

THE GLOBE



STUDENT VOICES AND VIEWS FOR THE SLCC COMMUNITY

Catering to the Stars

Catering program hosts Sundance, Pgs. # 6-7

Keeping stress in check

Stress management tips, Pg. # 8

Getting some Zzzz's

Productivity needs sleep too, Pg. # 3

What's Hip, Hot, and Happenin' on Campus

Wednesday
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Club Rush

When: 11:00 am - 1:00 pm
Where: SCC: East Forum

Central Region Board Meeting

When: 11:00 am - 12:00 pm
Where: Student Life Conference Room

"Using Sound to Help You Tell Your Story"

When: 1:00 pm - 2:00 pm
Where: SCC: Multipurpose Room 1-034

Equality Involvement Club Meeting

When: 4:00 pm - 6:00 pm
Where: TRC: Student Center Parlor B

Martin Luther Kind, Jr. Commemoration

When: 11:45 pm - 1:30 pm
Where: TRC: Student Center Oak Room

Thursday
21
Club Rush

When: 11:00 am - 1:00 pm
Where: Taylorsville, Redwood Campus: Student Center

School of Arts, Communication, & Media's Spring Semester Meet & Greet

When: 12:00 pm - 2:00 pm
Where: SCC: Multipurpose Room 1-032

Black Student Union

When: 12:00 pm - 1:00 pm
Where: TRC: Student Center Rm 221

Language Exchange Event

When: 2:00 pm - 4:00 pm
Where: TRC: TB 418

Psychology Club Meetings

When: 2:30 pm - 3:00 pm
Where: TRC: AAB 324

Friday
22
Brown Bag Lunch with Tim Sheehan

When: 12:00 pm - 1:00 pm
Where: TRC: Student Center Oak Room

Phi Theta Kappa Membership Meeting

When: 2:30 pm - 4:30 pm
Where: TRC: Student Center Parlor B

Saturday
23
Women's Basketball

When: 3:00 pm - 5:00 pm
Where: Taylorsville, Redwood Campus


Men's Basketball Game

When: 5:00 pm - 7:00 pm
Where: Taylorsville, Redwood Campus


Monday
25
Bruin Voices - President Huftalin

When: 12:00 pm - 1:00 pm
Where: Jordan Campus- Auditorium

4-Year Transfer Advisors (Utah State)

When: 9:00 am - 1:00 pm
Where: TRC: Student Events Hallway

Tuesday
26
Hot Cocoa Tuesdays

When: 8:00 am - 4:00 pm
Where: Taylorsville, Redwood Campus: Student Life & Leadership Office

For more information on these events, please visit www.globeslcc.com/calendar

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Student's Showcase Life @ SLCC

Be an Instagram Contest Winner: sportsrally

The Globe is proud to present a new Instagram contest! Show us #lifeatslcc through the eyes of your camera. A winning photo will be printed in The Globe each week and the winner will receive Quick Wits tickets, an iTunes gift card or a Bruin Bites gift card.

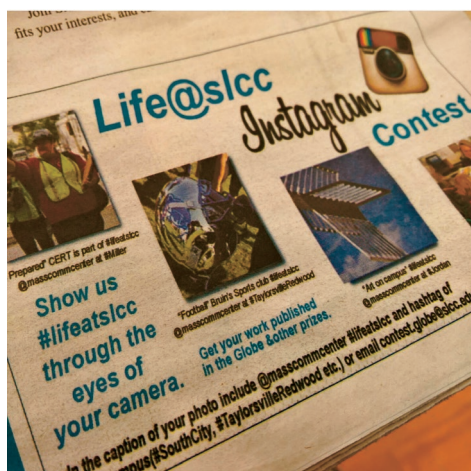
Instagram users

- In the caption of your photo, please include:
- a mention of the MCC handle (@masscommcenter)
 - the hashtag #lifeatslcc
 - the hashtag for your campus, e.g. #SouthCity

Non-Instagram users / Alternate submission method

- Email contest.globe@slcc.edu with an attachment of your photo
- Provide a caption for your photo and include the hashtag #lifeatslcc and a hashtag for your campus, e.g. #TaylorsvilleRedwood

Disclaimer: By uploading an image to Instagram where you mention @masscommcenter, or attaching any image that is sent to contest.globe@slcc.edu you are allowing The Mass Communication Center and any of its student mediums to redistribute that image at their discretion (print, online, social media, etc.) If your image is used by MCC media, proper credit will be given as the source of the image. SLCC faculty and staff, and contract employees of The Globe are not eligible to win prizes.



