

COUNSELING CONNECTIONS



MISSION COLLEGE Counseling/Matriculation

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Procrastinate? Or do it now? Part II

By Ray Charland

There are lots of things that should not be put off – things like returning library books, going to the dentist, doing math homework, and studying for a mid-term exam. How can we get ourselves to do these important things that need doing before we incur a fine, get a toothache, get behind in class, or fail an exam? In Counseling 1 and 5, College Survival Skills, we explore a number of methods to combat

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A View From The Hill

An ASB student shares his experiences at the National Student Advocacy Conference in Washington DC

by Richard O'Balle, Mission College ASB senator

A flurry of hands darting into the air answered the question, “Who wants to go to Washington DC for a student leadership conference?” asked by Carolyn Kuri, the ASB advisor. After narrowing down who could get away from work and family for five days and cooling down controversies about who was eligible to go, five students were selected for the trip; to my surprise, I was one of them. After signing away some of our personal liberties, we were given itineraries, some cash for food, and, as I can only speak for myself, a new outlook on my role in student government.

I sit on the Senate of the Associated Student Body of Mission College. My aim in student government was to keep a low profile and hold as few responsibilities as possible. Perhaps this seems selfish and uncharacteristic of a good leader. The way I figured it was that if I did not commit then I would not let anybody down. I did not always have this attitude; it developed over many semesters of working in Student Governments.

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Important Change for Students Transferring to CSU

By Don Cordero, Articulation Officer

The California State University has determined that they will no longer accept Political Science 1, American Government (POLIT 1) as a single course to satisfy the requirement of American History and Institutions. They have allowed Mission College to certify the course for only the Summer and Fall 2003 sessions. Beginning January 2004 students will have to take a two-course sequence to satisfy this requirement for transfer. The exact sequence of courses is under review but one of the course sequences will include POLIT 1. Exact information will be available in the early fall.

A Student with an Especially Big Heart

By Peter Anning

Sara Sigala has always been known for her big smiles and friendly nature. Now she is also known for her generosity. A student in Mission College's Disability Instructional Support Center (DISC) program, Sara is enrolled in an adaptive P.E. course that meets three times a week. "Not only does the program provide its participants with physical conditioning, flexibility and strength training, it also provides a high degree of social interaction for its participants," said Christel Ligocki, instructor for Sara's class. Each student in Adaptive P.E. receives an individualized fitness plan, and works on weight training and aerobics exercises to improve conditioning and physical ability.

Recently, after reading about the devastating budget deficit facing the college and the prospects that her class might be canceled, Sara, who is on financial aid and living in a convalescent care home, obtained a money order for \$29.99 and gave it to her instructor, asking that it be used to buy any supplies that might be needed to help keep the program intact.

"We were very surprised and touched by Sara's generous offer," said Carol Toppel, DISC Program Coordinator. "The state has proposed a 43% cutback in basic services while the College is considering terminating some part-time instructors to reduce its budget shortfall. Ms. Ligocki is a part-time instructor in our program with very specialized training. If she loses her job, the Adaptive P.E. class will have to be eliminated. This is indeed sad for our students and our community."



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Public Speaking Success!!

By Rob Dewis, Communications Instructor

Do you plan to transfer to a university? Is English your second language? Do you have appropriate oral skills to take the CSU requirement in oral communication? How can you be better prepared to take public speaking?

These are important questions our students should be asking themselves, and they identify concerns that are often on the minds of the Communication Studies instructors here at Mission College. Unfortunately, many students take a public speaking class without certain basic skills that support success. Among these are oral delivery skills including enunciation, pronunciation, and voice projection. It can be disheartening for students and teachers alike when bright students with valuable insights are frustrated by a lack of ability in these areas. Many students who have completed English 1A, or even 1B, may not have had to express their ideas orally and, therefore, have not been evaluated or helped in improving their delivery skills. While public speaking fear and a lack of knowledge about how to research and organize speeches are areas speech teachers expect to cover, it is an extra challenge to help students who need additional attention on correct pronunciation, clear enunciation, and other articulation problems.

