



Volume 2 • Issue 9 • May 7, 2021

Are You Transferring this Fall? We Want to Celebrate You!



If you are transferring in Fall 2021, please join us for a special virtual celebration in your honor! You'll hear from CSM faculty, staff, and administrators, in addition to CSM alumni who have transferred and will be sharing their advice. Following these segments, we'll be honoring all of our transferring students who share their transfer destination with us. The virtual celebration is scheduled to premiere on YouTube on May 27 at 5:30 pm.

If you have applied (or will apply) to transfer, and you would like to participate, register as soon as possible.

[Register for Transfer Tribute](#)

After your registration, A follow-up message will be sent soon after asking you to provide a photo of yourself and your transfer destination so a slide honoring your achievements can be included in the event.

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IMPORTANT DATES

Summer & Fall Registration
Currently Underway

Spring Final Exams
Saturday, May 22 – Friday, May 28

Virtual Transfer Tribute Premiere
Thursday, May 27 at 5:30 pm

Spring Day/Evening Classes End
Friday, May 28

Class of 2020 & 2021 Virtual Commencement Ceremonies
Friday, May 28 at 5:30 & 7:00 pm

Summer Session Begins
Monday, June 14

[View ASCSM Agendas & Minutes](#)

Ask the Doctor: Wearing Masks

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

Dear Doc: I'm not a big fan of wearing a mask. When I wear a mask, who is that protecting? I don't see the point of wearing one if I'm already vaccinated against Covid-19. —Feeling Muzzled

Dear Feeling Muzzled: Thank you for bringing up this question. We all have different levels of comfort when it comes to wearing a mask in public. With falling rates of Covid-19 in our community, and a greater number of people who are vaccinated, it might seem like a safe time to drop the masks. But what we really have to consider is what our own individual risks are. "Am I vaccinated or unvaccinated?" "Will I be spending time indoors with unvaccinated people, including children?"

What researchers have learned this past year is that the SARS-CoV-2 virus mostly spreads by respiratory droplets, and sometimes by airborne transmission (smaller particles that linger in the air for hours). If someone next to you sneezes, and those respiratory droplets land in your eyes, nose or mouth, there is a chance you can get infected. In this situation, wearing a mask that covers your nose and mouth and staying at least 6 feet away from that sneezing person can reduce your chance of getting infected. If the sneezing person is also wearing a mask, that further protects you from those respiratory droplets. Wearing a mask protects you and those around you.

You may have heard about new CDC guidelines that say that it is safe for fully vaccinated people to spend time outdoors without masks. First, remember that a vaccinated person can still get Covid-19; however, a vaccinated person will be much less likely to get seriously ill and/or die. There is also growing evidence that a vaccinated person is less likely to pass on the infection to others. But this risk is not zero. Until we know more about variants and breakthrough infections, fully vaccinated people should still wear masks whenever they are indoors with others and when they are in any crowd.

We now know that certain factors increase your risk of getting Covid-19: being in a crowd; eating, singing or exercising indoors with others; the length of time you spend in poorly ventilated spaces; and remaining unvaccinated. Know what your individual risk is, be smart about when to use a mask, and be considerate of others.

To learn more about wearing masks in different settings, see [324153_choosingSaferActivities11 \(cdc.gov\)](#)



We encourage students to schedule appointments with a CSM Nurse or the College Physician by emailing csmwellness@smccd.edu, calling (650) 574-6396, or visiting our website, 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.

Summer & Fall 2021 Registration Open

Registration for the summer session and fall semester is OPEN! Stay on the path to achieve your educational goals and secure your spot today. View available classes at webschedule.smccd.edu. Summer session begins June 14. Fall semester begins August 18.

Wellness Gatherings Through May 13

You are invited to participate in a variety of virtual wellness events. View the [full schedule](#) of events.



Micro-Internships Now Available for CSM Students

By far the most requested assistance from Career Services by students is help finding an internship. You as a student may find yourself in a “catch-22”— that is, you want to get an internship to gain experience, but getting the internship itself often requires that you already have experience in a given field. And you may find yourself in the same applicant pool as others with more advanced education or training, which can be discouraging. Furthermore, signing on for a traditional internship often involves a significant time commitment — say a summer or a whole semester, or even a year — which may not be feasible (or desirable) for you right away. What should you do? Are there any alternatives? YES: try a [micro-internship](#)!

