



# The Bulldog bulletin

Volume 3 • Issue 3 • March 1, 2022

*A Biweekly CSM Student E-Newsletter*

## Open Letter to Students Hoping to Transfer

Dear Potential Transfer Students,

As the deadlines for private school transfer applications approach, Associated Students of College of San Mateo (ASCSM), Personal Counseling/Active Minds, and the Transfer Club would like you to know the many ways that we are here to support you through this process. As ASCSM and your student representatives, we are available if you need a peer to reach out to or if you would like to just let us know how the transfer process is treating you. We are here to listen to your joys and/or concerns and would love to hear what you have to say. To get in contact with us, please email [public-relations@ascsm.org](mailto:public-relations@ascsm.org)

As Personal Counselors in collaboration with Active Minds, we are here to listen to you regarding any personal issues, concerns, or stressors you may be experiencing during this period of time. Through the Wellness Center, we offer confidential individual counseling (as well as couples or family counseling) available in English and Japanese. To book an appointment, either email [csmwellness@smccd.edu](mailto:csmwellness@smccd.edu), call (650) 574-6396, or visit [Personal Counseling & Wellness Services](#) webpage. For additional services that are available 24/7, please visit the [Timely Care](#) webpage.

The Transfer Club and the [Transfer Services](#) webpage have many resources for students, including the [Common Application Video](#). Also, on the Common Application itself, there is a link under "Apply To College" called "Transfer Applicant Guide" that list the Steps for Transfer Students, and on the bottom of the page there is another short video (about 14 minutes) called the "[Common App for Transfer Students](#)". We also look forward to having a Common Application Workshop later this month.

Just a reminder that each private school has a different deadline and we are here to support you through it all! Good luck and remember that you've got this!

All the Best ~ **ASCSM, Active Minds, and the Transfer Club**



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### IMPORTANT DATES

**Last day to apply for Spring 2022**

**A.A./A.S. Degree or  
Program Certificate**  
Friday, March 4

**Summer 2022 Courses  
Posted on WebSchedule**  
**Registration begins April 12**  
Friday, March 11

**Spring Recess**  
March 27 – April 2

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

**View ASCSM  
Agendas & Minutes**

## Don't Forget to Apply for Graduation!

# Graduating?

*Don't forget to file an application!*

**March 4 is the last day to apply for Spring 2022 A.A./A.S. Degree or Program Certificate**



March 4, 2022, is the last day to apply for Spring 2022 A.A./A.S. Degree or Program Certificate. Students who have completed the requirements for an associate's degree or a certificate must file an application with the Admissions & Records office.

To complete an application, log into [WebSMART](#), click on "Student Services", then select "Degree & Certificate Application".

If transfer coursework is to be considered, a [Transcript Evaluation](#) must be completed before submitting this form. You should not submit an application until all the requirements are met or about to be satisfactorily completed in the current school term.

## 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 work-spaces frequently to reduce the spread of germs.

## Study Abroad in London this Fall

Don't miss your chance to study for a semester in London this fall semester! The program lasts from September 8 through December 9, 2022.

Priority applications are due on April 15, and general applications are due on June 15. Courses offered in London are in the following areas of study; Business, Art, Humanities, English, and Biology. To learn more, register for the upcoming information session or email any questions you have to Professor [Lale Yurtseven](#).

**Virtual: Study Abroad in London Information Session**  
**Monday, March 14, 2022**

**5:00 - 6:00 pm**

[Register Now](#)

### STUDY ABROAD WITH SMCCCD IN *London*

Courses in:

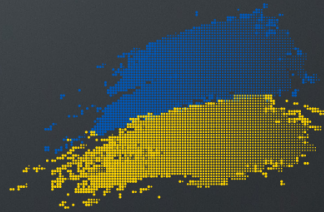
- ✓ Business
- ✓ English
- ✓ Humanities
- ✓ Art
- ✓ Biology

**FALL SEMESTER 2022**



## CSM Personal Counseling Offers Support

Personal Counseling at College of San Mateo is offering support to students struggling as a result of the conflict in Ukraine. In-person and virtual appointments available. Email [CSMWellness@smccd.edu](mailto:CSMWellness@smccd.edu) or call (650) 574-6396.



