



# The Bulldog bulletin

Volume 3 • Issue 4 • March 15, 2022

A Biweekly CSM Student E-Newsletter

## Spring 2022 Science-in-Action Speaker Series Event

Stanford Grad Students Present: Engaging Community College Students in STEM Research Featuring, Justin A. Guerrero. Justin is a 6th year PhD candidate in the Mackall Lab at Stanford University. He grew up and attended undergraduate studies in the great State of Texas. Justin first attended Northwest Vista Community College in San Antonio for two years in order to gain transfer credits to transition into a four-year university. He attended and graduated from University of the Incarnate Word in 2015, the largest Catholic University in the State, with degrees in Environmental Sciences and Biochemistry. He attended two summer research experience programs for undergraduates (REU's) as a junior and senior which led to his interest in biosciences and graduate studies. He studies Cancer Immunology in the Mackall Lab with a focus on PET imaging of chimeric antigen receptor (CAR) T cell therapy in the context of brain cancer. Justin is enthusiastic about sharing his journey and hopes that his story will motivate others to pursue the sciences.

### Virtual Spring 2022 Science-in-Action Speaker Series

**Stanford Medicine Mackall Lab: Engaging Community College Students in STEM Research**

Wednesday, March 16, 2022

5:00 - 6:00 pm

[Register for the Science-in-Action Speaker Series Event](#)

**Wed. March 16th • 5-6 pm**



**Stanford Medicine  
Mackall Lab: Engaging  
Community College  
Students in STEM  
Research**

**Justin A. Guerrero**

PhD Candidate in Immunology at  
Stanford University.

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### IMPORTANT DATES

#### Spring Recess

March 27 – April 2

#### Cesar Chavez Holiday

Thursday, March 31

#### Registration for Summer 2022

**Courses Registration begins 4/12**

Tuesday, April 2

[View ASCSM  
Agendas & Minutes](#)

# Career & Internship Exploration Fair

CSM Career Services is pleased to host its spring 2022

## CAREER and INTERNSHIP EXPLORATION FAIR

Meet representatives  
from more than 40  
employers, government  
agencies, and non-profit  
organizations



\*Ask about academic and career pathways  
\*Consider new job and internship opportunities  
\*Network

**WHEN:** Wednesday, March 23, 2022

from 10:30am - 1:00pm

**WHERE:** Bayview Dining Room  
(Building 10, 2nd floor)

To pre-register and receive updates about  
participating employers, scan the QR code



Hosted by  CAREER  
SERVICES

With support from



## 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.

All students are invited to attend CSM's Career and Internship Exploration Fair, which will be held **in-person** on our campus for the first time in two years!

The fair will feature representatives from 40 local companies, non-profit organizations, and government agencies who will be recruiting employees and interns. We will also have some of our CSM faculty available to talk about their own career journeys, and to help to answer the question, "What can I do with a major in \_\_\_\_?"

### Career and Internship Exploration Fair

#### *Navigating your Career Journey*

Wednesday, March 23, 2022

10:30 am - 1:00 pm

Bayview Dining Room (Building 10, 2nd floor)

[Optional Pre-registration](#)



# Send Silence Packing

Send Silence Packing is a visually striking exhibit that includes personal stories from individuals who have lost a loved one to suicide and is designed to connect individuals to mental health resources and inspire action for suicide prevention.

You are invited to walk among the Send Silence Packing backpacks to see the photographs and read the stories attached to them. See the below flyer for event details and specifics.

## SEND *silence* PACKING®



### WHEN & WHERE

**College of San Mateo**  
Throughout campus lawns  
(or inside BLDG 8 gymnasium  
if it rains)

**Thursday**  
**April 7, 2022**  
**9am-4pm**

Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education for young adults. Active Minds has a presence at more than 800 campuses, schools, communities, and workplaces nationwide. The organization is dedicated to ending the silence and changing the conversation about mental health for everyone.

To learn more, visit [activeminds.org](https://activeminds.org).

### WHO & WHAT

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You're invited to walk among the Send Silence Packing backpacks to see the photographs and read the stories attached to them.

To learn more:

[activeminds.org/sendsilencepacking](https://activeminds.org/sendsilencepacking)

