

# The Bulldog bulletin

A Biweekly CSM Student E-Newsletter



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## The Original Bulldog



In the 1920s, College of San Mateo had a real English Bulldog. His name was Rival Goldstone, and like today's student-athlete Bulldogs he came from a proud line of winners.

When then-San Mateo Junior College opened in 1922, its small student body immediately wanted all the trappings of college life: sports teams, school colors, bonfires, freshman-sophomore pranks, and, of course, a college mascot.

The team name "Bulldogs" was chosen by popular acclaim: None of the schools the new college was likely to play was using the name.

Rival was offered to SMJC by the dog-breeding Ballentyne family, whose daughter Hessie was a student. He was a true son of San Mateo, having been raised in the family's acclaimed Goldstone Kennels on Highland and East Poplar avenues.

[Read more](#)

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### IMPORTANT DATES

**Summer 2021 registration begins**

Tuesday, April 13

**Flex Day: No Classes**

Thursday, April 22

**Last day to drop semester-long spring courses with a "W" grade**

Thursday, April 29

**STAY UP TO DATE WITH CSM STUDENT GOVERNMENT**

[View ASCSM Agendas & Minutes](#)

## Ask the Doctor: Covid Vaccine Second Dose Side Effects

*This ongoing feature addresses common student health questions, answered by CSM College Physician Dr. Jennifer Yang.*

**Dear Doc:** I'm definitely getting my Covid vaccine when I'm eligible, but what's up with the side effects being worse after the second dose? It doesn't make sense to me.

"What Up with That?" - an SNL groupie

**Dear "What Up With That":** Thank you for planning to get your Covid-19 vaccine. You are helping humankind reach herd immunity so we can stop this SARS-CoV2 virus.

To understand why the second dose triggers more intense reactions compared to the first dose, we have to look at our immune system. Think of the immune system as an invisible army protecting your body. This army protects you 24/7, and handles thousands of attacks from viruses and bacteria every day through routine surveillance. When it is working well we stay healthy. When it fails we get sick.

Sometimes, the frontline soldiers come across something they have not seen before, like the SARS-CoV2 virus. They send "intel" back to central command telling them there is a new enemy and we must train our troops to recognize and defeat this new intruder the next time we see it. This is how vaccines work. Vaccines train our immune systems to fight off new enemies. But training takes time, in this case about 2-6 weeks. Sometimes the troops need a refresher or "booster" training course to ensure they can handle the new intruder. The second vaccine dose is this booster training course.

In answer to your question, the first time the immune system sees the enemy it is not sure what to do, and it mounts a general, non-specific immune response. The second time the enemy is detected, the immune system is prepared and sends in specially-trained troops to defeat that specific enemy. This stronger, more specific immune response can manifest as fever, chills, fatigue, headache, body aches, etc. It is tangible proof that our immune systems are working well and fighting to protect us. That said, not everyone will experience side effects. Our immune systems are individually tailored and as such, will produce varying responses. If you would like to learn more, please visit: <https://www.scientificamerican.com/article/if-you-dont-have-covid-vaccine-side-effects-are-you-still-protected/>

Thank you for writing in!

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We encourage students to schedule appointments with a CSM Nurse or the College Physician by emailing [csmwellness@smccd.edu](mailto:csmwellness@smccd.edu), calling (650) 574-6396, or visiting our website, [collegeofsanmateo.edu/wellnesscenter](http://collegeofsanmateo.edu/wellnesscenter). Telemedicine services are available Monday–Thursday from 9 am to 3 pm while classes are in session—there is no charge for health appointments.



# Run for Office—ASCSM Spring 2020 General Election is Coming!

Packets to register as a candidate in the ASCSM Spring 2020 General Election are now available! As a reminder the deadline to register is **Friday, April 16, at 1 pm.**

If you are interested in leadership, making change on campus, and planning events and activities, you should run for student government. No experience necessary. Offices available are:

- ASCSM President
- ASCSM Vice President
- ASCSM Finance Director
- ASCSM Senator – 14 positions
- SMCCCD Student Trustee Nominee

More information and the online registration form are available on the [ASCSM Elections](#) page.

In addition, please be sure to visit the ASCSM Facebook page for updates on virtual events that we will be sponsoring throughout the rest of the spring semester.

