



# Coaches & Mentors Newsletter

## How's It Going?

### Memo from the Director, Carol Dubay:

I hope all is well with your progress. And please don't be a stranger... stop by my office anytime (S234) or call me (508-362-2131 ext. 4353) Monday through Friday if you need a tutor, if you have questions, or if you just need to talk to someone about academic life. I'm here to listen and help. Keep up the GOOD WORK!!!!

## Dates You Need to Know

- April**  
 11-15 Returning students preregister for Fall 2005 semester  
 18 Patriots' Day observance
- May**  
 9 Classes end  
 10-16 Final exam period  
 18 Final grades due to Registrar  
 26 Commencement  
 30 Memorial Day observance

Summer Session 2005  
June 20 - August 5

**Think Positive Thoughts!**



It's your choice. We create our own thoughts, so why weigh yourself down with negativity? There is much that is good in each day even though some things don't go our way. So focus on the positive! It will have a major impact on your lifestyle and your academic success.

## Nontraditional Careers

Dr. MARIA SASTRE advises "Nontraditional Career Students"

*"Follow your unique personal vision!"* Maria is a clinical psychologist and her specialty at Cape Cod Community College is academic advising. This semester she has launched an initiative that promotes career choices based on interests and abilities, and free from gender stereotypes or limiting expectations.

**What are nontraditional careers?** Maria says, "These are occupations where either women or men comprise less than 25% of the individuals employed in each such occupation."

Examples are **men** who choose **nursing** or **elementary education** (Kindergarten through grade 3) careers or **women** who choose to become **police officers** or **firefighters**.

At CCCC some of the nontraditional careers for women are Fire Science, Water & Wastewater Technician, IT PC Service Technician, and Criminal Justice. Nontraditional career programs for men include Nursing, Early Childhood Education, Medical Assistant, Paralegal, and Dental Hygienist.

*"Stereotypes are still with us," says Maria. "Now we are going to try to address these stereotypes through promoting awareness of these opportunities and we will give support to nontraditional students."*

Right now she's developing a web page and a brochure. For more info, contact Maria. She's in Room 205A in the Grossman Commons Building. Her phone is 508-362-2131, ext. 4775. Her email address is [msastre@capecod.edu](mailto:msastre@capecod.edu).

## Nontraditional Careers

A Panel Presentation

**Thursday, April 28<sup>th</sup>**  
**Tilden Arts Ctr. Lobby**

The presenters are people working on the Cape in nontraditional careers.\* Panelists will share their personal professional experiences, how they were inspired to pursue their careers and the challenges they met.

- 2:00-2:30pm Registration and Refreshments
- 2:30-3:30pm Panel presentation
- 3:30pm Break
- 3:45pm Questions/Comments



**Careers Have No Gender**

\*Nontraditional careers are defined as occupations where either men or women comprise less than 25% of individuals involved in each such occupation.

For more information please contact:  
Maria A. Sastre, Academic Advisor  
Cape Cod Community College  
1-508-362-2131 ext. 4775  
[msastre@capecod.edu](mailto:msastre@capecod.edu)

If you need auxiliary aids or services to access this event, please contact Joyce Chasson at the O'Neill Center for Disabilities Services at 1-508-362-2131 ext. 4337.

## Students with Disabilities

Students with disabilities should utilize the excellent resources available through CCCC's O'Neill Center for Disability Services. Contact **Joyce Chasson** at ext. 4337, Room South 222. Also, you should check in with **Dr. Richard Sommers**, CCCC Learning Disabilities Specialist at ext. 4317, Room North 241. Ask about taping and reading services, talking computers, alternative testing sites, support groups, and reasonable accommodations to help you reach your academic goals.

## \$CHOLAR\$HIP\$ Available

Excellent scholarships are available at CCCC. Graduating students, returning students, and incoming students are eligible. The awards range from **\$100 to \$3,000**. For a list of available awards, check with the Financial Aid Office and the Educational Foundation (3<sup>rd</sup> floor of Library), or see Carol Dubay in S234. Whether you're graduating this spring or not, please **don't delay!** The applications are easy.

## Hints to Choosing Courses

- Spread out your schedule. Why overload yourself during one part of the week?
- Schedule more difficult classes early in the day when your energy is better.
- Plan breaks between classes and schedule a load you can handle.
- Be prepared to change your schedule based on the demands of life.

## TIPS about your Final Exam

Final exams must be taken at the scheduled hours during the exam week of May 10-16. Any exception must have the approval of the instructor and the Dean of Academic Affairs. **If you miss a final you get a "0"** unless you can prove to your instructor, within 24

hours of the exam, that the absence was due to an emergency or religious beliefs. Decisions on this situation rest with the instructor, with the approval of the Associate Deans. A word to the wise: **show up!**



## Fall 2005 • Get Ready!!

Now is the time to think about next fall, and if you haven't already registered, **see your advisor** about planning your **Fall 2005 course schedule**. The Fall course schedule is available for you to review prior to making a wise decision. Your advisor will have all the information you need to prepare for your visit to the **Registration Office** in the **Administration Building** where you will receive your Fall 2005 Schedule.

## SPECIAL ASSIGNMENT INTERN UPDATE

**Theresa Bowse** coordinates the **Coaches & Mentors Special Assignment Intern Program**, an excellent opportunity for students to gain valuable work experience while enhancing their resume.

