



# MAY 2020

*Via Rápida - First Year Experience Monthly Newsletter*

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## VIRTUAL CAMPUS UPDATES

### Pass/No Pass

Due to COVID-19, students are able to request a change to the grading basis of their course(s) through the end of the semester (June 1, 2020). By changing the grading basis from a letter grade, for example A, B, C, to a Pass/No Pass (P/NP) you can limit the impact of the course outcome on your Grade Point Average (GPA). Students should [contact a counselor](#) to discuss impacts to their education and/or transfer plans before selecting this option. The deadline to apply for Pass/No Pass is June 1, 2020.

### Excused Withdrawal (EW) Process

While there is a process in place for students who, due to COVID-19, want an excused withdrawal from their classes, we now have an electronic process in place. To use the electronic process, students must log into their Self Service account and [follow these instructions](#).

We hope that this new process will help students who have decided they cannot be successful in their coursework this semester. Please note that students can exercise the EW option through June 1, 2020. As always, we encourage students to [speak with a counselor](#) to discuss how this may impact their educational goals.



## HOW TO MEET WITH A VIA RAPIDA COUNSELOR

We are excited to share that you may now make your own counseling appointment! If you visit the [Counseling Website](#) you will see a link to [Schedule an appointment](#). The VR FYE counselors' schedules are as follows:

### Carissa:

Mondays 8am-2pm;  
Thursdays 11am-5pm;  
Fridays 8am-1pm  
Email: [carissa.cardenas@gcccd.edu](mailto:carissa.cardenas@gcccd.edu)

### Gerardo:

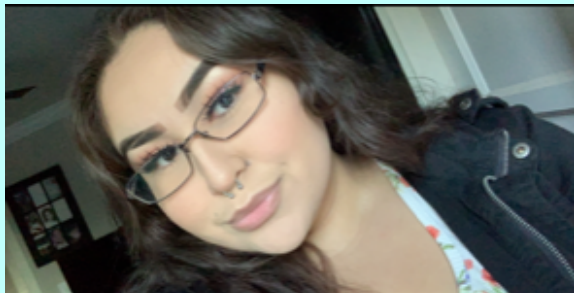
Mondays & Tuesdays  
10am-6pm  
Email: [gerardo.ortiz@gcccd.edu](mailto:gerardo.ortiz@gcccd.edu)

## HOW TO PREPARE FOR YOUR 2ND YEAR OF COLLEGE:

- Research careers in your field of interest.
- Confirm your major and career goals.
- Meet with a counselor to map out your classes accordingly.
- Strive for academic excellence. If you struggled in your first year, this is the time to bring up your GPA. Visit the [Tutoring Center](#) for additional support.
- Begin to build your professional network. Get in touch with your professors and outside professionals in your desired field.
- Gain relevant work experience. This can be done by internships, volunteering, or part-time employment. The [Career Center](#) can be a great tool.
- Participate in co-curricular activities. Visit the [ASGC website](#).
- Seek out other support programs on campus such as [EOPS](#) and [Umoja](#),

**COVID-19  
RESOURCES  
FOR VIA  
RAPIDA  
STUDENTS &  
FAMILIES  
[CLICK HERE](#)**

## STUDENT OF THE MONTH



*Alejandra Quiroz*

Alejandra is very dedicated to her school work. She is enthusiastic about her education and her future. She's so kind and respectful. Alejandra has a good work ethic. She is very involved, interested in the program, and is highly responsive to her mentor. We 100% think she deserves the title of Student of the Month!

# CONTINUED VIRTUAL CAMPUS UPDATES

## Financial Aid

Recent communication suggests that the federal government will not include units for which a student receives an EW in the calculation for Satisfactory Academic Progress (SAP). However, students will still be held to the GPA requirement. We encourage students to visit the [Financial Aid & Scholarships website](#) for the most recent information when deciding the best course of action.

## CARES Act

Thanks to the federal Coronavirus Aid, Relief, and Economic Security Act (CARES Act), Grossmont College will receive over \$3 million to immediately provide funding relief to students. Our college will distribute this funding through Financial Aid & Scholarships. If you are in need of assistance due to COVID-19 and you have not already done so, I encourage you to fill out the Student Equity & Achievement (SEA) Grant application.

If you submitted an application last month, you DO NOT need to submit a new application. If you have not yet submitted an application, you can do so via the [Financial Aid & Scholarships website](#).

## Community Resources

I know this is a deeply difficult time for our students and their families, especially for those who have had work hours reduced, been furloughed or lost their jobs. To better direct you to community resources, we have added a [Community Resources](#) page to our [Virtual Campus website](#).

