Student Success Newsletter

Academic Advising Services
For more information, contact Christina Cortez @ 210-486-2894.

Office Hours:
Monday, Tuesday, Thursday & Friday 8:00 am – 5:00 pm
Wednesday 8:00 am – 7:00 pm
1st Saturday 9:00 am – 1:00 pm

Location:
MLK – Welcome Center
SWC – Bldg. 1-B172

Alamo ENROLL Assistance:
MLK - NTB 116   SWC – Bldg. 1-B172

Quality Enhancement Plan - Ethical Decision-Making
St. Philip’s College is in the process of reaffirmation by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC). Part of this process is the QEP (Quality Enhancement Plan) to promote student success. Our QEP topic is Ethical Decision-Making.

QEP Focus: Ethical decision-making is the ability to connect values and choices to actions and consequences.

QEP Goal: Students engage in specific measurable academic activities to enhance their ethical decision-making skills.

Ethical Decision Making Process
Stop and think to determine the facts
Identify the options
Consider consequences for yourself and others
Make an ethical choice and take appropriate action

Student Services in the SLC – MLK Campus
For more information, contact Charleen Brammer @ 210-486-2275.

Office Hours:
Monday, Tuesday, Thursday & Friday 8:00 am – 5:00 pm
Wednesday 8:00 am – 7:00 pm
1st Saturday 9:00 am – 1:00 pm

SUITE 102
Counseling Services, Disability Services, Service Learning, and Financial Literacy

SUITE 127
Student Health Center

Student Success Leadership Team

Dr. Mordccai Brownlee
Vice President of Student Success

Dr. Paul Machen II
Dean of Student Success

Beautrice M. Butler
Director of Enrollment Management

Dr. Angela McPherson Williams
Director of Student Success

Student Services
in the
SLC

ST. PHILIP’S COLLEGE
PRESIDENT’S LECTURE SERIES
April Hernandez-Castillo
Acclaimed Hollywood Actress
October 6, 11 A.M.

The St. Philip’s College President’s Lecture Series provides opportunities for the college and the community to hear speakers’ perspectives on a broad range of local, regional, national and international issues. The lectures are provided at no cost to the audience and are designed to attract students, faculty, and staff as well as the greater San Antonio Community.

Important Dates

October 6
President’s Lecture Series
April Hernandez-Castillo

October 12 - 15
Flex 1 Final Exams

October 17
Flex 2 Classes Begin

October 28
College Closed 8am – 5pm
(Evening classes will meet after 5pm.)
Academic and Career Advising Services
For more information, contact Christina Cortez @210-486-2894.

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<thead>
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<td>Creative &amp; Communication Arts Institute</td>
<td>The Arts, Audio/Video Technology and Communications*.</td>
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<td>Business &amp; Entrepreneurship Institute</td>
<td>Business Management &amp; Administration, Finance, Hospitality &amp; Tourism, and Marketing*.</td>
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<td>Health &amp; Biosciences Institute</td>
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<td>Advanced Manufacturing &amp; Logistics Institute</td>
<td>Architecture, Construction, Manufacturing, Transportation, Distribution &amp; Logistics*.</td>
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<td>Public Service Institute</td>
<td>Education, Training, Government, Public Administration, Human Services, Law, Public Safety, Correction and Security*.</td>
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*National Career Cluster
Be Wise, Get Advised: Have you met with your advisor? Contact your advisor today. Below are the steps to identify who your advisor is:

1. Log into ACES
2. Click on the My Page tab (4th tab from the left)
3. Under Academic Profile (on the left) select the current term & press Go
4. Your advisor's name will appear under the "Advisors" title
5. Visit your advisor

Institute 1: Creative & Communication Arts
Monica Guerrero mguerrero151@alamo.edu
Larry Medina lmedina46@alamo.edu
Victor Natera vnatera@alamo.edu

