Dodge Duck Dip Dive
DODGEBALL!

Register at GreaterBurlington.com/DodgingPoverty or scan the QR code!

It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent.

-Madeleine Albright

Southeastern Community College
Spring 2024 Volume 19, Issue 09
IMPROVING STUDENT-FACULTY RELATIONSHIPS

What You’ll Learn

✔ Understand differences between a high school teacher and college faculty
✔ Identify characteristics of a great student and a great teacher
✔ Learn ways to demonstrate your enthusiasm and interest in the course
✔ Understand how to respectfully communicate with your instructor via email, phone, and in person
✔ Identify behaviors to avoid when working with faculty

20-25 MINUTES
Watch It Now: www.studentlingo.com/scciowa

HOW TO REDUCE TEST ANXIETY

What You’ll Learn

✔ Discover the nature of test anxiety
✔ Learn how anxiety affects the body and cognition
✔ Understand how to use simple strategies to calm the body and keep the brain focused

15-20 MINUTES
Watch It Now: www.studentlingo.com/scciowa
What You’ll Learn
✓ Learn the importance of goal setting
✓ Understand the definition of goals
✓ Explore different types of goals
✓ Be able to articulate SMART goals (Smith, H.W., 1994)
✓ Develop an awareness regarding roadblocks and obstacles to effective goal setting
✓ Learn how to stay focused on achieving goals

SETTING & ACCOMPLISHING REALISTIC GOALS
15-20 MINUTES
Watch It Now: www.studentlingo.com/scchiowa

What You’ll Learn
✓ Identify the definitions of Information Literacy and Metalliteracy
✓ Distinguish similarities and differences between resource types (newspapers, books, websites, blogs, etc.)
✓ Develop key terms for searching the web, library catalogs, and databases
✓ Determine where to look for the information needed
✓ Explore evaluation tools and tips to help determine the credibility of located resources

INFORMATION LITERACY: HOW TO MASTER COLLEGE RESEARCH
15-20 MINUTES
Watch It Now: www.studentlingo.com/scchiowa
HURRY! Remaining spots filling fast!
Enrollment Deadline: February 8, 2024

JOIN AN INTRAMURAL LEAGUE AT SOUTHEASTERN!

MEET NEW FRIENDS AND HAVE FUN!

Intramural programs provide competitive, recreational opportunities for any skill level. Structured leagues and tournaments are offered in a variety of team and individual events, including:

CO-ED VOLLEYBALL  CO-ED BASKETBALL  CO-ED PICKLEBALL

CREATE YOUR IMLEAGUES ACCOUNT

We use IMleagues registration and scheduling software for all of our Intramural Sports Leagues. Before you register, please read these Important Directions:

1. Scan the following QR Code to create your account.
2. Enter your Information.
3. Click Sign Up.
4. You will receive an activation email.
   Click the link in the email to log in and activate your IMleagues account.
5. You should automatically be paired to SCC's page when you scan the QR Code.
   If not, search for us by clicking the "Schools" link.
   Notes: IMleagues offers a "Lost Support" button in the top right corner of all pages. Please use this button if you need help.

SIGN UP FOR A LEAGUE

1. Login to your IMleagues account.
2. Click the Choose Your Team button at the top of your "Home" page.
3. Go to "Southeastern" on the IMleagues page.
4. The current sports will be displayed.
5. Click on the sport you wish to join.
6. Choose the league you wish to play in. (Men’s, Women’s, Co-Rec, etc.)
7. Choose the day & time you’d like to play
8. Join your sport.

HOW TO JOIN A SPORT

Join a team using any of these methods:

- Use the Create Your Team button in the top of your IMleagues homepage.
- Accept a request from the captain to join Intramural.
- Find the team and capture its name on the Intramural league page on the Southeastern Intramural homepage and request to join.
- Use the captain’s password on the IMleagues page to view their team and request to join.
- Log yourself as a Free Agent in multiple leagues. You can request to join a league or post information about yourself or a captain who can request to add you to theirs.

CREATE YOUR OWN TEAM

Team captains can create teams in their Sport by clicking the “Invite Members” link on the team page.

Invited members must accept the invitation to be added to your team.

If they’ve already registered on IMleagues, search for their name and invite them. If they haven’t registered on IMleagues, scroll down to the “Invite by Email Address” box and enter their email address.