Please contact the CSM Center for Student Life at [csmstudentlife@smccd.edu](mailto:csmstudentlife@smccd.edu) with any questions.



## Message from Chancellor Claire Regarding Governor Newsom's Announcement This Week

*This message from SMCCCD Chancellor Michael Claire was emailed to all students on Tuesday, April 6.*

Dear San Mateo County Community College District Students,

Earlier today, Governor Newsom announced a conditional plan to open all segments of California and eliminate the color tiers by June 15, including the education sector. We do not yet know the full details of his plan and we are working to understand the requirements so that we can make informed decisions. The District's Emergency Operations Center has been planning the recovery of operations for many weeks but our timeline had a longer recovery period than that announced by the Governor. We are working quickly to gather information and adjust plans as necessary. As soon as we have information for you, we will share it.

I remember when we first evacuated our campuses in March 2020. There were many unknowns at the time and we made the best decisions possible based on the limited information available. I asked for your patience then and I cannot tell you how much I appreciated your support. I ask for your patience again so that we can take the time to gather and prepare accurate information and plans to share with you about next steps.

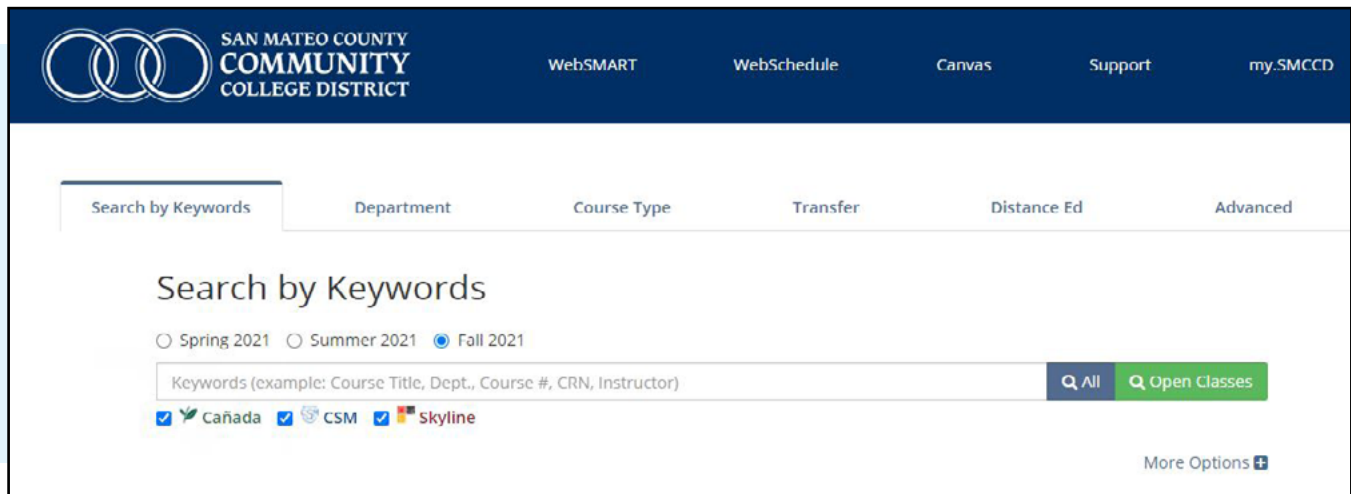
I wish you all my best,

Michael Claire

SMCCCD Chancellor



## Fall 2021 WebSchedule Now Available



The screenshot shows the top navigation bar of the San Mateo County Community College District website. It includes the college logo and links for WebSMART, WebSchedule, Canvas, Support, and my.SMCCD. Below the navigation bar is a search interface with tabs for 'Search by Keywords', 'Department', 'Course Type', 'Transfer', 'Distance Ed', and 'Advanced'. The 'Search by Keywords' tab is active, showing a search bar with placeholder text 'Keywords (example: Course Title, Dept., Course #, CRN, Instructor)'. There are radio buttons for 'Spring 2021', 'Summer 2021', and 'Fall 2021', with 'Fall 2021' selected. Below the search bar are checkboxes for 'Cañada', 'CSM', and 'Skyline', all of which are checked. There are also buttons for 'All' and 'Open Classes', and a 'More Options' link.

