

The Bulldog bulletin



Volume 3 • Issue 1 • January 21, 2022

A Biweekly CSM Student E-Newsletter

A Message from the President of Associated Students of College of San Mateo (ASCSM)

Dear CSM Students,

On behalf of the Associated Students of College of San Mateo, your student government, I am writing to welcome you to the Spring 2022 semester. We are looking forward to a year full of emotional and mental strength as we start our return to campus and recovery from the COVID-19 pandemic. As we return, we look forward to partnering with CSM's president, Dr. Jennifer Taylor-Mendoza, our faculty, staff and administrators, and our student support programs to kick-off a new start that creates a flourishing campus community for all of us.



As your student government, we are committed to working to improve communication between the campus and its students. We are dedicated to increasing student engagement in campus decision-making, advocating for robust mental health and student support programs, improving student access to better technology, and working to implement culturally responsive and equity-based education on campus.

We will also continue to unapologetically keep advocating on issues of social justice, equity, and inclusion for our hyper-marginalized students. We will teach students to use their self-agency and encourage them to be advocates for themselves. We will press our local, state, and national leaders to support higher education and our community colleges so that all students have the resources necessary to succeed.

As we look forward to CSM's 100th birthday and our full return to campus this spring 2022, we know there is much work to be done. CSM has a rich history of serving its community and providing students with a pathway to higher education. As the College starts its next 100 years, it is important that we continue to be the community's college by exploring new opportunities to communities that may have been overlooked in the past.

-Andrea Morales, ASCSM President

INSIDE THIS ISSUE

- ASCSM Welcome Message
- Welcome Day Information
- COVID-19 Safety Updates
- Tips for the Start of the Semester
- Ask the Doctor: Healthy Eating
- Centennial Newsletter Signup
- Celebrating Ed Robert's Day
- MCCDC Program Application
- SMCCCD Sustainability Updates
- Scholarship Opportunities

IMPORTANT DATES

Last day to drop semester-long spring classes with eligibility for partial refund
Monday, January 31

Last day to add semester-long courses using authorization codes on WebSMART
Monday, January 31

Last day to drop semester-long classes without appearing on the student's record
Sunday, February 6

STAY UP TO DATE WITH CSM STUDENT GOVERNMENT

[View ASCSM Agendas & Minutes](#)

ASCSM Welcome Day on Wednesday!



Join ASCSM next Wednesday, January 26, from 11:30 am to noon in the Bay View area of Building 10 for a special presentation and panel from the student government, college administration, and staff to learn more about our full return to campus this semester. Also around this time, ASCSM will have folks outside in the College Center Plaza giving out free food and drinks, plus goodie bags of college swap and supplies.

Access to In-Person Instruction and Services:

As a reminder, students will not be able to register for in-person courses or access in-person services if not approved through the vaccination attestation or receiving a medical/religious exemption. Students who have not gone through the vaccination attestation approval process can still enroll in virtual courses and receive virtual student support. For more information, please visit our [Return to Campus website](#).

The Return to Campus website provides students with important information on requirements and processes for returning on-site. There is a [FAQ Page](#) with detailed information on all types of questions relating to a return to being in-person and on campus.

Face Coverings (Masks):

SMCCCD continues to make face coverings (masks) available to all students. Face coverings are required when indoors (unless actively eating or drinking) and free surgical masks are located at various locations throughout all buildings. **In addition, KN95 respirators (masks) are available for free upon request at the college bookstore.** Here is a helpful [USA Today Article](#) on reusing and storing your KN95 or N95 mask.

Free COVID-19 Testing:

COVID-19 testing services continue to be available at College of San Mateo for any student who wishes to get tested, subject to appointment availability. To schedule a free testing appointment, please visit this [Testing website](#).

Every home in the USA is eligible to order 4 free at-home antigen COVID-19 tests. The tests are completely free. Orders will usually ship within 7-12 days. Please visit [this government website](#) to order your free tests today!

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

Upcoming Campus Vaccination Pop-up Clinics:

College of San Mateo parking Lot B (formerly known as Beethoven, Lot 2) will be hosting a COVID-19 Vaccination Pop-Up Clinic. For specific information on dates and times, please refer to the flyer below.