JOIN THE COMMUNITY!

Contact IMleagues with questions at 319-208-5015.

SOUTHEASTERN COMMUNITY COLLEGE

Spring 2024 Volume 19, Issue 09
Upcoming Events

Spring 2024
Short Term Training Start Dates

- BIMT - Mechanical Endorsement
  - May 20
- Computer Skills In the Workplace
  - Level I: March 19
  - Level II: January 16
- CDL Theory & Permit Training
  - March 4
- CDL Class A Behind the Wheel
  - March 18
- CDL Class B School & Passenger
  - Call 319-208-5375
- Certified Nursing Assistant
  - March 18
- PLC Core Skills Certificate
  - May 6
- Supervision Certificate
  - August 28
- Production Welding
  - October 3
- Shielded Metal Arc Welding
  - August 28

PACE Pathways for Academic Career & Employment

Every person deserves a pathway to success!

Job Application Tips

- Proofread the entire application.
- Be honest, because you can be let go for falsifying information.
- NEVER list "See Resume" on application. This may make you look lazy, which is not a good first impression for a potential employer.

How to Handle a Criminal Background

- NEVER lie or put false information on your application, be honest.
- Read questions on application carefully. You may write "Yes, will explain during the interview."
- Focus on the positives! Avoid telling "your side of the story." Emphasize on what you can off the employer.
- Visit the resource page on the CareerOneStop's site for more information.
  - www.careeronestop.org/ExOffender

References

- Ask potential references if they are willing to provide positive feedback about you to a potential employer.
- These references, should be able to provide information about your skills, professionalism, and work ethic.
- Usually family and friends don't serve as a reference.
- People you could ask: co-worker, previous supervisor, a teacher, mentor, or others.

Reasons for Leaving Past Jobs

- Focus on the positives, avoid negatives such as "Quit," "Fired," or "Illness."
- If you were fired, be prepared to discuss during an interview. Talk about what you've learned from the last experience.

Local Job Listing Sites

IowaWORKS
- www.iowaworks.gov
- OR
- 5505 Gear Ave. West Burlington, IA

Your Targeted Employer's Website
Check companies you're interested in websites for new listings.

National Job Listing Sites

Indeed
- www.indeed.com

LinkedIn
- www.linkedin.com/jobs

PACE Team

Christy Jameson
- Assistant Director of PACE Programs
- (319) 208-5219
- cjaminson@scciowa.edu

Brandt Haight
- UT/101 Specialist
- (319) 208-5262
- bhaight@scciowa.edu

Taylor Schneden
- Pathway Navigator
- (319) 208-5263
- tschneden@scciowa.edu

Lori Stewart
- Pathway Navigator
- (319) 208-5261
- lstewart@scciowa.edu

This institution is an equal opportunity provider.

Southeastern Community College
Spring 2024 Volume 19, Issue 09
*St. Patrick’s Day is one of the deadliest days on our nation’s roads. *272 lives were lost in drunk-driving crashes during the St. Patrick’s Day holiday period (6:00 p.m. March 16 to 5:59 a.m. March 18) between 2017 and 2021.

*Over the 2021 St. Patrick’s Day holiday period, 47 people were killed in drunk-driving crashes.

*Year after year, the rate of impairment among drivers involved in fatal crashes is higher at night on St. Patrick’s Day.

*In 2021, 41 of the 47 traffic fatalities involving an impaired driver during the holiday period occurred in the nighttime hours (6:00 p.m. to 5:59 a.m.). Still, 31 daytime fatalities in drunk-driving crashes occurred between 2017 and 2021 over the St. Patrick’s Day holiday period.
MOPED SAFETY
Register today!
SATURDAY
MARCH 23
8AM-2:30PM
SCC CBIZ BURLINGTON
TO REGISTER:
CALL 319.208.5375
OR VISIT
CBIZIOWA.COM

EGG-CELLENT
COOKIES
Make impressive Easter cookies.
WED, MAR 20

COOKIE POPS
Create Spring-themed cookie pops. WED, APR 10

LEARN PICKLEBALL
TUESDAYS
MAR 19 & 26
4 -5 PM
SCC REC CENTER
319.208.5375
CBIZIOWA.COM

COMMUNITY HEALTH WORKER CERTIFICATE
8-WEEK CERTIFICATE COURSE
January 9-February 29, 2024
SCC West Burlington campus *HYBRID*
Tuesdays & Thursdays 4p 8p
First week will be IN-PERSON on Tuesday
March 5-May 2, 2024
SCC Keokuk Campus *IN-PERSON*
Tuesdays & Thursdays 9a-1p
64 hours coursework & 16 hours of clinic
time will be arranged
FREE TUITION, TEXTBOOK & $300 TRAINING STIPEND