[Browse Classes on WebSchedule](#)

## ASCSM & Multicultural Dream Center to Host Student Forum on April 21

On Wednesday, April 21, from 1–3 pm, a student forum will be hosted by the Associated Students of CSM and the Multicultural Dream Center. The purpose of the forum is to provide an opportunity for students to share feedback with faculty, staff, and administrators now that we are over a year into remote learning. Students will be talking about how current social, political, and economic issues are impacting their educational and personal lives and exploring ways the College can provide support. There will also be updates on the status of the “truth to power” initiatives from last summer’s student forum.

[Register Now](#)

## CSM Library Virtual Makerspace Event: Assemble a 3D Printed Face Shield

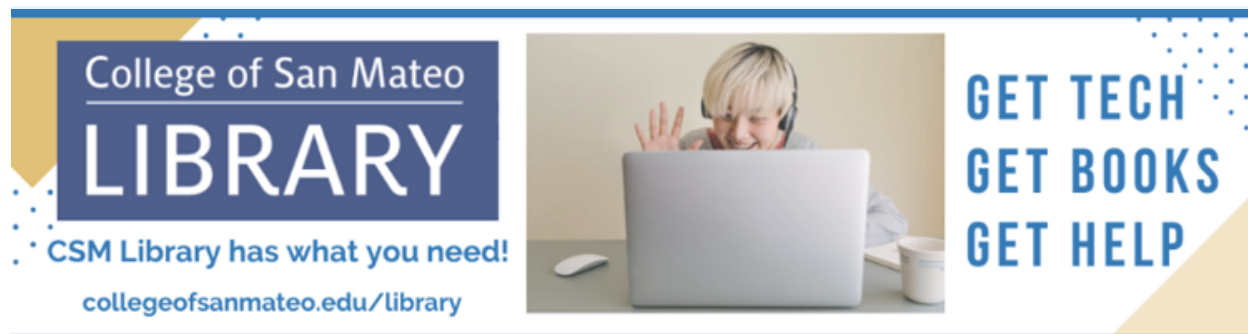
College of San Mateo Library Makerspace would like to invite CSM students and employees to join us in a virtual demo in assembling 3D face shields. Free 3D Face shield kits will be available for students/staff to pick-up through the library’s curbside service. Supplies Limited.

How It Works:

- [Register to participate by 4/26](#)
- When you get your confirmation, schedule a curbside appointment to pick-up your materials
- Live event date is 4/29 @ 12-1PM

Each kit contains enough to make 2 Face Shields: Assembly instructions, 3D Printed face shield Frames (2 pcs), Transparency Sheets (2 pcs), Super glue (2 pcs), Elastic band (2 pcs), and Foam strip(2 pcs). If you have any questions, please contact Jason at [yapi@smccd.edu](mailto:yapi@smccd.edu) or [visit the registration page](#) for more details.

# CSM Library Services Available to You



The [CSM Library](#) is here to support you during mid-terms and beyond! We've reached the midpoint of the semester so it's high time to remind you about the services the Library is offering to support you and help you succeed. You're not in this alone, so let the Library help you. Not sure how the library can help? See what we have to offer:

## Get Technology!

- Request hot spots, Chromebooks, calculators and more with the [Technology Request form](#)

## Get Books!

- Request and pick-up the library books you need with our [Curbside Services](#)

## Get Help!

- Librarians are online six days a week waiting to help students with research, citations, and finding the books and articles you need for your papers and projects
- [Chat](#), [text](#), [email](#), or [schedule a one-on-one appointment](#) to get the help you need

## And more!

- [Submit 3D printing and laser cutter projects for curbside pick-up](#)
- Request items from our [Tool Lending Library](#) including sewing machines, power tools, and other equipment

## **But don't forget!**

Most of the CSM Library's resources are available online whenever you need them

[Articles](#), [streaming movies](#), [online books](#), and [exclusive news sources](#) for CSM students are available 24/7

If you're still not sure if the CSM Library has what you need, just ask! Librarians are working virtually six days a week and love to chat and Zoom with students. Whether your question is small, big, or somewhere in between, [hop on for a quick chat or text to see how we can help](#).

Whatever it is, you don't have to do it alone. Let us help – it's what we love to do and it's why we're here. We miss you all more than you know, and hope to see you online soon!