### UKRAINE COUNSELING SUPPORT

CSM Personal Counseling is here to  
offer support to those students  
struggling as a result of the conflict in  
Ukraine

If you are a student looking for counseling support  
and would like to set up an appointment contact us  
at [CSMWellness@smccd.edu](mailto:CSMWellness@smccd.edu)  
or call (650) 574 - 6396

We are offering In-person counseling as well as  
remote virtual appointments

If immediate support is needed download the  
TimelyMD app (free for students) at  
[timelycare.com/smccd](https://timelycare.com/smccd)  
or you can text "Courage" to 741741





## Welcome CSM's New Personal Counselor, Kathryn Lige



CSM is happy to introduce our newest Personal Counselor, Kathryn Lige, to the campus community. Kathryn Lige (she/her) is a psychotherapist, trained in clinical social work, and a Registered 200hr Yoga Teacher. Kathryn has spent most of her career serving communities of color throughout California and in the Bronx, NY. She obtained her bachelor's degree in social work from California State University, Los Angeles, and a master of social work degree from Columbia University.

Her life's mission is to witness individuals and communities become trauma-sensitive, inclusive, and emotionally intelligent. Kathryn believes in growing the whole self including emotionally, mentally, socially, spiritually, professionally, and beyond. She is trained in a number of evidence-based therapies, (such as Cognitive Behavioral Therapy, Motivational Interviewing, Mindfulness, etc.) and implements these therapies based on what is effective for Black, Indigenous and People of Color (BIPOC) where they are and who they are in the moment.

Outside of therapy sessions, Kathryn can be found on the couch psychoanalyzing reality TV stars or looking for the next national park to visit. She always intends to practice what she preaches about mindfulness and enjoys creating calming playlists to get her through the day.

Students can schedule a free personal counseling appointment for personal counseling services by emailing [csmwellness@smccd.edu](mailto:csmwellness@smccd.edu), calling 650-574-6396, or by visiting our website [Personal Counseling & Wellness Services](#) webpage.

## Student Tickets for Centennial Gala

The year-long centennial celebration for College of San Mateo kicks off on March 31, 2022, with the Centennial Gala. On Tuesday, February 1, students received an email with a special link to purchase tickets for the Gala at Kohl Mansion in Burlingame. There are very few student tickets left, so if you are interested in going, make sure to purchase your ticket today!

Please visit the [Centennial Website](#) for more information and sign up for the special forthcoming [Centennial Newsletter](#) to keep updated on all of the special activities the college has planned for the year-long celebration.





## Upcoming Town Halls with Candidates for Congress

CSM continues to host our Congressional Candidate town halls, at these events candidates running to represent California's new 15th Congressional District share more about their platforms and hear from our students and community members. The town halls are facilitated by College of San Mateo President Dr. Jennifer Taylor-Mendoza, and they will feature questions from a panel of CSM students and time for audience questions.

Students will receive another email with the candidate's bios and more information, but save the date and register if you'd like to attend any of these upcoming events.

### Virtual Town Hall with Congressional Candidate Gus Mattammal

Thursday, March 10, 2022

4:00 - 5:00 pm

[Registration](#)

### Virtual Town Hall with Congressional Candidate Andrew Watters

Tuesday, March 15, 2022

2:00 - 3:00 pm

[Registration](#)

### Virtual Town Hall with Congressional Candidate Emily Beach

Tuesday, March 15, 2022

4:00 - 5:00 pm

[Registration](#)



## AICCU Spring 2022 Campus Weeks

The AICCU (Association of Independent California Colleges and Universities) Spring 2022 Campus Weeks are fast approaching. The virtual AICCU Campus Weeks is an option for students to learn about the private, nonprofit colleges and universities located throughout California. The weeks will be March 14-24, with a week focused on California Community College transfer students March 14-17 and Associate Degree for Transfer students March 21-24. It is designed to be a forum in which colleges and universities share information and guide students to resources.



Each campus will present a short live session to allow students to learn more about the college or university. Each college and university has also created a registration link that is included in the full schedule of events at the [AICCU](#) website.

[March 14-17, 2022 - California Community College Transfer Students](#)

[March 21-24, 2022 - Associate Degree for Transfer \(ADT\) Students](#)



## Discover UC Davis - Friday, March 4

Meet with representatives from UC Davis and other UC Campuses who will also be invited. Learn about critical support programs and services at UCD so you know exactly what UCD offers before coming here.

