

# The Unschedule



FALL 2017 CATALOG

## Workshops Designed to improve your College skills set

Offerings are for specific times, but are also available for individual appointments where indicated

IF YOU **FAIL** TO  
**PREPARE**  
THEN **PREPARE**  
TO **FAIL** -Benjamin Franklin



[www.niagaracc.suny.edu/sd/unschedule.html](http://www.niagaracc.suny.edu/sd/unschedule.html)

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# ACADEMIC WORKSHOPS

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## HELP! I Was Never Taught How to Study!

Many college students make the mistake of cramming the night before or spending long periods of time just re-writing their notes and re-reading their textbooks, which frankly, is quite boring! Attend this session to learn about FREE, fun and meaningful ways to learn and truly understand your class content!

|                     |  |
|---------------------|--|
| <b>Dates/Times:</b> | Monday, September 18 at 11:00                                  |
|                     | Tuesday, October 10 at 12:00                                   |
|                     | Wednesday, November 8 at 1:00                                  |
|                     | <b>OR</b> Call 614-6290 to schedule an individual appointment! |
| <b>Location:</b>    | A-131, Student Development                                     |
| <b>Facilitator:</b> | Caitlin M. Wetherwax   |

## Note-Taking Refresher Workshop

Attend this workshop to learn how to take notes without the anxiety of frantically writing down everything in your notebook as the instructor is lecturing! Many college students have never been taught how to transcribe notes effectively. Your notes are your guide to your class, as well as, what you will use to study for your tests and quizzes. Fortunately, there are note-taking techniques available that can improve your ability to find and organize key concepts efficiently and effectively!

|                     |  |
|---------------------|--|
| <b>Dates/Times:</b> | Thursday, September 28 at 2:00                                 |
|                     | Wednesday, October 4 at 2:30                                   |
|                     | Tuesday, November 7 at 1:00                                    |
|                     | <b>OR</b> Call 614-6290 to schedule an individual appointment! |
| <b>Location:</b>    | A-131, Student Development                                     |
| <b>Facilitator:</b> | Caitlin M. Wetherwax   |

## How to Succeed in Science Class

The Sciences are a different animal when it comes to studying. For many students, the rigors of lecture and lab can leave them feeling overwhelmed. This workshop will open your world to other types of study-strategies including fun educational videos, Web2.0 learning tools and even playing games to help you succeed in your science class!

|                     |  |
|---------------------|--|
| <b>Dates/Times:</b> | Wednesday, September 20 at 12:00                               |
|                     | Friday, October 13 at 11:00                                    |
|                     | Wednesday, November 8 at 11:30                                 |
|                     | <b>OR</b> Call 614-6290 to schedule an individual appointment! |
| <b>Location:</b>    | A-131, Student Development                                     |
| <b>Facilitator:</b> | Caitlin M. Wetherwax   |

## How Do I Find A Scholarly Article?

Has your professor assigned you to “find a scholarly article”? Are you puzzled about exactly what that means? Would you like to get help using library databases to find credible, authoritative, scholarly articles to use for your assignments?

Attend any or all of these library workshops, and walk out with your scholarly articles in hand. You will learn to be a better researcher, and can apply your newly found knowledge to many classes.

All workshops will be conducted by Jeanne Tuohey on Wednesdays from 12:15-12:50. Meet outside Room G-253.

### **09/13 Academic OneFile & Academic Search Complete**

These databases cover most areas of academic study, and are good choices if you are unsure where to start. You can find articles on just about any topic in the two databases.

### **09/20 Ancestry.com**

Access a wide range of unique resources for genealogical and historical research. More than 1-5 billion names in over 4,00 databases, includes records from the United States Census; military records; court, land and probate records; vital and church records; directories; passenger lists and more.

### **09/21 Criminal Justice Periodicals Index**

A comprehensive database supporting research on crime, its causes and impacts, legal and social implications, as well a litigation and crime trends. As well as U.S. and international scholarly journals, it includes correctional and law enforcement trade publications, crime reports, crime blogs and other material relevant for researchers or those preparing for careers in criminal justice, law enforcement and related fields.

### **10/04 Lexis/Nexis Academic**

Comprehensive, authoritative news content, including current coverage and deep archives. Includes BUFFALO NEWS. Extensive legal sources for federal and state cases and statutes, including U.S. Supreme Court Decisions since 1970. Business information on over 80 million U.S. and international companies.

### **10/18 JSTOR JSTOR**

provides access to essential scholarly journals in many academic fields, especially arts, literature, humanities, history and biology.

### **10/25 CINAHL Plus with Full Text**

A robust collection of full text for nursing & allied health journals, providing full text for more than 770 journals indexed in CINAHL®. The core research tool for all areas of nursing and allied health literature. Full text coverage dates back to 1937.

## 11/01 PsycARTICLES

This database provides full text articles on current issues in psychology from respected sources, spanning from 1988 to the present. PsycARTICLES includes more than 25,000 full-text articles from 42 journals published by American Psychological Association and allied organizations. All journals included in this database are indexed in PsycINFO.

## 11/08 ScienceDirect

ScienceDirect® provides coverage of the journal literature in science, technology and medicine. It offers access to over 1,200 journals in the Elsevier Science collection and indexing to over 30 million records, with links to 10,000 journal titles.

## 11/15 Artemis Literary Resources

You can research authors and their works, literary movements and genres. Search across your library's literature databases to find full text of literary works, journal articles, literature criticism, reviews, biographical information and overviews.