[Website](#) | [Chat](#) | [Email](#) | [Appointments](#) | [Curbside Services](#)

Text: (650) 276-0632

Phone (voicemail only – leave a message and your call will be returned): (650) 574-6232

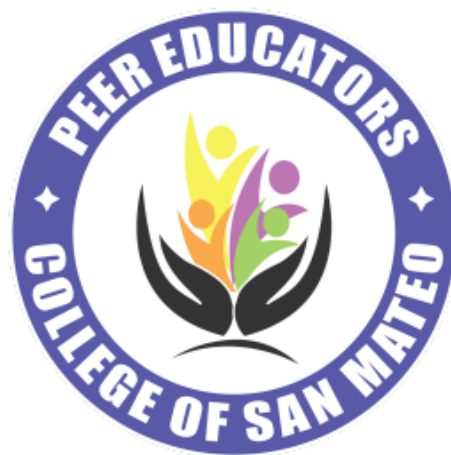


# Now Hiring: Mental Health Peer Educator

Mental Health Peer Educators change the conversation around mental health and turn awareness into action. These student leaders form a positive mental health culture on campus and reduce stigma by educating others about mental health through various outreach activities to engage, inform, and support students. Mental Health Peer Educators are the first line of assistance for someone in a moment of need, and oftentimes, refer students to other services on campus. They understand and are sensitive to the concerns and challenges their fellow students face and are a resource for helping students deal with their stressors.

## **Mental Health Peer Educators receive training on a variety of topics such as:**

- Consent and sexual assault
- Stress reduction and self-care
- Body image and eating disorders
- Substance use and harm reduction
- Healthy vs. unhealthy relationships
- Coping with anxiety and depression
- Suicide prevention and warning signs
- Active listening and helping a friend in distress
- Other self-management and helping techniques



## **Mental Health Peer Educator Responsibilities:**

- Plan, prepare, and lead outreach activities and events that promote mental health
- Increase awareness of Wellness Center resources and mental health resources through tabling, social media, classroom presentations, and other outreach efforts
- Facilitate workshops on various mental health and wellness topics in classrooms and other campus settings
- Collaborate and work with other campus departments, programs, and student organizations
- Serve as an on-campus resource and provide confidential referral services to students
- Participate as an officer for Active Minds and assist with planning for meetings

## **Availability Requirements:**

- Must be a currently enrolled CSM student and in good academic standing
- Must be available for weekly Mental Health Peer Educator and Active Minds meetings/trainings (to be determined)
- Must spend up to 10 hours a week planning, organizing, and conducting campus activities

## **Compensation - \$19.12/hr**

**How to apply:** Please send your Fall 2021 class schedule, resume, and a cover letter describing your experience, background, and interest in this program to Gil Perez at [perezgil@smccd.edu](mailto:perezgil@smccd.edu).

# Katipunan @ CSM #StopAsianHate Presentation on Monday, April 12 at 3 pm

On Monday, April 12 at 3 pm PT, Katipunan (KTP) at College of San Mateo and Filipinx Student Union at Skyline College will be presenting a workshop to the national [Learning Communities Association \(LCA\)](#) to bring awareness to the violence against the Asian community nationwide. Thank you to those who were able to support our first presentation on 3/23, and this will be an encore of the event on a different stage.

The LCA is the national consortium of learning communities in colleges and universities, and this event is being hosted in conjunction with the [Washington Center](#) out of Evergreen College, considered by many to be the pioneering site for research and the advancement of learning communities. All are welcome to attend; the workshop and login information are listed below:

## **#StopAsianHate: Raise Awareness, Rise Up**

In this workshop, we will provide a brief historical overview of the discrimination and racism endured by Asians in America since the mid-1800s. This will lead into our discussion of current events: the increase in anti-Asian violence in the United States. Our primary goal for this shared space is to look at the root causes of this problem, discuss how it has affected us and our communities, then identify ways to take action and stand in solidarity with our Asian brothers and sisters.

**Presented by:** Kababayan Learning Community at Skyline College (Dr. Liza Erpelo, Jayde Nieve, Caitlin Collantes, and Asa Mobley) and Katipunan at College of San Mateo (Doris Garcia, Angeli Ong, Tyler Castillo, and Monica Dollezon-Yu)

**Join Zoom Meeting:** <http://bit.ly/LCAStopAsianHate>

**Meeting ID:** 818 2704 3109

This work began earlier this semester as students from both campuses began discussing the alarming increase in violence targeting the Asian community, which prompted the students to take action. On March 7, the FSU and KTP released a joint statement condemning anti-Asian violence across the nation. This statement, to be posted on Instagram in four parts, provides the historical context of racism against Asians in America, discusses current events, and looks at ways we can all help our Asian American community work towards change and healing.