To make an appointment, please visit the [State Vaccination website](#).

FREE *Drive-Thru*

San Mateo County Community College District (SMCCCD)

COVID-19 VACCINATION POP-UP CLINIC

College of San Mateo, Beethoven Lot 2
TUESDAYS | 12 - 4 p.m.

**JAN
11**

**FEB
1**

**FEB
22**

**MAR
15**

**APR
5**

**APR
26**

**MAY
17**

REGISTER AT
myturn.ca.gov

MAKE AN APPOINTMENT!

- 1** Visit **myturn.ca.gov**
- 2** Click on *"Make an Appointment"*
- 3** When asked for address, enter *College of San Mateo*

- Open to students, employees, and community members
- Reservation preferred but no one turned down
- Pfizer and Johnson & Johnson COVID-19 vaccines will be available for first series shots
- Pfizer, Moderna and Johnson & Johnson COVID-19 vaccine available for boosters
- 12-17 Years Old: parental permission required through registration process
- Face covering required

For more information, visit:
bit.ly/freevax22



**SAN MATEO COUNTY
COMMUNITY
COLLEGE DISTRICT**

Carina College • College of San Mateo • Skyline College



Updated Tips for the Start of the Semester:

Below are some key tips for the start of the semester here at College of San Mateo. To view the full list of tips, please visit our [Start of the Semester Tips website](#).

Campus Hours

As College of San Mateo begins its return to in-person student services, please refer to the [Campus Hours website](#) that provides an updated listing of campus-wide hours.

Virtual Parking Permit System for Students

Effective for the spring 2022 semester, 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. 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 permits. The permit software then generates a virtual permit linked to that vehicle's license plate number. Visit the [Parking webpage](#) and the [FAQs](#) page for more information including how to purchase a permit.

Parking Lot Name Changes

We updated the names of our parking lots, please see the [CSM Campus Map](#) for updated parking lot names and their locations.

Borrow Technology

Current students who need access to internet and technology equipment or software required to complete coursework, are eligible to borrow available equipment such as Chromebooks, hotspots, and graphing calculators. To learn more, please visit the College of San Mateo's [Library webpage](#) on borrowing technology.

Learn About Food Resources on Campus

For information about CalFresh and public benefits enrollment, local food pantries near you, and District food-related initiatives, visit the [SparkPoint website](#).

Use Telemedicine Resources to Maintain Physical & Mental Health Wellness

Schedule online health and personal counseling appointments on the [Personal Counseling website](#). If you are dealing with anxiety, depression, addiction, or bullying, you can access free on-demand mental health professionals 24/7 through our partnership with [TimelyCare](#).

Virtual Front Desk

Do you need general assistance? Need help adding or dropping classes, or would you just like to speak with a student ambassador and get advice? Ask your questions during our Virtual Drop-In Hours. No appointment is necessary, please visit the [Virtual Front Desk](#) to speak with someone.



Ask the Doctor: Healthy Eating

Dear Doc: November was murky, but I remember a big turkey. December brought me jollies and a basket of tamales. January revealed my plight: "Help, my pants are way too tight!" -E. E. Dumplings

Dear E.E.: Your lyrical plea has been heard. It sounds like you were well-fed during the holiday season. The beginning of the new year is a good time to renew those goals of maintaining a healthy weight. The best-kept secret to maintaining a healthy weight is making realistic changes that you can stick with. These changes are different for everyone. For example: maybe instead of a full serving of dessert, eat only half. Maybe instead of two packs of sugar in your coffee, use just one. How about grabbing a bottle of water instead of that soda?

We have all heard of low-carb diets, plant-based diets, intermittent fasting, paleo diets, etc. and have wondered if they actually work. For some people, yes, they can help shed pounds temporarily. The major pitfall to these types of restrictive diets is whether or not you can stick with them.