# ADVISEMENT & REGISTRATION WORKSHOPS

## Preparing for My Advisement Appointment

IT'S NOT TOO EARLY!! This workshop will prepare a student for a successful advisement meeting with their advisor. Topics will include:

- Clarification of curriculum requirements and where to find them
- What questions you should ask your advisor
- Why you meet with your advisor
- And additional student concerns

|                     |                               |
|---------------------|-------------------------------|
| <b>Dates/Times:</b> | Thursday, October 5, at 1:00  |
|                     | Thursday, October 12, at 2:00 |
| <b>Location:</b>    | A-131, Student Development    |
| <b>Facilitator:</b> | Tony Ventresca                |

## DO YOU KNOW WHO YOUR ACADEMIC ADVISOR IS?

Students can view their advisor assignment through Degree Works, NCCC's student information system, by following these directions:

- Login to Degree Works
- Enter Your Twelves Username (Example: "JSmith123") and Password
- Click "Login"
- Academic Advisor name and contact information
- located at the top right of the "Academic/Demographic Summary" Section.

## Degree Evaluations Using Degree Works

This hands on workshop will show you how to verify if the coursework you are taking or have taken is putting you on track for graduation. We will show you how to properly run a Degree Evaluation using Degree Works. This workshop will provide you with step-by-step instructions for running Degree Evaluations and “What-If” Analyses and then interpreting the results.

Both students and advisors are encouraged to attend. Attendees will have the opportunity to ask questions and run their own Degree Evaluations during the appointment.

|                     |                                      |
|---------------------|--------------------------------------|
| <b>Dates/Times:</b> | Thursday, October 12 at 11:00        |
| <b>Location:</b>    | A-201, Registration & Records Office |
| <b>Facilitator:</b> | Melissa Lock                         |

## How to Use Course Scheduler

Come and see the new software that builds class schedule options that work for you. Tell us what days/times you cannot take classes. Tell us what classes you need to take. Then view a variety of class schedules that work for you! It's the latest and greatest software that considers your busy schedules and streamlines the time it takes to build a schedule.

|                     |                                      |
|---------------------|--------------------------------------|
| <b>Dates/Times:</b> | Wednesday, October 18 at 1:00        |
| <b>Location:</b>    | A-201, Registration & Records Office |
| <b>Facilitator:</b> | Melissa Lock                         |

## Non-Matriculated Student Concerns

Students will meet with an advisor on campus who is responsible to serve as a resource person for non-matriculated students. This workshop will also discuss the benefits and procedures of becoming a matriculated student for those who are interested. Students unable to attend the workshop should contact Student Development at 614-6290 for any assistance needed.

|                     |                                 |
|---------------------|---------------------------------|
| <b>Dates/Times:</b> | Wednesday, September 20 at 2:00 |
|                     | Thursday, September 21 at 4:00  |
| <b>Location:</b>    | A-131, Student Development      |
| <b>Facilitator:</b> | Deborah J. Robinson, Ph.D.      |

# CAREER PLANNING WORKSHOPS

## Am I in the Right Curriculum?

Your curriculum has an effect on your future educational and vocational decisions. Students are sometimes in the wrong curriculum without realizing it. Unfortunately, this is not always brought to their attention. Attend this workshop and explore your concerns with a counselor if you are unsure of the appropriateness of your curriculum in relationship to your goals.

|                     |   |
|---------------------|---|
| <b>Dates/Times:</b> | Thursday, September 7 at 9:30                       |
|                     | Monday, September 18 at 11:00                       |
| <b>Location:</b>    | B-102, Veterans Services Office/Student Development |
| <b>Facilitator:</b> | Joe Colosi  |

## Information Session on FOCUS-2

If one of your goals is to learn more about your prospective career while you are pursuing your education and learn which career is most appropriate, we have the workshop for you. FOCUS-2 is an on-line assessment that assists individuals with their career choice, making informed career decisions, mapping out career plans for the present and future, and aligning your major with specific careers.

|                     |                                 |
|---------------------|---------------------------------|
| <b>Dates/Times:</b> | Thursday, September 14 at 11:00 |
|                     | Tuesday, September 26 at 2:00   |
|                     | Monday, October 16 at 12:00     |
|                     | Thursday, October 26 at 2:00    |
|                     | Thursday, November 9 at 11:00   |
|                     | Tuesday, November 21 at 2:00    |
|                     | Thursday December 7 at 11:00    |
|                     | Tuesday, December 19 at 2:00    |
| <b>Location:</b>    | A-131, Student Development      |
| <b>Facilitator:</b> | Deborah J. Robinson, Ph.D.      |



## So You Want to Go Into a High Demand Program...

This workshop is designed to discuss the academic requirements that students need to know if they are considering curriculum changes into the following programs: Animal Management, Phlebotomy, Physical Therapy Assistant, Medical Assistant, Massage Therapy, Surgical Technology, and Radiologic Technology.

|                     |                                 |
|---------------------|---------------------------------|
| <b>Dates/Times:</b> | Monday, September 11 at 11:00   |
|                     | Monday, September 25 at 2:00    |
|                     | Wednesday, October 4 at 11:00   |
|                     | Thursday, October 12 at 2:00    |
|                     | Tuesday, November 7 at 11:00    |
|                     | Wednesday, November 22 at 2:00  |
|                     | Monday, December 11 at 2:00     |
|                     | Wednesday, December 20 at 11:00 |
| <b>Location:</b>    | A-131, Student Development      |
| <b>Facilitator:</b> | Deborah J. Robinson, Ph.D.      |

## CAREER SERVICES WORKSHOPS

### Career Planning

It is very common for students to be undecided about their career goals. This seminar educates students on the career planning process and is intended to increase students' awareness of various career choices. While engaged in the career planning process, students should have as much information as possible about career options. A variety of testing instruments to help students with career decision making will also be explored. Additional print and online resources will also be explained.

|                     |                                |
|---------------------|--------------------------------|
| <b>Dates/Times:</b> | Wednesday, October 25 at 10:00 |
| <b>Location:</b>    | A-131, Student Development     |
| <b>Facilitator:</b> | Alissa Shugats-Cummings        |

