A Program to Help You Succeed in College

Coaches & Mentors Newsletter

WE HOPE YOU'RE DOING YOUR PERSONAL BEST! Each semester 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! - Carol Dubay

Prepare for Spring 2008 Preregistration beginning October 29

You need to think about next spring now, and get ready to see your advisor about planning your Spring 2008 schedule. Letters from the Registrar will remind you to make an appointment with your advisor between **October 29** and **November 9.** It is a good idea to plan a tentative schedule before you meet with your advisor.

You can enroll in your courses beginning **November 13**, and you will be assigned a particular day to do that. Why register early...to get the best courses!!

Advising key to your College Success!

Meet with your advisor to clarify your values and goals, explore educational and career options, and plan your educational program. Your advisor will help to evaluate your educational progress and locate resources to meet your needs.

Your Academic Advisor will meet with you throughout your college career. Get to know your Advisor and be certain that your Advisor knows you! That will be your ticket for a successful journey through Cape Cod Community College.

KEEP YOUR ADVISOR INFORMED OF YOUR PROGRESS AND ANY CHANGES YOU MAKE!

Important Dates to Remember...

Keep track of the Fall 2007 dates that you need to know!

October 29-November 9...	Advising period for pre-registration
November 12...	Veterans' Day observance
November 13-19...	Returning students preregister for Spring 2008 semester
November 16...	Last day to drop an academic course with a grade of "W"
November 22-23...	Thanksgiving recess
December 14...	Classes end
December 17-21...	Final exam period
January 22...	Spring Semester begins

Come to the CAREER PANEL on WEDNESDAY, NOVEMBER 14

"Come one, come all and be informed!!" urges Theresa Bowse, our C&M Career Specialist and Academic Advisor. She's putting together an excellent program to help you achieve your career goals!

Here is your chance to glimpse into the life of professionals and gain real world insight and knowledge of how their education WORKED for them. Hear their stories about the job search process, their current responsibilities and their daily career challenges and triumphs. Ask questions and get answers!!

Attend our **Career Panel Wednesday, November 14th from 1-2p.m. in South Building, Room 111.** We'll have representatives from the fields of Nursing, Social Work, and are also planning on hosting Criminal Justice and Business panelists as well. **All are welcome, no need to pre-register, just show up!**

FOOTNOTE: MIDTERM WARNINGS!

Please don't ignore midterm warnings. Our Coaches & Mentors Advisors and Tutors are here to help you work through problems and get through the rest of the semester.

Welcome! Judith Andersen Joins Coaches & Mentors as Math Tutor

Judy has twenty-five years experience teaching math, with the last thirteen and a half at Hudson Valley Community College in Troy, New York. For the first seven years she was an adjunct math instructor, and after that, there she was a full-time education specialist in their Math Learning Resource Center. She also taught at a variety of other schools and colleges in Massachusetts, Michigan, New York and Wisconsin. She received her Bachelor of Science Degree from Eastern Nazarene College in Wollaston, Massachusetts, majoring in Math and minoring in General Science. She went on to achieve her Master of Arts in Mathematics at Northeastern University School of Education in Boston. Also, she did advanced graduate study at Northeastern.

A native of Ohio, Judy has three grown children and a grandson. Judy has been vacationing on the Cape for over 30 years and moved here permanently in December 2006. In her spare time, Judy enjoys gardening, sports, the Symphony, reading and Sudoku.

She will be a distinct asset to Coaches & Mentors! If you need a math tutor, contact Judy! She can be reached at the Tutoring Center, or at jandersen@capecod.edu.

Coaches & Mentors Website

To access the Coaches & Mentors Website, go to **www.capecod.edu**, click **Academic Information**, click **Student Services**, click **Coaches & Mentors**.

