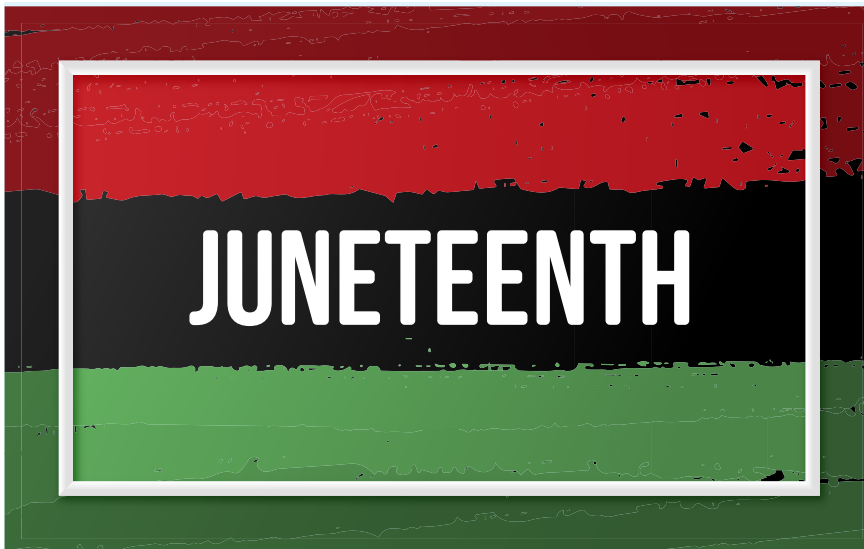




Volume 2 • Issue 11 • June 25, 2021

SMCCCD Board of Trustees Declares Monday, June 28 as Holiday in Observance of Juneteenth



At its meeting on Wednesday, June 23, the San Mateo County Community College District Board of Trustees adopted Juneteenth National Independence Day as a District-recognized holiday. Juneteenth recognizes the end of slavery in the United States.

Due to the timing of the federal action late last week creating the holiday the District was not able to observe the holiday on its actual date of June 19. In observance of Juneteenth National Independence Day, the Board has set Monday, June 28, 2021 for the District to recognize the holiday this year. In future years, the holiday will be recognized on June 19.

As such, the District, including Cañada College, College of San Mateo, and Skyline College, will be closed and there will be no classes on Monday, June 28, 2021.

INSIDE THIS ISSUE

- CSM Holds First Ever Virtual Commencements
- Class of 2021 Fast Facts
- CSM Softball Perfect 27-0 Record
- Ask the Doctor Alcohol Consumption
- CSMTalkNow is now TimelyCare
- Honors Project Student Showcase
- Summer Virtual Wellness Gathering
- Save the Date – Family Science Day
- SMCCDC Offers Immigration Legal Events
- Join the Umoja Community
- Check out Jobspeaker
- Summer 3D Printing & Laser Cutting
- San Mateo County COVID-19 Vaccine Clinic Calendar

IMPORTANT DATES

Fall Registration

Currently Underway

Juneteenth Observed: No Classes

Monday, June 28

Independence Day Observed: No Classes – Monday, July 5

Fall Semester Begins

Wednesday, August 18

STAY UP TO DATE WITH CSM STUDENT GOVERNMENT

[View ASCSM Agendas & Minutes](#)

CSM Holds First-Ever Virtual Commencements



Left: 2020 Commencement Student Speaker Andrew Young. Right: 2021 Commencement Student Speaker Dyana Huaraz.

On Friday, May 28, CSM premiered its 2020 and 2021 Commencement Ceremonies virtually. Hundreds of viewers logged on to each ceremony to celebrate the impressive achievements of our graduates.

[Watch 2020 Ceremony](#)

[Watch 2021 Ceremony](#)

Class of 2021 Fast Facts

Number of Graduates: 1075

Number of Associate Degrees Awarded: 1143

Number of Associate Degrees Awarded with Honor Status: 608

Number of Certificates Awarded: 509

Oldest Graduate's Age: 72

Youngest Graduate's Age: 16

Average Graduate Age: 26

Number of Veterans: 66

Number of First Generation (Neither parent has education beyond Associate Degree): 517

Number of Foster Youth: 5

Number of Promise Scholars Graduates: 232

Number of International Students: 97

Number of Foreign Countries Represented: 25

CSM Softball Achieves Perfect 27-0 Record



A big congratulations go out to our Bulldog Softball team and Head Coach Nicole Quigley-Borg for completing an undefeated regular season. Quigley-Borg also earned her 500th win as head coach with a 5-1 victory over Modesto on May 1.