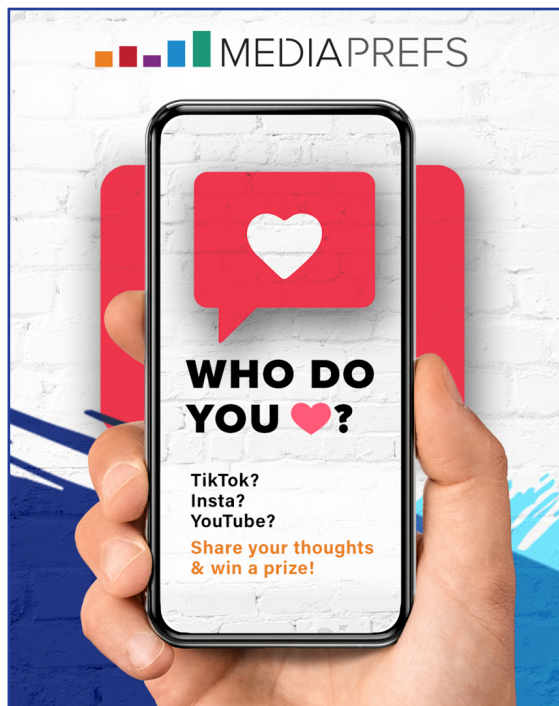
To explore the virtual experience:

[activeminds.org/backpacks](https://activeminds.org/backpacks)

**#SendSilencePacking**



## Communication Survey Live for CSM Students



MEDIAPREFS

WHO DO YOU ❤️?

TikTok?  
Insta?  
YouTube?

Share your thoughts  
& win a prize!

CSM is conducting a media preference survey. Tell us how we can make your college experience BETTER, and at the end of the survey, you can enter a drawing to **win a \$100 Amazon Gift Card!**

**How to participate:**

1. Visit: [www.mediaprefs.com/california](http://www.mediaprefs.com/california)
2. Enter the survey code: *california*
3. Select *College of San Mateo* & start the survey

**Get started NOW!** →



SCAN

Do you wish you could CHANGE the way College of San Mateo communicates with you? Now, you can share your input!

- Is it easy to ask us questions?
- Can you find what you need on our website?
- Do we offer the resources you need to be successful?

Let us know what YOU want (and need!). Fill out the survey below, and as a thank-you, you can **enter to win a \$100 Amazon Gift Card** at the end of the survey!

1. Visit: [mediaprefs.com/california](http://mediaprefs.com/california)
2. Enter the survey code: *california*
3. Select “College of San Mateo” and start the survey!

*The survey is open from today through Tuesday, March 21. The winner will be contacted in mid-April. All responses are 100% confidential. We’re working with Interact Communications to collect data and make sure we’re doing our best to meet your needs.*





# March Wellness Workshops

CSM's Wellness Center is hosting workshops this month focused on the topics of managing anxiety, leg injuries, and skincare. See the below flyer for details and to zoom links for the workshops. The Wellness Center is here to help you care for yourself. Whether you need basic medical assistance, food, financial guidance, or just want to talk to someone about personal issues, we can help. To learn more, or to set up an appointment, please visit the [Wellness Center](#) webpage.



## Anxiety: Ways to Manage It

w/ CSM Nurse Practitioner, Georgette Dakis

**Monday, March 21st from 2 - 3 pm**

Anxiety is common during college. Join experienced CSM Nurse Practitioner, Georgette Dakis, in this presentation to learn techniques about managing anxiety safely and easily.

Zoom link to join:

<https://smccd-hipaa.zoom.us/j/8996340180opwd=dVNhREWyRmg1UE1uZ1lkTGw4Tzdvdz09>

## Oh my Gosh: My Leg is Killing Me

w/ CSM Nurse Practitioner, Nancy Mullins

**Wednesday, March 23rd, from 2 - 3 pm**

Join experienced CSM Nurse Practitioner, Nancy Mullins, to learn about common thigh and calf injuries; how they present with symptoms, what the causes are, and how to treat these injuries

Zoom link to join:

<https://smccd-hipaa.zoom.us/j/88467966069?pwd=VWViQVJObWE2RFIBY1hBRFV3QlIxUT09>

## Your Skin

w/ CSM Nurse Practitioner, Lia Tjandra

**Thursday, March 24th, from 1 - 2 pm**

Join experienced CSM Nurse Practitioner, Lia Tjandra, in this presentation to learn about common skin conditions and what you can do to take care of your skin.

Zoom link to join:

<https://smccd-hipaa.zoom.us/j/83498159079?pwd=WWNvdz85U01JckE5Y2NqbkIkeUhRZz09>



Scan to learn more about the CSM Wellness Center.  
Questions? Contact us by emailing [csmwellness@smccd.edu](mailto:csmwellness@smccd.edu) or call (650) 574-6396



## At The Root Podcast - New Episode

The CSM Multicultural & Dream Center recently released the latest episode of their **At The Root** podcast, focused on healing, uplifting, and unifying communities impacted by the socio-political climate. The latest episode features a conversation with former CSM Director of Equity, Dr. Jeremiah Sims, and Gabriel Pulido.

To listen to this episode, or learn more, please visit the [At The Root Linktree](#) webpage.

AT THE ROOT PODCAST

**Multicultural  
& Dream  
Center**

**SEASON 2, EPISODE 2:**

**TAKING ACTION WITH  
LOVE**

Hosted by Andrea Morales

Guests: jeremiah Sims and Gabriel Pulido.