For More Information:
Call 319-208-5391
https://www.sceiowa.edu/cert/certreg/health.aspx

CHWs can:
• Provide informal, non-clinical counseling, support and follow-up
• Help people understand their health condition(s) and develop strategies to improve their health and well-being
• Deliver health information using culturally appropriate terms and concepts
• Link people to local resources, social services, and healthcare

Southeastern Community College
Spring 2024 Volume 19, Issue 09
Getting Started is Easy.

Register at thevirtualcaregroup.com/sciowa to speak to a therapist about:

- Addiction
- ADHD
- Anxiety
- Crisis Intervention
- Depression
- Discrimination
- Domestic Violence
- Gender Identity
- Grief
- Trauma
- Workplace Issues

Students have free, unlimited access to therapists & on-demand crisis counseling.

Download the app

Call or text for help

988 Suicide & Crisis Lifeline

If you're sad, angry, confused or worried about your health or the health of someone else, don't wait. Call or text 988 to connect with a trained crisis counselor. You matter!
Answers from 03/04
(ex. 3 f in a y = 3 feet in a yard)

Can you guess these phrases? Quiz brought to you by the STEP Office!
(ex. 3 f in a y = 3 feet in a yard)

1. 3 H in a BB = 3 Holes in a Bowling Ball

2. 10 P in B = 10 Pins in Bowling

3. N 1-12 on a C = Numbers 1-12 on a Clock

4. 6 or 12 S on a G = 6 or 12 Strings on a Guitar

5. 3, 2, or 0 H on a W = 3, 2, or 0 Hands on Watch

FOOD PANTRY
ACCEPTING FOOD DONATIONS
THAT ARE SEALED AND INEXPIRED! WE ALSO ACCEPT HYGIENE AND CASH DONATIONS!

FOOD IS A HUMAN RIGHT AND IS AN IMMEDIATE AND TANGIBLE WAY TO HELP SOMEONE. EVERY DONATION OF FOOD CAN MAKE A DIFFERENCE.

BUILDING 500, CLASS 518

FOR MORE INFO ON HOW TO DONATE CALL: 319-208-5048 OR EMAIL DPATRICK@SCCIOWA.EDU

OPEN MONDAY-FRIDAY 3:00-4:30

SCC’S VERY OWN...
Student Activities

SOUTH EASTERN COMMUNITY COLLEGE

Music and Drama Club

We're looking for new members.

For more information, contact dpappas@scciowa.edu, or stop by WB 358 to chat in person.

Movie Night

Tuesday's after 6pm

Westland 7 O' Theatres
103 2nd Ave, West Des Moines

October 3 - December 5

January 9 - February 6 - April 2

Bring a valid photo ID and choose a movie of your choice after 6pm! Includes drinks.

Pickleball

Free Play

Every Tuesday

4:30 - 8 PM

Blackhawk Rec Center

Just show up and play!

Free for SCC Students, Faculty and Staff!

SCC DREAMCATCHERS CLUB!

Dreamcatchers creates powerful connections for younger and older generations by empowering students and their local communities to fulfill the end-of-life dreams of hospice patients.

Join us! Scan the code to fill out interest form!
Science Club Meeting: Thursday, 1-2 P.M.
HS, Room 206
Contact: Dr(s).
Rahmat & Bassler
rrahmat@ssciowa.edu & cbassler@ssciowa.edu

Contact Trish Hopper for information: thopper@ssciowa.edu

BUSINESS CLUB

CONNECTING STUDENTS WITH LEADERSHIP AND BUSINESS CAREER SKILLS

WORKSHOPS | NETWORKING | TRAVEL
SERVICE ACTIVITIES | SOCIAL EVENTS
STATE AND NATIONAL COMPETITIONS

CRU
JOIN US
WEDNESDAYS
6:30 PM
ROOM 351
FOR WORSHIP, FELLOWSHIP
& DISCIPLESHIP

HOPE TO SEE YOU THERE!