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slcc.edu/mcc

Better sleep produces **better grades**

Violet Maw

Contributing Writer

A healthy amount of sleep can be a key factor in a student's ability to focus and succeed in school, but many students are giving up precious sleeping hours to get through coursework. This sleep deprivation can be dangerous to a student's health, and can even end up being counterproductive by leading to lower

apparent on the road. The American Academy of Sleep Medicine (AASM) reports that one in every five serious motor vehicle injuries is related to driver fatigue, with 80,000 drivers falling asleep behind the wheel every day and 250,000 accidents every year related to sleep.

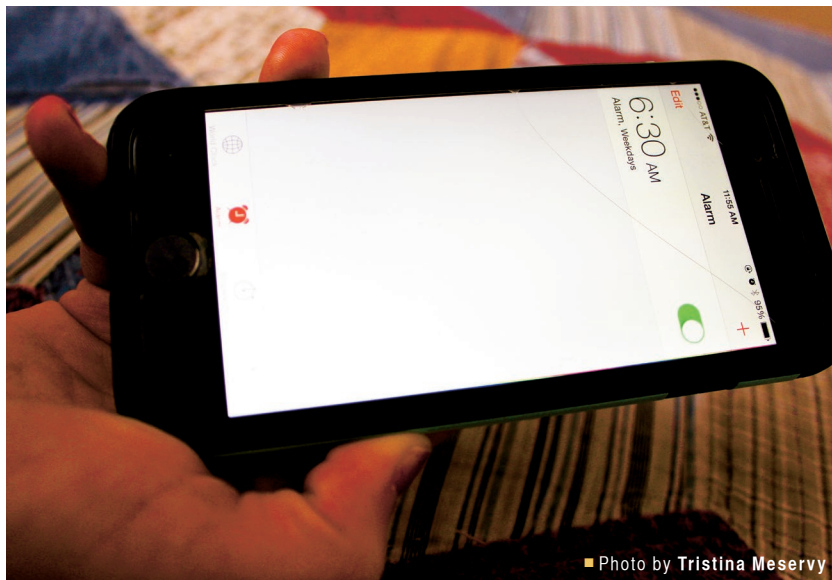
"If I don't get enough sleep, I don't feel like I am safe to be in a vehicle," says SLCC student Connie Matthews. "My reaction time is not what it should be."

Good time management in exchange for losing out on sleep can actually save your health. But, if good time management was not used during the night, it can be used during the day. Good time management can also lead to finding the time for a power nap!

School work, time management, and juggling classes isn't always easy.

But there can be steps taken to focus on getting more sleep, and not trading those precious dreams in lieu of homework.

For assistance about using time better, go to slcc.edu/studyskills-videos/.



■ Photo by Tristina Meservy

It's important to get at least eight hours of sleep at night.

grades.

"The amount of sleep that a college student gets is one of the strongest predictors of academic success," says the author of an article entitled *Successful Students Tend to Sleep More*, written for the University of Michigan's student life publication. "Sleep plays a key role in helping students fix and consolidate memories, plus prevent decay of memories."

Unfortunately, most students don't end up getting enough sleep. Between cramming for finals, drinking lots of caffeine, staying up all night, and getting less than the eight recommended hours of sleep is pretty standard for students. Finals and homework are hard enough, but this classic combo can be detrimental.

"Any prolonged sleep deprivation will affect your mood, energy level and ability to focus, concentrate and learn, which directly affects your academic performance," says Dr. Philip Alapat, medical director at the Harris Health Sleep Disorders Center, in an article titled "Sleep Deprivation Could Affect Academic Performance of College Students."

"Any prolonged sleep deprivation will affect your mood, energy level and ability to focus, concentrate and learn, which directly affects your academic performance," Alapat adds.

Not only can sleep deprivation affect schoolwork and grades, but it can also be harmful to a student outside of the classroom.

The dangers of sleep deprivation are also highly



■ Photo by Tristina Meservy

Most students drink lots of caffeine, which can actually make homework and finals more difficult.

ARE YOU IN A METHADONE MAINTENANCE THERAPY PROGRAM?



If you're in a methadone maintenance therapy program, PRA Health Sciences in Salt Lake City wants to talk to you about participating in a clinical research study. To qualify for this study, you should be a male or female in good health, between ages 18 and 65, and have a body mass index (BMI) between 18 and 35. Those who smoke 10 or less cigarettes per day will be considered for the study. Females should not be pregnant or about to become pregnant.

If you qualify for this study, you could be compensated up to \$1,950 for time and travel.

To learn more, call PRA Health Sciences today at (801)269-8200 or visit Volunteers.prahs.com.



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Resources to get in the **groove** as a nontraditional student

Jennifer Gardiner

Staff Writer

Being a new student can be overwhelming, but being a new student later in life can be particularly challenging if you haven't been taught many of the things designed to help going back to school a little easier.

