A Program to Help You Succeed in College



## Coaches & Mentors Newsletter

December 2012

WE HOPE YOU ARE DOING YOUR PERSONAL BEST! Each semester and New Year provides a new opportunity to improve your skills and expand your knowledge. Enjoy this precious time! Also, please ask for help right away when you need it! Happy Holidays to you and yours.

Lois André, Coaches & Mentors, Director



# Congratulations C&M'ers |

- Carl Monroe was recently awarded a \$3000 scholarship by the Cape Cod Young Professionals organization in their "Career Connect" Scholarship program.
- Congratulations to Coaches & Mentors student (and former C&M work-study employee), David Bowlin.
   David is completing his AS in the IT Program-Administrative Assistant Concentration this December.
   David works within his field as an Administrative Assistant and will be sorely missed by many here at 4C's!
- Amanda Townson and Jonathan Rouillard are nearing Graduation. Keep up the great work!
- Congrats to Caroline Burke, Certificate in Culinary Arts, and also to Cynthia Campbell, Associate in Arts in Liberal Arts with a Human Services Concentration
- Mark W. Wright, AS in Information Technology. Mark is working in his field of study with a local IT company.
- Mark Detlefsen is completing his Associate in Science in Information Technology, Administrative Assistant, Medical Track. He completed a Certificate in Information Technology, Administrative Assistant, Medical Track last May. Mark also completed a cooperative learning experience at Cape Cod Hospital as well as a volunteer experience at Spaulding Rehab. Mark will return next semester to further his skills in Medical Coding and Billing. He is currently pursuing a career as a Medical Records Abstractor.
- And last but not least, Andrew Callahan.
   Andrew is a December finisher with an AS in Criminal Justice and is working in his field.

We want to hear about your accomplishments. Contact us by email or Facebook so that we can announce it here!

## TIPS FOR SPRING SEMESTER SCHEDULE CHANGES

Once Spring classes begin, requests to drop or add courses must be done **in person** at the Registrar's Office. Avoid "**disappearing**" from classes. (Failing to attend class, or just telling the instructor, is not enough. You will receive a failing grade).

Visit the **Financial Aid Office** regarding the impact of dropping a course and contact the **Business Office** about 4 C's refund policy. If dropping is your only option, see your **Advisor**. Lois André or Theresa Bowse are here to help you work through these situations.

Make sure to read your Student Handbook about the policy on adding/dropping courses. It is available online at:

www.capecod.edu/web/student-handbook.

### **CAREER CORNER**

Not sure about your career direction?

Contact Theresa Bowse, Coaches & Mentors Career Specialist to learn about various career planning and assessment tools available to Coaches & Mentors students. Theresa's office is S233, *or* email tbowse@capecod.edu, *or* by phone at 508-362-2131 ext. 4374.

## Facebook... keeping you informed

Get up-to-date on college events, workshops, holidays, closures, exam schedules, advising information, 'last day to drop's, Workshop Wednesdays, STEM Speaker series, jobs and more. For inspiration, we post some humor and motivational imagery as well as Cape Cod community happenings and news articles about 4C's.



## 'Coaches & Mentors at Cape Cod Community College'

#### Did you know?

- 750 million photos were uploaded to Facebook over (2012) New Year's weekend
- 48% of young Americans said they found out about news through Facebook
- Average user is connected to 80 community pages, groups and events
- People spend over 700 billion minutes per month on Facebook
- Age 35+ demographic represents more than 30% of the entire user base
- 1 in every 13 people on Earth is on Facebook
- More than 650 million active users
- 48% of 18 to 34 year olds check Facebook right when they wake up
- Average user has 130 friends
- 50% of active users log on to Facebook in any given day
- 71.2 % of all USA internet users are on Facebook
- People using Facebook on their mobile devices (250 million) are twice as active on FB than non-mobile users.
- More than 30 billion pieces of content (links, news stories, blog posts, notes, photos, etc.) are shared each month.
- Entrepreneurs and developers from more than 190 countries build with the Facebook Platform

#### In 20 Facebook minutes...

- 1 Million links are shared
- 1.5 Million event invites are posted
- 1.3 Million photos are tagged
- 1.8 Million status updates are entered
- 2 Million friend requests are accepted
- 2.7 Million photos are uploaded
- 2.7 Million messages are sent
- 10.2 Million comments are posted
- 1.6 Million wall posts are written

- Australian's spend more time per month on Facebook than any other country at over 7 hours on average
- Al Pacino's face was on the original Facebook homepage
- Average user creates 90 pieces of content each month
- More than 70 translations available on the site
- There are over 900 million objects that people interact with (pages, groups, events and community pages)
- The meaning of the term poke has never been defined
- People on Facebook install 20 million apps every day
- The USA has the largest Facebook user base with 155 million people which represents 23.6% of Facebook's total users (76.4% of Facebook users are outside the U.S.)

