the Virtual Front Desk sometime and say hi.

Who is your hero?

I love fictional and non-fictional heroes like Leroy Green from The Last Dragon and Toni Morrison, the American Novelist. If I had to narrow it down to one, I'd choose Ms. Morrison as my favorite hero for her boldness working as an editor, her brilliant writings like The Bluest Eye and for the wisdom she generously shared with others. Her heroism is widely notable in her speeches and interviews. One of my favorite quotes by Ms. Morrison I like sharing says "I tell my students, 'When you get these jobs that you have been so brilliantly trained for, just remember that your real job is that if you are free, you need to free somebody else. If you have some power, then your job is to empower somebody else. This is not just a grab-bag candy game.'" It's a reminder that growth isn't only inner, it's also community care.

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- ▶ studentservices@gwc.cccd.edu
- ▶ goldenwestcollege.edu
- ▶ [Office of the Vice President](#)
- ▶ [Online Resources](#)
- ▶ [Student Success Guide](#)

LET YOUR VOICE BE HEARD!

Do You Have Something to Say About Your Classes? Of Course You Do!

- Every semester, Golden West College evaluates a certain number of classes, and student feedback is an important component. But we can't include your voice unless you fill out the survey! If you are in a class being evaluated, make sure you open your email and use the link that you are sent. We love to hear what our students have to say.... After all, you are in the class every session and have the most complete feedback. We always protect your iden-

tity and give your comments to faculty AFTER grading is complete. So, tell us what you think - we need to know so that we can keep doing a great job or improve in some areas!



Meridith Randall
Vice President, Instruction

Meridith Randall

ACADEMIC SUCCESS WORKSHOPS

- Take advantage of the FREE workshops available to GWC students. To sign up, visit the Academic Success Center workshop at <https://www.goldenwestcollege.edu/asc/> and click the green button to enter our virtual front desk via Zoom. A staff person will answer your questions and get you set up for the workshop. Or, if it's after hours, you can send an email to academicsuccessctr@gwc.cccd.edu.

and three and more step equations

10/5/20 - Clearing Fractions - Review of clearing fractions and solving formulas for a variable

Writing Assistance Workshops - 11-12pm

10/2/20 - Writing a Thesis Statement and Topic Sentences - Students will learn how to effectively write a thesis statement as well as review the different thesis statement styles. Students are welcome to bring a current essay.

10/9/20 - Reading for Understanding - Students will learn effective strategies for improving reading comprehension.

UPCOMING WORKSHOPS:

- **College Algebra Workshops - Mondays, 12-1pm**
- **9/28/20 - Linear Equations** - Review of solving linear equations in one variable, one step, two step equations,





Upcoming Events

OCTOBER IS SEXUAL AND DOMESTIC VIOLENCE AWARENESS MONTH

Virtual Clothesline Project

October 1st - 31st

The Clothesline Project serves as a physical representation of the number of people on our campus who have experienced sexual violence. The Clothesline is made up of T-shirts created by survivors, or created in honor of someone who has experienced violence. To view the shirts decorated by GWC students, staff, and faculty, please visit [HERE](#)

Healthy Relationships/Safe Online Dating Webinar

(Coastline College event)

October 6th ~ 12:00pm - 1:00pm

This webinar will explore how to safely connect with your 'bae' in an online space. Participants will learn about consent and boundaries in dating, practice communication skills, and learn about dating resources.

More info to come!

GWC VIRTUAL TRANSFER FAIR

Wednesday, October 14th

10:00 am to 1:00 pm

More info to come...



Yoga (Coastline College Event)

October 7th ~ 11:00am - 12:00pm

Join us for an all levels yoga class! As October is Domestic Violence Awareness Month, this class will be taught through a trauma-informed lens. Participants will learn health and wellness skills. *More info to come!*



Things You Need to Know...

CSU/UC Fall 2020 Admission Application Workshops

"CSU Fall 2021 Admission Application"

1:00 - 3:00pm Live ONLINE

Thursday, October 1st

Tuesday, October 6th

Wednesday, October 21st

Monday, November 2th

Tuesday, November 10th

3:00 - 5:00pm Live ONLINE

Wednesday, October 7th

Thursday, October 22nd

Wednesday, November 18th

10:00 - 12:00 noon Live ONLINE

Saturday, October 17th

Saturday, November 14th

"UC Fall 2021 Admission Application"

3:00 - 5:00 pm

Wednesday, November 4th

Tuesday, November 17th

Please sign up in advance by calling 714-895-8794 or visit:

www.tinyurl.com/transfer21



GWC Live on Instagram

Join us for GWC Live every Thursday at 3:00 p.m. with GWC's Outreach Specialist, Ben Olague. Feel free to ask questions in the chat at any point, we will do our best to make sure they are addressed. See you there! Find us at: [instagram.com/goldenwestcollege](https://www.instagram.com/goldenwestcollege)