There are a lot of people within the Salt Lake Community College, from teachers to faculty to peers, available to help any students in need. Utilizing their experience and knowledge of helpful resources is bound to save any student the headache of learning how to get into the groove with their college career, as well as plan better and meet goals.

First and foremost, if you have questions, ask. Advisors can help you with class scheduling, selecting your courses and college major, changing your major, finding the right degree program that best fits you, and helping you understand what you need to meet degree requirements.

They can also assist you with reviewing your academic progress, transferring credits from other schools to SLCC or from SLCC credits to other schools.

When first starting out, selecting classes can be stressful. Using the "Evaluate your degree" option on your student page on mypage.slcc.edu will prove to be very beneficial. It will help you know what classes you still need, what you have taken and exactly where you



Photo by Tristina Meservy

Sports offered at SLCC include rugby and soccer. These sports can be added to your class schedule and won't effect your academic transcripts unless you choose to count them towards elective credits.

are at all times in your progress towards your degree.

What if you find yourself needing a job? Knowing what employment resources are available to students could end up being incredibly helpful. In order to apply for the jobs you must be a current SLCC student or have been enrolled as a student within the last year and you must register for Career & Student Employment Services through your MyPage account. Visit the employment page at: slcc.edu/employment/ for more information.

One of the best parts of SLCC is that there are several benefits students can take advantage of, such as the Center for Health and Counseling, which offers affordable and confidential services of medical care, mental health counseling, health education, and massage therapy.

The Dental Clinic offers affordable exams, cleanings, x-rays and fluoride for adults and children. Dental insurance is not required or billed. Occupational and physical therapy or OTA/PTA Clinics which offers services such as therapeutic exercise, functional training, and manual therapy techniques.

The following athletic and exercise clubs are also available without any affect on your academic transcripts, unless you choose them to count towards elective credits. * Climbing * Cycling * Hip Hop dance * Rugby * Indoor Soccer * Sports Rally * Zumba. For more information, contact Student Life and Leadership

There are many tricks to becoming a successful student and staying in touch with what is going on

around campus can also help.

Visiting globeslcc.com will bring you up to speed on events happening around school from plays to dances to speakers as well as helpful articles about student life and many other facets about being a student at SLCC.

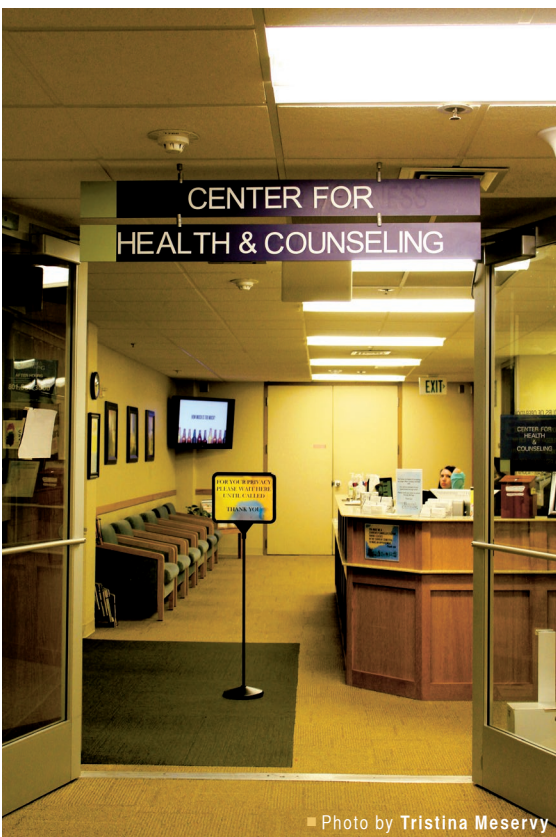


Photo by Tristina Meservy

The Center for Health and Counseling is one of the many benefits offered at Salt Lake Community College.

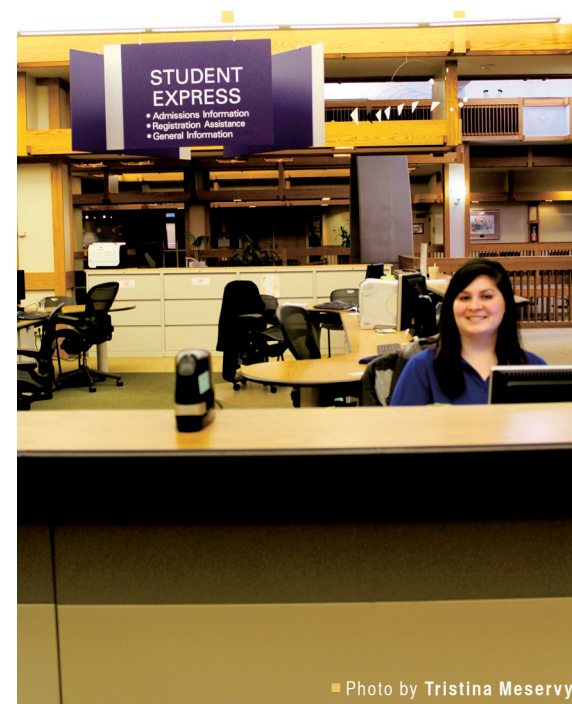


Photo by Tristina Meservy

Sara Franco, helps assist SLCC students with general information at the Taylorsville, Redwood campus.

