

The Team Careers Program at SF College provides assistance and mentoring services **to eligible students in career and technical degree and certificate programs** to help them meet their goals in a successful and timely manner. Students served by Team Careers include:

- Non-traditional Students\*
- Displaced Homemakers
- Students with Disabilities
- Single Parents and Single Pregnant Women
- Students with limited English Proficiency
- Veterans

## Fall 2017

Fall 2017

Fall Semester is here, many new students on campus and a few less parking spaces (or so it seems)! I hope you all are settling in to your Fall class schedule well.

Congratulations to our recent CTE nontraditional Summer graduates, Delrio, Jasmine and Troy. What a great accomplishment!

Please take a few minutes to look through this newsletter. In it you will find some helpful information on important SF dates, stress reduction tips, scholarship opportunities, and other resources.

All the best as you work toward your educational and career goals.

Regards,  
Lorri Goodall  
TEAM Careers Program Specialist  
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**“An obstacle is often a stepping stone.”**  
~ Prescott

## SF Dates to Remember

- Fri, Sep 22** Last day to withdraw & receive “W” for Fall A
- Fri, Oct 6** UF Homecoming (*College closed*)
- Mon, Oct 16** Fall B classes begin
- Mon, Oct 30** Last day to withdraw & receive a “W” for Fall
- Fri, Nov 10** Veteran’s Day Holiday
- Wed, Nov 15** Last day to withdraw & receive “W” for Fall B
- Thurs & Fri, Nov 23-24** Thanksgiving Holiday
- Fri, Dec 1** Fall & Fall B classes end
- Dec 4—Dec 7** Final Exams for Fall
- Fri, Dec 8** Graduation
- Dec 18—Jan 5** Winter Break
- Mon, Jan 8** Spring 2018 classes begin



### SF Resource Highlight —

## Student Health Care Center

All students currently registered at Santa Fe College can take advantage of the many free and low cost services available through the SHCC (Student Health Care Center). The SHCC also has information on local health care providers to which you can be referred for complex problems.

You do not need an appointment for most of the services provided by the center. **Many services are free.** There are charges for Nurse Practitioner consultation, physical examinations, immunizations, and laboratory tests.

For more information visit the SHCC or call them at the following location:

NW Campus, S-120 Phone: (352) 381-3777  
Hours: Monday-Friday, 8:30 a.m.—4:30 p.m.  
Website: <http://www.sfcollge.edu/student/health/>



## Congratulations to our Summer 2017 Graduates!

⇒ **Delrio Anderson,**  
VC Polysomnography



⇒ **Jasmine Larose,**  
AS Insurance & Risk Management

⇒ **Troy Long,**  
VC Polysomnography

\*TEAM Careers serves "non-traditional students" who are enrolled in a program that leads to an occupation non-traditional for their gender; or who experience a variety of different factors that affect their college experience, whether it is working full time, returning to college after time off, or balancing academic pursuits with raising a family.

<http://www.sfcollge.edu/teamcareers>

Funding for this program is made possible by the SF Perkins Grants Initiatives office.

# 5 Time Management Tips to Calm College Stress

For more info, visit: [http://www.campuscalm.com/time\\_management.html](http://www.campuscalm.com/time_management.html)

## 1. Time is your greatest asset—you choose how you spend it.

We are all personally responsible for our lives and how we spend our time is a direct reflection of how well we embrace time management. Take control over your time now and be calmer and happier...

## 2. Time Management means learning to say “NO”

Don't be led around by the whims of others. Determine your own passions and priorities, it will give you confidence to stay focused on where you want to go in life. Take care of yourself and then you will have more energy to be there for others.

## 3. Skipping class = More Stress

Skipping a class really does increase stress in the long run. You miss class notes, class discussion, repetition of material, and you are wasting money you spend on taking the class. Unless it is a **true emergency**, go to class and hit the snooze button on the weekends.

## 4. Sleep Saves Time

Sleep deprivation has the same effect on you as alcohol," says Beverly Coggins, professional organizer and author of the e-book, *Three Steps to Time Management for the College Student*. "Your reaction time is slow, you can't think clearly, you gain weight, and you can get depressed." Don't sacrifice sleep because sleep deprivation is the true time waster and it definitely makes us more susceptible to college student stress.

## 5. Procrastinators Can Master Time Management

Use the following tips to escape procrastination and reduce stress:

- Break large tasks up into small pieces and estimate how much time each piece will take. Working backwards from your deadline, schedule in each piece of your task.
- Plan in breaks. Every hour take a 15-minute break. Do something that refreshes you—take a walk, listen to music, etc.
- Know when your peak energy time is. If you are a morning person, don't attempt overwhelming tasks at night and vice versa.
- Study with a friend. Just make sure you choose friends that won't help you procrastinate!
- Stay away from procrastination temptations... smart phone, Netflix, Xbox, etc., when a deadline looms.

**Free Tutoring Services Available... Room C-113, NW Campus**

### Accounting and Economics, Fall 2017

Monday: CLOSED; Tuesday: 1:00p.m. to 5:00p.m.;

Wed: 8:30a.m. to 4:00p.m.; Thurs: CLOSED; Fri: CLOSED

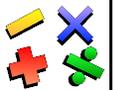
\*Additional hours will likely be added, check business website for details  
<http://www.sfcollege.edu/labs/northwest-campus/#business-labs>



### Math Lab—G-14 on SF Main Campus

Hours: Monday –Wednesday: 9 a.m. to 8 p.m.

Thursday: 9 a.m. to 5 p.m.; Friday: 9 a.m. to 4 p.m.



The Math Lab offers tutoring in all mathematics subjects. You can also get help with business, accounting, physics and chemistry. One on one and group tutors are available.

### TEAM Careers Contact

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Visit us on the web at  
[www.sfcollege.edu/teamcareers](http://www.sfcollege.edu/teamcareers)

## Scholarship Opportunities . . .

### CTE Scholarships

Up to 18 CTE scholarships are awarded annually to SF students currently enrolled in Career and Technical Education programs. Scholarships are awarded based on financial need, demonstrated performance in the enrolled CTE Program, related school and community activities and career goals. Applications are accepted year round and can be found on the website:

[www.sfcollege.edu/cte/cte-scholarships](http://www.sfcollege.edu/cte/cte-scholarships)

Spring Semester—November 13th  
Summer Semester—March 16th  
Fall Semester—June 19th

**Application  
Deadlines**

### ◆ Other Scholarship Opportunities

Visit the SF College Office for Development website at [www.sfcollege.edu/scholarships](http://www.sfcollege.edu/scholarships) for specific details, information, and requirements for many scholarship opportunities.

### ◆ Scholarship Websites:

[www.fastweb.com](http://www.fastweb.com)

[www.scholarships.com](http://www.scholarships.com)

[www.college-financial-aid-advice.com](http://www.college-financial-aid-advice.com)



Santa Fe College is committed to an environment that embraces diversity, respects the rights of all individuals, is open and accessible, and is free of harassment and discrimination based on, but not limited to, ethnicity, race, creed, color, religion, age, disability, sex, marital status, national origin, genetic information, political opinions or affiliations, and veteran status in all its programs, activities and employment.