[Read More](#)

Ask the Doctor: Alcohol Consumption

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

Dear Doc: I don't drink that much, but I like hanging out at Moe's with my friends, Carl and Lenny. Exactly how much alcohol is considered "too much?" Asking for a friend.

— Homer J. Anonymous, Springfield

Dear Homer J. Anonymous: Thank you for this important question. We all enjoy having a good time with our friends, and drinking is a personal choice we each make. Signs of drinking "too much" include confusion, the inability to wake up, vomiting, seizures, slow or irregular breathing, low temperature, and no gag reflex. These are signs of alcohol overdose. If you see any of these symptoms in your friends, immediately call 911 for help. Anyone who drinks too much alcohol too quickly is at risk for alcohol overdose – especially people who binge drink. Binge drinking is defined as 4 drinks in 2 hours for women, and 5 drinks in 2 hours for men. This amount of alcohol will bring your blood alcohol concentration to 0.08%, the level that is considered legally intoxicated in the U.S.



So, how do you drink without overdosing on alcohol? On the day(s) you choose to drink, practice the following tips:

1. Eat while you drink. This slows down alcohol absorption.
2. If you are female, have no more than 1 drink* per day. If you are male, have no more than 2 drinks per day.

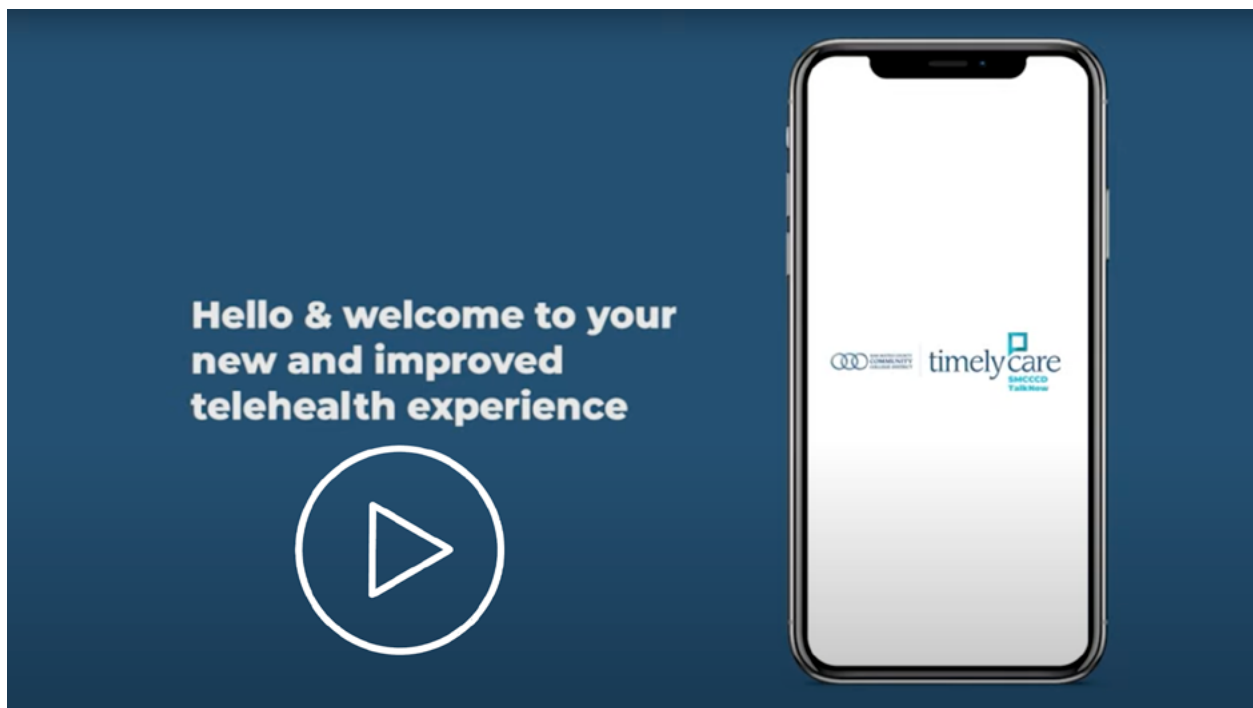
Seems a little unfair, but the difference is due to different amounts of body water. In general, women have less body water, so it takes less alcohol to achieve the same blood alcohol concentration.