Daycare gives parents a **study break**

Ericka Anderson

Contributing Writer

Going to college is a great sacrifice and a lot of work; but for working parents that sacrifice turns out to be even harder.

There are many obstacles that can stop any parent from going back to college, but Salt Lake Community College is a great school that can give anyone at any stage of life the opportunity to fulfill a dream, create a new one or complete a past one.

We all worry about the price of college, most generally the cost of a bachelor's degree, and according to the College Board, the average cost of tuition and fees for the 2015–2016 school year was \$32,405 at private colleges, \$9,410 for state residents at public colleges, and \$23,893 for out-of-state residents attending public universities, which is definitely something to worry about.

At SLCC, that cost is significantly lower. For a full time student, the cost is only \$18,860, and for non-residents that cost is only just a bit more than the average residential tuition in other states or local universities. Financial Aid is also a great resource for those returning to college, and most of SLCC's students rely on this resource.

SLCC offers day care for student's children aged zero to five. This service is available at the Taylorsville-Redwood campus as well as at South City, though Taylorsville-Redwood only accepts children older than two. SLCC also offers a voucher program that covers up to \$700 on childcare expenses, per family, per semester. Those

interested can find more information online at: slcc.edu/childcare/.

The college offers a great resource in its tutoring services, which are staffed by volunteers and other professional staff. There are Tutoring Centers in every campus and each offers help in math, biology, chemistry, physics, CSIS, nursing, and accounting. Although all campuses offer help in math, the other subjects are offered mostly at the Taylorsville campus,

except for nursing. If students can't make it to any of them, they may also make an appointment to have an online session with the tutors. Find more information at slcc.edu/tutoring/locations.aspx

Academic advising

is also incredibly helpful, and are available for appointments with students daily. Student tutors can also help you out in your journey, they know where to go and who to go to. One or two hours with any of them can be the catalyst to your success. Online scheduling is available and you can even email the academic advising office, and someone can get in touch with you. For more information, please visit slcc.edu/academicadvising/.

This semester can be your best semester if you work for it, and SLCC is the best option if you are a little afraid of your future as a college student, because your success is their success.

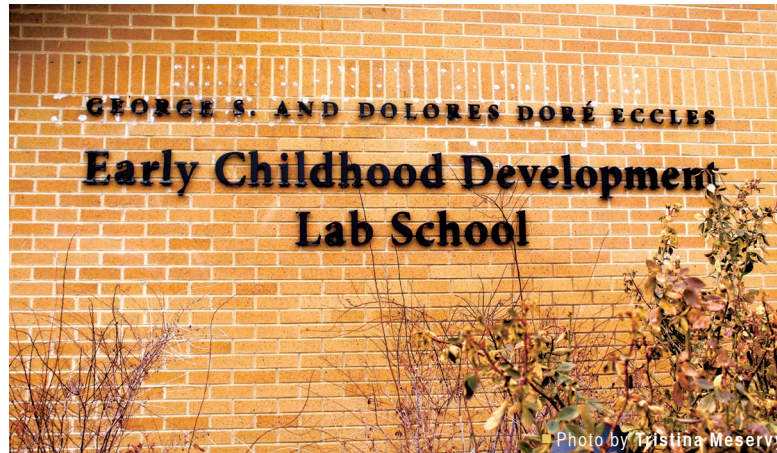


Photo by Tristina Meservy

Daycare for children whose parents are students at SLCC is located at the Taylorsville, Redwood campus.



Photo by Tristina Meservy

Anahi Diaz runs the front desk at the Student Involvement center.

HAVE YOU RECREATIONALLY USED AND SNORTED OPIOIDS?



If you've taken opioids like Vicodin, OxyContin, Percocet, Kadian and Avinza for fun at least 10 times in your life (including snorting at least three times) and at least once during the past eight weeks, you could qualify for a clinical research study being conducted by PRA Health Sciences.

TO QUALIFY FOR THIS STUDY, YOU SHOULD:

- Be a healthy male or female
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All information from this study will remain strictly confidential. To learn more, call or visit our website today.