**Launched on  
February 14th, 2022**

AT THE ROOT  
A SEED TO YOUR HEART

# CSM Active Minds X Andrea Russett

CSM's Active Minds Club will have a special guest, Andrea Russett, at their upcoming meeting. All students are invited to this special meeting and the chance to meet her.

## CSM Active Minds x Andrea Russett

Friday, March 18, 2022

9:10 - 10:30 am

Building 5, Room 352

**@CSMACTIVEMINDS**  
CSMACTIVEMINDS@GMAIL.COM

**SPECIAL GUEST**

**FRIDAY**  
MARCH 18TH  
9:10-10:30  
ROOM 5-352

**ANDREA RUSSETT**

**CSM ACTIVE MINDS X ANDREA RUSSETT**

Andrea Russett is a singer and songwriter based in Los Angeles with more than 5 million followers on Instagram and over 2 million subscribers on YouTube. Initially rising to prominence as a content creator and building her core audience on YouTube, Russett began the transition to becoming a full-time musician in 2020 when she released her debut single, "Darkest Hour." In the year following, Russett released three follow-up tracks —

"Get Out Alive," "Freezing" and "Stranger" — with plans to drop her debut EP in the late summer of 2022. An advocate for openness online, Russett has been consistently outspoken and honest about her mental health journey, becoming a recurring theme in her music and her presence on social media.



## Study Abroad in London this Fall!

Don't miss your chance to study for a semester in London this fall! The program runs 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](#).

A promotional poster for the 'Study Abroad with SMCCCD in London' program. The poster features a yellow background with a large red and white Union Jack flag in the top right corner. The text 'STUDY ABROAD WITH SMCCCD IN London' is prominently displayed, with 'London' in a large, red, cursive font. Below the title, a list of courses is provided: Business, English, Humanities, Art, and Biology, each preceded by a red checkmark. A red button with white text reads 'FALL SEMESTER 2022'. At the bottom left, there is a small globe icon and the URL 'tinyurl.com/LondonFall2022'. On the right side, there are three overlapping photographs: a red double-decker bus, a row of red telephone booths, and the Tower Bridge. The AIFS logo is visible in the bottom right corner.

## New Voices: Art from Bay Area Universities

[The Peninsula Museum of Art](#) is pleased to announce their new March and April exhibition, New Voices: Art from Bay Area Universities! The exhibition runs from March 12 - May 1, 2022



*Anthropocene* by Jackie Liu

### New Voices: Art from Bay Area Universities Opening Reception

**Saturday, March 12, 2022**

**2- 5 pm**

Every year there is an innovative and dense collection of work produced by the thousands of student artists here in the Bay Area. New Voices: Art from Bay Area Universities brings some of this work out of the schools and into the Peninsula Museum of Art, providing a glimpse into a diverse body of work and connecting the public with the productive and flourishing art culture contained within our area universities and colleges. This exhibition highlights the work of 10 artists coming from San Jose, Berkeley, Stanford and more, featuring paintings, film, digital work, sculpture, printmaking and photography.



## 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](#).



# Home Sharing Program - Housing Offered

## ***Your spare room can change a life. Rent it with HIP Housing.***

HIP Housing is a non-profit, affordable housing organization in San Mateo County. If you're interested in any of these housing opportunities, contact HIP Housing at (650) 348-6660 or visit the [HIP Housing website](#).

### **Some of the rooms available this March:**

Unfurnished in-law unit available. It is located in a nice neighborhood in **San Bruno** with public transportation nearby. Tanforan Mall, Lucky's grocery store, restaurants, and an urgent care center are conveniently located. The provider offers laundry and kitchen access. Rent is \$1300 a month which includes utilities, there is a \$1000 security deposit. This unit is for non-smokers.

**Ref# 1130**

Two-story Condo with 3 bedrooms and 2 baths has a furnished bedroom available for rent. The home is located in **Daly City**, near a shopping center, DMV, Planet Fitness, and Colma Bart Station. Several bus lines are within walking distance. The provider offers kitchen and laundry access and prefers a non-smoker or an outside smokers. The rent is \$1250 a month including utilities with a \$1250 deposit. **Ref# 1175**

Bedroom for rent in 3-Bedroom, 2-Bath home in **Daly City**. The bedroom can come either furnished or unfurnished. The home is located near Skyline Blvd and close to Westlake Shopping Center. There is also Ranch 99 Market for grocery shopping, restaurants to eat, and wheel works auto shop. Public transportation is within walking distance. Rent is \$980- a month, utilities are included in the rent, There's a \$300- security deposit. Non-smokers only. **Ref# 229**