### Building Your Resume While Building Your Network

Networking is an important part of the professional world. Statistics have shown that up to 80% of available employment opportunities are filled by word of mouth and never get publicly posted. This seminar explores a way to build and maintain your professional network while adding valuable work experience to your resume.

|                     |                                 |
|---------------------|---------------------------------|
| <b>Dates/Times:</b> | Thursday, September 28 at 12:30 |
| <b>Location:</b>    | A-131, Student Development      |
| <b>Facilitator:</b> | Alissa Shugats-Cummings         |

## Effective Job Search

What is the “Hidden Job Market” and how can I access it? Researching, networking, and making contacts are all steps in conducting a successful job search. The key elements in searching for employment will be examined.

|                     |                                 |
|---------------------|---------------------------------|
| <b>Dates/Times:</b> | Thursday, November 9 at 12:30   |
|                     | Wednesday, November 15 at 12:00 |
| <b>Location:</b>    | A-131, Student Development      |
| <b>Facilitator:</b> | Alissa Shugats-Cummings         |

## Effective Resume Writing

What makes a resume stand out and catch the employer’s attention? The fundamentals of creating a powerful and dynamic resume will be explored. Students will learn to identify transferable skills and career objectives that are the foundation of a strong resume. Students will begin the process of creating an effective resume and leave the workshop with a completed employment tool. Resume review will be conducted on an individual basis.

|                     |                                 |
|---------------------|---------------------------------|
| <b>Dates/Times:</b> | Thursday, September 14 at 12:30 |
|                     | Tuesday, October 3 at 12:30     |
|                     | Friday, November 3 at 12:00     |
| <b>Location:</b>    | A-131, Student Development      |
| <b>Facilitator:</b> | Alissa Shugats-Cummings         |

## Cover Letter Writing

The importance of the cover letter, when it is appropriate, and how it’s to be written will be discussed. Cover letter review will be conducted on an individual basis.

|                     |                               |
|---------------------|-------------------------------|
| <b>Dates/Times:</b> | Wednesday, October 4 at 12:00 |
|                     | Thursday, November 2 at 12:30 |
| <b>Location:</b>    | A-131, Student Development    |
| <b>Facilitator:</b> | Alissa Shugats-Cummings       |

## Effective Interview Skills

An interview is your opportunity to discuss, in person, your qualifications for a position. Because you usually only get one chance to make a good impression, it is important to know how to prepare for this important meeting. What to do - and what not to do - in an interview will be discussed?

In addition, a mock interview can be arranged with a counselor.

|                     |                                |
|---------------------|--------------------------------|
| <b>Dates/Times:</b> | Tuesday, September 12 at 11:00 |
|                     | Wednesday, October 4 at 1:00   |
|                     | Monday, November 13 at 1:00    |
| <b>Location:</b>    | A-131, Student Development     |
| <b>Facilitator:</b> | Alissa Shugats-Cummings        |

## How to Prepare for the Part Time Job Fair

Come hear tips that should be used when attending a Part Time Job Fair. Re-sume preparation, appropriate attire, and other strategies will be discussed.

|                     |                                 |
|---------------------|---------------------------------|
| <b>Dates/Times:</b> | Wednesday, September 13 at 2:00 |
| <b>Location:</b>    | A-131, Student Development      |
| <b>Facilitator:</b> | Alissa Shugats-Cummings         |

## Part-Time Job Fair

Career Services will host a Part-Time Job Fair for the Fall 2017 semester. A variety of local employers will be at the event and will have valuable information on a number of employment opportunities.

Students who attend should dress appropriately, bring a resume, and be prepared to speak with area professionals about available jobs.

In addition, students are encouraged to attend the “How to Prepare for the Part Time Job Fair” and “Effective Resume Writing and Cover Letters” workshops, also in this Unschedule. Call 716-614-5970 or stop by A-131 for

|                     |  |
|---------------------|--|
| <b>Dates/Times:</b> | Thursday, September 21 from 11:00-1:30 |
| <b>Location:</b>    | Main Gym, H-Building                   |
| <b>Facilitator:</b> | Alissa Shugats-Cummings                |

## HAVE YOU VISITED THE CAREER SERVICES WEBPAGE?

Visit the Career Services section of the NCCC website to find the Job Board, helpful Career Videos, Resources and much more!



Visit: <http://www.niagaracc.suny.edu/studentjobs/>

# HEALTH & WELLNESS WORKSHOPS

## Substance Abuse Awareness Workshop

Join us for our Monthly Substance Abuse educational series!! This is an interactive workshop, open to any participants interested in increasing their knowledge about substance abuse and its effects.

|                     |                              |
|---------------------|------------------------------|
| <b>Dates/Times:</b> | Monday, September 18 at 4:00 |
|                     | Monday, October 23 at 4:00   |
|                     | Monday, November 11 at 4:00  |
|                     | Monday, December 11 at 4:00  |
| <b>Location:</b>    | B-140                        |
| <b>Facilitator:</b> | Janelle M. Ventura, LMSW     |

## Community Mental Health Services

Seeking mental health services in the community? Don't really have the time to sit down with a counselor for an intake session? No money for a co-pay? Stop in to this open workshop to see what services are available to you on and off campus! A counselor from the Wellness Center will be available to answer your basic questions and provide information to help.

|                     |                             |
|---------------------|-----------------------------|
| <b>Dates/Times:</b> | Monday, October 16 at 11:00 |
| <b>Location:</b>    | C-122                       |
| <b>Facilitator:</b> | Janelle M. Ventura, LMSW    |