So what are some solutions?

For you as an individual, we in Communication Studies have some ideas about what you can do before you take a public speaking class.

First, take advantage of some of the terrific classes offered by the ESL department. These include the Academic Speaking and Listening and Accent Reduction classes.

You could also attend the Conversation Group workshops in the LATC, S2-201 (go there to learn more). The LATC also has some wonderful software and other resources that you can use to help improve your pronunciation.

Beginning this fall, the Communication Studies department will offer a course called Voice and Articulation (COMM 22), a course developed to help both non-native and native English speakers improve their oral speaking skills before taking public speaking. We want you in our public speaking classes, and we want you to succeed. We hope our suggestions here will help you accomplish that goal!

Mission College Financial Aid Update

Now is the time to apply for Financial Aid for the 2003-2004 academic year. If you may have missed the March 3, 2003 priority filing deadline, you may still apply after March 3rd, but your application will be processed after the priority applications.

In order to maintain Satisfactory Academic Progress (SAP), remember to comply with all regulations learned in your SAP Session. The SAP rules also apply to your summer classes. Dropping more than 1/3 of your units will cause you to be placed on Financial Aid Probation or Disqualification, and may require you to repay a portion of your financial aid. If you feel you need a review of the financial aid rules and regulations, feel free to attend another SAP session. After the last session scheduled for the spring semester, a new schedule will be posted in the Financial Aid Office window for the sessions that will be held this summer.

Financial Aid Web Site

The Financial Aid Web Site has been updated. Go online in the Mission College Financial Aid website (www.missioncollege.org/student_services/financial_aid/default.html). Look for new information and links to different financial aid forms and applications. New features include a link to The Free Application for Federal Student Aid (FAFSA), The Board of Governor's Fee Waiver (BOGW) Application for 2003-2004 and the Data Sheet form for federal aid student files.

BOGW

If you received a Board of Governor's Fee Waiver for the Spring of 2003, you will need to reapply with the 2003-2004 application for the fee waiver to be active in the Summer 2003.

The Board of Governor's Fee Waiver application is now online in the Mission College website (www.missioncollege.org/student_services/financial_aid/default.html). Look for the link to the correct application form. The 2003-2004 application will be active for Summer 2003 through Spring 2004.

Cal Grant B & C

Regarding the 2003-2004 Cal Grant applications, students who have completed 24 transferable college units at Mission College and who were enrolled here in 2002-2003 do not have to complete a "2003-2004 Cal Grant GPA Verification" form (but must still complete a 2003-2004 FAFSA) because we will send GPAs electronically to the California Student Aid Commission. Students who have not completed at least 24 college units must obtain a Cal Grant GPA Verification form from the Financial Aid Office and go to their high school to have the GPA verification form completed. For the 2003-2004 school

year, even if you missed the March 3rd, 2003 Cal Grant deadline date, you have until September 2, 2003 to apply for Cal Grant B.

An exception to the general Cal Grant application procedure above concerning GPAs is the "Re-Established GPA", which states that students who have completed at least 16 community college units may use those units' GPA instead of their high school GPA. (Students should choose this option if the re-established GPA is higher than their high school's.) Re-Established GPAs only apply toward the Cal Grant B competitive award.

Students who choose to use their Mission College reestablished GPAs and who were enrolled here during 2002-2003, also do not have to complete a Cal Grant GPA Verification form because their GPAs will be sent electronically to the California Student Aid Commission. But, they must still complete a 2003-2004 FAFSA.

Future Teachers Begin Their Training at Mission College

by Christina Wills, SCTA President

The *Teach for Tomorrow* program and the Student California Teachers Association (SCTA), a campus club for future teachers, are working together to provide interesting and informative events for future teachers.