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Copper Edge Catering delights Sundance attendees

Tamara Brune-Wharton
Staff Writer

Upon returning for the second year at the Salt Lake Community Colleges, the Sundance Film Festival premieres more than international films The Grand Theatre this Friday at the South City Campus in downtown Salt Lake. An even tastier and welcoming epicurean experience has been planned by SLCC’s Copper Edge Catering, a professional catering company and the task is not an easy one.

Consider 1,100 patrons lining-up in serpentine fashion for each of the 19 premieres. Then, imagine this seemingly endless line stretching from the Center for Arts and Media (CAM) to the “Main Street” hallway, and back to the theater corridor. Naturally, a good portion of these global festival-goers may become a bit famished even before entering the theatre doors.

The planning for 20,000 potential mouths to feed, along with lingering film die-hards who can view up to four films screened on a weekend day at The Grand, might seem a rather daunting ordeal. Yet, Copper Edge Catering takes it in stride with experience and professionalism.

“It’s exciting! We have been meeting regularly to plan for this and want to make it even bigger and better than last year,” says Meghan Krenicky, Copper Edge Catering Manager.

Working with creative new ideas from the event planning committee, Krenicky says she is pleased with their enhanced strategy and expanded format. Quality products are offered with the ever-popular gourmet baked goods, such as chocolate chip cookies and brownies, among with other specialties.

The main concession tables will be stationed at the front entry of The Grand Theatre and supplemented by stocked food carts pushed along waiting lines by staff as to conveniently deliver fresh snacks and beverages, which will include healthy choices of fruit juices and yogurt pretzels.

Additionally, the SLCC Food Court, located midpoint from the CAM entry, will be open for the public to order from the grill and deli. Patrons are invited to sit at tables in the adjacent Student Forum, where they can enjoy socializing on the plaza with more space accommodations.

While Copper Edge has long employed SLCC students, in a presentation last Wednesday at SLCC’s Student Life and Leadership monthly club meeting, Krenicky invited student clubs to consider participating in a new partnership fundraising opportunity.

Students, after taking the appropriate food handling and cashiering courses, may serve as food cart volunteers and, in turn, build cash for their club through their volunteer hours.

“We wanted to come up with a way to include our students and this creates a win-win for everyone by giving back to their club [programs],” says Krenicky.

The phenomenal success of last year’s first Sundance experience at The Grand Theatre (which is the festival’s second largest venue next to Park City’s Eccles Theatre by only 187 more patrons) was enjoyed by both event planners and festival goers alike.

Dean Richard Scott, SLCC School of Arts and Media, says that the four previous years planning paid off and that at the start of last year, the SLCC and Sundance partnership had already met its community and educational enrichment goal. Scott says the event “maxed out with every film” in terms of attendance and adds that to be quite a feat for a weekend (Friday to Sunday) event.

If this year goes as smoothly as last year, along with the additional patron services, predictions from last year may come to fruition. Seth Miller, The Grand Theatre Director, speculated, “I think we will improve upon this next year, but overall I think everything went well.”



SLCC Copper Edge Catering strives to be among Utah’s top caterers with exceptional catering services across Salt Lake Valley. While based at the SLCC Taylorsville Redwood campus, Copper Edge serves 14 campuses, along with off-site venues, including corporate events. Committed to the highest in quality cuisine and exceptional customer satisfaction and service, the staff specializes in personalized support in menu planning and presentation meeting individual needs.

How to keep **stress** low and maintain balance as a student

Caitlyn Johnston

Contributing Writer

Christmas break is over and it is time to get back to the grind of being a college student. With the pressure of completing homework, having a job and having fun where you can, the life of a college student can be overwhelming to say the least. If you want to have a successful semester, it is important to get a fresh start. One way of starting fresh is learning how to maintain balance in your life between all of the stressful factors that come into play. If you want to continue feeling human, there are things that can be done to keep stress levels low and maintain the balance throughout life and your college career.

The first step is to get organized. Buy a planner and use it. This is important when keeping a schedule that it is up to date. As soon as you have that fresh new planner in your hands, write down your school and work schedule. Once you have the syllabus for classes, take down all the assignments and their due dates. Students staying on top of the things that go on in the different areas of life will be able to help keep that balance between all of the activities life has to offer.

"I would say it is all about making a plan, making sure that your schedule has sufficient time for your schooling and homework," says Lacey Jewkes, an SLCC student. "Whether that is making sure your work schedule is kept set for certain



April Kim holds one of SLCC's Student Planners that can be found in the Bookstore.

hobbies that you might have, or that you are having enough time to attend to your schooling."

Every student is different when it comes to organizing; but, as long as organization actually happens, there should be no problem keeping everything in order. Figuring out what works for you personally is a key factor when it comes to organization.

"Writing out my weekly schedule the Sunday night before the week begins helps me stay on task, like assigning specific times to do certain assignments, etc.," says Audra Euinto, SLCC student.