## Emotional Eating from A to Z

The latest figures show that 2/3 of us are fighting the battle of the bulge. On top of that, 90-some percent of those who diet end up gaining the weight back (and sometimes more!). This is not a diet workshop – it's a chance to learn something about how your emotions affect your eating and what you can do about it. Best of all, you will learn about how to break the diet-gain cycle and manage your weight without depriving yourself of stuff that you love!

|                     |  |
|---------------------|--|
| <b>Dates/Times:</b> | Tuesday, September 26 at 2:00                        |
| <b>Location:</b>    | B-216  |
| <b>Facilitator:</b> | Michael Owsowitz, Wellness Center Personal Counselor |

## Mindfulness Meditation for Stress, Anxiety, and Depression

Have you ever struggled with that constant, underlying tension, a feeling of not having enough time, reluctance to get out of bed, trouble falling or staying asleep, being overwhelmed by work, lack of motivation, money worries, pressure from family, friends and significant others to give them more time than you have for yourself? If you have, welcome to the twenty-first century! Ironically, one of the best techniques for helping cope with these common problems comes from the twenty-first century! This workshop will offer a quick and easy to learn form of mindfulness meditation which you will be able to apply IMMEDIATELY to help you gain or regain a sense of balance and peace of mind.

|                     |  |
|---------------------|--|
| <b>Dates/Times:</b> | Tuesday, October 3 at 2:00                           |
| <b>Location:</b>    | B-216  |
| <b>Facilitator:</b> | Michael Owsowitz, Wellness Center Personal Counselor |

### Test Anxiety!

Test anxiety is among the most common and upsetting problems which plague college students. Do you get sweaty palms at the very thought of a test, blank out while taking one, overthink your answers, become confused on “multiple guess” exams, find your heart pounding if others leave the room while you are still working, write too much or too little, become so distracted that you don’t finish, or become paralyzed on a timed test! If so, you have test anxiety, you have lots of company, and help is available faster than you think!

|                     |  |
|---------------------|--|
| <b>Dates/Times:</b> | Thursday, October 5 at 2:00                          |
| <b>Location:</b>    | B-216  |
| <b>Facilitator:</b> | Michael Owsowitz, Wellness Center Personal Counselor |

### Using Your Head to Deal With Your Body

Many of us suffer from chronic ailments such as headaches, allergies, food sensitivities, backaches, fatigue, irritable bowel and pain from injuries. Medical treatments are often incomplete or problematic (like pain meds which are addictive or migraine pills which leave you too groggy to function). Friends and family may not realize how debilitating flare-ups can be and how chronic ailments can affect your quality of life. This workshop will discuss cognitive, meditative, and interpersonal techniques for coping with these and other issues associated with chronic physical distress.

|                     |  |
|---------------------|--|
| <b>Dates/Times:</b> | Thursday, October 26 at 2:00                         |
| <b>Location:</b>    | B-216  |
| <b>Facilitator:</b> | Michael Owsowitz, Wellness Center Personal Counselor |

# LEADERSHIP WORKSHOPS

## SIMPLE Leadership Development Program

Leadership at NCCC is SIMPLE; SIMPLE means: Students Initiating Meaningful and Positive Leadership Experiences. Every student has the capacity to be a leader and SIMPLE will merely give you the tools and guide you in the right direction. Students will gain experience through community service, research, analysis, and action across curricular and co-curricular activities in order to gain a deeper understanding of applied leadership concepts. The program is designed to help students develop the necessary skills to become the best leader possible.

This program is a three level program. Once each level is completed, you will receive a certificate of completion for that level. Once a student completes the entire program, the student will receive an award of completion and be recognized at the Student Awards Banquet.

This program can be completed at the pace you choose and offer a variety of options to best fit each student's needs to complete the program. By completing this program you will have the leadership skills and resources to help assist in completing your future professional, personal and academic goals. This program is a great resume builder!

\*To sign up, please come by Student Life in G-117-D for a registration form.

## Leadership Weekend

This weekend is a time for new, returning, and prospective student leaders and the staff from the Student Life Office to set aside time to enhance leadership skills and get to know each other. The conference offers a wide variety of team-building, leadership training and social networking activities as students begin a New Year in their responsibilities in various student leadership roles on campus. Students make lifelong friendships and develop skills needed to be successful in both their education and career endeavors. A \$10 deposit will be returned after completing the retreat.

|                     |   |
|---------------------|---|
| <b>Dates/Times:</b> | Friday, September 22 & Saturday, September 23 |
| <b>Facilitator:</b> | Student Life Staff                            |

## Heart of a Leader Training

Life should be about what you can do, not what you cannot do. In HEART of a Leader, you will realize the power of leading yourself: and that the ability to lead yourself is the catalyst for your ability to impact others grows exponentially. This two-day leadership course is highly experiential, and was developed for maximum learning to life application. You will not only learn how to be a confident leader or team, you will practice being one.

During this training you will discover:

- How to identify and build on your personal leadership strengths while eliminating your barriers
- The five criteria for powerful communication and influencing others
- Embracing consequences and rewards of leadership and how to be solution-oriented with problems
- A self-empowering psychology that will give you the courage to take action in spite of fear or doubt
- A deep understanding of personal accountability and responsibility
- The power and importance of being able to give and receive effective feedback
- Your foundational internal motivators that will guide you to new levels of success
- A stronger understanding of team dynamics, conflict management, and relationship building

Each process within this training is designed for your maximum participation and completion so that you may gain the practical tools and experience you need to be more successful within and beyond this course.

More information will be available early October in Student Life (G-117-D).

|                     |   |
|---------------------|---|
| <b>Dates/Times:</b> | Saturday, October 14 & Sunday, October 15 |
| <b>Location:</b>    | G-Building/Student Life Center            |
| <b>Facilitator:</b> | Student Life Staff                        |

## STUDENT SUCCESS MODULES

Student Success Module Series open to ALL students through the Fall semester. Help improve yourself, your learning, your mindset.