### Virtual: Discover UC Davis 2022

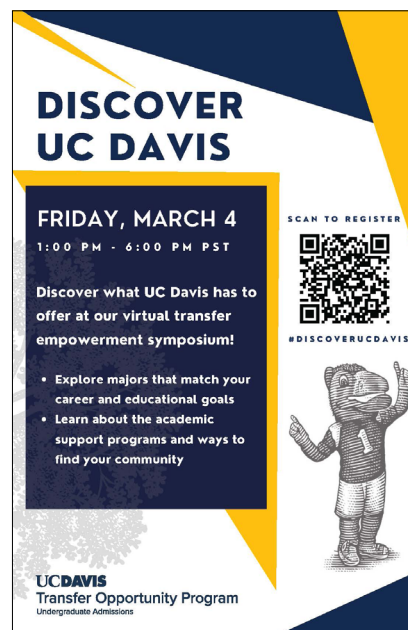
Friday, March 4, 2022

1:00 - 6:00 pm

[Registration](#)

#### Objectives of Event:

- Explore the breadth of careers available to you through various majors
- Learn about the transfer experience from current UCD students and alumni
- Research and find your community
- Find out about resources available to maximize your time toward a bachelor's degree
- Strategize your pursuit to a graduate's degree
- Discover and manifest your full potential
- share information and guide students to resources



## Volunteer Opportunities



### CSM Emergency Food Distribution:

Every Friday, College of San Mateo partners with Second Harvest of Silicon Valley for an emergency food distribution operation on our campus. Since April 2020, SMCCD has provided 6,105,057 pounds of food for 119,707 families offsetting \$10,928,052 in grocery costs. These food distributions have become a lifeline for our local community. We are currently seeking additional volunteers on Fridays to help with this incredible operation. If you are interested in volunteering, please fill out our [Food Drive Volunteer Sign-Up Form](#).



## Get Your COVID-19 Booster

The Centers for Disease Control and San Mateo County Health strongly recommend (but do not require) COVID-19 booster vaccinations to increase the effectiveness of normal waning immunity over time. The recent emergence of the Omicron variant further emphasizes the importance of immunization, boosters, and prevention efforts needed to protect against COVID-19. Here are guidelines for booster eligibility:

### Age 18+

A booster dose of choice if the minimum time has passed since completing the primary vaccine series:

- Pfizer or Moderna - Received the second dose at least 5 months ago
- Johnson & Johnson - Received single dose at least 2 months ago

It is recommended that if you received a Johnson & Johnson vaccine, you strongly consider a Pfizer or Moderna booster.

### Ages 12–17

- Pfizer - Received the second dose at least 5 months ago

Individuals who recently contracted COVID-19 need only wait 10 days after their positive test before getting their booster shot. Booster vaccinations continue to train the immune system to protect against severe disease from future COVID-19 infections.

### Where can you get your booster shot?

- Your medical provider
- [College of San Mateo Vaccination Clinic](#)
- Your local CVS Pharmacy

You can also visit [MyTurn](#) to get a complete list of booster/vaccination providers.



## 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.

## Free COVID-19 Testing

Free PCR testing is now available for employees, students, and the broader community via the District's partnership with [COVID Clinic](#).



COVID Clinic testing sites are operating at Cañada College, College of San Mateo, and Skyline College Monday – Friday. You can make an appointment via the [COVID Clinic Testing](#) website or visit the District's [COVID-19 Testing](#) webpage for more information.

Every home in the USA can 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.





## Face Coverings (Masks)

SMCCCD continues to make face coverings (masks) available to all students. **Face coverings are still 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 at locations throughout most campus buildings.** Here is a helpful [USA Today Article](#) on reusing and storing your KN95



CSM students pick up their free KN95 masks at the Bulldog Bookstore. Photo credit: Jonathan Wax.

or N95 mask.

## 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.

### **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.

**MAR  
15**

**APR  
5**

**APR  
26**

**MAY  
17**

**REGISTER AT**  
**[myturn.ca.gov](https://myturn.ca.gov)**

### **MAKE AN APPOINTMENT!**

- 1** Visit **[myturn.ca.gov](https://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