On March 23, the KTP and FSU student leaders and advisors presented a workshop to the College of San Mateo titled “#StopAsianHate: Understanding What Is Currently Happening in the Asian Community and Calls to Solidarity and Action Forward.” The joint solidarity statement was used as the foundation for this workshop, and will be used to frame the upcoming workshop as well.

Below are some links to contextualize the work so far:

## **Instagram**

[KTP x FSU #StopAAPIHate Joint Statement](#)

[KTP x FSU #StopAAPIHate Historical Context](#)

## **The Skyline View**

Article: [KTP and FSU clubs speak out against Asian American Attack](#)

Podcast: Student unions stand against anti-Asian hate on [YouTube](#) and [Spotify](#)

## 24/7 On-Demand Emotional Support Available for Students

CSM has recently launched CSMTalkNow, a free 24/7 on demand emotional support for students. Students can use CSMTalkNow to gain immediate access to a mental health professional to discuss stress, anxiety, depression, grief and loss and much more.

CSMTalkNow is supported by TimelyMD, an independent company, and does not offer access to CSM personal counseling staff. The service is ideal for students who need immediate support or those that need help during nights, weekends, or campus closures. For ongoing free therapy, students should contact CSM [Personal Counseling Services](#).

Learn more and register by visiting [www.csmtalknow.com](http://www.csmtalknow.com).



## CSM's Annual Open House Coming April 29

This event is a great opportunity for current students to learn more about all of CSM's academic and support services. If you have friends or family who are considering pursuing higher education, this is a great event to share with them.

### CONNECT TO COLLEGE

#### Virtual Open House

*A night of information about College of San Mateo's academic programs and support services*

**Thursday, April 29, 2021 • 6–8 pm**

[collegeofsanmateo.edu/connectrsvp](http://collegeofsanmateo.edu/connectrsvp)



#### Connect to College Program

- 6:00–6:10 pm - Introduction & Welcome
- 6:10–6:55 pm - Student Support Services
- 6:55–7:30 pm - Academic Programs
- 7:35–7:50 pm - Student/Alumni Panel
- 7:50–8:00 pm - Q&A



**Register Now!**

Questions? Contact Estela Garcia at [garciaestela@smccd.edu](mailto:garciaestela@smccd.edu)



## CSM to Host Virtual Graduations on May 28, 2021

Due to the emergence of COVID-19 last year, CSM did not hold a commencement ceremony but promised 2019–2020 graduates one at a future date. On Friday, May 28, 2021, CSM will follow through on that promise by premiering the 2020 Virtual Commencement ceremony on YouTube. That event will be followed by a separate 2021 Virtual Commencement on the same date.

If you are a student who graduated in the 2019–2020 academic year, you will be contacted very soon with details on participating in your commencement ceremony.

For students graduating in the 2020–2021 academic year, you will be contacted by early-May with information on participating in your ceremony.

The pandemic has been a monumental challenge, but hundreds of CSM students have continued to persevere and achieve their academic goals. While a virtual commencement is not what was originally envisioned when last year's graduation was postponed, the campus community is excited to celebrate graduates' successes this year!

## Registration is Now Open for Fall 2021 Math-Science Jam



### Virtual Fall '21 Math-Science Jam August 9 –13, 2021



### *Boost your skills and prepare for the Fall 2021 semester!*

Join us for a week of **FREE virtual instruction**.  
Refresh your fundamental math skills and familiarize  
yourself with upcoming course material.

Topics include Pre-Algebra, Algebra, Statistics,  
PreCalculus, Calculus, Chemistry, and Physics

Choose from three daily Zoom sessions:  
**10:00 am-12:00 pm, 1:00-3:00 pm, 7:00-8:30 pm**

Some sessions will be recorded.

College of San Mateo

Register to receive updates at:  
[collegeofsanmateo.edu/mathjam](https://collegeofsanmateo.edu/mathjam)

**Register Now**