Institute 2: Business and Entrepreneurship
Yolanda Ward yward@alamo.edu
Margaret Houser mhouser@alamo.edu
Robert Bryant rbryant21@alamo.edu

Institute 3: Health and Biosciences
Janet Hart jhart26@alamo.edu
Frances Calderon fcalderon4@alamo.edu
Irma Lopez isanchez17@alamo.edu
Teresa Hopwood thopwood2@alamo.edu
Tricia McElligott tmcelligott@alamo.edu
Alicia Stolte astolte2@alamo.edu
Paul Lede plede@alamo.edu

Institute 4: Advanced Manufacturing and Logistics
Automotive Technology
Yvonne Benton ybenton@alamo.edu
Christine Sauceda csauceda1@alamo.edu

Institute 4: Advanced Manufacturing and Logistics Southwest Campus
Gina Jasso gherrera@alamo.edu
Valerie Vasquez vvasquez124@alamo.edu
Sarah Ramirez sramirez260@alamo.edu
Carlos Solis csolis@alamo.edu

Institute 5: Public Service
Yvonne Benton ybenton@alamo.edu
Christine Sauceda csauceda1@alamo.edu

Institute 6: Science and Technology
Meredith Bess mbess@alamo.edu
Deborah Woods dwoods54@alamo.edu
Sunny Hernandez shernandez823@alamo.edu
Academic and Career Advising Services (cont’d)
For more information, contact Christina Cortez @ 210-486-2894.

Event: Interview Help
Date: Tuesday, October 11, 2016
Time: 12:30 p.m. to 1:30 p.m.
Location: SPC - Center for Learning Resources room 108

Event: Interview Help
Date: Thursday, October 13, 2016
Time: 3:00 p.m. to 4:00 p.m.
Location: Conference Room B172 - Southwest Campus
Summary: The Career Services team of St. Philip’s College will be hosting a series of workshops designed to assist students by helping them prepare for entry into the workforce. The second workshop in this series is titled Interview Help. The workshop will cover the basics of what an interview generally involves and the types of questions asked. Light refreshments will be served.

Event: Career Fair
Date: Tuesday, October 18, 2016
Time: 11:00 a.m. to 3:00 p.m.
Location: SPC – Heritage Room
Summary: Students requiring more in-depth assistance with their resume are asked to schedule an appointment with their advisor at one of the following locations: MLK - 210-486-2008 or SWC - 210-486-7281.

Event: TACRAO Transfer Fair
Date: October 24, 2016
Time: 1:00 pm to 4:00 pm
Location: Health & Fitness Center (Gym) (MLK Campus)
Summary: Students will have an opportunity to speak with university/college representatives to discuss transfer process, application assistance, scholarship opportunities and admission requirements. DOOR PRIZES will be awarded.

Veterans Affairs Office
For more information, contact Javier Barron @ 210-486-2540.

Veterans Affairs Advisors
Tony Gable lgable@alamo.edu
Allison Joubert ajoubert@alamo.edu
Gloria De Luna mdeluna@alamo.edu
Visit the St. Philip’s College VA website: http://www.alamo.edu/spc/veterans-affairs/

Men of SPC
For more information, contact Dr. Paul Machen @ 210-486-2468.

Event: Men of SPC Social Event
Date: Wednesday, October 19, 2016
Time: 12:00 pm – 1:30 pm
Location: Center of Excellence C210 (SW Campus)
Men of SPC (cont’d)

For more information, contact Dr. Paul Machen @ 210-486-2468.

Summary: All male students are invited to come socialize with male employees from across the organization and discuss actions they can take to be successful in college and beyond. Come learn about the College and complete an Academic Wellness Check with a Certified Advisor. Additionally, students can connect with employees who have a common interest or hobby and find out how they can become involved in these activities while at SPC. All students will be entered into a drawing for a $50 bookstore gift-card and other prizes. A light lunch will be served. No need to sign up, just show up and learn from experts across the college. Please contact Dr. Paul Machen, at 210-486-2157 or Mr. John Martin, at 210-486-2241 for more information.