When you are ready to make small, realistic changes consider food choice and portion control. Better food choices include vegetables, fruits, whole grains, nuts, lean meats, healthy oils, and water. Portion control helps raise our awareness of the amount of food we consume. A good rule of thumb to follow is to eat when you are hungry, and to stop when you are full. To maintain a healthy weight, calories that go in should equal the calories that go out. Stand up. Invite a buddy for a walk or check out apps like MyFitnessPal or Noom for extra support. Keep on moving so those pants don't feel tight. Keep on grooving until they fit just right.

For more information on what a healthy plate looks like, visit [this website](#).

Students may schedule a personalized visit to discuss weight management, by emailing csmwellness@smccd.edu or by calling 650-574-6396.



CSM's Centennial Celebration: Newsletter Signup



The year-long centennial celebration of 100 years of Academic Excellence for College of San Mateo kicks off on March 31, 2022 with the Centennial Gala. Later this month, there will be a limited number of student tickets available for purchase for the Centennial Gala event at Kohl Mansion. More information on the specifics will be available soon.

Please visit the [Centennial Website](#) for more information and sign up for the special forthcoming [Centennial Newsletter](#).

CSM Centennial Story Feature - Ed Roberts



Photo from Ed Roberts Campus website

Signed into law in 2010 by state legislators, California recognizes and celebrates January 23 as Ed Roberts Day. Ed Roberts was a Disability Rights Movement champion and a proud College of San Mateo alumni. Among his many feats, Ed Roberts was a founding member of America's first Physically Disabled Students Program, a precursor to the revolutionary Center for Independent Living (CIL).

College of San Mateo featured a story on Ed Roberts as part of our [Centennial Story Series](#). We implore you to [read the full story](#) and learn more about this remarkable CSM alumni and reflect on his profound impact on the Disability Rights Movement this upcoming Ed Roberts Day on Sunday, January 23.

MCCDC Additional Services Program



Do you need support paying for your textbooks, supplies & gas this semester?

Apply to the MCCDC Additional Services Program!

Get support with the following:

- Assistance with required textbooks (up to \$350)
- Supply Support
- Academic support and counseling
- Peer Support
- Priority & exceptions for this program can be made for undocumented, LGBTQ+ students, former/foster youth, student parents, & ESL students.

Contact:
csmmccdc@my.smccd.edu
(650) 574-6120

Apply here by Fri. Feb. 4th, 2022:
<https://tinyurl.com/MCCDCAS-SP22>

COLLEGE OF SAN MATEO
Multicultural & Dream Center

The [Multicultural and Dream Center \(MCCDC\)](#) is currently accepting applications for the MCCDC Additional Services Program. This program offers books, supplies, and transportation support for the semester. For more information & access to the application, please [visit this webpage](#).

Application is due by Friday, February 4th, 2022

Students in the Additional Services Program can receive support with the following:

- Assistance with required textbooks (up to \$350)
- Supply Support
- Gas Cards or Bus Tokens



- Academic support and counseling
- Peer Support
- Priority & exceptions for this program can be made for undocumented, LGBT+ students, former/foster youth, student parents, & ESL students.

We encourage all students to apply unless they are already enrolled in the Promise Scholars Program or EOPS. Please note that international students (F1 & J1 visa holders) are currently ineligible for this service. [Apply today!](#)

SMCCCD Sustainability Initiative Opportunities:

Museum of Tomorrow Opportunity:

[Museum of Tomorrow \(MoT\)](#) at UC Berkeley is recruiting SMCCCD students! MoT is a sustainability pop-up museum that uses curatorial experiences to empower behavioral change. In the past three years, MoT has gone from an idea to a running project with 10+ physical exhibits and 20+ partners, including government & private corporations. Come gain professional development experience with UC Berkeley students as you push sustainability forward! Whether you are into engineering; media; design; sustainability, or business, we are looking for YOU!!

Join us at our virtual info sessions on January 26 at 5 pm or January 27 at 7 pm to learn what Museum of Tomorrow is all about! Bring a passionate heart, RVSP to our info session at this [link](#), and we'll see you soon! If the date has passed, or you are not free for both days, please still sign up to receive a recording!