Location/Time: Tuesdays at 2:00 PM in E-225 or Blackboard (\*access instructions below)

Facilitator: Dr. Kathy Gerbasi

### **09/05 Module 1: Dweck's Growth vs. Fixed Mindsets: Why a Growth Mindset Is Essential for Success** (related concept:

incremental vs. entity learning)

Mindsets are beliefs and attitudes that people hold about the nature of ability, intelligence, and performance. The type of mindset a person has is strongly associated with her or his academic outcomes. Research shows that when people with fixed mindsets change their mindsets to growth mindsets, then those people become significantly more successful learners.

## **09/12 Module 2: Unskilled and Unaware: The Dunning-Kruger Effect** (related concepts: overconfidence bias and self-serving bias)

The Dunning-Kruger Effect refers to the tendency of people to believe that we know more than we do AND we are not aware of the extent of our ignorance on topics about which we have little knowledge. You can begin to protect yourself from this problem first by being aware that it exists AND second by learning good study habits.

## **09/19 Module 3: Memory, Part I: Essential information about memory and the ONE STRATEGY to avoid for successful memory**

This module outlines the basics of how memory works and provides information about the most ineffective memory strategy that students ought to avoid when studying--simple repetition or cramming.

## **09/26 Module 4: Memory, Part II: Retrieval**

Module 4 focuses on how to get information out of your long-term memory by explaining that the ability to use information that you want to have available in your memory requires effort and practice. You have to practice retrieval in order to be successful at retrieval.

## **10/03 Module 5: Concept Maps and Understanding** (related concepts: chunks and chunking)

A concept map is an arrangement of interrelated concepts and pieces of information that can be useful to help you organize and learn new material. This module explains concept maps and discusses how they can aid in understanding and learning.

## **10/17 Module 6: Test Yourself** (Learning Strategies that Work) (related concept: desirable difficulties)

This module explains that learners are very poor at identifying which study techniques work and which ones don't. There is no meaningful learning without serious effort that involves testing yourself in a variety of ways. Multiple effective study strategies are described here.

## **10/24 Module 7: Locus of Control and Learned Helplessness**

Locus of control theory says we have experiences that result in various outcomes, good or bad, AND we interpret the cause of those outcomes as being either due to our own actions (internal locus of control) or due to forces in the environment outside of our control (external locus of control). Students who have an internal locus of control tend to be much more successful in school. This module provides suggestions on how to develop an internal locus of control as well as explains related concepts.



## 11/07 Module 8: Self-fulfilling Prophecy and Behavioral Confirmation

People will behave in ways to make their expectations come true; this phenomenon is known as a self-fulfilling prophecy. Module 8 focuses on studies that show us the very powerful effect that our expectations have on our behavior and our interpretation of what we observe as well as provides tips on how to change your behavior and your expectations.

## 11/12 Module 9: Self-Efficacy (related concepts: delay of gratification and self-regulation)

Through experience and cognition, people develop expectations about their own abilities to get things done. Self-efficacy has a powerful influence on how we behave and how successful we become. It is possible to develop a stronger sense of self-efficacy, and this module provides suggestions on how to do so.

## 11/21 Module 10: Stereotype Threat, Self-Determination Theory, and Intrinsic and Extrinsic Motivation

Stereotype threat refers to the phenomenon that the activation of certain stereotypes can negatively impact performance (particularly in academic contexts). Module 10 describes stereotype threat in greater detail and discusses how students and faculty can become more aware of stereotype threat and ways to reduce it.

Student Online Access: For students who prefer to access the module online rather than on the presentation dates:

- Login to Blackboard with your TWolves credentials
- Under “My Organizations,” Choose “NCCC Blackboard Student Group”
- In the left-hand menu, click on “Smart Study Strategies” to access the modules

## SUPPORT GROUPS

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### Rights and Responsibilities of Students with Disabilities

Understand what services and accommodations are available to you as a college student with a disability. Also, gain an understanding of your rights under the law as well as your responsibilities. All students and faculty are encouraged to attend.

|                     |                                 |
|---------------------|---------------------------------|
| <b>Dates/Times:</b> | Wednesday, September 13 at 2:00 |
|                     | Tuesday, October 2 at 1:00      |
| <b>Location:</b>    | A-131, Student Development      |
| <b>Facilitator:</b> | Alissa Shugats-Cummings         |

## Support for Single Parents in College

Single parents face a unique set of challenges when they choose to further their education. In addition to class and study time, they must also create a happy, healthy home environment for their children. College students who are single parents struggle with additional stressors of time, money and adequate support systems. If you are a single parent, visit one of our information tables to find out about resources available to you!

|                     |   |
|---------------------|---|
| <b>Dates/Times:</b> | Monday, September 18, stop by between 11:30-1:00, G Bldg. Snack Bar   |
|                     | Tuesday, October 17, stop by between 11:30-1:00, Library Entrance     |
|                     | Wednesday, November 15, stop by between 11:30-1:00, G Bldg. Snack Bar |
|                     | Thursday, December 7, stop by between 11:30-1:00, Library Entrance    |
| <b>Facilitator:</b> | Kelly Boswell   |

## MOMs Group Meetings

This group gives single mothers a chance to get together and support one another. Sessions will also either include a guided discussion topic, guest presenter, or fun activity. All single mothers are welcome!

|                     |                                  |
|---------------------|----------------------------------|
| <b>Dates/Times:</b> | Tuesday, September 12 at 12:30   |
|                     | Wednesday, September 27 at 12:30 |
|                     | Tuesday, October 10 at 12:30     |
|                     | Wednesday, October 25 at 12:30   |
|                     | Tuesday, November 14 at 12:30    |
|                     | Wednesday, November 29 at 12:30  |
| <b>Location:</b>    | A-131, Student Development       |
| <b>Facilitator:</b> | Kelly Boswell                    |

