



THE PANTHER POST

OCTOBER 2020 | ISSUE 2

THE COUNTDOWN BEGINS TO REAFFIRMATION



NOVEMBER 16-17, 2020
OFFICIAL VISIT

OHC Implements Shared Governance Model

Dr. Brandon Nichols, VP of Academic Affairs, has reintroduced the Shared Governance Model at Olive-Harvey College. The Committee consists of 25 individuals that represent faculty, staff, students and OHC community stakeholders. This group will provide a forum for members of the OHC community to discuss issues relevant to the college and make recommendations to the President and Leadership Team. Be on the lookout for opportunities to share your insights by participating in upcoming surveys and focus groups this fall.

Panther Spotlight



NADIA GRANT

- PROGRAM OF STUDY?**
Adult Education/GED - Social Work.
- PIZZA: THIN OR DEEP DISH?**
None.
- WHAT MUSIC ARTIST IS TOP ON YOUR PLAYLIST?**
Tasha Cobbs.
- PHONE: APPLE OR ANDROID?**
Android.
- THREE WORDS TO DESCRIBE YOU?**
Quiet, observant, kind.



IVAN ROBINSON

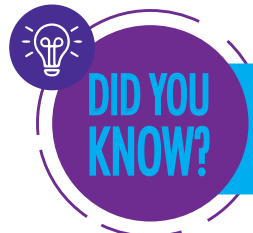
- PROGRAM OF STUDY?**
Credit - TDL
- PIZZA: THIN OR DEEP DISH?**
Thin.
- WHAT MUSIC ARTIST IS TOP ON YOUR PLAYLIST?**
Temptations.
- PHONE: APPLE OR ANDROID?**
Android.
- THREE WORDS TO DESCRIBE YOU?**
Considerate.



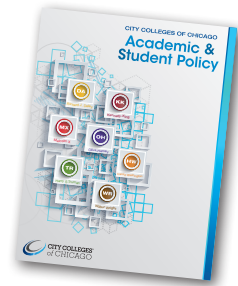
STEPHANIE REYES

- PROGRAM OF STUDY?**
Credit - Writing
- PIZZA: THIN OR DEEP DISH?**
Thin Crust.
- WHAT MUSIC ARTIST IS TOP ON YOUR PLAYLIST?**
Lauren Daigle.
- PHONE: APPLE OR ANDROID?**
Android.
- THREE WORDS TO DESCRIBE YOU?**
Giving, loving and determined.

The More you know...



City Colleges of Chicago can only share basic information about you? Did you also know that you can also restrict that information from being shared?



CCC Student Policies

SECTION 8.13 DIRECTORY INFORMATION - City Colleges of Chicago hereby designates the following student information as "Directory Information." Such information may be disclosed by the colleges for any purpose, at their discretion.

Student's name, address, telephone listing, electronic mail (email) address, photograph, date and place of birth, major field of study, dates of attendance, grade level, enrollment status (e.g., full-time or part-time), participation in officially recognized activities and sports, weight and height of members of athletic teams, degrees/certificates, honors and awards received, and the most recent educational agency or institution attended.

Currently enrolled students may withhold disclosure of any of

the above "Directory Information" under the Family Educational Rights and Privacy Act of 1974 (FERPA). To withhold disclosure, written notification must be received in the Office of Admissions and Registration. Forms requesting the release or restrict of "Directory Information" are available in the Office of the Registrar (on website) at each of the City Colleges of Chicago.

Failure on the part of a student to specifically request the withholding of "Directory Information" indicates individual approval for disclosure. The FERPA hold remains on the student's record until removal requested in writing by student and they apply districtwide. For additional information regarding FERPA, please check its web site at <http://www.ed.gov/policy/gen/guid/fpco/ferpa/index.html>.

STRESS MANAGEMENT TECHNIQUES FOR FALL 2020 AND THE PANDEMIC

WRITTEN BY

Dr. Krystee Davis

ASSISTANT PROFESSOR OF PSYCHOLOGY

Social Sciences & Africana Studies Department • Olive-Harvey College

Struggling with all that's going on? School? The pandemic? You are not alone! As a student you are not only faced with the challenge of coping and dealing with the pandemic but also with keeping up with your new form of remote learning. Many of your classmates are experiencing the same thing.

The average student at OHC takes 12 to 15 credit hours, basically 4 to 5 courses. A FULL course load! This is in addition to work and your personal life. Unfortunately, stress can accompany this.

The pandemic has added to the list of student challenges. Students began Spring 2020 with positive expectations and excitement, but it was abruptly and unexpectedly interrupted by COVID-19. Who knew? Remote learning kicked in and students had to quickly adjust. COVID-19 impacts students by constantly being reminded to wear a mask, social distance, care for those with the disease, or even contracting it. Stress accompanies the challenges COVID-19 presents.

Students commend yourself on making it to this point! Follow a few simple techniques to learn to manage stress from school and the pandemic.