Southeastern Community College
Spring 2024 Volume 19, Issue 09
Are you interested in Student Leadership; meeting and interacting with community, state and college leaders; and participating in various college and community events then click on the link below and complete the application form to be considered for the President’s Leadership Academy. If you simply have some questions first, please contact Darcy in the President’s Office at dburdette@scciowa.edu to set an appointment.

https://www.scciowa.edu/life/involved/pla.aspx

Check your SCC email for an invitation to join Phi Theta Kappa Honor Society. Questions: Carlene Woodside, cwoodside@scciowa.edu or 319.208.5201.

Member meeting dates – Rm 204 – last approximately an hour
March 20, 2:00 pm
April 17, 2:00 pm

Induction Ceremony – W. Burlington Little Theater, Rm 333 – all friends and family are invited to attend
April 12, 5:30 pm

If anyone has any questions, they can contact Carlene Woodside, cwoodside@scciowa.edu, 319.208.5201.
Feeling nostalgic? Computer Club is selling T-shirts, designed by our students! The T-shirts sizes are small, medium, large and XL. They've got them hanging in the window of the 129 lab for your viewing pleasure. Get one for your inner geek! 

THESE DESIGNS NOW AVAILABLE IN THE BLACKHAWK BOOKSTORE!
Please like our Facebook page. We combined CAD with Machine Shop for this page. Use your phone camera on the QR code!
ATTENTION STUDENTS!

VOLUNTEER

Are you currently volunteering in the local community?

There could be a way to get paid for doing so!

Stop by the Financial Aid Office to discuss the potential of turning your volunteer position into a paid Federal Work-Study opportunity.

To be considered, you must have a FAFSA on file in the Financial Aid Office and be eligible for Federal Work-Study. For more information, stop by the Financial Aid Office in the Student Support Center today!

20 Ways to Block Mobile Attacks

Don’t let your guard down just because you’re on a mobile device. Be just as careful as you would on a desktop!

WiFi
- Don’t allow your device to auto-join unfamiliar networks.
- Always turn off WiFi when you aren’t using it or don’t need it.
- Never send sensitive information over WiFi unless you’re absolutely sure it’s a secure network.

Apps
- Only use apps available in your device’s official store. NEVER download from a browser.
- Be wary of apps from unknown developers or those with limited/bad reviews.
- Keep them updated to ensure they have the latest security.
- If they’re no longer supported by your store, just delete.
- Don’t grant administrator, or excessive privileges to apps unless you truly trust them.

Browser
- Watch out for ads, giveaways and contests that seem too good to be true. Often these lead to phishing sites that appear to be legit.
- Pay close attention to URLs. These are harder to verify on mobile screens but it’s worth the effort.
- Never save your login information when you’re using a web browser.

Bluetooth
- Disable automatic Bluetooth pairing.
- Always turn it off when you don’t need it.

Smishing (phishing via SMS)
- Don’t trust messages that attempt to get you to reveal any personal information.
- Be wary of similar tactics in platforms like What’s App, Facebook Messenger, Instagram, etc.
- Treat messages the same way you would treat email, always think before you click.

Vishing (voice phishing)
- Don’t respond to telephone or email requests for personal financial information. If you are concerned, call the financial institution directly.
- Never click on a link in an unsolicited commercial email.
- Speak only with live people when providing account information, and only when you initiate the call.
- Install software that can tell you whether you are on a secure or fake website.

Southeastern Community College
Spring 2024 Volume 19, Issue 09
DID YOU KNOW?

SCC ATHLETICS HAS THE FOLLOWING SOCIAL MEDIA OUTLETS:
FACEBOOK = www.facebook.com/sccblackhawkathletics
TWITTER = @scc_blackhawks
INSTAGRAM = SCCBLACKHAWKATHLETICS

#BLACKHAWKNATION

SOUTHEASTERN CC VOLLEYBALL
ADULT COED VOLLEYBALL 4'S TOURNAMENT
SATURDAY, MARCH 23 2024
REGISTRATION DEADLINE: FRIDAY MARCH 15TH

Payment and liability forms are due day of cash or check made to SCC Volleyball
Non-sanctioned tournament
2 women on the court at all times minimum
Must rotate each server, anything goes
Schedule, liability forms, and complete rules will be sent to the Captain via text on Wednesday March 20, 2024
Trophy, shirts, and media exposure for 1st Place
Please contact Coach Michelle Popkin mpopkin@scciowa.edu with any questions
ENTRY FEE: $100 PER TEAM

POM POMS FOR SALE
$1.00/EACH
2024 BASEBALL BONANZA

$30 per Raffle Ticket

You Get:

- FREE BLACKHAWK BASEBALL T-SHIRT
- CHANCE TO WIN $750

$50 Drawing each week for 10 weeks

$250 BIG BONANZA drawing in week 11!!!!