Event: Monday Night Football- Houston Texans vs. Denver Broncos

Date: Monday, October 24, 2016
Time: 7:00 pm
Location: Bowden Alumni Center (MLK Campus)
Summary: All male and other students are invited to come watch football and fellowship with the Men of SPC, and talk about how they successfully navigate through college and beyond.

Library Services (MLK Campus)

For more information, contact @ 486-2199.

Days & Times
Monday - Thursday 7:00 am – 7:00 pm
Friday 7:00 am – 5:00 pm
Saturday 9:00 am – 3:00 pm
Location: Center for Learning Resources

Featured databases for October 2016 – LearningExpress and Testing & Education Reference Center

LearningExpress offers basic skills improvement in reading, writing, math, and basic sciences and test preparation for academic and career testing—academic exams—such as the GED® test, COOP, HSPT®, SAT*, ACT®, AP*, PSAT/NMSQT®, ACCUPLACER®, ASSET®, and COMPASS®, career certification tests such as NCLEX-RN®, Praxis I® and II®, and more, and build skills in math, reading, writing, and basic sciences.

Testing & Education Reference Center provides practice tests and ebooks college entrance or licensing exam such as CLEP, PSAT, SAT, ASVAB or NXLEX-PN? Take on-line practice tests and use test prep eBooks to obtain your education goals.

For more information, contact the SPC Library at http://www.alamo.edu/spc/library. Use the Ask-A-Librarian button to call, email, text, or chat with an SPC librarian.
St. Philip's College is committed to providing a supportive learning environment and to fostering, safe, healthy relationships among our students. In this effort, Alamo Colleges initiated AlamoCARES, a prevention, education and support program regarding dating violence, domestic violence, sexual assault and stalking. It is our sincere hope that AlamoCARES will empower you to make well-informed decisions about life issues that affect your college years and beyond.

Within the AlamoCARES site, you will find information on rights granted by Title IX and resources to help educate and assist you when dealing with harassment and sexual violence. Coming soon are events, training and opportunities to bring awareness when dealing with difficult issues and creating discussion opportunities with students. Visit us at http://alamo.edu/spc/alamocares/ for more information.

The Alamo Colleges encourage individuals to bring forward information/complaints about sexual harassment and sexual violence. Retaliation against any individual who reports or participates in the investigation of alleged violations is strictly forbidden and will be enforced by the College administration.

If you believe you have experienced Sexual Misconduct you may consider the following options:

- Contact Campus Police at (210) 485-0099 (non-emergency) or (210) 485-0911 (emergency)
- Seek medical attention at a hospital or with a physician
- Report the incident at www.alamo.edu/TitleIXCoordinator/
- Contact SPC Counseling Services at (210) 486-2333 (Confidential)
- Contact parents, relatives or close friends for support

H.1.1 Equal Education and Employment Opportunities (Policy) www.alamo.edu/district/policies/
Alamo CARES has additional Title IX information and resources at: www.alamo.edu/spc/AlamoCARES

ATTENTION STUDENTS! Required Haven Training

Haven is an online survey and course addressing critical life skills. Haven is our way of informing St. Philip's College students about Title IX standards, reporting violations and resources available. All entering freshmen, former and transfer students are required to complete Part 1 of Haven: Understanding Sexual Assault, by November 1st or a registration hold will be placed on their account.

Haven Instructions:

2. Look for the AlamoCARES box on the Student tab and read the important message before accessing the course. Note: an alternative training is available; see your Vice President for Student Success for assistance.
3. Click on the link provided, and complete the confidential pre-survey at the start of the course. The Alamo Colleges does not receive a copy of your responses.
4. The quiz at the end of the course is required to document your completion, but the score is not recorded and will not impact you in any way. Completion is documented on your student record.