With keeping a schedule, get yourself into a routine. Staying on routine can prevent the stress of having a heavy workload at one time and hopefully will keep you away from procrastinating. If you don't procrastinate, sometimes you find that there is more free time in your life than you realize.

"Last semester, only near the end did I realize how much time I actually did have of free space. The time that I had just sitting around doing nothing could have been spent doing homework," says Jennifer Guzman, SLCC Student.

The more a schedule is followed, the more time you will be able to have time for other important things, like sleep. Set an estimated bedtime every night so you can relax and gather your thoughts for a while. This may be common sense; however, do

your best to get a certain amount of sleep each night. It is important that you keep somewhat of a regular sleep schedule to make sure your body gets the rest that it needs. Do whatever you can to not pull all-nighters. If you are following a schedule and not procrastinating this shouldn't be an issue, so just keep yourself in control.

With all this talk of being on schedule and keeping yourself in control with schoolwork, where is the time for a social life? In all honesty, sometimes in college a social life can seem non-existent, but it doesn't have to be. If it feels like you aren't able to do the fun things you used to with your friends outside of school, be an adult and schedule it!

It is possible to keep your school and fun together by putting yourself out there on campus. Get involved with a club to mix your schooling with fun. Try to find a work study job to help make some extra money and be involved on campus. Students from all over have their own ways of having a social life with school, it is just something you have to make work in a way that personally works in your life.

"Honestly, I feel like I don't have a social life at times, but my coworkers have become my friends so I socialize at work," says college student, Kayleigh Potts.

Being in college is definitely a stressful time when you are trying to figure out how you can keep yourself balanced and sane. Let yourself have fun with all of the craziness that happens and give yourself rewards for achieving goals. This will give yourself something to work for and hopefully boost motivation at times. When it comes to doing homework, using social media or watching Netflix can be used as an award when you are finished with your work for the night.

"I have to tell myself that I cannot stop my homework to check email, Facebook, texts or anything until I get to a certain place on my homework," says Tyler Knighton, SLCC student. "Then once I get to that place I set, I will reward myself with a 10 to 15 minute break to check my phone or eat or talk to people. I parented myself."

In the end, all that really matters is what works best for you. Keeping balance may come with sacrifice and that is not always a bad thing. Prioritize your life with what is important and is going to benefit you.

"Sometimes you have to be okay with telling people no and sometimes you have to say no to some school work for a few hours," says college student, Jenifer Dorous.

Be realistic and accept that fact that you can't always do everything and may have to cut back a little bit in each area of your life. Give yourself some breathing time and allow yourself to go out and have fun while staying caught up in school. It is possible. Just don't get lost in the craziness.

All the stress college is putting students through is just going to give you a headache and everyone will come up with their own tips and tricks on how to keep yourself together during the college years. Commitment and motivation mixed with a little fun is all anyone really needs because in the end, nobody has this whole life thing figured out anyways, especially in college.

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Mapping out the road to **graduation** with Academic Advising

Jonathan Martinez

Contributing Writer

The spring semester is just beginning, but many students overlook the importance of carefully mapping out their road to graduation.

While a student may have just begun their time at SLCC, it is ideal to already have a two to three year plan in place to complete their desired program in a timely and productive manner. There are specific requirements, both in general studies and department-specific certifications, that students fail to give much importance to. This can waste time and money.

The following is a collection of reminders a hopeful SLCC graduate should prioritize so that they may have a successful experience with their degree completion.

In any college experience, knowing what deadlines apply to your long and short-term goals is vital to keep

visit SLCC's many campuses during transfer days and other events. Some schools, like the University of Utah, will have regularly scheduled one-on-one meeting opportunities for SLCC students, making it easier for them to have their questions or concerns addressed without having to leave campus.

Former SLCC and University of Utah student, Hannah Snow, now knows what to expect when it comes to the transfer process.

"Begin the process of transferring, I'd say, nine months before you plan on finishing at SLCC," says Snow. "This gives you time to prepare your admissions paperwork. You also may not realize that most universities will not let you register for classes unless you've completed an orientation with them."

Many SLCC students grow all too comfortable in their school routine and will often underestimate the importance of meeting with an advisor. Students who have their minds set on a specific degree can meet with an academic counselor that will address

forum with academic advisors across a wide array of campuses. Appointments are strongly encouraged to ensure that you will have a guaranteed opportunity to speak with someone. Students are also able to walk into one of the many advising offices available and sign up to speak with an advisor on the spot.

Though face-to-face meetings are an initial priority for most students, others may just need a quick peek into their progress.