## Veterans and Military Students Meet & Greet Reception

This is an opportunity for new and returning veterans and military students to:

- Meet other veterans
- Find out about NCCC's Veterans Association
- Get more information about other veteran student services
- Enjoy a break from classes and free food

|                     |                                  |
|---------------------|----------------------------------|
| <b>Dates/Times:</b> | Wednesday, September 20 at 12:30 |
| <b>Location:</b>    | B-103, Veterans Services         |
| <b>Facilitator:</b> | Veteran Services                 |

## SALUTE - National Veterans Honor Society Information Session

SALUTE (Service-Leadership-Unity-Tribute-Excellence) is a national academic honor society recognizing veterans and military personal who have demonstrated outstanding performance in the academic setting. One of the primary goals of SALUTE is to acknowledge, congratulate and recognize members who have shown courage, strength, leadership, excellence and perseverance in their military endeavors and now are showing that same commitment to their academic careers. Attendees of this workshop will be given information regarding eligibility and application requirements for the organization. If you are unable to attend the workshop but would like information about SALUTE, contact the Veteran Services office (B-103 or call 614-6283).

|                     |                                 |
|---------------------|---------------------------------|
| <b>Dates/Times:</b> | Wednesday, September 27 at 2:00 |
| <b>Location:</b>    | B-103, Veterans Services        |
| <b>Facilitator:</b> | Joe Colosi/Eileen Walsh         |

## Using the VA's eBenefits Portal to Manage Your VA and Military Benefits

eBenefits is a one stop VA/DoD online resource that you can use to access and manage VA and military benefits information. This workshop will provide information about who is eligible to use eBenefits, the difference between basic and premium accounts, some commonly used eBenefits features, and provide instructions for creating your personal eBenefits account.

|                     |                             |
|---------------------|-----------------------------|
| <b>Dates/Times:</b> | Tuesday, October 3 at 10:00 |
| <b>Location:</b>    | B-103, Veterans Services    |
| <b>Facilitator:</b> | Eileen Walsh                |

## The VA Tutorial Assistance Program

Are you having difficulty with a class? If you are a student receiving VA educational benefits, there is a program that may help you. The VA Tutorial Assistance Program is available if you are receiving VA educational assistance at a half-time or greater rate and have a deficiency in a course that is part of your approved program, making tutoring necessary. This session will provide information on how the tutorial assistance program works, who is eligible, and how to apply. (Note: this benefit is not available under REAP).

|                     |                            |
|---------------------|----------------------------|
| <b>Dates/Times:</b> | Monday, October 2 at 10:00 |
| <b>Location:</b>    | B-103, Veterans Services   |
| <b>Facilitator:</b> | Eileen Walsh               |

## Veterans Day Ceremony/Open House

Please join the NCCC community for our Veterans Day ceremony in Veterans Park near the main entrance to NCCC. Immediately following the ceremony, a reception and information table will be located in the A-Building Lobby. NCCC staff will be available to answer questions related to support services and veterans benefits.

|                     |   |
|---------------------|---|
| <b>Dates/Times:</b> | Thursday, November 9 at 11:00                                       |
| <b>Location:</b>    | Ceremony in Veterans Park followed by reception in A-Building Lobby |
| <b>Facilitator:</b> | Veteran Services  |

## TECHNOLOGY RESOURCES WORKSHOPS

### Introduction to Blackboard for Students

NCCC has migrated all course content from ANGEL to the new SUNY preferred Learning Management called Blackboard Learn. This migration took place in phases over the 2013-2014 Academic Year and is now running all courses in Blackboard Learn.

The username and password that you use to log into Blackboard is the same as your T-Wolves email. In order for accounts to be activated in Blackboard Learn, you must enroll in the T-Wolves college email first. If you have questions on how to enroll and log into the T-Wolves mail, please view the FAQ information at the T-Wolves log on page.

Topics Covered:

- Logging on, finding your course and navigation
- Course Calendar/Schedule and when to “attend class”
- How to contact your professor
- Where to find assignments
- Student Success Online Orientation, Resources, Help

|                     |                             |
|---------------------|-----------------------------|
| <b>Dates/Times:</b> | Monday, August 28 at 4:00   |
|                     | Friday, September 1 at 3:00 |
| <b>Location:</b>    | CA-105 (main campus)        |
| <b>Facilitator:</b> | eLearning Department        |

## Blackboard Learn 9.1: For Completing Your Coursework

Learn how to use Blackboard Learn to communicate with your professors, complete course work & check grades.

Topics covered:

- Course navigation
- Sending and receiving course mail messages
- Downloading class notes/assignments
- Viewing your grades and attendance
- Completing and uploading files for assignments
- Participating in discussions
- NCCC eLearning Student Orientation, Resources, and Help

|                     |                             |
|---------------------|-----------------------------|
| <b>Dates/Times:</b> | Monday, September 4 at 4:00 |
| <b>Location:</b>    | CA-105 (main campus)        |
| <b>Facilitator:</b> | eLearning Department        |

## Using Livescribe Smartpen for Class Note Taking and Recording Your Class for Study Purposes

This workshop will feature the use of the Livescribe Smartpen product. This allows the student to take notes at the same time as recording the lecture. These notes are linked together with the technology integrated into the pen, and software used to interface with it. This type of note taking adds a dimension of recording the teacher at the same time as the student is taking class notes. This should allow for more thorough notes. Both styles of Smartpen will be covered including the new Livescribe 3 Smartpen model.