Energize College Paid Internships:

The [SMCCCD Sustainability Team](#) is excited to be offering 12 energy and sustainability-focused, paid student internships through our Energize Colleges Program! We are still actively advertising and hiring for 10 of these positions. These internships will be a total of 75 hours and take place during the Spring 2022 semester. Three of these positions will be with the District Sustainability Team and the remaining nine internships will allow students to work with other community-based organizations including Acterra, Climate Resilient Communities, Coltura, Menlo Spark, San Mateo County Office of Education, and San Mateo County Office of Sustainability. Some intern projects include climate policy, resilient homes programs, digital marketing, climate action, climate resiliency for school facilities, and developing energy curriculum. We are interviewing and hiring candidates on a rolling basis to start the positions as early as possible. Here is a [link to a google doc](#) live bulletin where students can view position descriptions, application instructions, and which positions are open or closed:

If you have any questions please contact our Energize Colleges Fellow, Jessi Chadwick at chadwickj@smccd.edu



Jobs for Youth Scholarships

What would you do with a \$2,000 scholarship for higher education? The Al Tegli Scholarship Program can help you on your journey toward earning an Associate degree, Bachelor's degree, or vocational

training certificate. At Jobs for Youth, we know that higher education looks different to everyone, and we want to help you achieve your goals. Please visit the sites below to learn more.

[JFY Al Tegliia Scholarships](#)

[JFY Scholarship Application Tips](#)

Karl S. Pister, Leadership Opportunity Program, UC Santa Cruz

Submissions Deadline - Friday, February 6

This scholarship enables outstanding UC-qualified junior-level community college students to complete their undergraduate studies at UC Santa Cruz. The program provides a **\$20,000 scholarship** distributed over two years, mentoring and academic support, and assistance with finding paid or volunteer summer work experience.

Requirements:

- Show exceptional achievement through academic and extracurricular accomplishments despite adverse socioeconomic conditions
- Demonstrate an involvement in activities that assist and improve the lives of others
- Exhibit outstanding leadership qualities that reflect the ideals of the Pister Program
- Because of financial need, would not otherwise be able to attend UC Santa Cruz
- Are qualified for Fall 2022 admission to UCSC as a new junior-level transfer student
- Apply for financial aid by submitting the FAFSA or California Dream Act Application by March 2, 2022

The link to the application is available on CSM's Scholarship website (listed under [External Scholarships](#)), or you can apply directly at [Karl S. Pister Leadership Opportunity Program Scholarship Application](#) and is due by Friday, February 6, 2022 by 11:59pm.

Submission Process:

Submit the following items ELECTRONICALLY by February 6, 2022 no later than 11:59pm.

- Completed [Karl S. Pister Leadership Opportunity Scholarship online application](#).
- Submit digital responses to [Personal Statement questions](#) and upload to the online application.
- Submit two (2) DIGITAL letters of recommendation and upload to the online application.
- All college transcripts (unofficial copies are acceptable) and upload to the online application.

College of San Mateo Scholarships: 2022-2023

Submissions Deadline - Wednesday, March 2

- Many awards for incoming, continuing and transferring students
- Scholarship awards range from \$100 to approximately \$2500

The application for a large selection of scholarships is available online at [SMCCD'S Scholarship website](#) and is due by Wednesday, March 2, 2022 by 11:59 pm.

The following items are required for a complete application:

1. Fill out the [AcademicWorks online application](#) completely.
 - Incomplete applications will not be considered.
 - If you are a new applicant, click the [Sign Up](#) button to create your account.



- If you are a returning applicant, click the [Sign In](#) button to complete or update your scholarship application.
 - CSM students must use your college-issued my.smccd.edu email address to sign in.
2. Personal statement (3 short essay questions)
 3. One letter of reference (must be submitted online by March 2)
 4. All unofficial academic transcripts must be uploaded through AcademicWorks.

Need assistance or have questions regarding either of these scholarship opportunities?

- Attend a [Scholarship Application Workshop](#) or watch our helpful videos on [SMCCCD Scholarship Application TV](#).
- For additional scholarship opportunities please view the [External Scholarships](#) page on our [Scholarships webpage](#).

Have additional questions? Contact College of San Mateo's Scholarship Coordinator, Karen Chadwick at chadwick@smccd.edu

