

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 & Single Pregnant Women
- Students with limited English Proficiency
- Veterans

Summer 2016

June 2016

Summer has arrived—longer and hotter days are definitely here! I hope each of you is off to a good start of summer, and that you will be able to find some time for some rest over the next couple of months.

Congratulations to the eight non-traditional students who graduated in May from SF Nursing, Respiratory Care and AC/Refrigeration/Heat Technology programs. What a tremendous accomplishment!

Take a minute to look through this newsletter for some helpful information on scholarship opportunities, tips on test-taking strategies and other resources and things to do at SF College.

Continued best wishes as you work toward your educational and career goals.

Regards,

Lorri Goodall

TEAM Careers Program Specialist

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**"What you do today can
improve all your tomorrows."**

~Ralph Marston



Congratulations, Spring 2016 Graduates!

- ⇒ **Melanie Febles**, VC AC, Refrigeration & Heat Tech
- ⇒ **Jesse Lopez**, AS Nursing
- ⇒ **Eric Mathis**, AS Nursing
- ⇒ **Wilson Noel**, AS Nursing
- ⇒ **Vincent Ruccione**, AS Respiratory Care
- ⇒ **Nicholas Salsbery**, AS Nursing
- ⇒ **Sean Sirera**, AS Nursing
- ⇒ **Cristobal Velazquez-Lopez**, AS Respiratory Care

Tutoring Services Available

Accounting and Economics Tutoring, Summer Hours

Room C-113, NW Campus

Monday: 8:30am to 4:00pm; Tuesday: 12:15 to 5:15pm;

Wed: CLOSED; Thurs: 12:15 to 5:15pm; Fri: CLOSED



SF College Learning Labs

offer individualized academic support for math, reading and writing, as well as labs for adult education and ESL students. Instruction is offered on a one-to-one basis or in small groups. The Math Lab is located in G-14, Reading Lab in G-36 and Writing Lab in G-06.

For more information visit: www.sfcollge.edu/academicfoundations/

CTE Scholarships

Up to 18 CTE scholarships are awarded annually to SF students currently enrolled in Career & 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.sfcollge.edu/programs/scholarships/

Other Scholarship Websites:

- www.fastweb.com
- www.scholarships.com
- www.college-financial-aid-advice.com

*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.

Test Taking Strategies for College Midterms and Finals

Excerpts from College Atlas: www.collegeatlas.org/college-final-test-taking-strategies.html

Most students stress about midterm and final exams. Utilize these tips to prepare for and take tests:

Time Management Skills—These strategies will help you better manage test time:

- ◇ Sit where a clock is visible or wear a watch. Make a mental note when you begin, and periodically check the time.
- ◇ Briefly review all test sections before beginning, and determine how much time to devote to each section.
- ◇ Don't waste time on a single multiple choice question. Answer questions you know first to save time for confusing ones.

Test Day Preparation (refrain from pulling an "all-nighter" before a test. Being groggy affects concentration.)

- ◇ Set an alarm or have a friend call you if test is scheduled during early morning hours.
- ◇ Eat protein rich food on test day. Protein is a reliable energy source while sitting and concentrating for extended time.
- ◇ Arrive early for the test. Having extra time allows you to clear your mind and focus on the test.
- ◇ Come prepared to test with permitted materials (note paper, pencils, calculators, etc.).
- ◇ Briefly review notes just prior to test. Summarizing notes will refresh what you've learned.
- ◇ Time permitting, lightly exercise on test day. Exercise is an effective way to manage stress.
- ◇ Use the restroom before entering the classroom.

Relieving Test Taking Anxiety— Utilize these strategies to alleviate test taking anxiety:

- ◇ Participate in deep breathing exercises before taking the test. Deep breathing is an excellent strategy to calm nerves.
- ◇ Take time to stretch prior to sitting down for the test to relieve tension. If permitted, stretch your limbs while taking the test.
- ◇ Don't overreact to a poor test score. You will have opportunities later in the semester to make up for a bad score.
- ◇ Never compare yourself to peers, and don't get distracted by students who finish early.
- ◇ The best way to decrease test taking anxiety is to study hard for the test. There is no easy route to success. Even when prepared, it's still normal to feel nervous.

TEAM Careers Contact

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Visit us on the web at
www.sfcollge.edu/teamcareers

Summer Fun... Looking for something to do?



SF College Teaching Zoo

SF Teaching Zoo is a unique 10-acre zoo with over 75 species of animals. The Zoo is open every day, except Thanksgiving, Christmas and Christmas Eve.

- **Visiting Hours**—9 AM to 2 PM
No appointments are necessary. The Zoo is open for guests to walk around on their own.
- **Admission Rates**
Adults: (13-59) \$6.00
Children: (4-12) & Seniors (60+) \$5.00
Children (3 and under) FREE
SF Students & Staff: FREE with current SF ID

SF Kika Silva Pla Planetarium



A variety of planetarium shows are scheduled on Fridays and Saturdays during the Summer.

Visit the planetarium's website at www.sfcollge.edu/planetarium/ for more information about what's up in the night sky.

Tickets go on sale at the door 30 minutes prior to each show. No advance tickets are available. Prices vary depending on the show. **Some shows are free with SF ID.**

**To schedule a private show, contact James Albury (planetarium coordinator) at james.albury@sfcollge.edu*

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.