

October 2014



SOUTHWESTERN COLLEGE

# HECSY Newsletter

## Stress? Anxiety? Overload? Help is available for you!

### Personal Wellness Services

Are you experiencing any of the following symptoms?



- ◆Stress
- ◆Personal Problems
- ◆Mood Swings
- ◆Substance Dependence
- ◆Headaches
- ◆Anxiety
- ◆Burn-Out Tension
- ◆Withdrawn Behavior
- ◆Low Energy
- ◆Mental Health Issues
- ◆Overload
- ◆Anger Outburst
- ◆Poor Appetite
- ◆Fatigue
- ◆Insomnia

Crisis intervention, evaluation, therapy and referrals are available for Southwestern College students at no cost!

Appointments available on **Tuesdays** from 3:00pm to 5:00pm on;  
**October 28, November 18 and December 16.**

*All appointments are confidential and must be scheduled in person at HECSY Student Services office, 5100*

## EOPS News...



EOPS students should meet with counselors to complete or update their Student Education Plan (SEP) and Semester by Semester (SxS) form.

Counseling appointments are booked two weeks in advance, so don't wait until the last day to schedule yours, please call HECSY Student Services (619) 216-6790 Ext. 4902.

The following is the EOPS appointment timeline:

**1st Contact SEP/SxS Update:**  
August 4 to October 10th

**2nd Contact Progress Report:**  
October 13th to December 5th  
(scheduled by December 2nd)

**3rd Contact Exit Session:**  
December 8th to December 19th

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### IMPORTANT DATES

- **October 20** 2nd Short Session Classes Begin
- **October 28** Deadline to Petition for Fall 2014 Graduation

## SEP!

### **Student Educational Plan**

= College Success

#### **Without SEP**



#### **With SEP**



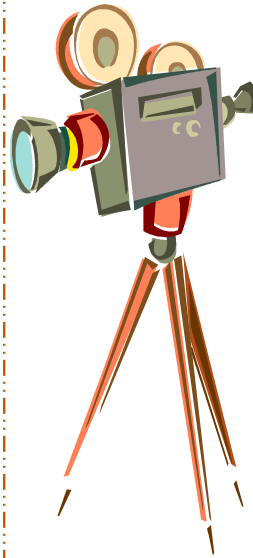
**Who do you want to be?**

A Student Educational Plan lists all the courses and other requirements needed to meet your academic goal.

Get your SEP by making a counseling appointment at the Higher Education Center at San Ysidro Student Services. (619) 216-6790 ext.4902/4903

## Picture ID

**Get your SWC picture ID  
Starting on September 3**



**Monday**

8:00am to 4:30pm

**Tuesday to Friday**

8:00:am to 6:45pm

**Saturday**

7:30am to 3:45pm

**First time ID - FREE**

**Replacement - \$5**

*Please stop by Student  
Services for your picture ID*

## Halloween Costume Contest

**Date:**

**Thursday, October 30, 2014**

**Times:**

**1st Judging: 12:00 p.m.**

**2nd Judging: 4:00 p.m.**

**Location:**

**HECSY, Lobby**



**\$50 gift card to the winner of each judging!**

**Candy for all who participate!**

**Come join the fun and show off your Halloween spirit!**

## Are you ready for midterms?

Tutoring available in the library, room 5105, for the following subjects: Child Development, English, and Math!. Computer tutoring is also available in the computer lab, room 5203!



**Michelle**

### **ESL / ENGLISH / WRITING**

Monday, 9:00 a.m.—12:00 p.m.  
Tuesday, 12:00 p.m.—3:00 p.m.  
Wednesday, 4:00 p.m.—6:00 p.m.  
Library—1st floor



**Edna**

### **CHILD DEVELOPMENT**

Tuesday, 9:00 a.m.—1:00 p.m.  
Wednesday, 2:00 p.m.—6:00 p.m.  
Office 5100-D,  
(1st floor next to Student Services)



**Carlos**

### **COMPUTER LAB**

Monday, 9:30 a.m.—12:00 p.m.  
& 3:15 p.m.—7:45 p.m.  
Tuesday, 9:30 a.m.—2:30 p.m.  
Wednesday, 9:00 a.m.—12:00 p.m.



**Erika**

### **MATHEMATICS**

Wednesday, 9:30 a.m.—12:30 p.m.  
Thursday, 4:00 p.m.—7:30 p.m.  
Friday, 9:30 a.m.—11:00 a.m.  
Library—1st floor

(Please note; Michelle will be Thursdays and Fridays Math Tutor)

## Assessment Testing at HECSY

### **Full Battery English, Reading, Math**

Friday, October, 10 at 12:30pm  
Friday, October, 24 at 12:30pm  
Room 5201



### **English As a Second Language (ESL)**

Friday October, 17 at 12:30pm  
Room 5100-A

All testing is by appointment only. Please call Student Services to reserve a space (619) 216-67960 Ext. 4902, 4903, 4901

## Looking for classes?

If yes, short session classes beginning on October 20 are available for you. Please note that the deadline to add these classes is the first week when class meets and in some cases the very first day of class. Please contact Admissions for specific dates for specific classes. Log on to WebAdvisor at [www.swccd.edu](http://www.swccd.edu) and register for classes now!



# Financial Aid Workshops!

## How to complete an online FAFSA application

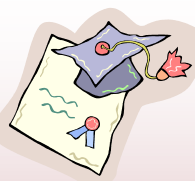
Tuesday, October 7	10:00am—11:00am	Room 5100-A	(Spanish)
Wednesday, October 8	1:00am—2:00pm	Room 5100-A	(English)

## Free Money for College Expenses

Wednesday, October 1	1:30pm—2:30pm	Room 5209	(Spanish)
Monday, October 6	1:30pm—2:30am	Room 5209	(English)

To reserve your space, please call to Student Services at (619) 216-6790 Ext. 4902, 4903.

## Counseling Workshops

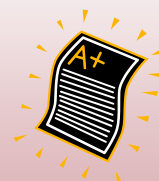


### **How to complete the CSU on-line application?**

Thursday, October 16 5:30pm—7:00pm Room 5201  
Thursday, October 30 5:30pm—7:00pm Room 5201

### **Test-Taking Techniques**

Wednesday, October 21 4:00pm—5:00pm Room 5201



*Presented by Osvaldo Amezcua, Academic Counselor*



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[twitter.com/swc\\_hecsy](https://twitter.com/swc_hecsy)

Higher Education Center at San Ysidro

Come and Sing  
Karaoke

to your favorite Latino songs!!!!  
Enjoy a relaxing time with friends

FREE Drinks

FREE FOOD

Date: Wednesday, October 1, 2014  
Time: 3:00pm- 5:00pm  
Place: Rooms 5103/5104