Office of Information technology does not support or recommend this product. It is used for demonstration purposes only. Ordering information and web addresses will be provided in the class, should students desire to pursue the possibility of utilizing a Smartpen in their studies. The Smartpen is also sold in our College Bookstore. If you cannot attend any of the classes, contact Greg Brehm at ext. 6795 or at [gbrehm@niagaracc.suny.edu](mailto:gbrehm@niagaracc.suny.edu) and a one-on-one can be set up.

|                     |   |
|---------------------|---|
| <b>Dates/Times:</b> | Wednesday, October 4 at 1:00                      |
|                     | Thursday, October 12 at 1:00                      |
|                     | Friday, October 20 at 1:00                        |
| <b>Location:</b>    | E-225   |
| <b>Facilitator:</b> | Greg Brehm, T.A. Office of Information Technology |

## SCHOLARSHIP WORKSHOPS \$\$\$

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### NCCC Scholarship Information Session – Learn How to Get Free Money!

These workshops will cover the basic information on how to get FREE scholarship money every semester. The online system (STAR) used to apply as well as essay writing tips on how to catch the attention of the Scholarship Review Committee.

|                     |                               |
|---------------------|-------------------------------|
| <b>Dates/Times:</b> | Wednesday, October 4 at 11:00 |
|                     | Thursday, October 5 at 1:00   |
| <b>Location:</b>    | A-117, Financial Aid          |
| <b>Facilitator:</b> | Lisa Mahl                     |

### Transfer Scholarships \$\$\$

This workshop will provide you with information regarding scholarship opportunities at four-year institutions. The Transfer Scholarship Guide, published by the New York State Transfer and Articulation Association, will be highlighted.

|                     |   |
|---------------------|---|
| <b>Dates/Times:</b> | Tuesday, October 10 at 2:00                         |
| <b>Location:</b>    | B-103, Student Development/Veterans Services Office |
| <b>Facilitator:</b> | Joe Colosi  |

## TRANSFER WORKSHOPS

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### Transferring in January?

If you are planning to transfer in January, now is the time to apply. Most colleges have very strict deadlines. So, don't delay! This workshop will teach you about:

- Finding colleges that offer the major you want
- Deciding on the college that is right for you
- Application procedures

|                     |   |
|---------------------|---|
| <b>Dates/Times:</b> | Thursday, September 14 at 10:00                     |
|                     | Friday, October 13 at 10:00                         |
| <b>Location:</b>    | B-103, Student Development/Veterans Services Office |
| <b>Facilitator:</b> | Joe Colosi  |

## Dual Admissions Information Workshop

NCCC has DUAL ADMISSIONS agreements established with over 16 colleges and universities across New York State. These dual admissions programs offer first-time students at NCCC the opportunity to earn an Associate's Degree at NCCC and continue their studies in a parallel baccalaureate degree program at these colleges. There are many benefits of these dual admissions programs such as: filing a single application, ease of transfer process, academic advisement from NCCC and the four-year college, no tuition deposit required at the four-year college, early orientation and priority registration at the four-year college, and dual degrees (Associate's and Bachelor's).

|                     |   |
|---------------------|---|
| <b>Dates/Times:</b> | Monday, October 2 at 10:00                          |
|                     | Thursday, October 19 at 2:00                        |
| <b>Location:</b>    | B-103, Student Development/Veterans Services Office |
| <b>Facilitator:</b> | Joe Colosi  |

## College Transfer Fair

Representatives from more than 40 SUNY and private colleges will be on campus to answer questions concerning their institutions. This will be an ideal opportunity for you to compare the colleges you are considering. The NOCA College Night will also be held from 6:30-8:30pm in the Main Cafeteria and over 60 colleges will be represented.

|                     |   |
|---------------------|---|
| <b>Dates/Times:</b> | Thursday, September 21, from 11:00-1:30 |
| <b>Location:</b>    | Main Gym, H-Building                    |
| <b>Facilitator:</b> | Joe Colosi                              |

# COLLEGE REPRESENTATIVE DAYS

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Schedule your appointment with a 4-year college or university representative online today at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/) Your meeting will be held with the representative in A-131 (Student Development).

## Transferring to Buffalo State College

This will be an opportunity to meet individually with a representative from Buffalo State College to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                                      |
|---------------------|--------------------------------------|
| <b>Dates/Times:</b> | Tuesday, October 10, 9:00-2:00       |
|                     | Friday, November 17, 9:00-2:00       |
|                     | Tuesday, December 5, 9:00-2:00       |
| <b>Location:</b>    | A-131, Student Development           |
| <b>Facilitator:</b> | Joe Colosi/Deborah Jones/Amy Runfola |

## Transferring to Canisius College

This will be an opportunity to meet individually with a representative from Canisius College to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                                   |
|---------------------|-----------------------------------|
| <b>Dates/Times:</b> | Tuesday, October 17, 9:00-1:00    |
|                     | Wednesday, November 15, 9:00-1:00 |
| <b>Location:</b>    | A-131, Student Development        |
| <b>Facilitator:</b> | Joe Colosi/Justine Mejak          |

## Transferring to Daemen College

This will be an opportunity to meet individually with a representative from Daemen College to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                                    |
|---------------------|------------------------------------|
| <b>Dates/Times:</b> | Thursday, September 28, 10:00-1:00 |
|                     | Wednesday, October 18, 10:00-1:00  |
|                     | Tuesday, November 14, 10:00-1:00   |
|                     | Thursday, December 7, 10:00-1:00   |
| <b>Location:</b>    | A-131, Student Development         |
| <b>Facilitator:</b> | Joe Colosi/Kevin Fricano           |



## Transferring to D'Youville College

This will be an opportunity to meet individually with a representative from D'Youville College to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                            |
|---------------------|----------------------------|
| <b>Dates/Times:</b> | TBD                        |
| <b>Location:</b>    | A-131, Student Development |
| <b>Facilitator:</b> | Joe Colosi/Anne Anthon     |