We have sponsored a variety of workshops for future teachers including financial aid, how to transfer to a 4-year school and a teaching credential program, steps to becoming a teacher, and a teacher panel that answered students' questions. ***On May 31 we will hold an end-of-semester pot luck with other SCTA clubs in our region; including West Valley, SJSU, CSU Hayward, Santa Clara and National Hispanic University. All future K-12 teachers are invited to participate.***

Mission students have been strongly represented at every CTA workshop and SCTA conference this year. Students really enjoy meeting future teachers from other campuses and the information is very helpful to finding our way through the complicated pathways to becoming a teacher. We also have the opportunity to interact with real teachers at the CTA workshops and get an early start on how to manage our future classrooms. The real teachers make us feel very welcome at CTA workshops, and we are beginning to feel like professionals.

To find out more about SCTA and *Teach for Tomorrow*, contact Gwen Quail, at gwen_quail@wvmccd.cc.ca.us or (408) 855 5221.

Budget Cuts May Affect Library Services But Internet Services Still Available

By Judie Smith, Instruction/Outreach Librarian

Everyone is aware of the budget problems facing Mission College and other state funded schools. The Library is committed to providing our students with quality service in spite of serious budget cuts. Librarians are available to assist you during all open hours. The budget cuts will affect our ability to staff the library for as many open hours and we are no longer able to purchase new books, textbooks, videos or other library materials. You can help the library, and your classmates, by returning books on time to allow other students to use the materials.

The Library continues to offer our students many options for doing research. Wonderful Library resources are available to Mission students and staff from any computer with Internet access, 24 hours a day, 7 days week. The Library's website is http://lib.wvmccd.cc.ca.us/search*spa/. Use this page as a starting point to access information. Look for the bright red link "California's Budget Crisis" <http://www.missioncollege.org/lib/budget.html> for information about the budget and ways you can help.

LIBRARY CATALOG

(http://lib.wvmccd.cc.ca.us/search*spa/)

Search for material by author, title, subject, and keywords. You can also check under "Course Reserves" to see what is on reserve by instructor or class. Circulating books check out for three weeks. Please return your books on time so more classmates will have access to the materials. Textbooks for many classes are available for use in the library.

LINK+ (Link Plus)

When a book is not available through the Mission-West Valley Catalog, try clicking on LINK+ to see if it is available from one of the thirty libraries sharing materials through the LINK+ system. Order your book online and it will be here at Mission within two to four days.

MAGAZINES, JOURNALS AND DATABASES ONLINE

(<http://www.missioncollege.org/lib/dbs.html>)

The library subscribes to many databases with full text articles and reference materials. This is an excellent starting point for finding written information from reliable sources for your assignments.

QUICK GUIDE

(<http://www.missioncollege.org/lib/quickguide.html>)

This is a terrific way to find websites selected by Mission Librarians. Many of these sites are selected to support the assignments given by Mission College instructors.

OTHER LOCAL LIBRARIES

(<http://www.missioncollege.org/lib/locallib.html>)

Check out this link to find other libraries in the area. It will tell you when the library is open and where it is located.

Online Math Courses Help Students

By Quin Jackins, Math Instructor

Several math courses are now offered online through Mission College. Courses in Fundamental Arithmetic through Pre-calculus (Math 900, 901, 902, 903, 904, Math C, and Math 1) are all offered using the Academic Systems software for Mediated Learning. In addition, Calculus I (Math 3A) will be offered this Fall. Please check the 2003 Fall Schedule of Classes.

The mechanics of your particular course will be explained in detail at the orientation meetings on campus. There are several additional on-campus meetings during the semester for midterm(s), a final review session and the final exam.

Is online math right for you?

These courses are not for everyone! In order to shed some light on the matter, let me share with you what has and hasn't worked for others who came before you.

Online classes can be flexible. Some students think the flexibility allows them to work at their own pace. This is only true to a limited degree. While you may work more quickly than the pace outlined for you in the schedule of topics, working at a slower pace has generally not proved successful if you want to finish in one semester. While a few exceptional students have been able to complete two or even three of these online courses within a semester, the usual is for a student to take the entire semester to complete the course. Students who fall behind within the first month often do not finish the course on their first attempt.