No One has the Right to Harm You or Make YOU feel Uncomfortable.
SUMMARY: St. Philip’s College is committed to providing a supportive learning environment and to fostering, safe, healthy relationships among our students. Here are 16 nuggets of information about Title IX.

1. Consent is knowing, freely given, not passive, in clear words or actions, indicates permission to engage in mutually agreed upon sexual activity.

2. Forced consent involves physical violence, threats, intimidation and coercion (consider frequency, intensity, isolation, duration).

3. Incapacity is blackout/partial blackout, no working memory, the inability to understand who, what, when, where, why or how. All facts are considered.

4. Forms of incapacity are alcohol or other drugs (voluntarily or without victim’s knowledge), mental/cognitive impairment, injury or sleep.

5. Remember this rule, no means no, but nothing also means no. Silence and passivity do not equal permission.

6. Remember this rule: To have valid consent, consent must be given prior to or with the sexual activity.

7. Remember this rule: Consent can be withdrawn at any time, as long as that withdrawal is clearly communicated by the person withdrawing it.

8. Evidence of incapacity may be: From a witness or the accused who may know how much the other party has consumed, slurred speech, bloodshot eyes, the smell of alcohol on the breath, vomiting, outrageous or unusual behavior, blackouts or black time, or unconsciousness.

9. Sexual harassment can be a hostile environment, quid pro quo or retaliatory in nature.

10. Sexual harassment can include stalking, bullying and cyber-bullying, relationship violence or hazing.

11. Relationship violence is also called domestic violence, or intimate partner violence.

12. Sexual harassment is unwelcome, sexual or gender based, verbal, written or physical conduct that is severe or an ongoing pattern, unreasonably interferes with education or employment or the ability to participate in or benefit from the college’s educational, social and/or residential program and is based on power differences.

13. 20% of college women and 6% of college men will be victims of attempted or actual sexual assault.

14. The accused sexual assailant loses time from class, may be expelled, may impact ability to obtain a medical license or get recommendations, and faces the stigma of “rapist”, and possible jail time.

15. 4 in 10 violent crimes against college students are committed by offenders using drugs or alcohol.

16. Survivors of sexual assault often experience falling grades, drop out or fail out, mental health issues (depression, PTSD), alcohol and drug use, or contemplate suicide.

Alamo CARES has additional Title IX information and resources at: www.alamo.edu/spc/AlamoCARES
HOMECOMING 2016

October 5-7
Homecoming Door Decorating Contest

Monday, October 10
SPC Homecoming Pep-Rally & Lunch @ SWC. SWC Cafetorium, 11am – 1pm
SPC student athletes, Mr. & Ms. St. Philip’s, 2016-17 Homecoming Court Candidates and student leaders will serve lunch to SWC students, faculty/staff.

Photo Wall #SPCHOMECOMING MLK CLR Breezeway, 11am—1pm
Take Homecoming pics and post them to FB, Instagram. Students can vote for the Homecoming Court.

Tuesday, October 11
Throwback Tuesday-Please wear vintage or current SPC shirts!!!!

SPC Homecoming Pep-Rally, & Lunch @ MLK SPC Courtyard, 11am—1pm
SPC student athletes, Mr. & Ms. St. Philip’s, 2016-17 Homecoming Court Candidates and student leaders will serve lunch to SWC students, faculty/staff.

Photo Wall #SPCHOMECOMING SWC Crossroads, 11am—1pm
Take Homecoming pics and post them to FB, Instagram. Students can vote for the Homecoming Court.

Wednesday, October 12
“We Back the Blue” Homecoming Photo/Royal Cake, 10am SWC Cafetorium
“We Back the Blue” Homecoming Photo/Royal Cake, 12pm MLK CLR Breezeway

SPC Homecoming Basketball Games
Lady Tigers vs. VC-6 pm
Tigers vs. VC-8 pm, MLK Campus
Come to the Health and Fitness Center (Gym) to “Pound the (Victoria College) Pirates” The Pirates are our biggest rivals. Students, faculty, staff and SPC sports fans are invited to attend both games, enjoy entertainment, refreshments and much more.