## **ASSISTANCE FOR STUDENTS WITH DISABILITIES**

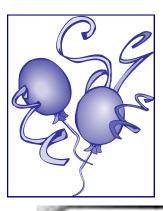
Students with disabilities should utilize the excellent resources available through the CCCC O'Neill Center for Disability Services



To qualify for services, a student must meet with an O'Neill Center staff member and submit appropriate medical documentation. Contact Robin Altman-Sherman, M.Ed. (508) 362-2131, x4337 in South 222 to meet with a disability specialist to develop a support services plan.

Ask about taping and reading services, talking computers, alternative testing sites, support groups and reasonable accommodations to help you reach your academic goals.

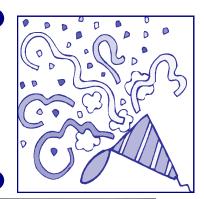
Coaches & Mentors NewsNotes December 2012



#### **CONGRATULATIONS!**

To our Fall 2012 Phi Theta Kappa Inductees

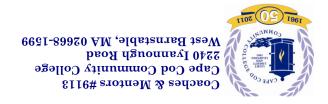
> Kelly McCarron O'desha Clarke Morton Cash III



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January Intersession: January 7 - January 25, 2013
                       Registration begins for January Intersession
November 26
January 7
                       Intersession classes begin
January 8
                      Last day to change a schedule
January 8
                      Last day to drop a course with no academic record
                       Last day to drop a course for 100% refund
January 8
                       Last day to withdraw from an academic course
January 9
January 21
                       Martin Luther King Day observance - College closed
January 24125
                       Last day of classes and final exams
                       Grades due to Registrar by noon
January 31
Spring Semester: January 28 - May 20, 2013
            New Year's Day observance | College closed
January 2
               Registered Students' Tuition and Fees are due
             Martin Luther King Day observance | College closed
January 21
           Final cancellation of low enrolled classes
January 22
January 23
             Adjunct Faculty Orientation
January 24
              Opening Day for Faculty and Professional Staff
January 28
                Classes begin
             Priority filing date for May graduation
February 1
February 4
                Last day to change a schedule
February 4 Last day to drop a course for 100% refund
             Last day to drop a course with no academic record
February 4
February 11
                Last day to drop a course for 50% refund
February 18 Presidents' Day observance | College closed
March 11-15
                Spring recess
March 25
               Mid-term warning grades due to Registrar
March 25
               Advising period begins for currently enrolled students for Fall 2013
April 1
               Last day to withdraw from an academic course
April 1
               Summer session registration begins
April 3
               Professional Day | College closed. Day classes cancelled.
               Classes starting at 3:30pm or after will run as scheduled.
April 8
               Registration begins for currently enrolled students for Fall 2013
April 15
               Patriots' Day observance | College closed
April 22
               Fall 2013 registration begins for all students
May 2
               Last day to resolve INC grades from Fall 2012 semester
May 13
               Classes end
May 14-20
              Final exam period
May 23
               Final grades due to Registrar by Noon
May 27
               Memorial Day observance | College closed
May 29
               Approval of Graduates
May 30 Commencement
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#### Resources for Success with CPT/Accuplacer

CPT Success Workshops are arranged through the Advising Center. For questions regarding all CPT Success Resources call 508-362-2131 ext. 4318, Grossman Commons room 203.

#### **Upcoming Math and English Refresher Workshops**

To help students prepare for the MATH and English Assessment Test, CCCC offers refresher workshops for FREE. MATH Workshops— Thur. Jan. 3rd, 2013 from 5:00pm-8:00pm., Sat. Jan. 19th or Tue. Jan. 22nd, from 9:00am-12:00pm

ENGLISH Workshops—Tue. Jan. 8rd, 2013 from 9am-12 noon or Wed. Jan. 16th from 5:00pm--8pm. To register stop by the Advising Center, Commons—203, or call 508-362-2131 x4318

#### http://www.capecod.edu/web/advising/workshops

#### Accuplacer Sentence Skills

Brush up on your sentence skills so you don't end up in classes that won't challenge you and won't count toward your degree.

Start with these video tutorials on YouTube created by Professor Patricia Allen of 4 C's regarding the two types of questions on the Accuplacer Sentence Skills test. (The link below is 'clickable' on the E-version of this newsletter.)

http://www.youtube.com/channel/ UCXtLg0Od7McI8j6r5q4r-pw?feature=watch

## **COACHES & MENTORS** WEB SITE RESOURCES.



Check out the Coaches & Mentors website, by going to Cape Cod Community College's homepage: www.capecod.edu, then 'hover' your cursor over 'the Links & Resources' button (found on the left side bar) click on Coaches & Mentors on the pull-out menu or access directly at, www.capecod.edu/ web/coaches.

(Always feel free to stop by our offices located on the top floor of the South Building. Rooms 232, 233 & 234).