A View From The Hill, Continued...

I began my college education at Florida Gulf Coast University. One of the requirements of a class that I took was that we had to attend a Student Government Association meeting. Knowing that assignments tend to pile up as the year progresses, I decided to go to the meeting as early in the semester as possible. After the first meeting, watching the arguing and debating, I was hooked. I continued to go to the meetings and was eventually sworn in as a Senator. I represented the College of Arts and Sciences and felt an obligation to fight on every issue that affected my constituency. I lost many arguments but always came back and eventually passed some important legislation. When FGCU discontinued my major, I had to move on to a different school. I decided to come back to California and attend Mission College for a semester, then transfer to San Jose State.

On my first day at Mission, I saw a poster advertising its ASB. I jotted down the location and time of the meetings and was promptly sucked back into student leadership; I wouldn't have it any other way. Our ASB at Mission is a lot less tumultuous than SGA at FGCU. The severity of the issues that we face in California community colleges at this point in time has helped to tighten our student body because many of us are fighting for the same purpose. Part of the reason for going to a student advocacy conference was to teach and motivate us to take our cohesive unit and push our weight around where it matters; to learn how to be effective and efficient.

ASACC, American Student Association of Community Colleges, held the National Student Advocacy Conference from March 22nd to the 25th. There were about 500 students at the conference representing many community colleges from across the country. We were all there to learn about student leadership. There were workshops, speakers, and "break-out sessions" which were designed to inform, teach, and motivate us.

This conference was an excellent opportunity for many like-minded students to gather and exchange information. At almost every meal we shared our table with people from other schools. We learned from people about what their colleges were like, what they have tried on campus, and what their successes have been. It was interesting to hear about the similar problems that our campuses shared, and also the unique problems and solutions from other campuses.

All of the keynote speakers delivered good speeches and messages. The two standout speakers, however, were Ralph Nader and William "Buddy" Blakely. Nader had a very motivational speech on student advocacy and Blakely gave a very effective speech about how to contact and have effective relationships with your representatives.

The best part of the trip was outside of the conference, when we had free time to explore Washington DC. Wandering the streets, parks, and paths along the mall is where our group really came together. DC seems like the kind of place where you could spend a hundred years and only see a hundredth of what is there.

On one of our last days there, we had the opportunity to visit members of congress. We spent most of the time in the Senate office buildings, walking the underground corridors, and trying to visit our senators. We went to both Barbara Boxer's and Diane Feinstein's offices. Though neither was in, the office staff people answered all of our questions and were very helpful. As we were leaving Diane Feinstein's office, someone in our group spotted her walking down the hallway. We asked her some questions, and if we could have our photographs taken with her; even though she was in a hurry she kindly obliged to be photographed and also gave us passes to visit the Senate.

The following day we went to the Capitol building to watch the Senate proceedings. The Senate Gallery is a grand and beautiful place. Everything about it has the sense of quality, integrity, and detail. We watched as they went through the procedural role call votes. There was limited debate, and all of the voting looked very partisan. In fact, the Senate Chamber is divided with Republicans on one side and Democrats on the other. They voted using nifty index finger up or thumbs down gestures, and must have been covering some very important legislation because there was a very high attendance among the Senators. Later that day I saw some of the proceedings on C-span and got this really cool feeling, like "I was there, and I saw that live." The whole situation was very appealing to me.

The trip to Washington DC was not a vacation. We worked hard while we were there. I appreciate the experience of going because it was an opportunity for me to bond with the other members of ASB as well as an opportunity to re-evaluate my role as a student leader. I feel more responsible now for taking action and volunteering for committees. Because I was one of the few chosen from all of ASB to go, I feel that my input and experience is welcomed and important.

In retrospect, I wish that I had been better prepared for the trip and had a better grasp on the issues that our campus faced, and prior knowledge of the information presented at the conference. I would like to encourage our ASB to sponsor more such conferences and I would like to encourage our students to attend our ASB meetings, become involved, and allow student leadership to have a positive impact on their lives as well.