DegreeWorks is a tool provided at SLCC that gives students a real-time look into their current progress and what they have left for completion. It can be accessed from the MyPage account which is given after enrollment. Those pursuing an associate's degree hosted by a particular department will be able to see what they have completed in terms of their general requirements and degree-specific requirements. A student can also see their grade point average and can even produce their own "what-if" analysis. This analysis is a projection into what the student's progress would potentially be if they declared a different degree at SLCC.

For more questions or to set up an appointment with an academic advisor, you can call 801-957-4978 or email onlineadvisor@slcc.edu.

The Graduation Office is located at the office at the Taylorsville Redwood Campus, Student Center Building, room 270C, and can be reached by phone at 801-957-4035.



Academic Advisor, Danny Sanchez can help you with any questions or problems you have and can give you information that you need to know in order to graduate.

yourself and your plan on track. Priority deadline for Spring 2016 graduation was in November 2015, but the final deadline to submit all paperwork and fees for completion of graduation this semester is April 18, 2016.

It is important to note the difference between graduation and commencement at our school. Graduation is a process at SLCC where a student fulfills course expectations, completes appropriate paperwork, and then pays a fee. Commencement is the ceremony held at an off-campus venue in which students will receive their diploma. There is only one commencement ceremony held every year during the spring semester. This is something to keep in mind if you anticipate a fall graduation.

Being that SLCC is a two-year institution, the assumption is that the majority of its alumni will go on to attend a four-year school. Because of this, other major institutions across the state of Utah will

the questions and concerns of that student in their respective department.

Slade Huger, a graduate of SLCC's communications department, realized too late that he had made some serious miscalculations during his time at college.

"I was just two semesters shy, I thought, from graduating when I realized that there were very specific requirements I hadn't met, but could've already if I had paid closer attention," says Huger. "I had plenty of opportunities to cut my time spent [at SLCC] down by a semester and I didn't even know it."

SLCC has general studies curriculum that is quite specific and needs to be paid attention to. For example, it is required that students complete a diversity course which Slade in this case had not discussed with an advisor, thus missing his chance of completing it and another course requisite at the same time.

Those who have not yet decided on a degree or program to pursue, can meet in a more general

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Tips from fellow student to have a **successful** spring semester

Brittni Colindres

Contributing Writer

A brand new year brings new challenges, new opportunities, room for greater improvement, and a new year filled with countless chances to succeed. For Salt Lake Community College students, the beginning of a new year rings in a new semester. As students prepare by signing up for classes, purchasing the necessary books and attending their classes, it is important to remember why all of this is being done. SLCC students want to see success and know that their hard work and effort will soon reward them.

It's very important to go to school with the attitude and mindset of succeeding. Kami Wall, a student currently attending SLCC believes, "You don't just need a



■ Photo by Tristina Meservy

SLCC student Tiaura Smith studying for her classes.

focused mind, but a positive attitude about your classes. You need to remember why you're there. Stay positive about your future and don't let any failures or bad grades get you down because there are still more assignments to do and you can prove to yourself that you can do it!"

It's easy to begin a new semester confident in your ability to accomplish what you desire and long for. Whether that be showing up to class on time, learning a new language, completing all of your homework, or passing all of your classes in order to graduate. A new semester gives you a blank canvas to draw on. You get to start fresh and start on top of things. However, as the weeks fly by, it can become easier to get sidetracked and not always remember the goals you had previously set at the beginning of the new semester.

It's helpful to know what tips other students have come to learn that have helped them see great results in their schooling.

"School is hard. Period. Keep up on your studying! Instead of putting the material off until a test, study a little bit each day! I tried that this semester and for the first time and finals week wasn't a cram week where I practically fell off the face of the earth!" says Lyndsie Allen, a SLCC student.

Keeping up on your studies will help to minimize stress, help you understand the material better, and help you to be ready for finals week.

"Always keep up with assignments and ask questions when you don't understand something," says SLCC student, Peter Leung. "Don't procrastinate."

There are ways to get help if you're falling behind or not understanding the assignments. You may turn to classmates, teachers, and tutors for the help.

"Reviewing things you don't understand clearly really helps to learn the concept," says Leung.

You may also want to find some type of motivation that will keep you going through the semester. If you have no motivation, it can be hard to wake up everyday and do the same routine of going to school while trying to maintain a happy attitude about it. Finding something to push you and motivate you will change your outlook on school and you'll crave success.

Another student, Camilla Inkley, has learned what it takes to succeed at school. Her piece of advice to students wanting to know how to have a successful semester is to, "plan ahead. Especially for big papers and projects." Nobody likes to be behind and feel stressed out while trying to cram everything together in a short amount of time.

"If you don't (plan ahead), finals week will be more stressful than it already is," says Inkley.

There are steps you can take right now that will help you to have a terrific semester and a less stressful finals week. Those steps that need to be taken can't be pushed to the side.