It includes information regarding unemployment, health care, food and utilities assistance, and more, and we will continue to add vetted local resources as we learn of them. I hope this collection of resources can provide some relief to you and your family.

## Health & Wellness

We also know this is a difficult time emotionally and mentally for you. Please know that as a student, you continue to have access to Mental Health Services at Grossmont College. Our mental health counselors continue to meet with students virtually; you can [request an appointment](#) on the Mental Health Services website. We also have other suggestions on [how to protect your mental health and well-being](#) on our website and our Wellness Ambassadors are sharing resources on [Instagram](#).

# CANVAS TUTORIALS

Click on this [YouTube Video](#) to learn about Canvas and how it's useful.

Click on this [YouTube Video](#) to learn how to use the inbox feature in Canvas.



Information brought to you by: Aaron Starck  
Int. Vice President of Student Services  
Grossmont College



Your Friendly Grossmont College  
Ambassadors are BACK to help you!

with the:

# GRIFFINS VIRTUAL HELP DESK



zoom

meeting ID: 243 308 044

simply join and ask  
us your questions

Mon - Tues : 8am - 6pm

Wed - Thurs : 8am - 5pm

Fri : 8am - 1pm

## 10 STUDY HABITS OF SUCCESSFUL ONLINE STUDENTS

### *ONLINE STUDENT'S MANUAL FOR SUCCESS*

**1) TAKE UP BEDTIME STUDYING** - Rather than catching up on Netflix, take time to review your study notes about an upcoming test. Recent studies have shown that our brains are good at retaining information we take in just before resting.

**2) BREAK UP MARATHON STUDY SESSIONS** - Instead of spending 10 straight hours cramming for that psychology exam, try breaking up study sessions into smaller segments. Your mental energy will thank you and you'll find it's easier to remember things.

**3) CREATE A STUDY SCHEDULE** - Like eating breakfast or working out at the same time, students who create a study routine and have the discipline to stick to it are able to study information over a longer amount of time instead of staying up late the night before.

**4) CONNECT WITH OTHER FOCUSED STUDENTS** - No matter the facet of life, focused and successful people inspire those they're around. Find a study buddy whose work ethic you admire and set up an online review session with them.

**5) CLEAR YOUR SPACE** - While it may seem counterintuitive to take extra time to clean your room or office before settling down to study, a study by Princeton University found that people who keep their spaces clean are able to process information and focus better.

**6) SHUT OFF TECHNOLOGY** - When you sit down to study, put your phone on silence and set 'do not disturb' messages on any online messaging services. This will help keep you from getting sidetracked.

**7) TAKE YOUR OWN NOTES** - When listening to a webinar lecture, don't rely on getting notes from other classmates. We each have our own style of note-taking, and chances are you won't understand as much of the information if you just read their notes rather than taking your own.

**8) ASK FOR HELP** - If you're studying and realize you don't understand a concept or theory, reach out to your professor or classmates as soon as possible for clarification rather than trying to go it on your own.

**9) TAKE ADVANTAGE OF ONLINE RESOURCES** - Check out the Griffins Virtual Help Desk as shown above.

**10) STAY MENTALLY AND PHYSICALLY HEALTHY** - Online students are likely to spend more time at their computers than traditional learners, making it imperative to take breaks, go on walks, get the recommended amount of sleep, and eat foods that nourish their bodies.

**FOR MORE INFORMATION CHECK OUT THE  
LEARN HOW TO BECOME WEBSITE.**

JOIN FYE FOR

# VIRTUAL EVENTS

Questions? contact us at [grossmont.viarapida@gcccd.edu](mailto:grossmont.viarapida@gcccd.edu)

**Kahoot Night**- Thursday May 7th 4pm-5pm

Like trivia? Join Christina and Brooke for a fun filled Kahoot night

[Click here](#)

**Jackbox Fun** - Friday May 8th 4pm-6pm

Pass the time playing some Jackbox games with Brooke

[Click here](#)

**How to Bake**- TBD

Bake on Zoom with Brynn and Melissa

**Pets for Pep** - May 21st 1pm-3pm

Grab your pets and join Emily and Brooke for a pets filled zoom.

[Click here](#)

Click on the boxes after  
each event to register





VIA RAPIDA-FYE BRINGS YOU

# CODE LAVENDER

A virtual workshop addressing mental health topics such as anxiety and stress and tools to help cope with these issues during COVID-19.

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REGISTER VIA THE ZOOM LINK BELOW

[CLICK HERE](#)



May 12th 2pm - 3pm