



# The Bulldog bulletin

Volume 2 • Issue 19 • December 17, 2021

A Biweekly CSM Student E-Newsletter

## Ask the Doctor: Holiday Stress

**Dear Doc:** It's that time of year again. Every time I see a holiday ad with smiling, laughing people I feel annoyed—even angry. Aren't I supposed to feel happy? What's wrong with me? —Gerry D. Grinch in Gilroy

**Dear Gerry:** I am so glad you reached out. The holidays can be stressful and hard on many people. You are definitely not alone in this. This year, in addition to having to live up to those obscenely cheerful holiday ads, we are operating under the weight of more uncertain pandemic news and the constant adjustments to our daily lives. It is difficult for anyone to find solid footing under these circumstances—and it is okay. Feeling annoyed and angry is a natural response to stress for lots of people.



How we deal with those feelings is really the crux of the issue. Reach out to friends, get outdoors, practice saying “no,” or take a break from social media. Prioritize time for yourself and be open to trying new self-care strategies. Try Lyftly, a free wellness and happiness app. If these things don't seem to help and you can't get yourself out of a funk, consider talking to a professional counselor.

At CSM, we have free personal counseling services available to all students when classes are in session during Fall, Spring, and Summer semesters. Scan the QR code below to schedule an appointment.

The Wellness Center also partners with TimelyCare, which offers free, 24/7, on-demand emotional support directly to your phone. Register at [timelycare.com/SMCCD](https://timelycare.com/SMCCD) by using your CSM email address. Open Path at [openpathcollective.org](https://openpathcollective.org) is a nonprofit organization that offers low fee therapy sessions for \$30-\$60 per session.

Lastly, if you are in crisis call the Crisis Hotline: English 650-579-0350, Spanish 888-628-9454 or Text HOME to 741741.



### INSIDE THIS ISSUE

- Centennial Celebration Update
- Virtual Parking Permits
- Spring Registration Open to All Students
- Honors Project Updates
- David L. Boren Scholarship
- Jack Kent Cooke Transfer Scholarship

### IMPORTANT DATES

#### Winter Recess

Thursday, December 23 –  
Friday, December 31

#### Flex Day Employee Professional Development Day - Campus Services Closed until 1 pm

Thursday, January 13

#### Martin Luther King Jr. Day

Monday, January 17

#### Day & Evening Classes Begin

Tuesday, January 18

### STAY UP TO DATE WITH CSM STUDENT GOVERNMENT

View ASCSM Agendas & Minutes

## Centennial Celebration Update



All hands are on deck to plan and implement College of San Mateo's Centennial Celebration. Four committees have been working hard to plan and coordinate various components of the year-long series of events starting with the Centennial Gala on March 31, 2022, the day that CSM began operations 100 years ago.

The Gala will be held at the historic Kohl Mansion in Burlingame, one of the first CSM campus locations back when the mansion was in downtown San Mateo. The Centennial Gala Committee is leading the planning for the event that will include dinner, dancing, video presentations, student performances, and a variety of student, alumni, and dignitary speakers. Tickets for students, employees, and community members will go on sale in late January, with limited quantities available.

For the full update, including specific committee updates, [visit the story](#) on the CSM news site.

## REMINDER

**Help to keep our college community healthy and safe:**

- Monitor daily for signs of [illness](#). Stay home if sick and report to appropriate instructor or college staff
- Report any household or community COVID-19 positive exposures ([reporting procedures](#))
- Wear a required [face covering](#) at all times while indoors. The face covering should have at least 2 layers, completely cover your nose and mouth, and fit snugly against the sides of your face
- Sanitize hands and workspaces frequently to reduce the spread of germs

## New Virtual Parking Permit System for Students

Effective now, Cañada College, College of San Mateo, and Skyline College are introducing a virtual parking permit system for purchasing virtual parking permits on all San Mateo Community College District campuses.

### What is a virtual parking permit?

Essentially, your vehicle's license plate will act as your virtual parking permit. Individuals will register their vehicle plate information into an online virtual parking permit system when purchasing their permit. The permit software then generates a virtual permit linked to that vehicle's license plate number.

Visit the [Parking website](#) and the [FAQs page](#) for more information including how to purchase a permit.

## Register for Spring 2022 Classes

Registration for the Spring 2022 semester is now open for ALL students—make sure you get a jump on the classes you need and keep that momentum going!

### In-Person & Online Classes

CSM will be offering both in-person and online classes in the spring semester, so you can take the classes that are right for you. Check out Spring 2022 classes on [WebSchedule](#).