It may take lots of practice and time to master the tips that these students shared, but it's something worth trying to do. When school gets tough and you are losing sight of your goals, remember an education is the key to succeed in the world that we live in today. The way to gain that needed education is by attending school. When you start with your fresh semester, remember these tips that other students have shared. By having a focused mind, a positive attitude, keeping up on your studying, not procrastinating, asking questions, getting help, finding motivation to keep you going, and by planning ahead, you are sure to find yourself on the road to success. Set your goals high and have that mindset of giving school 110%.



■ Photo by Tristina Meservy

If you stay on top of your work and study throughout the semester, finals week won't be as stressful.

Veterans Center office opens new home at South City campus

Brian Sorenson

Contributing Writer

Proud to be home to the largest population of Veterans in the State, Darlene Head spoke with us about the services offered by the Veteran Services Center at Salt Lake Community College. Head was here when SLCC first opened its Veterans Services Center and is now the Manager/Director of the office.

While their main office is located on the Taylorsville Redwood campus, she is excited about the new center at South City Campus and the fact that both offer veterans and dependents a place to study, relax, and learn more about their benefits.

With somewhere between 1,200 and 1,300 veterans on campus any given fall or spring semester, it is hard to imagine that, according to Head, "veterans feel like they don't fit in on campus." Head was adamant that this is not the case. For years, SLCC has been a VA success story and pioneered many programs, like VetSuccess and the VITAL Initiative on Campus, now offered across the country at other educational institutions.

Even with the large number of veterans on campus, Head explained this likely doesn't count for 100% of veterans.

Not all veterans take the time to self-identify or stop by the center and learn how simple it can be to start taking advantage of the support offered to them. Head encourages all veterans to take the time to identify as such, so they can at minimum be kept informed as to what is happening on campus for them.

"We couldn't do what we do without the support of our administration," says Head. She explains how, now SLCC President Huftalin, championed the need for the center when she was Vice President of Student Services in 2007. SLCC was, in fact, the first school in Utah to have a Veterans Center.

"SLCC is a great place to start for our Veterans," says Head.

Head explained how SLCC has been lucky to be among the first in the nation to run the Vet Success Program. They even train counselors from other community and four-year colleges, and were selected



Photo by Tristina Meservy

Veterans Center main office is located at the Taylorsville, Redwood campus. South City campus is now home to a Veterans Center office as well.

as a one of the 10 top performing schools by the Veterans Administrations.

Vet Success on Campus is a program run in conjunction with the U.S. Department of Veterans Affairs. One of only two schools in Utah offering this program, SLCC offers on campus support and outreach to its veterans and works with the VA to provide peer-to-peer counseling and referral services.

SLCC has also had high ranking officers from different branches of the military personally visit to congratulate them on their success in supporting veterans. Additionally, they have been named as one of the 2016 Best for Vets 2-year colleges by the Military Times. With national attention, it is clear that Veterans Services here at SLCC is doing something different.

Head added that the center is not just for Veterans currently utilizing their educational benefits, but is also a place for their dependents and those wanting to learn more. The centers feature lounge areas, computers with printers, as well as a staff to help educate on what is available to veterans.

"If we don't have a resource here, I've been here 33 years, I can assist the veterans in finding it," says Head.

With a full staff of specialists and coordinators overseeing the support offered at SLCC, there are also current students there as part of a work-study program. Each of these experts and passionate peers are available to assist veterans getting started on the right foot and finishing strong.

Veterans Integration to Academic Leadership (VITAL) is another one of the programs offered at SLCC that helps veterans make the transition to college life.

A program aimed to help veterans find career opportunities, develop new skills and transition their military skills into civilian life. It is also important to note that Veterans Affairs on campus can also help veterans learn more about what is offered at the VA Medical center and the Veterans Benefit Administration.

There is also a wide array of information available on their website, slcc.edu/veterans. With links to important documents and information regarding changes to programs, the site can prove an invaluable resource to veterans who feel they do not have time to stop by the office in person.

Veteran Services offers a myriad of services that may not be known to veterans and dependents across campus. For example, they can get a cap and gown when veterans graduate, and even a special red, white and blue honor cord. They also host a special graduation dinner.

For those who might be struggling to assimilate to a classroom setting or learning to cope with a new disability, Veterans Services can locate the assistance vets need and help them get accommodations in the classroom when possible.

With scholarships available specifically for veterans, and changes always being made to educational benefits, Veterans Services offers military members starting or returning to their education countless opportunities for support.

Head encourages all veterans and dependents to stop by their office at the Taylorsville Redwood campus located in STC-RM 059, at South City Campus room 1-061-H-B, or call them at (801) 957-4289 and learn more about how Veterans Services is here to help them.



Photo by Tristina Meservy

Veteran Center hours for the Taylorsville, Redwood campus.