Thursday, October 13
Step and Stroll Contest, 6:30 pm-9 pm, Health & Fitness Center (Gym)
Exhibition performance by community step and hip hop teams, and a Greek Stroll competition with cash prizes for fraternities and sororities.

Friday, October 14.
The Blue & White Alumni Mixer and Dance, 6pm – 11pm, Bowden Alumni Center
The event will open with a mixer focusing on the alumni and will culminate in a party wherein the “old school” and the “new school” will meet. The highlight of the evening is the coronation of Mr. and Ms. St. Philip’s College.
HOMECOMING 2016
Who Will Wear the Crown?

Sam Alvarado
Study: Alternative Energy
Involvement: Member NAHB
Why Mr. SPC?: He wants to be Mr. St. Philip's to represent his college with pride, integrity and honesty for his peers.

Percival Bragg
Study: Political Science
Involvement: Pres. SGA, Capt. Men's B-ball and VP Collegiate 100
Why Mr. SPC?: Respect and love for the college and the opportunity to meet more students.

John Martin
Study: Business
Involvement: Treasurer Collegiate 100, Peer Mentor, Tiger Paws and QEP
Why Mr. SPC?: To serve as an Ambassador and help all students connect to the college.

Jadien Moreno
Study: ECHS
Involvement: Member Cyber Tigers
Why Royal Court?: Wants to show that the ECHS students are mature and understand the opportunities available at SPC.

Na’ima Alhabbas
Study: Computer/Software Engineer
Involvement: Member Phi Theta Kappa
Why Ms. SPC?: To represent the college and its values in a positive way and promote diversity.

Jessica Rodriguez
Study: Nursing
Involvement: Secretary Collegiate 100 and Peer Mentor
Why Ms. SPC?: To show her love for the college, the administration and fellow students.

Jalisa Rivera
Study: Business
Involvement: Member Spirit and Pride Crew, Muslim Student Association and the NAHB
Why Ms. SPC?: To inspire people, especially those being bullied.

Veronica Villarreal
Study: ECHS Liberal Arts
Involvement: Member Phi Theta Kappa
Why Royal Court?: To show pride in attending SPC and to show the ECHS students are responsible leaders.

Online voting will take place on October 3-13. Visit OrgSync to get the link.
**Student Life (MLK Campus)**
*For more information, contact Dr. Angela McPherson Williams @ 486-2090.*

**Event:** SPC Welcomes New Tigers  
**Date:** Monday, October 17 and Tuesday, October 18  
**Time:** 8:00 am – 5:00 pm  
**Location:** CLR Breezeway (near the Library)  
**Summary:** The Department of Student Life will assist in printing schedules, getting directions and maps, and providing snacks under the blue tents. Please move over.

**Event:** Spirit Day  
**Date:** Wednesdays  
**Time:** 11:00 am – 1:00 pm  
**Location:** Center for Learning Resources  
**Summary:** Join the Spirit and Pride Crew. Wear your favorite SPC shirt or royal blue and white.

**College Health Center (MLK Campus)**
*For more information, contact Janet Feathers, R.N. @ 210-486-2222.*

**Event:** 911 Commemoration Blood Drive  
**Date:** September 12, 2016  
**Time:** 9:00 am to 3:00 pm  
**Location:** SPC Parking lot 13  
**Summary:** Take charge and donate blood in support of 911- with the South Texas Blood and Tissue Center. One pint of blood will save three lives.