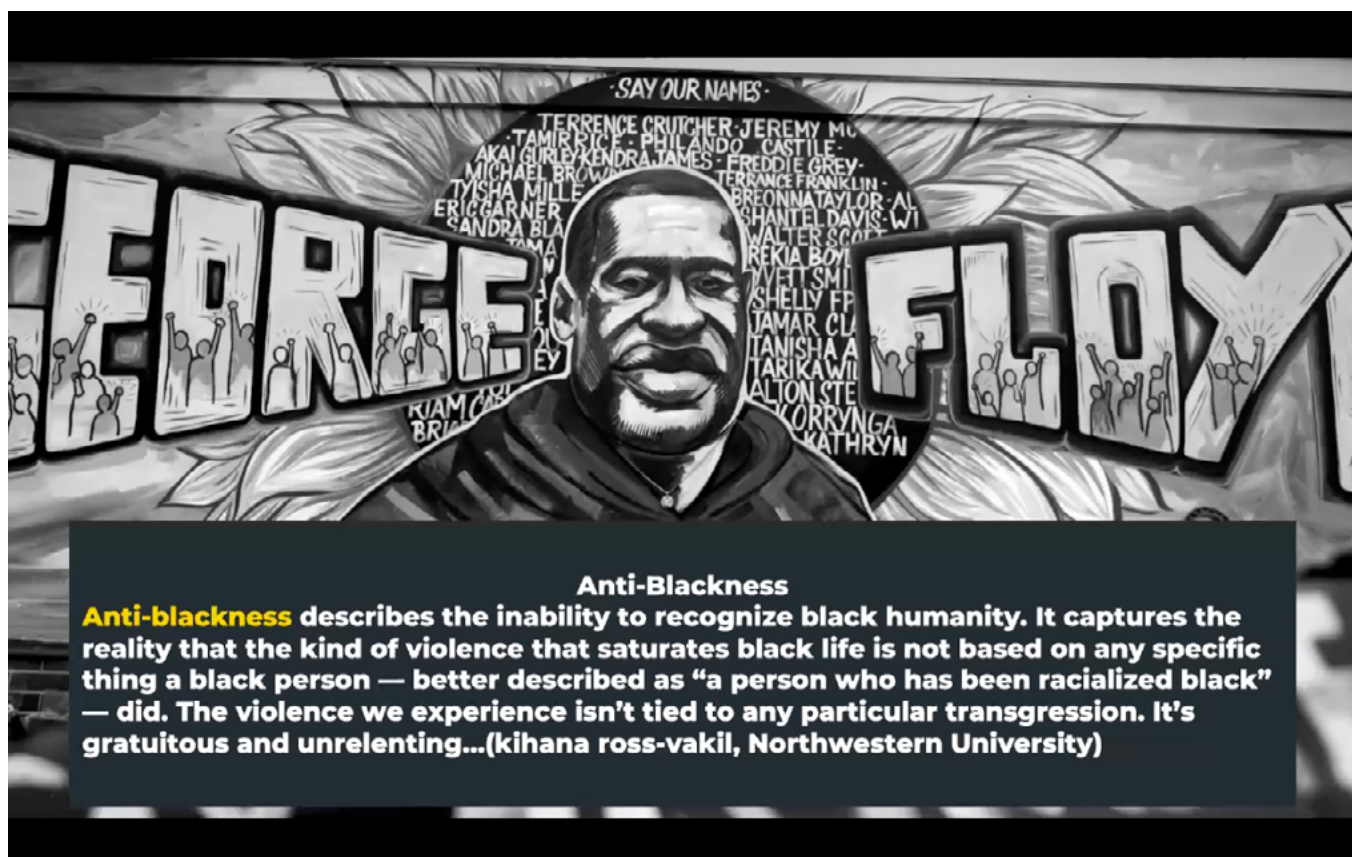
CSM Career Services has partnered with [Parker Dewey](#) to offer [MICRO-INTERNSHIP opportunities](#) for students.

Micro-Internships are [short-term](#) (10-40 hours), [paid professional assignments](#) with companies that can help students to showcase existing skills, build new knowledge, network, and explore career options. Micro-internships can help you to build up your resume with projects relevant to your ultimate career goal. Details on micro-internships can be found in the attached document.

Want to know more? Join us for a [webinar](#) on **MICRO-INTERNSHIPS** on Tuesday, May 11, 2021 at 3 pm PST.