Your name RE-ENTERS drawing:

WIN EACH WEEK!

Drawings start February 2nd, 2024
Any questions contact Justin Schulte
319-208-5047

Name ___________________________

Address ___________________________

Phone Number ___________ Cell Number ___________

T-SHIRT SIZE ___________________

NUMBER OF TICKETS _______ x $30 = $ ___________ (enclosed)
Spring 2024 Men’s Baseball Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday March 11</td>
<td>6:00 PM</td>
<td>@Eunice, LA</td>
</tr>
<tr>
<td>Tuesday March 12</td>
<td>6:00 PM</td>
<td>@Baton Rouge, LA</td>
</tr>
<tr>
<td>Wednesday March 13</td>
<td>2:00 PM</td>
<td>@Baton Rouge, LA</td>
</tr>
<tr>
<td>Thursday March 14</td>
<td>2:00 PM</td>
<td>@Decatur, MS</td>
</tr>
<tr>
<td>Tuesday March 19</td>
<td>2:00 PM</td>
<td>@Galesburg, IL</td>
</tr>
<tr>
<td>Wednesday March 20</td>
<td>2:00 PM</td>
<td>@West Burlington</td>
</tr>
<tr>
<td>Saturday March 23</td>
<td>1:00 PM</td>
<td>@Burlington, IA</td>
</tr>
<tr>
<td>Sunday March 24</td>
<td>1:00 PM</td>
<td>@Burlington, IA</td>
</tr>
<tr>
<td>Wednesday March 27</td>
<td>1:00 PM</td>
<td>@Boone, IA</td>
</tr>
<tr>
<td>Thursday April 03</td>
<td>2:00 PM</td>
<td>@Marshalltown, IA</td>
</tr>
<tr>
<td>Friday April 04</td>
<td>2:00 PM</td>
<td>@DMACC</td>
</tr>
</tbody>
</table>

Spring 2024 Women’s Softball Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday March 12</td>
<td>TBA</td>
<td>@Titusville, FL</td>
</tr>
<tr>
<td>Wednesday March 13</td>
<td>TBA</td>
<td>@Titusville, FL</td>
</tr>
<tr>
<td>Thursday March 14</td>
<td>TBA</td>
<td>@Titusville, FL</td>
</tr>
<tr>
<td>Friday March 15</td>
<td>TBA</td>
<td>@Titusville, FL</td>
</tr>
<tr>
<td>Wednesday March 20</td>
<td>TBA</td>
<td>@West Burlington</td>
</tr>
<tr>
<td>Sunday March 24</td>
<td>2:00 PM</td>
<td>@Ottumwa, IA</td>
</tr>
<tr>
<td>Wednesday March 27</td>
<td>2:00 PM</td>
<td>@Burlington, IA</td>
</tr>
<tr>
<td>Friday March 29</td>
<td>2:00 PM</td>
<td>@Burlington, IA</td>
</tr>
<tr>
<td>Wednesday April 03</td>
<td>2:00 PM</td>
<td>@Marshalltown, IA</td>
</tr>
<tr>
<td>Thursday April 04</td>
<td>2:00 PM</td>
<td>@DMACC</td>
</tr>
</tbody>
</table>

FRESE EARNs ICCAC ATHLETE OF THE WEEK HONORS

Southeastern baseball’s Maddux Frese was named ICCAC DII Pitcher of the week for his performance Feb. 13-25.
It is the policy of Southeastern Community College not to discriminate on the basis of race, color, national origin, sex, religion, creed, or actual or potential family, parental, or marital status in its program, activities, or employment practices. If you have questions or complaints related to compliance with this policy, please contact the Director of the Office for Civil Rights, U.S. Department of Education, at 319-208-5063 or the Vice President of Student Affairs (student concerns) at 319-208-5049, 1500 West Agency Road, West Burlington, Iowa 52655, equity@scciowa.edu or the Director of the Office for Civil Rights U.S. Department of Education, 550 Fourth Street SW, Washington, D.C. 20202-2800, Telephone: (312) 730-1560 Facsimile: (312) 730-1576, TDD (800) 877-8339, Email: OCR.Chicago@ed.gov.