**Tutoring Services and Service-Learning Program (MLK Campus)**
*For more information, contact Kevin Schantz @ 486-2246.*

**Tutoring Services**
*Event: General Tutoring and a great place to study*
**Days & Times:**  
- Monday - Thursday: 8:00 am – 7:00 pm  
- Friday: 8:00 am – 5:00 pm  
- Saturday: 10:00 am – 3:00 pm  
**Location:** Norris Technical (NTB) Building, room 116  
**Summary:** Tutoring in speech, history, accounting (I & II), Spanish, and COSC classes

**Disability Services (MLK Campus)**
*For more information, contact Maria Botello @ 486-2199.*

**Event: Disability Services (DS)** ensures reasonable academic support to qualifying students with disabilities. We follow national best practices to ensure that our students have access to the latest information and technologies. Disability Services is a hub of activities, support, referrals, and encouragement for our students with disabilities.

**Date:**  
- Monday, Tuesday, Thursday and Friday: 8:00 am – 5:00 pm  
- Wednesday: 8:00 am – 7:00 pm  
- First Saturday of Every Month: 9:00 am – 1:00 pm  
**Location:** Sutton Learning Center, 1st floor, Suite 102
Counseling Services (MLK Campus)
For more information, contact Rosalinda Rivas @ 210-486-2333.

Event: Crisis / Personal Counseling
Date: Monday – Friday
Time: 8am -5pm Monday -Friday
Location: Sutton Learning Center (SLC), room 102
Summary: Counseling Services has a new Counselor, Ms. Eitandria Gatlin. Both she and Ms. Rosalinda Rivas can help you address personal issues that interfere with your academic lives within a short-term intervention counseling setting. You can call (210) 486-2333 to make an appointment or go by the SLC, room 102 to talk.

Event: Depression Screening
Date: October 4, 2016
Time: 11am – 1pm
Location: Center for Health Professions Atrium/Lobby
Summary: This event will allow students to take a free, confidential online screening to determine if depression could be affecting their lives.

Counseling Services (MLK Campus)
For more information, contact Rosalinda Rivas @ 210-486-2333.

SUMMARY: Counseling Services staff can help address problems that interfere with your academic growth in college. See a Counselor in the Sutton Learning Center, #102, or call 210/486-2333 for an appointment. Here are 16 nuggets of truth, or information to consider on substance use:

① What’s the problem with drinking? Alcohol affects feelings - sometimes as soon as the first drink. A person can suddenly become angry, depressed or happy. Alcohol can also lower judgment and self-control.

② Treatment has three parts: The person must stop using the drug and receive treatment for withdrawal symptoms if necessary. The person must learn how the drug worked in his or her life. The person must learn how to avoid using the drug again.

③ Good reasons not to drink or use drugs: You avoid embarrassment. (You won’t throw up, say or do something you regret or get arrested.) It’s safer. You lower your risk of injury and death (from car crashes, fights, alcohol poisoning and overdose). You don’t break the law. You do better at school or work.

④ The person who is drinking is not the only person who is at risk.

⑤ Get counseling. Treatment works.

⑥ Suicide: Alcohol, used alone or with other illegal drugs, can increase a person’s risk of suicide. Drinking can make bad feelings last longer or seem worse. People who use alcohol to deal with depression are less likely to get help.

⑦ Murder: Guns, angry feelings and alcohol are a dangerous combination. Two out of three murder victims are killed with guns. Most murders happen when two people get into an argument that turns into a fight.

⑧ Alcohol and angry feelings can lead to physical abuse among families, friends and dating partners. When guns or other weapons are involved, the violence can lead to serious injury or death.
Student Services @ Southwest Campus
For more information, contact Gina Jasso @ 486-7185.

Office Hours:
Monday, Tuesday, Thursday & Friday 8:00 am – 5:00 pm
Wednesday 8:00 am – 7:00 pm
1st Saturday 9:00 am – 1:00 pm

Location: SWC Bldg. 1, Room B172
SWC Advising hotline: 210-486-7281

Financial Aid: Representative available on Wednesdays from 8:00am-7:00pm

Bursar’s Hours of Operation
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<tr>
<th>Day</th>
<th>Monday</th>
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Library: SWC Building 1-C123 For more information, contact SWC @ 486-7023.

