

# COUNSELING CONNECTIONS



MISSION COLLEGE Counseling/Matriculation

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## CalWORKs Outstanding Achievement Award

by Donna Hale,  
*Career Resources Network*

**Congratulations Veronica Ajawara!** Each year, local community colleges and community based organizations are asked to nominate CalWORKs individuals who have made great efforts towards reaching self sufficiency. This year, eleven nominees were selected by the County of Santa Clara to receive a CalWORKs Outstanding Achievement Award.

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## New Instructor's Life Mirrors the Lives of Many Mission Students

MyTra Fitzpatrick is a new instructor in Child Development. She was a part-time faculty member for three years before becoming a full-time instructor here at Mission College. She is excited about the increase of students in the Child Development program. "When we started, I had 7 students in my class. Now the program has over 400 students." In her short career, she has taught pre-school, kindergarten and adult education. MyTra has a BA in Psychology with a minor in Child Development and a Masters in Child Development, both from San Jose State University. She is currently working on her Ph.D.



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## Who Me? Take Public Speaking?

by Jane Patton, Ed. D.

If you are like many students, you put off taking Communication 1 (Public Speaking) until the last semester possible! Why? Probably because, like everyone else, you are nervous about giving speeches. The fear people have of public speaking is usually misunderstood and probably blown out of proportion. Having symptoms of nervousness does not mean anything is wrong with you! Common symptoms, such as butterflies and feeling shaky, mean your body is preparing to do something that really matters to you. What happens physiologically is at the root of our nervousness; it occurs whenever we anticipate doing something new—whether meeting a new date or going on a job interview. Adrenaline is released into the bloodstream, causing sweating, shaking and heart and breathing rates to increase. These

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## CalWORKS Award

See page 1

Once again we are happy to announce that a Mission College student was selected as an award recipient. Veronica Ajawara received



the CalWORKS Outstanding Achievement Award on December 4th at a ceremony held at the Santa Clara County Board of Supervisors' Chambers.

Veronica, like many of our students, has made great strides in her efforts towards reaching self sufficiency. In addition to adjusting to life in the United States, attending classes, working at Mission's Child Development Center and caring for three children all under the age of five, Veronica has managed to maintain a 3.8 G.P.A. This hard working, conscientious woman aspires to obtain her master's degree and to teach. Congratulations Veronica, we know you will succeed!



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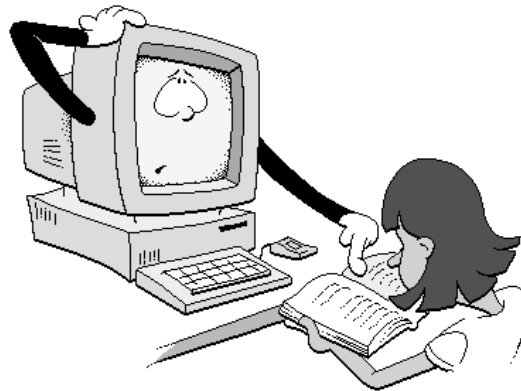
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# Research on the Net Made Easy

**Mission College *Quick Guide* Now Available**

By Judie Smith

The Mission College Library continues to make it easier for you to do research for class assignments. Students searching the Internet for information quickly become overwhelmed by the amount of available information. In addition, it can be difficult to tell if you have selected a reliable internet site. Cathy Cox, Electronics Librarian, has developed an online guide to librarianchosen web sites.



You can reach the Mission College *Quick Guide* at  
<http://www.missioncollege.org/lib/quickguide.html>