STUDENT BENEFITS INCLUDE:
- Academic Advising & Priority Registration
- Campus Visits to 4-year Transfer Colleges
- Career Exploration & Planning
- College Transfer Advising
- Financial Literacy, Financial Aid, & Scholarship Assistance
- First-Gen Sections of SDV-108
- Leadership & Service Learning
- On-site computer lab with free printing
- Social & Emotional Supports
- Success Workshops
- TRIO SSS Grant Aid
- Test-taking, Study Skills & Tutoring Resources

To apply for TRIO, scan the QR code below to fill out the online application.

WHAT TRIO SSS IS:
- Federally funded grant program
- On-campus since 1997
- Providing support for retention to graduation

WHO TRIO SERVES:
- 225 students
- U.S. citizen or eligible to receive federal financial aid
- First-generation
- Under-resourced
- Has a documented disability
- Demonstrates an academic need

To apply for TRIO, scan the QR code below to fill out the online application.

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- Demonstrates an academic need

To apply for TRIO, scan the QR code below to fill out the online application.

Experience more of TRIO on social media:

HOW TO BE INVOLVED IN TRIO SSS!
- Money Mondays
- Transfer Tuesdays
- Wellness Wednesdays
- Thrifty Thursdays
- Fuel-up Fridays

Do you need to meet with your TRIO SSS advisor? Just scan the QR code above!
Activity Passes

Any SCC Student who wishes to collect an SCC Activity Pass may receive one from the Welcome Center!

Here to ensure SCC Nursing Students graduate & transfer to a BSN program

Eligibility meet one of the following:

- First-Generation or
- Low-Income or
- Students with Documented Disabilities

TRIO Works!

Scan this QR code if you are a Dependent Student
Scan this QR code if you are an Independent Student

TRIO Student Support Services

Are you planning to graduate at the end of Spring 2024? If the answer is yes, you must complete a Request to Graduate form. Where is this form you ask? Great question! Just click the “Graduation Overview” button on your self-serve screen! Any questions? Contact the Registrar’s Office at 319-208-5042.

Southeastern Community College
Spring 2024 Volume 19, Issue 09
TB CLINIC
MONDAY ALL DAY
8:30 A.M. TO 4 P.M.
SCC Health Professions building

$15 Each
2 Step - $30

Test results confidential
Contact Angela Shipley with questions.
819-208-5278

PEDAL AROUND TOWN
USE OUR FREE PEDAL PROGRAM
Bikes, locks, and helmets available for all students
Simple check in and out from the campus library
Sign up for weekend group rides
GO OUT AND EXPLORE
Want to catch a movie? We're a quick ride away from the theater.
Feel like studying at a coffee shop? That's doable.
Do some shopping. From groceries to shoes, it's all within reach.
Bringing a bike? Stash it on the racks outside.
Available only on the West Burlington Campus.

SERVICE DOG MANNERS
When you meet a person with a Service Dog,
please remember that the dog is working.
• Do not do anything to interrupt the Service Dog while it is working.*
Some rules for interacting with people with Service Dogs:
1. Speak to the person first. Do not aim distracting or rude noises at the dog.
2. Do not touch the Service Dog without asking for, and receiving, permission.
3. Do not offer food to the Service Dog.
4. Do not ask personal questions about the handler's disability,
or otherwise intrude on his or her privacy.
5. Don't be offended if the handler does not wish to chat about their Service Dog.