I am not sure what the law is in Springfield, but in California, the legal drinking age is 21 years old. No amount of alcohol is safe to drink if you are pregnant. Lastly, if you don't think it can happen to you, here is a sobering statistic: over 1500 college students die each year from alcohol-related injuries. Recognizing the signs of alcohol overdose, and being smart about when you choose to drink can save your life and your friends' lives. Send my best to Marge!

*One standard drink means 5 oz of wine, or 12 oz beer, or 1.5 oz distilled spirits.

For more information, visit [this informative article](#) by the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

CSMTalkNow is now TimelyCare



CSMTalkNow – our free, 24/7 mental telehealth program – is now TimelyCare with a new, enhanced mobile and desktop app that makes it easier to find care whenever you need it, wherever you are.

What This Means for You

San Mateo Community College Students will continue to have access to services like **TalkNow 24/7** – with the added benefit of shorter wait times, more flexible appointment scheduling, and an easier-to-use mobile and desktop app.

How to Enroll

1. Go to timelycare.com/SMCCD.
2. Click "Sign In" as a first-time user. If you're on your phone, you'll be prompted to download the **TimelyCare app**.
3. Follow the prompts to create your new username and password. *You must use your .edu email address.
4. If you were previously using the TimelyMD app to access services, you can delete that once your new account has been set up.

As a reminder, TimelyCare licensed providers are available for mental health support via phone or secure video visits. Have questions? Visit timelycare.com/SMCCD to find FAQs or chat with us for technical support.

WIN A \$50 AMAZON GIFT CARD!

Create an account on the TimelyCare App!

Contest ends 7/16



Honors Project Spring 2021 Virtual Student Showcase Launched



At the close of each semester, students enrolled in selected transfer courses and concurrent Honors Project research seminars, present advanced research projects in the Honors Project Student Showcase. The research topics span a wide variety of intersecting academic areas, including education, the arts, race, gender, ethnicity, the pandemic, cultural myths and values, health sciences, technology, economics, politics, climate crisis, and much more.

Under the guidance of CSM Film Professor and Honors Project Program Coordinator David Laderman and Honors Project Seminar Instructors Sarah Mangin (English), Christopher Walker (Math), and Laura Woltag (English), the Spring 2021 Virtual Student Showcase is now available for public viewing.

Featuring almost 30 presentations in slide and video formats, this Showcase covers a wide range of topics from unique angles. A few examples include:

- [Shades of Science: The Intersection of Ethnic Studies and Science & Technology Studies](#)
- [Lesbian Feminists and the World of AIDS Activism](#)
- [To Become a QAnon Follower: An Analysis of the Cult's Indoctrination](#)
- [College Students Losing Their Minds: How Has COVID-19 Affected the Mental Health of College Students?](#)
- ["Money Never Sleeps": The Dissemination of Greed in the Accounting Sector](#)

Please view the complete list of engaging and informative presentations and the students behind them at the [Spring 2021 Virtual Student Showcase webpage](#).

Summer Virtual Wellness Gatherings: June 29–July 12

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



Save the Date: Family Science Day Coming in September



Save the date!

STEM@CSM

College of San Mateo's Virtual Family Science Day

Saturday, September 25, 2021

Our annual festival brings CSM faculty and community members together to bring the wonders of science to your family. This year it will be held through Zoom, featuring both live sessions and on-demand recordings.

View our past line-up and recordings at:
collegeofsanmateo.edu/familyscienceday

DO YOU HAVE QUESTIONS?

Virtual Front Desk with a Student Ambassador

Need help adding or dropping classes? Want advice from a peer? [Drop in through Zoom](#) to speak with a student ambassador when it's convenient for you.