Disability Services (SW Campus)
For more information, contact Maria Botello @ 486-2199.

Event: LIFEspase Center is a hub of services including counseling, veteran affairs, and disability services. The Disability Services office offers services to qualifying students with disabilities to help level the playing field and create opportunities for success.

Date: Fall Hours – Tuesday and Thursday Only
Time: Tuesday and Thursday, 8:00 am – 5:00 pm
Location: Building 1, Room A-135
Summary: To be eligible for disability-related services, students must have a disability as defined by the Americans with Disability Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973

Student Life (SW Campus)
For more information, contact John Martin @ 210-486-2241.

Event: Spirit Day
Date: Wednesdays
Time: 11:00 am – 1:00 pm
Location: Center for Learning Resources
Summary: Join the Spirit and Pride Crew. Wear your favorite SPC shirt or royal blue and white

Event: SPC Welcomes New Tigers
Date: Monday, October 17 and Tuesday October 18
Time: 8:00 am – 5:00 pm
Location: Building 1 Crossroads
Summary: The Department of Student Life will welcome students and provide directions, information and snacks near the Student Services Office.
Tutoring Services (SW Campus)
For more information, contact Kevin Schantz @ 486-2246.

Tutoring Services
Event: Tutoring at Southwest Campus
Days &: Monday, Tuesday, and Thursday
Times
10:00 am – 12:00 pm; 1:00 pm – 4:00 pm
Wednesday
1:00 pm – 4:00 pm
Location: Learning Resource Center/Library (Room C123, Building #1)
Summary: Let us help you improve your grades!

Academic and Career Advising Services (SW Campus)
For more information, contact Gina Jasso @ 210-486-7185.

Event: Freshman Experience
Date: October 3, 2016 to December 16, 2016
Time: Monday: 9:30 am – 12:30 pm
Location: Building 1 Room B172
Summary: Check your student email as you will be receiving periodic emails from your assigned certified advisor with important information.
Link: http://spcweb.alamo.edu/StudentSuccess/Registration.aspx

Counseling Services (SW Campus)
For more information, contact Rosalinda Rivas @ 210-486-2333.

Event: Crisis / Personal Counseling
Date: Mondays and Wednesdays
Time: 8am -5pm
Location: LIFEspace Center, Building 1, Room A-135
Summary: Counseling Services has a new Counselor, Ms. Eitandria Gatlin. Both she and Ms. Rosalinda Rivas can help you address personal issues that interfere with your academic lives within a short-term Intervention counseling setting. You can call (210) 486-2333 to make an appointment or go by LIFEspace to talk.

Event: Depression Screening
Date: October 5, 2016
Time: 11am – 1pm
Location: LIFEspace Center, Building 1, Room A-135
Summary: This event will allow students to take a free, confidential online screening to determine if depression could be affecting their lives. Talk to a Counselor at the Advising Days event in Building 1, room B-172. Students will walk to the LIFEspace Center to complete the screening.

College Health Center (SW Campus)
For more information, contact Brenda Major, L.V.N. @ 210-486-7166 or Janet Feathers, R.N. @ 210-486-2222.

Prescription for an Active Lifestyle: Move More, Sit Less
The American College of Sports Medicine and the American Heart Association recommends that every U. S. adult should accumulate 30 minutes of more of moderate-intensity physical activity 5 days per week. Take the stairs instead of the elevator. Park your car away from the building and walk more.
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**FREE Lunch**

Join us for Service then Program at The Porch.

**The Porch ~ October 2016**
1 Industrial Technology Center (ITC), Building 1
2 Aircraft Technology Center (ATC), Building 2
3 Multi-Disciplinary Instructional Center (MDIC), Building 3
4 Building 4

6 Diesel Technology Center (DTC), Building 6
7 Diesel Technology Lab (DTL), Building 7
8 Workforce Center for Excellence, Building 8