The Family Educational Rights and Privacy Act (FERPA) allows SCC to make certain information about students public, including name, address, phone number, schedule of classes, dates of attendance, awards and honors. Any student who objects to this public release must file a written objection with the Registrar. This written objection is only valid for one calendar year from the date of filling and must be renewed if desired.
RAPE VICTIM ADVOCACY PROGRAM
CAMPUS HOURS
2ND & 4TH MONDAY EACH MONTH
10AM-12PM
A VICTIM SERVICES ADVOCATE FROM RVAP WILL BE ON CAMPUS TO TALK ABOUT SERVICES AND MEET WITH STUDENTS
CIRCLE DRIVE HALLWAY
PRIVATE ROOM AVAILABLE AS NEEDED

To contact an advocate, call 1-800-228-1625.
Did you know?
There is an America’s SBDC Iowa located right here at SCC! What is the SBDC you ask? The America’s Small Business Development Centers offers FREE counseling to people looking to start a business; to answer questions and offer guidance to help you start your business. Call 319-208-5381 or email jclover@scciowa.edu to set up a FREE appointment. We LOVE student businesses!

Do you need to make an incident report? Do you not know who to contact? Click this link at the bottom of the SCC websites Home page and fill out the form! Easy and discrete! Your report and information will be directed to the appropriate parties and they will take it from there!

Southeastern Community College
Spring 2024 Volume 19, Issue 09
Spring into Action
Steps for Bystander Intervention

WHAT'S A Bystander?
A bystander is a person who is present at an event or incident but does not take part.

SO THEN WHAT'S BYSTANDER INTERVENTION?
Bystander Intervention is the willingness to assist a person who is in need of help.

FOUR STEPS OF BYSTANDER INTERVENTION:
1. Notice the incident
2. Interpret the incident as a problem
3. Assume responsibility
4. Attempt to help

METHODS OF INTERVENTION
- Direct: I talk directly to the person causing harm so they know their actions aren't okay.
- Distract: I interrupt harmful actions or words before they escalate.
- Delegate: I gather resources and support people to address the situation.
- Document: I document the situation so that there's evidence of what happened.
- Delay: I check-in with the victim afterward. Sometimes waiting is safest.

CONFIDENTIAL RESOURCES
- Advocates from Domestic Violence Intervention Program
- Advocates from Rape Victim Advocacy Program
- Local Hospitals
- On-Demand Counseling

REPORTING
How to help a friend report
- SCC Title IX Office
- West Burlington Police
- Keokuk Police Department

It's normal to have questions, don't be afraid to ask them!
If you feel like you have lost something this semester, swing by the Welcome Center! Chances are it was turned in there! There is a table you can collect your items from. If you don’t see it, ask the receptionist! *You may be asked to identify certain items for the sake of integrity and security.

1848
At the Seneca Falls Convention on July 19-20, 1848, the first women’s rights convention organized by women in New York, 68 women, and 32 men signed the Declaration of Sentiments, sparking decades of activism and leading to the passage of the 19th Amendment, which granted women the right to vote.

1851
On May 11, 1851, Sojourner Truth, a formerly enslaved worker turned abolitionist and women’s rights activist, gave her famous “Ain’t I A Woman?” speech at the Women’s Rights Convention in Akron, Ohio, where she highlighted her strength and resilience as a woman who had plowed fields, borne children, and endured the lash of slavery.

1869
On Dec. 10, 1869 the territory of Wyoming’s legislature approved the initial women suffrage law in the United States, providing women with voting and office-holding rights. Wyoming became the first state to permit women to vote in 1869 upon its admission to the 43rd state in the Union.

1920
On Aug. 18, 1920, the 19th Amendment to the U.S. Constitution, also known as “The Susan B. Anthony Amendment,” was ratified, guaranteeing that the right to vote cannot be denied or restricted based on sex.

1944
As part of the Violent Crime Control and Law Enforcement Act, President Clinton signed the Violent Women Act into law on May 11, 1944, which offers financial support for programs aimed at ending victimization of gender-based violence such as domestic violence, sexual assault, rape, stalking, and others.

1955
Rosa Parks refused to give up her bus seat to a white man on December 1, 1955, in Montgomery, Alabama, igniting the civil rights movement. Her arrest sparked a bus boycott, which lasted over a year and was led by Martin Luther King Jr.

1965-64
Both Kennedy and Johnson signed laws against workplace discrimination. Kennedy signed the Equal Pay Act, which prohibits sex-based wage discrimination, and Johnson signed the Civil Rights Act, which bans employment discrimination based on race, religion, national origin, or sex through Title VII.

1972-73
Title IX of the Education Amendments, signed into law by President Richard Nixon, prohibits discrimination based on sex in any education program or activity that receives federal financial assistance. Meanwhile, the U.S. Supreme Court’s Roe v. Wade decision in 1973 ruled that the Constitution protects a woman’s right to access abortion.