## Upload Your Vaccination Status

All students are required to be vaccinated in order to take in-person classes. Students must upload their vaccination status online, or request a medical or religious exemption. Visit the [Vaccination Website](#) for instructions on how to upload your vaccination status.

## Get Ready to Register

Here are some actions you can take to prepare for signing up for classes:

[Talk to a counselor](#)

[Apply for financial aid](#)

## Have Questions?

Visit our [Virtual Front Desk](#) for drop-in assistance.

# CSM Honors Project

## The Honors Project Virtual Student Showcase - Fall 2021 semester

Due to the impact of COVID-19, the Honors Project Student Showcase has gone remote and virtual. Thus, for your online intellectual enjoyment, we invite you to explore these compelling and provocative Honors Project student final presentations at your leisure and convenience. To view the presentations, visit the [Showcase webpage](#).



----

Congratulations to the following Honors Project students for having their work published this fall in the official student academic journal of the Bay Honors Consortium:

- Isabelle Antaran
- Olivia DiNapoli
- Josephine Lock
- Andrianna Pellini
- Kelsey Takaha (two papers)

You can find their published work in the [2021 edition of Think You?!](#)

---

## A Progressive, Productive Model for Honors and Equity

*David Laderman, Honors Project Faculty Coordinator, College of San Mateo*

*“Math is everywhere” is a saying that I have heard on multiple occasions from my previous math teachers. But where exactly is it? Most people would not say they encounter math outside of school. However, they are not looking close enough, because math is a mystery, after all. I am hopeful the outcome of my research will open the eyes of my readers to notice the math mysteries around them.*

*While Asian Americans may fall into the trap of believing we are immune to racism due to our perceived proximity to whiteness, it is both unethical and unwise that we remain silent about any discrimination and dehumanization faced by ourselves and by our fellow POC. It is therefore essential for Asian Americans to join a unified resistance against the inherent racism of white supremacist America.*

*Using a phenomenological approach, I draw upon my experiences as a hafekasi—half-white, half-Oceanian—*

*living in a diaspora, as well as the experiences of several other members of the Pasifika diaspora, to argue for the decolonization and indigenization of mindsets in order to recognize Oceania as a transnational community.*

The statements above are not from master's thesis descriptors or book proposals, though perhaps they could be. Rather, they are excerpts from community college student honors research proposals. Slightly paraphrased, such samples capture the spirit of the College of San Mateo's Honors Project. More importantly, they offer a window into the honors program model at College of San Mateo, uniquely innovative for how it ambitiously addresses issues of equity, productivity, and new progressive pedagogies. The model is presented here not so much as a polished remedy but rather to invite reflection.

To read the compelling and complete piece, please visit: <https://www.asccc.org/content/progressive-productive-model-honors-and-equity>

## Jack Kent Cooke Transfer Scholarship is Open



The deadline to apply is January 10, 2022.

### Eligibility Requirements:

- Sophomore Status - Be a current student at College of San Mateo and plan to enroll full-time in a baccalaureate degree program at an accredited college or university in the Fall 2022.
- Have a cumulative grade point average of 3.50 or better.
- Demonstrate unmet financial need. They will consider applicants with family income up to \$95,000.
- No previous enrollment or attendance at a four- year institution.
- The scholarship will provide up to \$55,000 per year to attend a four-year accredited undergraduate college or university.

For questions about the [Common App for Transfer](#), please go to the Common App for Transfer Help Center.

If you need additional information about this scholarship, please contact the Counseling staff (Joyce Griswold or Karen Suple) in person or call them at 650-574-6400 to make an appointment to meet with Jesenia Diaz as soon as possible.

## David L. Boren Scholarship Application is Open

The application for the 2022 David L. Boren Scholarship is now available at [borenawards.org](http://borenawards.org). Boren Awards provide unique funding opportunities for U.S. undergraduate students to study abroad in Africa, Asia, Central and Eastern, Eurasia, Latin America, and the Middle East, where they can add important international and language components to their education.

Maximum scholarships award is:

- \$8,000 for a summer program (only STEM students in the field of science, technology, and mathematics are eligible for this 8-11 summer program).
- \$12,500 for a semester.
- \$25,000 for a full academic year.

While in high school or community college, students should have studied another language other than English. In exchange, students will need to be committed to working in the federal government for a minimum of one year.

Students who are interested in applying for this scholarship should contact the Counseling Desk (Build. 10, 3rd Floor) and make an appointment with Jesenia Diaz as soon as possible. The College of San Mateo deadline for applying for the Boren Scholarship is February 2, 2022.