It also is available from the Library Catalog Page,

<http://lib.wvmccd.cc.ca.us>

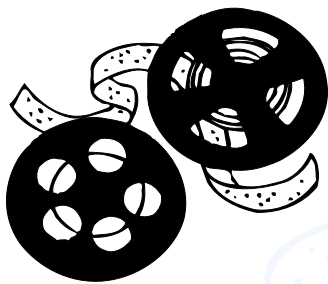
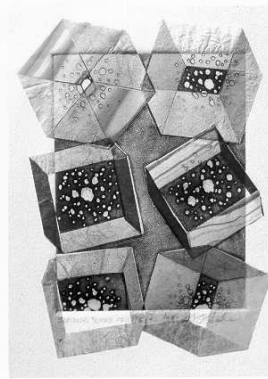
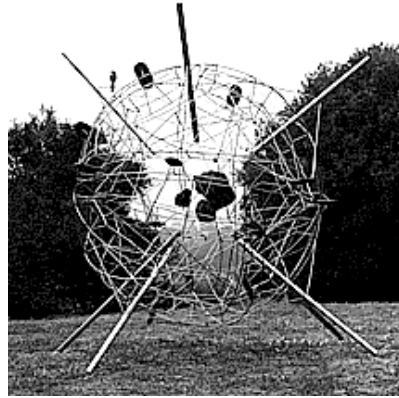
The Mission College *Quick Guide* is designed to help you find reliable information quickly. The page is divided into four main sections: "Basic Resources", "Special Subjects," "Personal Time," and "New on the Net?". "Basic Resources" includes dictionaries, news sources, full text online books, reference sources plus links to the library's subscription electronic databases and handouts. "Special Subjects" currently includes links to Anthropology, Business, Colleges, Engineering, English Writing, Geography, Government and Law, Health, History and Social Sciences, Literary Criticism and Science and Math. Many of these links are selected to support your class assignments. Additional links will be added. "Personal Time" provides links to free e-mail services, fun stuff, movie reviews, human services and student financial aid information. The last section is "New on the Net?". It is a good starting point for new Internet users as well as old pros. This section has links to search engines, tutorials, urban legends, copyright information and much more. The tutorial section has a link for learning how to cite web sources in bibliographies.

In addition to the *Quick Guide*, the Library also subscribes to many online databases which provide full text to magazine and newspaper articles, transcripts from speeches, and reference materials. These are found on the Library Catalog Page (<http://lib.wvmccd.cc.ca.us>) in the box labeled "Periodicals and Other Electronic Resources." Click on "Access from Mission College." You can search all these databases from all campus computers. They are also available off campus to Mission students who are registered in the library database. Come to the library with your student ID card and the Check Out Desk staff will enter your information.

# Sculpture Courses Taught by Local Artist

Moto Ohtake, local artist and Mission College instructor, is a graduate of the San Francisco Art Institute. He has exhibited his work at many galleries. His sculptures include wood and metal fabrication, carving, bronze casting and mold-making. He teaches all of these media as part of Mission's sculpture course series, Art 85A-D. See page 29 in Spring 2002 Schedule.

His work includes a welded steel sphere, shown above, which measures 7 feet in diameter. This piece embodies Ohtake's interest in geometric form and galactic bodies. Ohtake's sculpture is complimented by his prints — monumental geometric images which appear to be floating in space.



## "American Culture Through Film" New for Spring

*By Ruth Laird*

**American Culture through Film** (Soc 038) is a new course based on UC Berkeley's American Studies model, and through current, commercial films we will study American cultures. Using social science perspectives, we explore the changing images of what it means to be "American" from the mainstream view, but more importantly, from the perspective of various ethnic, cultural and gender groups who have historically experienced "American-ness" in diverse ways. Who are we — in the broadest sense and experience? Film analysis, written observations, and reflective discussion will be major work of the class. Thursday, 7-10pm, Sect. #7984. This course transfers to the CSU.

# Work Smarter, Not Harder



Mission is offering another kind of Learning Community this Spring. The theme of this learning community will be **CALIFORNIA MYTHS AND REALITIES**. You will have the opportunity to examine the state you live in while earning 7 units of Associate General Education in an easy format. Finishing these 3 classes will meet English and Reading Proficiency and 7 units of General Education in category A and E. Carol Beck, Dianne McKay and Peggy Messerschmidt are offering these three classes with shared instruction. The classes are Careers and Life Styles (Couns 012B)- Sec # 8883, English 108A-Section # 6945, and Reading 053- sec # 7935.

A student would be able to write one research paper for three classes in a convenient schedule, Monday and Wednesday from 12-3:30 PM.

All the classes are coordinated so that students will be using information learned in one class to solve problems and homework assignments in another. *Take advantage of this experience. Work smarter, not harder. Make your time count!*

# Learning Communities Help Students Succeed

*Students fail to do well in college for a variety of reasons, and only one of them is lack of academic preparedness. Factors such as personal autonomy, self-confidence, ability to deal with racism, study behaviors, or social competence have as much or more to do with grades, retention, and graduation than how well a student writes or how competent a student is in mathematics. —Hunter R. Boylan, Director of the National Center for Developmental Education*

You know the problem. Pass rates, especially in developmental and first-year courses, are painfully low. The consequence is poor retention and declining graduation rates. Everyone loses — students forfeit their dreams, faculty are frustrated, and colleges scramble to improve retention.

No panacea exists, but educators Neil Postman and Charles Weingartner offered a valuable insight when they wrote: “Good learners are good learners precisely because they believe and do certain things that less effective learners do not believe and do. And therein lies the key.” But, just what is it that good learners believe and do?