2013
On Jan. 24, 2013, the U.S. military lifted a longstanding ban against women serving in combat positions, opening up thousands of jobs and career opportunities that were previously off limits to female service members.

2021
Kamala Harris made history on January 20, 2021, when she became the first woman and first woman of color to hold the position of Vice President in the United States. In her acceptance speech, Harris emphasized her commitment to paving the way for future generations of women in leadership.

2022
The Supreme Court overturned the Roe v. Wade decision, returning abortion regulation to the states.
Just released! Now available free in SCC Libraries and other locations, West Burlington and Keokuk!
Available by appointment only! All students are welcome to seek assistance: Face to face students, part time students, and students enrolled in online courses only! Ralph serves both: the West Burlington and Keokuk Campus!

You may not know where I am, but students do.

I sit quietly across from the Welcome Center and I provide free food to students in need. Whether it’s for a box of mac-n-cheese, a full meal, or just a quick granola bar between classes, I get LOTS of visitors every week. If you’ve got anything you’d like to leave, I’ll gladly accept it. Bring your items or cash (she will be glad to go shopping) to the Welcome Center so we can keep it filled for those who need it.

Thanks for your help.

Know Your Rights to Privacy

The Family Educational Rights and Privacy Act allows SCC to make certain information about students public, including name, addresses, phone numbers, schedule of classes, dates of attendance, awards, and honors. Any students who object to this public release must file a written objection with the Registrar. This written objection is only valid for one calendar year from date of filing and must be renewed if desired.

Struggling with Science courses, and not sure where to go?
Reach out to Ralph Kaufman! Ralph specializes in all biological sciences, with a specialization in Anatomy and Physiology! He has a flexible schedule and can be found in the Academic Achievement Center OR reached at: rkaufman@scciowa.edu. Need help? Make an appointment today!
the Blackhawk Open Cupboard

Our Mission:
The Blackhawk Open Cupboard provides essential food needs for students at Southeastern Community College to support student academic growth and a fruitful life.

Our Vision:
The vision of the Blackhawk open cupboard is to combat basic needs insecurities among SCC’s student population in Southeast Iowa through collaborative partnerships with community partners, the campus community, and the promise to see our students grow academically and become successful members of the community.

Location: Room 518 (near the Auto Tech Classrooms)
Open to everyone!

Questions? Contact Doug Patrick in the Office of Student Affairs, Suite 109!
You can also contact him at:
dpatrick@scciowa.edu
(319)208-5048

48% of Community College students report experiencing food insecurity
41% of Four Year College students report experiencing food insecurity
Over 10% of college students have gone an entire day without eating
1/3 of college students have experienced food insecurity since the start of the COVID-19 Pandemic

Source: edumed.org/resources/food-insecurity-in-college
Do YOU write poetry?

Share it with SCC’s Di Dante Literature & Writing Club for a chance to have it posted on the club bulletin board, our social media, and the MiSCC, SCC’s online weekly newsletter!

Anyone with a valid SCC email account can submit. Use your SCC email to send your work to cburm@scciowa.edu, and keep your eyes open to see it published!

Good news everybody! Yohe Library will have evening hours! Library hours are: Monday – Thursday, 8:00 am – 8:00 pm!
Accreditation

SCC’s Strategic Plan

SCC’s Strategic Plan is the foundation for all facilities, budget, and instructional planning underway at the college. The plan identifies four major goals:

**Strategic Goal 1:** Promote Student Success
**Strategic Goal 2:** Strengthen Human, Financial, and Facility Resources
**Strategic Goal 3:** Enhance Collaborative Partnerships
**Strategic Goal 4:** Practice Continuous Improvement

For each goal, the college has identified specific strategies and initiatives that it will work towards achieving through 2028. For example, under Strategic Goal 1: Promote Student Success, the college aims to “enhance/encourage student engagement and personal development” by promoting “student communication.”

SCC’s complete Strategic Plan 2023-2028 is available on SCC’s website:


Poetry Corner

Long Night Full Moon

You only watch the news to find out where the fires are burning, which way the wind is blowing, and whether it will rain. Forecast ahead but first: A mother’s boy laid out in the street for hours. These facts don’t wash away.

D. A. Powell
from poets.org
presented by Di Dante Literature & Writing Club