Procrastination

From Page 1

procrastination. Here are several, and I invite you to try them out and see which work best for you.

* Decide if it really is important to you. It's much easier to do something once you're clear how it will help you reach your goals. If it doesn't help you achieve what you want, maybe you don't need to do it.

* Break it into smaller parts. Big projects can feel intimidating. By dividing them into smaller pieces we can reduce our reluctance to begin.

* Set a deadline and use reminders. Choose a date when you'll begin, and a date you'll finish. Then put reminders on your calendar, your refrigerator, and in your planner. Tell others you are going to get it done. They can remind you too.

* Plan a reward for yourself when you get the task done. We all enjoy rewards! Giving your self something enjoyable to look forward to is another strategy to help you get started.

So when does procrastination make sense?

Are there times when it's useful to put off doing something? Of course! In fact, most of us would be more effective if we were *better* at procrastination than we are now. Take a look for a moment at how you spend your evenings at home. Do you get home, tired from work or school, and switch on the TV? What if you put off watching TV and got some exercise, or talked to your spouse instead? Or maybe it's the weekend, and you've set aside several hours for study. Then a friend calls, and says "Let's go shopping. There are some great sales this weekend." Why not procrastinate a few hours on the shopping, and maybe even use the shopping as a reward for doing two hours of study and homework.

My point is we need to procrastinate about the right things. Put off doing things that move you *away* from your major goals and that are distractions from what you most want in your life. This doesn't mean you'll never have fun again. You get to choose your priorities and plan your time. In fact, by doing important things promptly, you'll have *more* time for fun, relaxation, and friends. Try it and see.

We've seen that 'doing it now' can be a very useful strategy to help us have better relationships and be more successful, and that there are also times when procrastination will serve us better. Begin to practice. Ask yourself, "Is this something important to me? Will doing this now help me have the kind of life I want? Can I tell this person now how much they mean to me? Or is this something it would make sense for me to put off?" If you practice this for a while, it will become a habit. You will be delighted at how quickly you move towards your goals and by how much the people in your life treasure you.

Online Math Classes

From Page 4

Online classes require discipline

Working online and off campus does provide flexibility of schedule for students who have irregular schedules or cannot attend a traditional on-campus class. However, it takes a great deal of self-discipline to set up time on a regular basis each day or several days a week, as if you were going to a regular on-campus class. It is often too easy to put off doing the work for the course because we mistakenly think we can catch up later when we aren't so busy. Something ALWAYS comes up when you least expect it. If you are anticipating a business trip or some reason to be away from your computer, work ahead so that you do not lose ground. Bring your notes or book with you if you cannot stay connected via the internet.

Some comments from students working with the Academic Systems software:

"I try to take online classes whenever possible because of my work schedule. I have used various web portals for classes from different schools. I have also used the Academic Systems software for Math C and now for Math 1. I find the Academic Systems software to be the best method of delivery with just the right combination of interactivity and self-pace. Its format is great and I have no problem learning the subject. I would definitely recommend it to anyone considering a flexible online course."

"With my full-time job and other weekend activities, education didn't seem to fit in my schedule. However, I have been taking on-line educational courses for the last few semesters and they have been working out wonderfully for me! These courses provide you with enough freedom to do the work at your own pace. Yet, at the same time, it provides you with firm guidelines to keep up with the course. Email and occasional classroom meetings keep you in contact with both your peers and instructor. If you are looking to fit education into your busy schedule and have the discipline and motivation to complete the course, then on-line classes are for you!"

Important Information for Students

Learning Center and Tutoring

the LATC will close for the summer due to budget cuts. Tutoring services will not be available.

Students with Holds Will Not Get Transcripts

The District is making attempts to collect the \$330,000 in outstanding debt from student accounts. In the fall, students who have not paid within 10 working days of registration may not get their grades or transcripts.