Report from the SMCCCD Council on Anti-racism

At CSM’s April 22 Flex Day (employee professional development day), the San Mateo County Community College District’s Council on Anti-racism shared a districtwide update to employees. If you are interested in learning more about this work, a [recording](#) of this update is available to watch.



COLLEGE OF SAN MATEO

ASIAN AMERICAN PACIFIC ISLANDER (AAPI) HERITAGE MONTH

INSPIRATION OF THE WEEK: YURI KOCHIYAMA

Yuri Kochiyama (May 19, 1921-June 1, 2014) was a lifelong freedom fighter who dedicated her life to social justice and human rights.

After the bombing of Pearl Harbor, Kochiyama's father was arrested and detained in a hospital, where he died soon after. In 1943, under Executive Order 9066, Kochiyama and her family were sent to a concentration camp in Jerome, Arkansas, for two years.

In the early 1960s, Kochiyama was active in the Asian American, Black, and Third World movements advocating for civil and human rights, ethnic studies, and against the war in Vietnam. She founded Asian Americans for Action with a mission to develop a stronger political Asian American movement linked to the struggle for Black liberation.



"The movement is contagious, and the people in it are the ones who pass on the spirit."

- Yuri Kochiyama

When she met Malcolm X in 1963, they developed a friendship and political alliance. She joined his group, the Organization for Afro-American Unity, to work for racial justice and human rights. On the day Malcolm X was tragically shot and killed, Kochiyama can be seen in photos cradling his head.

TO LEARN MORE, WATCH:
[WWW.FILMSFORACTION.ORG/WATCH/
MOUNTAINS-TAKE-WING-ANGELA-DAVIS-AND-YURI-KOCHIYAMA-TRAILER/](http://WWW.FILMSFORACTION.ORG/WATCH/MOUNTAINS-TAKE-WING-ANGELA-DAVIS-AND-YURI-KOCHIYAMA-TRAILER/)

AAPI Heritage Month Story Reading

Bring your lunch and join us to listen to children's stories representing our AAPI communities.

Friday, May 7th (12:30-1:15PM)

<http://bit.ly/AAPIStoryReading>

Questions?
Sunny Martin
martinsunny@smccd.edu

AAPI CHILDREN'S BOOK RECOMMENDATIONS

Eyes that Kiss in the Corners
By: Joanna Ho

At the Beach
By: Huy Voun Lee

Waikiki Lullaby
By: Beth Greenway

Goldy Luck and the Three Pandas
By: Natasha Yim

Hush - A Thai Lullaby
By: Minfong Ho

Old Makana had a Taro Farm
By: Dr. Carolan

Slippahs Slippahs
By: Willie K.

Additional Asian/Asian American Children's Books
Curated by: Kirstie Mah

AAPI RESOURCES

Emotional Support

- National Suicide Prevention Line: <https://suicidepreventionlifeline.org/>
 - Asian Languages: 1-877-990-8585
- Asian Mental Health Collective Therapist Directory: <https://asianmhc.org/apisaa>

Organizations to Support

- Asian Law Caucus: www.advancingjustice-alc.org/
- National Asian Pacific American Women's Forum: www.napawf.org
- Center for Asian American Media (CAAM): <https://caamedia.org/>
- National Council of Asian Pacific Americans List of Additional AAPI Organizations: <https://www.ncapaonline.org/member-organizations/>

Report Anti-AAPI Incidents & Bystander Intervention Trainings

- Hate is a Virus: hateisavirus.org
- I Holla Back: ihollaback.org

Free Covid-19 Vaccination Clinic at San Mateo High School This Saturday

There will be a free COVID-19 vaccine clinic at San Mateo High School this Saturday, May 8. All are welcome, regardless of immigration status. Register for an appointment at myturn.ca.gov or call 1-833-422-4255. Walk-ups also welcome.



FREE COVID-19 VACCINE CLINIC

Saturday, May 8, 2021
10:00 AM (while supplies last)

San Mateo High School (small gym)
506 North Delaware Street, San Mateo

pfizer

Don't forget to bring a proof of identity.

All people ages 16+ in San Mateo County.
(If under 18, with parental consent)

Register for an appointment at
<https://myturn.ca.gov> or call 1-833-422-4255

All are welcome, regardless of immigration status.

APPOINTMENTS ENCOURAGED, walk ups also welcome.