SUCCESS Program Attracts Enthusiastic Students

On Thursday, August 23, Coaches & Mentors students met with C&M Staff to get themselves motivated before the fall semester opened. Director Carol Dubay explained the nature of our program. Our tutors/mentors each made a presentation to familiarize students with their activities and learned about all the free support services available to them at CCCC. Theresa Bowse, Career Specialist, introduced a Career Action Plan and all students took a Career Interest Inventory. The students met their academic advisors and other students who were taking their first steps at CCCC. And they received free study skills kits to help them get started.

And there was one more thing they got: a free pizza lunch!

Good luck this semester in your studies and work hard!

Congratulations to:

Virgilia "Bing" Harty for the publication of her essay "The Cave" in the College's Fall 2007 Write Stuff. The Write Stuff is Cape Cod Community College's showcase of student writing.

Sarah Davis and **Avagaye Davis** for their election to the Student Senate. Sarah is also the student representative to the Honors program College Meeting Standing Committee. Avagaye is serving as the student member of the Affirmative Action Committee.

Jamie Bennett was recently elected Secretary of the Honor Society, Phi Theta Kappa, Alpha Upsilon Mu Chapter. She has been a member since Fall 2006. New members include: **Elena Alaverdova, Deanna Bergstrom-Lopes, Sarah Davis, Debra Miller** and **Susan Wessels**. In order to be inducted into Phi Theta Kappa, students must have achieved a 3.5 Grade Point Average.

FOOTNOTE:

COACHES & MENTORS PROVIDES FREE TUTORING TO HELP YOU ACHIEVE YOUR ACADEMIC GOALS! ARE YOU TAKING ADVANTAGE OF THIS SERVICE?

Interested in Nursing and related fields?

An information session is strongly encouraged for all applicants to the Nursing Program. Plan on attending an information session for the 2007-2008 period. To schedule a session, go to the College website at www.capecod.edu. Select Admissions on the left of the homepage. Then click "Schedule a Campus Visit." Most sessions meet in the Admissions Office. CNA meets in North 114. Massage Therapy and Paramedic Certificate sessions are not yet scheduled. . Sessions scheduled...
Dental Hygiene (Admissions Office, Nickerson Admin. Building): Nov. 5 at 5pm; Nov. 26 at 1pm; Dec. 3 at 1pm; Dec. 17 at 5pm; Jan. 7 at 1 pm; Jan. 28 at 1pm.
Nursing (Admissions Office, Nickerson Admin, Building): Nov. 1 at 1pm; Nov. 15 at 1pm; Dec. 6 at 1pm; Dec. 13 at 5pm; Dec. 20 at 1pm.
CNA (North Building, Rm 114): Nov. 5 at 4pm; Nov. 14 at 4pm; Nov. 27 at 5pm.

A Few Tips To Impress Your Professor

First impressions are very important. Try these tips; they work!

- Show up a little bit early; being late makes a very negative impression.
- Be friendly to your professor and your fellow students.
- Dress neatly and wear a positive attitude.
- Be prepared; read your texts before a lecture; pass in papers on time.
- Avoid being absent; if you must

How are your Finances?

For important information on your **Financial Aid** and other policies on tuition, fees, etc., please read the important "Finances" section in your **Student Handbook.** Also, note that Financial Aid **forms** are available in the Financial Aid Office and at www.fafsa.ed.gov.

Don't know how to type?

Go to the Help Desk at the **Computer Lab** in the **Tech Building** and ask about the **Keyboarding Tutorial** program. At your own pace, you can learn how to do touch typing.

EXPLORING A TRANSFER?

Transfer Officer **Mary Olenick** is located in Commons 206E. Mary is the person to contact. Her hours are Monday 11 a.m. to 7 p.m., Tuesday through Friday from 9 a.m. to 4:30 pm. Make an appointment to meet with her for any and all transfer assistance. Call 508-362-2131, ext. 4316 or email her at molenick@capecod.edu. Or you may stop by her office to schedule an appointment in her book on the table outside Commons 206E. For the latest transfer information, look at the bulletin board on the 2nd floor of the Commons Building.