Unfurnished bedroom with a private bathroom in ranch style home in scenic **Belmont Hills**. The room has been recently upgraded with new paint, window coverings, and refinished hardwood floors. There are laundry facilities on-site. The home is conveniently located near Ralston Ave., Hwy 92, and Hwy 280. Public transportation, shopping, and recreational areas are nearby. The owner is requesting \$1200- per month, utilities are included in the rent, there is a Security Deposit. Non-smoker, please. **Ref# 822**

Beautifully furnished bedroom with private bathroom available in a great **San Mateo** location, west of the Alameda de las Pulgas! There is an on-site laundry facility. The unit is less than 5 minutes away from Hwy 92. Neighborhood Parks, public transportation, Grocery stores, restaurants, and other conveniences are nearby. The Home Provider is requesting \$1300- per month, utilities are included in the rent, there is a \$500- Security Deposit. Non-smoker, please. **Ref# 897**

Room in Townhome that **borders San Mateo & Foster City**. The room can come furnished or unfurnished. It is within walking distance to Public Transportation, Mariner's Point Golf Center and Water activities. Hwys. 92 and 101 are nearby. Bridgepoint Shopping Center, i.e. Target, Home Depot, Marshalls, and other shops and restaurants are approximately 5 minutes away. The owner is requesting \$1250- per month, there is an \$1,000- security deposit. Non-smoker, please. **Ref# 1212**

Furnished bedroom with private bathroom located in **Redwood City** home. The bedroom is a nice size with a spacious closet, laundry facility on-site. Public transportation is within walking distance, shopping, and recreational areas are nearby. Highway 101 is less than 5 minutes away. The owner is requesting \$1075-, utilities are included in the rent, there is a Security Deposit. Non-smoker, please. **Ref# 1066**

Unfurnished bedroom with shared bathroom available in **Redwood City** home. The home is located in a quiet neighborhood, conveniently located to most conveniences and public transportation. There is a laundry facility and a large backyard for reading or relaxing. The owner is requesting \$1,000- per month, there is a \$500- security deposit. Non-smokers, please. **Ref# 1000**



**HIP Housing**



# Verify Your Vaccination Status for Summer 2022 Registration

To all students who are looking to register for in-person or hybrid courses this summer, you will need to verify your vaccination status by April 12, 2022, for summer 2022 courses.

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 verification process or receive a medical/religious exemption for the upcoming summer or fall semesters.

The Return to Campus website provides students with important information on requirements and processes for returning on-site. For more information, please visit our [Return to Campus website](#). In addition, there is an [FAQ Page](#) with detailed information on all types of questions relating to a return to being in-person and on campus.

**Complete the vaccination documentation process by following the instructions below:**

STEP 1: Log into Websmart and select the Student Services tab

STEP 2: Click on “COVID-19 Vaccination” link at the top of the page and select one of the options below:

STEP 3: Select one of the following:

## **“Fully Vaccinated”**

Enter requested vaccine information AND upload a digital copy (jpeg, tiff, or pdf) of vaccination card or California digital vaccination record. International students should provide documentation that is translated into English.

Full vaccination is defined as 2 weeks (14 days) post completing a COVID-19 vaccination series (2 doses for Pfizer and Moderna OR single dose Johnson & Johnson Janssen). You may submit documentation once dose(s) have been completed and prior to the 14-day elapse time. International students qualify as vaccinated if they have obtained [any World Health Organization \(WHO\) approved COVID-19 vaccine](#).

## **“Request a Medical Exemption”**

If you are seeking a Medical Exemption, complete the following form prior to attesting in Websmart:

Medical Exemption Form: [English](#) [Mandarin](#) [Spanish](#) [Tagalog](#)

Only active licensed Medical Providers (Medical Doctor – M.D. or Doctor of Osteopathic Medicine – D.O.) can provide exemption documentation.

## **“Request a Religious Exemption”**

If you are seeking a Religious Exemption, complete the following form prior to attesting in Websmart:

Religious Exemption Form: [English](#) [Mandarin](#) [Spanish](#) [Tagalog](#)

Notes:

- Upload fully completed forms and any supporting documents. Incomplete submissions will not be reviewed.
- Approved medical and religious exemption individuals will be required to perform weekly COVID-19 testing and wear face coverings while indoors in campus buildings.

## **“Will not be Vaccinated/Decline to State/Not yet fully Vaccinated”**

If you choose not to be vaccinated, decline to state, or are not yet fully vaccinated\*\*, you will be restricted to only register for online courses and receive virtual and remote support services. You may not access any campus building or engage in any in-person activities associated with the San Mateo County Community College District.



## 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.

## 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. Additionally, KN95 respirators (masks) are available for free throughout campus buildings. Finally, here is a helpful [USA Today Article](#) on reusing and storing your KN95 or N95 mask.





## 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.

**FREE  
COVID TESTING**

Every home in the USA can order up to **8 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.

## 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. Please refer to the flyer below for specific information on dates and times. 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  
Cañada College • College of San Mateo • Skyline College