



May 2019

TITLE V - VIA RÁPIDA

End Of The Year Celebration - SAVE THE DATE

We want to recognize you for completing the Via Rápida First Year Experience Program with:

- Food
- Interactive Activities
- Ceremony

May 17th 9:30-11:30AM
Building 34 Downstairs Lobby



*Irene Palacios - Won Innovator
of the Year Award*

This award recognizes our outstanding Peer Mentor & Tutor Coordinator who has been responsible for an innovation that increased the quality of our Via Rápida Program and has enhanced operational efficiency on campus.

April 5, 2019

GROSSMONT GIVES BACK

Peer Mentors

Campus Beautification Project



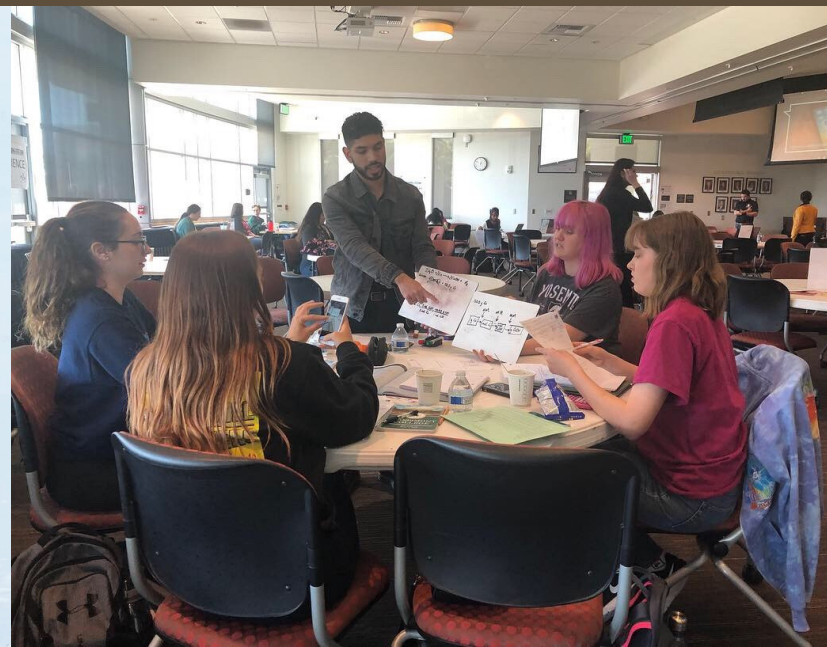
Did you know that the Grossmont College campus includes 7 drought tolerant outdoor classrooms designed by faculty and staff and used by students each semester, or that our campus resides in an unique geological environment? Our Via Rápida mentors joined the Grossmont Gives Back: Campus Beautification Project where they learned about Grossmont's commitment to sustainability, the surrounding geology, and participated in a cleanup of the athletic fields and surrounding bio-swales on Friday, April 5th.

BREAKING THE SILENCE

Via Rápida Peer Mentors Present:

How to interact and talk to your classmates in order to form study groups and make new friends in class. Get tips on how to start a short conversation!

**Thursday, May 2nd at 3:45pm
in the Career Center**



Congratulations!



REBECCA QUACH

Rebecca received a Student of Distinction award at the The 57th Annual Associated Students of Grossmont College and Inter-Club Council Academic Service Awards Ceremony on April 17, 2019. Congrats Rebecca!

Rebecca has been a great asset to the Via Rápida team and is heavily involved on campus, as she's part of various student organizations.



SHARISSE COHEE

Sharisse received an Outstanding Leadership Award at the The 57th Annual Associated Students of Grossmont College and Inter-Club Council Academic Service Awards Ceremony on April 17, 2019.

This award was in recognition of her outstanding academic, service, and student life achievements during the 2018-2019 academic year.

ACADEMIC CALENDAR

- May 25: End of Second 8-Week Session
- May 27: Memorial Day - Campus Closed
- May 28-June 3: Final Examinations

CAMPUS EVENTS

- May 1: Dia de Familia
- May 1: Asian Pacific Islander Heritage Month Kick-Off
- May 2: 'Breaking the Silence' Student-Led Workshop
- May 4: Peter White's Silent Art Auction
- May 6-7: Mental Health Awareness Events
- May 6: 'Code Lavender' Student-Led Workshop
- May 7: 'How To Take Notes' Student-Led Workshop
- May 11: UC San Diego Transfer Triton Day
- May 20-22: Finals Study Jam



@VIARAPIDAGC

Student of the Month!



REBEKAH ALVARADO

Rebecca is an outstanding student committed to her academics and making a difference on campus. She has voiced her student experiences in faculty led meetings and has excelled in her first year at Grossmont College.