Also, pick up the BLUE Transfer Booklet and any forms you may need!

"LEARNING WITH LUNCH"

Fall 2007 Workshops designed just for you

- **TRANSFER**
  Begin planning a successful transfer to the four-year college of your choice. Wednesday, 11/7, 1:00-2:00pm, South 111, facilitated by Mary Olenick

- **CAREER PANEL**
  Learn more about possible career choices. Wednesday, 11/14, 1:00-2:00pm, South 111, facilitated by Diane Nash & Theresa Bowse

- **TAKE THE MYERS-BRIGGS TYPE INVENTORY (MBTI)**
  How does your personality relate to your career? Wednesday, 11/28, 1:00-2:00pm, South 111, facilitated by Kristina Ierardi

- **END OF SEMESTER CELEBRATION (TBA)**
  Wednesday, 12/5, 1:00-2:00pm, South 111

ALSO, Individuals requiring auxiliary aids or services to access any of these events may contact Joyce Chasson at the O'Neill Center for Disability Services (362-2131, ext. 4337).

Bring your lunch, we supply the cookies! See flyers on bulletin boards to confirm dates, times, etc.

FOOTNOTE: GET YOUR FREE ACADEMIC CALENDAR

If you haven't already done so, please stop by Carol's office in South 234 or see any C&M staff member to pick up your **Coaches & Mentors 2007-2008 Scholastic Monthly Desk Planner.** This excellent tool will help you plan your work and will take you to the end of August 2008.

Coaches & Mentors #9118
Cape Cod Community College
2240 Iyannough Road
West Barnstable, MA 02668-1599

Non-Profit Org.
US POSTAGE
P A I D
Permit No. 40
S. Yarmouth, MA
02664

Health Services Q and A

Q. Where are we located?
A. In the Physical Education building next to the gym.
Q. Who's eligible?
A. Any student, faculty or staff member of CCCC.
Q. Cost?
A. No charge for on-campus care.
Q. What kinds of services?
A. Assessment and immediate care for illness and injury. Examples include colds and flu, lacerations, rashes, sprains and strains, headaches, substance abuse counseling.

Check with Health Services about shots (there are fees for immunizations) and the wide variety of confidential on-campus health services. For emergency care or inquiries, walk in Monday through Friday 8:00 a.m. to 4:00 p.m. Appointments are needed for physician and counseling services. Call ext. 4331 for info. Pick up a brochure at Health Services. When there is a fee, checks or cash are acceptable, but not credit cards.

CAUTION

DROPPING A COURSE?

Please avoid "disappearing" from classes. If dropping is your only option, obtain a **Change of Schedule** form, secure the **signatures** from **your advisor** or an **advisor from the Advising and Counseling Center and your instructor**. The student is responsible for submitting the completed form to the Registrar's Office. This semester **the last date to drop** an academic course is **Friday, November 16.**

Failing to attend class, or just telling the instructor, is not enough…you'll get a failing grade. Also, see **Financial Aid** in the Commons about the impact of dropping a course. And see the **Business Office** about the refund policy. Please don't hesitate to discuss the situation with Carol Dubay or other C&M staff. Carefully read your **Student Handbook** about this.

How to Sign Up For Coaches & Mentors Tutoring or an Appointment through the Tutoring Center
Call Carol Dubay at (508) 362-2131, ext. 4353, see her in S234, or email her at: cdubay@capecod.edu

- Visit our tutors in the Tutoring Center (Tech Bluilding, Ground-01) even if only to say hello.
- **Sign up online for Coaches & Mentors Tutoring**... Go to www.capecod.edu, click Quick Links Menu arrow, click Coaches/Mentors Appt. The user name is your first and last name with no space. Capitalize the first letter of each name, i.e. John Smith. Your password is your student ID. Sign in and make your appointments.
- **Sign up online for a tutor from the Tutoring Center**... Use same process outlined above but instead of clicking on Coaches/Mentors Appt. click on "Tutoring Appt."