## CHOICES OF SUCCESSFUL STUDENTS

1. ACCEPT SELF-RESPONSIBILITY
2. ARE SELF-MOTIVATED
3. MASTER SELF-MANAGEMENT
4. EMPLOY INTERDEPENDENCE
5. KNOW THEMSELVES
6. CONTINUE LIFE-LONG LEARNING
7. HAVE EMOTIONAL INTELLIGENCE
8. BELIEVE IN THEMSELVES

Mission College offers several types of learning communities that help you reach your potential as a master student. One type is a group of classes that combine basic skills with Counseling 901 or Counseling 001 classes. These learning communities work by teaching life skills that help students stay in classes to learn the basic skills of English, Reading and Math that are necessary for successfully reaching graduation and/or transfer. This spring, those classes are (page 52 of the Spring schedule):

Couns 901 (sec # 6828)/ESL 123 (sec # 6983)

Couns 901 (sec # 6822)/Math 902 (sec # 7440)

Couns 901 (sec # 6825)/Engl 905 (sec # 6928)/  
ESL 135 (sec # 7017)

Couns 001 (sec # 8880)/Math 903 (sec # 7446)

*Portions from the “On Course Principles” web site.*

# Social Field Work:

## *A Way to Serve the Community and Earn Units for Graduation and Transfer*

*By Michael Fallon*

Mission College’s Social Field Work course, Soc 032C, ( 3 units) Spring Section # 7974 is more than a sociology course per se. The course is a practicum in community service. In fact, the title is being changed to “Community Service” to reflect the value of “community service learning” in any course/discipline. The CSU system is now recommending that community service learning be incorporated in numerous courses as a requirement of graduation.

Just this week, Ms. Kathy Matarano, the Principal of Wilson High (Santa Clara Unified School District’s Home Study and Alternative Education School) complimented the Mission Counseling staff for their having placed one of Wilson’s students into the course — because he was performing community service for home study instruction.

The National Association of Partners in Education promotes “service learning as a method of teaching through which students apply newly-acquired academic skills and knowledge to address real-life needs in their own communities.”

The Social Field Work course assists students with placement in community-based organizations where the student performs a minimum of 47 hours of service, complemented with 9 hours of instruction. Learning objectives focus on the organization, its delivery of services to the community, the clientele served by the agency, and the role of volunteers within the organizational culture. Students are supervised by the organization. Their performance and progress is monitored by the instructor. Students who have completed the course have stated how worthwhile the experience had been, and that it related not only to their education, but was of value to their personal and professional lives as well.

The Social Field Work course will be retitled “Community Service” and is open to students of all disciplines of study. Service placements can be tailored to a discipline or area of study and recommended as a supplement to a required course.

Soc 032C has a corequisite of either Sociology 1 or 2. Taking both courses will enable a student to gain 6 units while only being on the campus regularly for a 3 hour time period. Both classes count for General Education at Mission College and the CSU. See page 97 of Spring Schedule.

## Do You Know About the New Internship Program on Campus?

*By Anita Wuethrich*

As of September this year, Mission College has started an Internship Program focused on giving students the opportunity to hone "real-world" work skills in an effort to develop well-rounded and competitive graduates. The program is dedicated to helping students prepare themselves for success in their future career endeavors.

*Students of all majors are welcome to visit the Internship Program Office (in the Career Resource Network Office- C1-114), and learn more about internship and career development opportunities.* The Internship Program Specialist is available to help students by assessing their current skills, developing career plans/strategies, introducing research resources, and providing current listings of opportunities and general support and advice.

Currently, there are several internship openings in various areas — from Human Resources to Graphic Design. Some internships are paid and some are on a volunteer basis. However, the emphasis in all of the opportunities is on giving the student valuable experience in his/her chosen field. All internships are available for academic credit, and students can gain up to 4 units of credit per semester for their experience.

Gaining experience and credit are not the only benefits to an internship. Some other advantages are:

- \* Developing skills necessary for success in your chosen field
- \* Getting a better sense of what the ins & outs are of your chosen profession
- \* Beginning to develop a network of professionals in your industry who may be able to help you find a future job or keep you in touch with current trends
- \* Gaining valuable references and letters of recommendation
- \* Building your resume before you graduate
- \* Potentially landing a job based on your performance during internship

So, get started on building that successful career today. Come by the Internship Program Office and find out what opportunities await you!

*For more information please contact Anita Wuethrich  
Room: C1-114, 408-855-5227  
anita\_wuethrich@wvmccd.cc.ca.us*

## Your College Experience is Complete When You Visit the LATC\*!

*By Leigh Anne Sippel*

College is about more than getting through your classes – it's about learning to become a more successful individual. The \*Learning Assistance & Tutorial Center can help you in your journey to success.