This is an on-campus "earn while you learn" assignment assisting faculty and/or staff members in special projects. The compensation is \$9 per hour. There are certain academic requirements along with a training session before taking on the assignment.

**Matt Pennino** (photo to right), our current intern, says, *"This internship will be very helpful on my resume. I feel I am getting some important experience that will give me an edge when I'm applying for jobs in my field later."*



He is in the IT Applications Specialist program and as an intern he is applying what he is learning in the classroom. Among other things, he has been creating flyers for the Coaches & Mentors workshop series. Matt expects to graduate in Spring 2006.

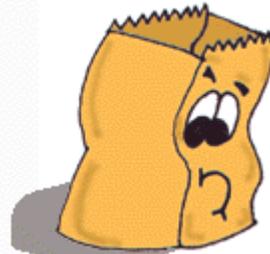
All of our interns work hard at balancing their course work, personal obligations, and intern assignments. To learn how you can become a Special Assignment Intern, contact Theresa Bowse, C&M Intern Coordinator/ Career Specialist at 508-362-2131 ext. 4374 or email her at [tbowse@capecod.edu](mailto:tbowse@capecod.edu) by **May 15th**.

## Another Great "Learning with Lunch" Workshop!

### Interview/Job Search Strategies

Learn interviewing do's and don'ts and how to get the job you really want! **Monday, Apr. 25, 12:30-1:30pm,**

North Bldg. Rm 116. Guest facilitator - **John Allen**.



## Prepare your Financial Aid Application Now!

The staff at the Financial Aid Office (Nickerson Administration Building) is user friendly. The aid is there - all that is required is to apply. Please read "Finances" in your 2003-2004 **Student Handbook**. Also, the application is available in the Financial Aid Office (508-362-2131 ext. 4393) and at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).



**Congratulations to Trina Greeley and Rachel Potter** who were inducted into Phi Theta Kappa Honor Society on April 4th. Trina is from N. Falmouth and Rachel is from Brewster. Both are in the Pre-Nursing program.

If you are thinking of retaking the **MATH ASSESSMENT TEST**, these workshops will help you!

## **FREE Math Refresher Workshops**

Thursday, April 28<sup>th</sup>      6:00 - 9:00 p.m.  
Wednesday, May 25<sup>th</sup>      6:00 - 9:00 p.m.  
Monday, June 27<sup>th</sup>      6:00 - 9:00 p.m.  
(Additional workshops to be scheduled in July and August)



To reserve your seat in one of the **Math Refresher Workshops** listed above, call (508) 362-2131 x 4318 (space is limited)

### **Why should YOU consider taking this 3-hour refresher course?**

- Because you haven't taken an algebra course in over a year.
- Your "basic" arithmetic skills are a bit rusty. (calculators are not permitted in test)
- It will give you an opportunity to review sample questions and learn about other resources and study guides.
- It will prepare you to score ***your*** best on the test, which will help ensure that you are placed in the correct level math course at Cape Cod Community College.
- Taking time now to prepare and study, may help you avoid spending time and money on a lower level developmental math course.

#### **Resources:**

**Math Refresher Workshop Study Packets**  
(available at no cost in the Advising Center)

**"Forgotten Algebra", Third Edition, by Barbara Lee Bleau** (available in paperback at most book stores)

## Special considerations for **FINAL EXAMS**

- ! Find out when and where the final will be. Find out if the final is cumulative.
- ! Many finals are more long than hard. They are usually no more difficult than other tests.
- ! Finals are a very fair test of your knowledge. If cumulative, they cover more information. Sometimes you have a better chance on finals because they don't single out one topic which might be your weak area.
- ! You have an idea about the kind of test questions your teacher will give.

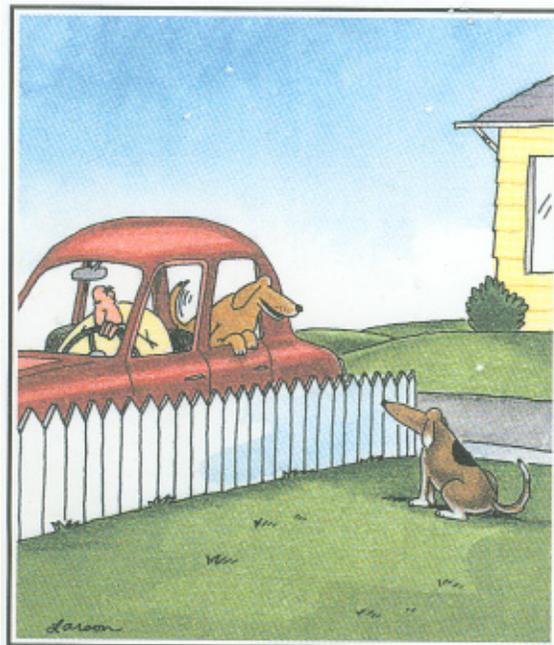
**REMEMBER:** You now have lots of information on how you are doing in each of your courses. This knowledge will help you decide how each time you need to study for each exam, and how you should pace yourself.

Allocate your study time by determining:

- ? How much each final is worth of the total course grade
- ? How well you're already doing in the class
- ? How many credits each course is worth
- ? How much material the final exam will cover
- ? How much you want to push your physical limits

**During FINALS...**

- > Don't get too strung out on caffeine or sugar
- > Take breaks
- > Exercise



"Ha ha ha, Biff. Guess what? After we go to the drugstore and the post office, I'm going to the vet's to get tutored."



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