DAY 1 | MAY 6TH

- 8am
Student Networking and Sign-Up
- 8:15am
Mindfulness and Self Compassion
Dr. Desiree Shapiro, MD, Psychiatrist, Assistant Clinical Professor of Psychiatry, UCSD
- 9:30am
iGen: Understanding the Smartphone Generation and their Mental Health
Dr. Jean Twenge, Ph.D., Professor of Psychology, SDSU
- 11:00am
Thinking Differently about Self Care and Mental Health
Dr. Arianne Miller, Ph.D., Assistant Professor and Licensed Clinical Psychologist, SDSU
- 12:30pm
Breaking The Silence – Let's Talk Mental Health!
Grossmont Student Panel
- 2:00pm
Code Lavender: Managing Stress and Anxiety and Learning Strategies for Success
Via Rapida Peer Mentors

**Coloring Sheets, Art, Animation:
Visual Arts Students Explore Mental
Health From Different Vantage Points**

DAY 2 | MAY 7TH

- 8am
Student Networking and Sign-up
- 8:15am
Yoga for Busy Minds: Slowing Down and Building a Healthier Mind and Body
Megan Haber, Grossmont Exercise Science Professor and Head Women's Tennis Coach.
- 9:30am
The Wellness Puzzle: What is Your Body Telling you? Protecting oneself from the assault of social media, the thin ideal and fitness myths.
Dr. Mojgan Khademi Ph.D., Clinical Psychologist and Psychoanalyst, Alliant International University
- 11:00am
Mi Familia: Squad Care for and by LGBTQ Latinx Communities
LatinX families of LGBTQ community and Panel Moderator Julio Soto, Grossmont Sociology Instructor
- 12:30pm
Anxiety and Mindfulness: Understanding Anxiety and Learning How to Cope With It
Session hosted by Grossmont Counseling Services
- 2:00pm
Mental Health and The College Student: Creating Resilience in the Student Mind
Grossmont Mental Health Department

SCIENCE NOT STIGMA

May 6th (8am–3:15pm)

May 7th (8am–3:15pm)

**Griffin Gate BLDG 60
Across from the bookstore**



**Hosted by:
Psychology Department
Contact: Susmita Thukral
Susmita.thukral@gcccd.edu
619.644.7564**

Poster by: @Koysun



TITLE V & PEER MENTORING PRESENT...

PETS-FOR-PEP!

Enjoy a day out on the Main Quad for snuggle time with furry friends!

DATE: WEDNESDAY, MAY 22
TIME: 2:00 - 4:00 PM



TITLE V & PEER MENTORING PRESENT...

CODE LAVENDER

A WORKSHOP ADDRESSING MENTAL HEALTH ISSUES INCLUDING **ANXIETY** AND **STRESS** AND **RELAXATION TOOLS/STRATEGIES** TO HELP COMBAT THESE ISSUES.

WHEN? MONDAY, MAY 6 @ 2:00 PM
WHERE? GRIFFIN GATE



Finals Study Jam



DROP BY ANY TIME!

FREE

- Tutoring
- Counseling Support
- Scantrons
- Bluebooks
- Food
- Coffee
- Opportunity Drawing - College Swag

MAY 20TH - 22ND

Monday, 5/20 - 12pm-6pm

Tuesday, 5/21 - 10am-3pm

Wednesday, 5/22 - 11am-4pm



CHECK IN AT THE CAREER CENTER
60-140

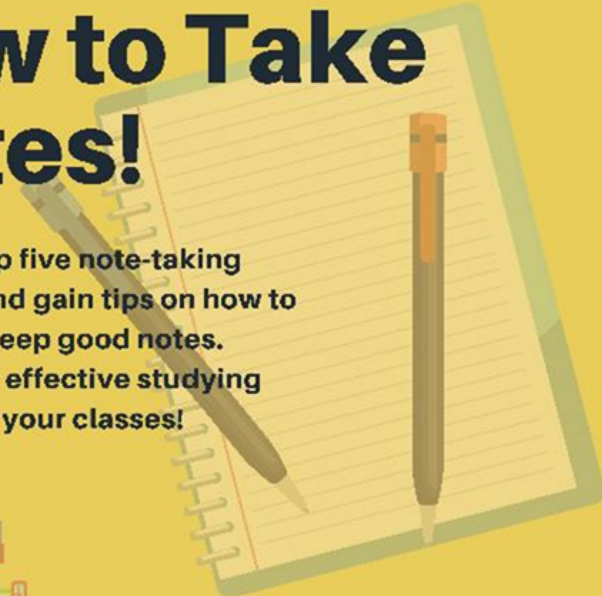


Sponsored By: Via Rapida in Partnership with Grad Coaches & Tutoring

TITLE V & PEER MENTORS PRESENT...

How to Take Notes!

Learn the top five note-taking strategies and gain tips on how to create and keep good notes. Essential for effective studying and passing your classes!