1. TIME MANAGEMENT

- Balance your time between classes and take advantage of resources like online tutoring and virtual study groups
- Use your smartphone for assignment reminders and due dates

2. STAY INFORMED

- Check your student email and Brightspace course at least 3x a week
- Stay focused when in remote learning NOT looking at your phone

3. KEEP S.M.A.R.T. GOALS

- Smart, Measurable, Achievable, Realistic, Time-bound Goals
- Write down your goals and read them weekly

4. SELF-CARE

- Eat healthy, make time for hobbies, and get adequate sleep
- Monitor your mental health

5. REACH OUT

- Connect with family and friends on a regular via phone, facetime, or zoom while social distancing
- Maintain a support system

6. TAKE A BREAK

- It's ok to take a break from social media
- Minimize COVID-19 information exposure

Please visit CCC.edu/OHC for additional Campus Life and Student Resources.



IT'S EASIER TO KEEP UP THAN CATCH UP! THE ACADEMIC SUPPORT & TUTORIAL SERVICES IS HERE TO HELP YOU KEEP YOUR GRADES TOGETHER.

REMOTE SERVICE HOURS:

- MONDAY-THURSDAY: 9:00 A.M. – 4:00 P.M.
- FRIDAY: 9:00 A.M. – 12:00 P.M.

TO SCHEDULE AN APPOINTMENT, PLEASE VISIT:

1. my.ccc.edu
2. Click the 'Quick Access' tile
3. Click the 'Navigate' tile
4. Click the 'Schedule an Appointment' button
5. Select Olive-Harvey College location
6. Click Next
7. Review your Appointment Details
8. Confirm Appointment

TIPS FOR A SUCCESSFUL ONLINE TUTORING SESSION:

1. **START EARLY.** We are happy to assist you with study prep, note taking, brainstorming, and final revisions, but it's important that you begin working with a tutor early to keep you from being stressed about pressing deadlines.
2. **COME PREPARED.** Have any relevant textbooks, syllabi, class materials, notes, and papers nearby. It is easier for the tutors to provide excellent tutoring service if you bring the appropriate materials to a tutoring session.
3. **COME WITH A PLAN AND QUESTIONS.** Know what material you would like to cover within that tutoring session.



tion. Actively participate in the tutoring sessions by having a list of questions to ask your assigned tutor.

4. **FAMILIARIZE YOURSELF WITH THE COURSE MATERIALS.** We strongly encourage you to review your syllabus, read the assigned readings and attempt to complete your assignment prior to requesting a tutor so you can take note of specific concepts where you need help. You and your tutor can review these concepts and work through similar problems. However, the tutor cannot do your homework for you nor help you with take-home tests, quizzes, or projects.
5. **USE YOUR TUTORING TIME WISELY.** Your time with the tutor is valuable. Try to remove yourself from all distractions (cellphone, tv, pets, friends/family) while working with your assigned tutor.

For questions, requests and anything else the department of Academic Support Services can assist you with, please email us at ohc-ask-a-tutor@ccc.edu or contact Director of Academic Support Services, La Tonya Orange at lorange@ccc.edu.

Join the Academic Advising Team for our Fall 2020

Midterm Mixer

THURSDAY, OCTOBER 29, 2020
4PM-6PM • VIA ZOOM
Zoom Link: <https://ccc.edu.zoom.us/j/9093854051>

Enjoy Music, Games, Announcements, and Competitions

COMPETITIONS:
Cutest Pet | Best Halloween Costume | TikTok Video

Enter Now to Win!!!
If you are interested in participating in one of the competitions, please email your photo to Leticia Romero at lromero43@ccc.edu.

We look forward to seeing you at the event!!!

HISPANIC HERITAGE MONTH

LatinX Call to Action: Immigration, Political Climate, Election Season

THURSDAY, OCTOBER 15, 2020
3:00PM VIA ZOOM

MEET OUR PANELISTS



Dr. Cristina Pacione-Zayas
ASSISTANT PROFESSOR OF POLITICAL SCIENCE



Dr. Melissa Simon
VICE CHAIR AND PROFESSOR OF POLITICAL SCIENCE AND DIRECTOR OF POLITICAL SCIENCE



Nubia Wilman
DIRECTOR FOR OFFICE OF NEW AMERICANS & CLERK OF CHICAGO OFFICE OF THE MAYOR

TO REGISTER:
https://ccc.edu.zoom.us/join/joinMeeting/register?Jid=ugDMJGNUL8_CeLmrvd53IEJmWID



DACCORNER

The Disability Access Center at OHC is working to find new ways to connect with students on and off campus. We have had several virtual chats over the summer and a virtual orientation to our services in the remote environment. Currently, we are planning for our first *Virtual Disability Awareness Day on October 21, 2020*. We want to hear from you, OHC Family! Please send your comments and suggestions to OHC-DAC@CCC.EDU.

Like us on Facebook
[@ohcdisabilityaccess](https://www.facebook.com/ohcdisabilityaccess)

Follow us on Instagram
[@ohcdisabilityaccess](https://www.instagram.com/ohcdisabilityaccess)



Have something you want featured in an upcoming edition of this newsletter? Send an email to ohc-pantherpost@ccc.edu.