At the LATC, you can get individualized skills practice that can help you to:

- \* Read your textbook more efficiently
- \* Take better notes
- \* Write better papers
- \* Approach your studies more effectively
- \* Increase your vocabulary
- \* Read, write, understand and speak more accurately and confidently

Skills practice is offered through 0.5-unit classes that only require a total of 24 hours of lab time.

BUT WAIT...there's more! The LATC also provides tutoring for every subject on campus except Math.

How do you do it? Just come to room S2-201 during these hours:  
Mon-Thurs 10am to 8pm, Fri/Sat 10am to 2pm

*A staff member will assist you in finding the right lab for your needs. Come in and see us today, and enhance your college experience!*

## New Instructor

*From page 1*

But MyTra's road to success has not been an easy one and has mirrored the life stories of many Mission students. She was born in Vietnam as one of seven siblings. Her father worked for the US government as a translator. When the Americans pulled out of Vietnam, his life was in danger. Several of his close family members had been arrested and it was just time before the same would happen to him. So MyTra's mother, father and their seven children were forced to flee by boat. She went from a fairly pampered existence to extreme poverty. During her two years in refugee camps in Indonesia and Hong Kong, MyTra had to deal with hunger, lack of sanitation and fear. When she arrived in Los Angeles, she and her brothers and sisters had some serious health problems.

MyTra's health was at even greater risk because of a nerve injury she suffered at 15 months which paralyzed her left leg. During the escape from Vietnam, there were many times that she needed to run, but couldn't because of her physical problem. Her family had to help her. In order to learn to walk again she had to endure surgeries, physical therapy, braces and acupuncture. She spent her first year in the United States at the Shriner's Hospital for Crippled Children in Los Angeles receiving treatment.

In addition to her physical problems, MyTra also had learning disabilities that affected her success in school. "Over the years, I have had to work very hard for my education. I wasn't an A student. School didn't come easily to me. I had a mild dyslexia and I learned slowly. But I took advantage of every service available to me. If I needed tutoring, I got tutors. If I needed speech lessons, I took speech lessons. I had to get to school by bus or train and sometimes I was at school until very late at night, but if it was going to help me, then I did it. Learning English was also challenging.

"I love being at Mission because of the student population. I know what many of them are going through. I want to tell students not to sit back and feel sorry for themselves. Take advantage of the services out there. It is smart to do that. Don't make excuses. There are no reasons to fail unless a student really wants to. Students often see the road blocks rather than the potential that may be out there for them.

"I am very sensitive to people with special needs because I know what it's like to have special needs. I was working with a student with carpal tunnel syndrome who was in tears because of the pain she had after writing a paper. I asked her why she was doing that to herself when there were services to help her. I referred her to the DISC program for the support. They provided a computer and a software program that allows voice recognition. She can speak to the computer and the computer writes what she says. Originally, after writing a paper she would ache for two or three days. Now she is pain free.

"I referred another student to DISC because I felt she might have a learning disability. I was talking in class about children who have these problems and often feel stupid. The services that DISC provides can seriously help the dyslexic student. It is important for instructors to be more aware of students' needs and be sensitive to them. I know some students may need the help but don't want to ask and don't want to feel that there is something wrong with them. Sometimes, students are not even aware of the services available to them on campus. As faculty, we need to know what symptoms constitute learning disabilities and then refer the students to the appropriate services. If I recognize students in trouble, I will pull them aside and ask them what I can do to help. Otherwise, these students will drop out and not reach their educational goals."

## Public Speaking

*From page 1*

symptoms do not mean "you're bad" — they mean your body is getting the extra energy needed to do an important task. We suggest that students try to replace the word "nervousness" with "energy" and the negative connotation is removed. Most people recall driving on a freeway the first time; it was scary! But after practice, their confidence increases and the fear goes away. Be assured that the teachers in the Communication Studies department understand students' feelings and they teach you to manage your extra energy and channel it into an effective presentation.

Most students don't realize all the benefits of taking Public Speaking. Besides increased self confidence, students become more articulate. They learn to access information and to organize ideas in a clear manner. In addition, their study skills and writing skills improve. Usually, students become better critical thinkers and better listeners if they implement the concepts covered in the course.

Besides Communication 1, the Communication Studies department also offers several other courses that meet various requirements. **Small Group Communication** teaches principles of working with others in groups, which are valuable skills, especially in the workplace. **Interpersonal Communication** teaches strategies for improving relationships, including assertiveness, building positive relationships, and managing conflict. **Intercultural Communication** teaches how our cultures affect our communication with others, and students learn how to bridge possible gaps that occur in intercultural encounters. (These courses all fulfill various general education requirements).