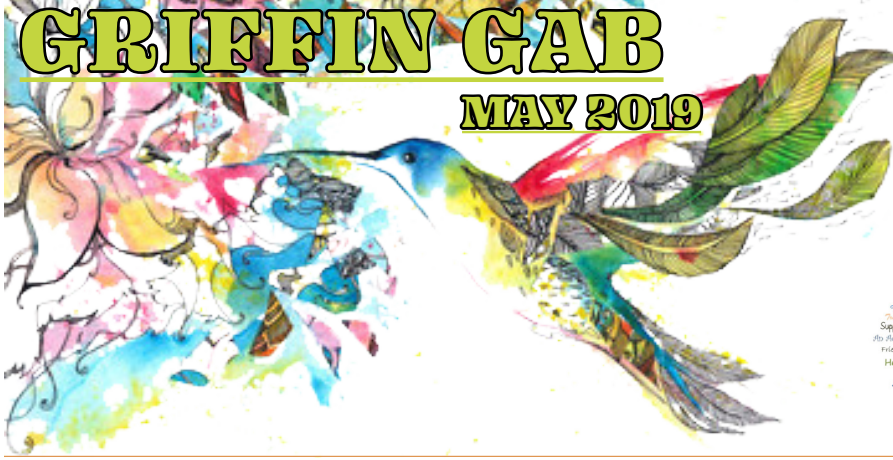


WHEN? TUESDAY, MAY 7TH @ 12:30 PM
WHERE? CAREER CENTER, BUILDING 60



GRIFFIN GAB

MAY 2019



The official blurb from **Via Rápida**, providing **Grossmont students a glimpse into campus life as well as offering nifty hints & tidbits.**

BY
Sharisse Cohee
Peer Mentor



PARDON THE DUST

Campus construction is paving the way for spectacular educational structures, including a massive **Arts and Communication Complex**, as well as a modernized **Science, Math and Career Tech Complex** funded through Proposition V.

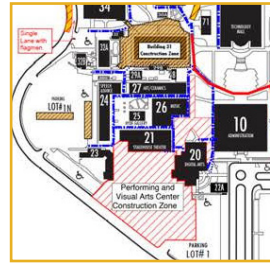
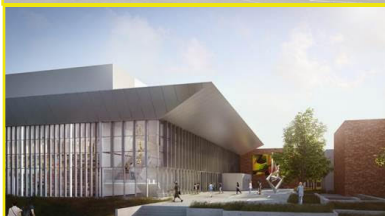
Proposition V, which was approved by East County voters in 2012, is a \$398-million bond measure that allows the district to make further upgrades to campus to meet and exceed the academic necessities of students. Currently, there are two major areas of construction.

This first current project is huge, and endeavors to be a major staple of not only Grossmont, but also the East County community: the full construction of a new, state-of-the-art Arts and Communication Complex.

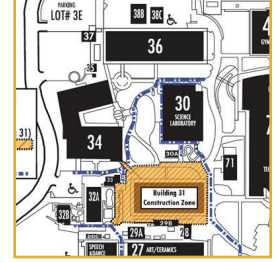
The location of this project on campus is what was previously Parking Lot 1 on the south side of campus between Digital Arts (Building 20) and The Stagehouse Theatre (Building 21). Equipped with gear that would make any tech-junky salivate, the amenities of the new structure are vast and exciting. The estimated cost of this project is approximately \$113 million, and projected completion date is set for the Fall 2019 semester.

CURRENT CONSTRUCTION OF PERFORMING VISUAL ARTS CENTER, TAKEN ON APRIL 10.

ARTIST'S RENDITION OF FINISHED COMPLEX, SLATED FOR FALL 2019.



PERFORMING AND VISUAL ARTS CENTER CONSTRUCTION ZONE.



BUILDING 31 CONSTRUCTION ZONE & PEDESTRIAN WALKWAY.

The next major item on the remodel list is the construction of the Math, Science and Career Complex, which will also include a spacious Veteran's Resource Center. This will include two phases.

The estimated project and construction cost are \$103 million. The first phase includes total renovation of building 31, followed by phase 2: the demolition of building 36 and construction of a new two-story building. Phase 1 is slated for completion Fall of 2019 while phase 2 is on track for Winter 2022.



ARTIST RENDITION OF THE RENOVATED BLDG. 31; THE NEW SCIENCE, MATH AND CAREER COMPLEX WILL REOPEN IN FALL 2019.



ARTIST RENDITION OF NEW BUILDING 36.



Artist rendition of new 200s complex. Construction for a new and final Phase 2 is anticipated to begin in August 2021.



BUILDING 31 UNDER CONSTRUCTION.

UV exposure is the most preventable risk factor for skin cancer. During Skin Cancer Awareness Month, the American Academy of Dermatology is asking "Do You Use Protection?" and is encouraging you to practice safe sun every time you are outdoors. Seek shade, wear protective clothing, and use a broad-spectrum, water-resistant sunscreen with SPF 30+ to reduce your risk.

Follow these tips to protect your skin from the sun's damaging ultraviolet rays and reduce your risk of skin cancer:

When outdoors, reapply sunscreen every two hours, or after swimming or sweating. Use extra caution near water, snow and sand, as they reflect the damaging rays of the sun, which can increase your chance of sunburn.

Avoid tanning beds. Ultraviolet light from tanning beds can cause skin cancer and premature skin aging.

MAY IS SKIN CANCER AWARENESS MONTH!

Perform regular skin self-exams to detect skin cancer early, when it's most treatable, and see a board-certified dermatologist if you notice new or suspicious spots on your skin, or anything changing, itching or bleeding.

Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.

Wear protective clothing, such as a lightweight long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible. Generously apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. Broad-spectrum sunscreen provides protection from both UVA and UVB rays.