No appointment necessary Monday–Thursday from 10 am – 4 pm

Welcome Center

The Welcome Center is available for assistance with navigating the College. For help or more information on how to access services, we can be reached via Zoom (daily drop-in hour), phone or text at (650) 542-0515 or (650) 793-0215,

MCCDC Offers Immigration Legal Events This Summer



**Multicultural
& Dream
Center**



**DREAM
CENTER**



**Immigration Institute
of the Bay Area**

SMCCCD Dream Center's Present: IMMIGRATION LEGAL Q&A SESSION

TUES. JULY 27, 2021

TIME: 4PM

REGISTER HERE:

[HTTPS://TINYURL.COM/SUMMERLEGAL](https://tinyurl.com/summerlegal)

Join the SMCCCD Dream Centers for a Legal Q&A session with Immigration Institute of the Bay Area (IIBA). Ask them legal questions anonymously about important immigration updates, and learn about different immigration programs.

For more information or to submit your questions for this session contact:

**Leslie Hernandez lhernandez@iibayarea.org or
(415) 528-6004**



**Multicultural
& Dream
Center**



**Immigration Institute
of the Bay Area**

Serving Immigrants and Refugees Since 1918

FREE VIRTUAL IMMIGRATION LEGAL CONSULTS THREE TIMES A WEEK!

The Immigration Institute of the Bay Area (IIBA) has partnered with the MCCDC to provide **free immigration legal consultations and related services to ALL California Community College students, faculty, and staff.**

Where: Virtual Legal Clinics

When: Tuesdays,
Wednesdays, & Thursdays
10:30 am - 3:30 pm

Appointments:

[IIBAatMCCDC.apptoto.com](https://iibaatmccdc.apptoto.com)

Contact: IIBA

(415) 528-6004 or
lhernandez@iibayarea.org

** In accordance with the College's Pandemic Plan, legal services will be offered via telephone until further notice. **



@IIBA1918

@CSM_MCCDC

www.iibayarea.org collegeofsanmateo.com/dreamcenter

Applications Open to Join CSM Umoja Community



The CSM Umoja Community is accepting applications for its 8th academic cohort, which runs during the 2021-22 academic year. The Umoja Community is an Afro-centric learning community and student support program that offers students a dedicated Umoja academic counselor, a retention specialist who supports students inside and outside the classroom, community building events and field trips, and a social and study space called the Village. The Umoja Community supports the whole student and as a result, Umoja students are twice as likely to graduate as their non-Umoja counterparts. Umoja graduates have also transferred to a wide range of UCs, CSUs, HBCUs, and private universities.

If you are interested in being a part of a nurturing academic program that highlights African American history and culture and values Black minds and leadership, the Umoja Community is for you!

The Umoja academic cohort pairs Ethnic Studies with English, Counseling, and Mathematics courses, and interested students should apply at www.collegeofsanmateo.edu/umoja or email Umoja faculty Jeremy Wallace (wallacej@smccd.edu) or Dr. Frederick Gaines (gainesf@smccd.edu).

Looking for a Summer Job? Check out Jobspeaker!

CSM students are invited to sign up for and browse [Jobspeaker](#), an online job portal that allows you to search for jobs and internships, post resumes, and apply for open positions.

[Sign Up and Browse Jobs Now](#)

Jobspeaker Highlights:

- Accessible 24/7 from your desktop or mobile device.
- Easily view career events and manage your resumes, cover letters, applications, interviews and more – all in one place.
- Save all job listing in one place and quickly rank each job, tracking your progress along the way.
- Create your online profile to promote your skills set, experience and enthusiasm to potential employers.



Summer 3D Printing & Laser Cutting

College of San Mateo Library Makerspace is accepting student and employee 3D Printing/Laser Cutting requests online.

How it Works:

- [Submit a 3D Print/Laser Cut Request Online](#) between June 10 - July 22
- Allow 14 days for the request to be completed and wait for an email confirmation.
- When you get your confirmation, schedule a [curbside appointment](#) to pick-up your request.

For more information about 3D Printing/Laser Cutting visit the [CSM Library Makerspace page](#).

Questions? Please email Jason at yapj@smccd.edu



Need to Get a COVID-19 Vaccine? Find a Nearby Clinic



Visit the San Mateo County Health [Vaccine Schedule](#) to locate a convenient site.