## Transferring to Hilbert College

This will be an opportunity to meet individually with a representative from Hilbert College to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                                  |
|---------------------|----------------------------------|
| <b>Dates/Times:</b> | Thursday, October 19, 10:00-1:00 |
|                     | Tuesday, November 28, 10:00-1:00 |
| <b>Location:</b>    | A-131, Student Development       |
| <b>Facilitator:</b> | Joe Colosi/Brian Filjones        |

## Transferring to Houghton College

This will be an opportunity to meet individually with a representative from Houghton College to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                            |
|---------------------|----------------------------|
| <b>Dates/Times:</b> | TBD                        |
| <b>Location:</b>    | A-131, Student Development |
| <b>Facilitator:</b> | Joe Colosi/Rebekah Smith   |

## Transferring to Medaille College

This will be an opportunity to meet individually with a representative from Medaille College to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                                   |
|---------------------|-----------------------------------|
| <b>Dates/Times:</b> | Wednesday, October 4, 10:00-1:00  |
|                     | Wednesday, November 8, 10:00-1:00 |
|                     | Wednesday, December 6, 10:00-1:00 |
| <b>Location:</b>    | A-131, Student Development        |
| <b>Facilitator:</b> | Joe Colosi/Erika Schwegler        |

## Transferring to Niagara University

This will be an opportunity to meet individually with a representative from Niagara University to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                                  |
|---------------------|----------------------------------|
| <b>Dates/Times:</b> | Friday, October 13, 10:00-2:00   |
|                     | Thursday, November 9, 10:00-2:00 |
|                     | Friday, December 8, 10:00-2:00   |
| <b>Location:</b>    | A-131, Student Development       |
| <b>Facilitator:</b> | Joe Colosi/Dina Martin           |

## Transferring to St. Bonaventure University

This will be an opportunity to meet individually with a representative from St. Bonaventure University to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                                  |
|---------------------|----------------------------------|
| <b>Dates/Times:</b> | Thursday, October 26, 10:30-1:00 |
|                     | Monday, November 20, 10:30-1:00  |
| <b>Location:</b>    | A-131, Student Development       |
| <b>Facilitator:</b> | Joe Colosi/Sandra Hansen         |

## Transferring to SUNY Brockport

This will be an opportunity to meet individually with a representative from SUNY Brockport to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |   |
|---------------------|---|
| <b>Dates/Times:</b> | Wednesday, October 11, 11:00-1:00                       |
|                     | Thursday, November 16, 11:00-1:00                       |
|                     | Friday, December 1, 11:00-1:00                          |
| <b>Location:</b>    | A-131, Student Development                              |
| <b>Facilitator:</b> | Joe Colosi/Brockport Transfer Admissions Representative |

## Transferring to UB (SUNY at Buffalo)

This will be an opportunity to meet individually with a representative from SUNY University at Buffalo to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                                  |
|---------------------|----------------------------------|
| <b>Dates/Times:</b> | Thursday, October 12, 10:00-2:00 |
|                     | Monday, November 13, 10:00-2:00  |
|                     | Monday, December 4, 10:00-2:00   |
| <b>Location:</b>    | A-131, Student Development       |
| <b>Facilitator:</b> | Joe Colosi/Kira Love             |

## Transferring to SUNY Fredonia

This will be an opportunity to meet individually with a representative from SUNY Fredonia to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |  |
|---------------------|--|
| <b>Dates/Times:</b> | Friday, October 20, 10:00-1:00                         |
|                     | Thursday, November 30, 10:00-1:00                      |
| <b>Location:</b>    | A-131, Student Development                             |
| <b>Facilitator:</b> | Joe Colosi/Fredonia Transfer Admissions Representative |

## Transferring to SUNY Geneseo

This will be an opportunity to meet individually with a representative from SUNY Geneseo to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                                 |
|---------------------|---------------------------------|
| <b>Dates/Times:</b> | Monday, November 6, 10:00-12:00 |
| <b>Location:</b>    | A-131, Student Development      |
| <b>Facilitator:</b> | Joe Colosi/James Clar           |

## Transferring to Villa Maria College

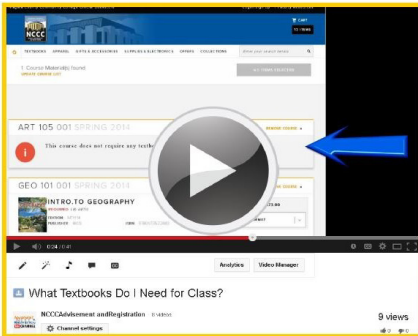
This will be an opportunity to meet individually with a representative from Villa Maria College to have all your questions answered. Please schedule an appointment in A-131 or online at [niagaracc.suny.edu/transfer/](http://niagaracc.suny.edu/transfer/).

|                     |                                  |
|---------------------|----------------------------------|
| <b>Dates/Times:</b> | Monday, October 2, 10:00-1:00    |
|                     | Thursday, November 2, 10:00-1:00 |
|                     | Tuesday, December 5, 10:00-1:00  |
| <b>Location:</b>    | A-131, Student Development       |
| <b>Facilitator:</b> | Joe Colosi/Mark Bunting          |

# HELPFUL RESOURCES

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## ADVISEMENT & REGISTRATION CHANNEL



[www.youtube.com/  
user/NCCAdvReg](http://www.youtube.com/user/NCCAdvReg)



## SIGN UP FOR ADVISEMENT TEXT REMINDERS!

### Step 1:

Text @nccca to 81010 or go to [remind.com/join/nccca](http://remind.com/join/nccca).

### Step 2:

Provide your name.

### Step 3:

Start receiving helpful texts alerts.  
Over 675 subscribers to date!

