

**CHOOSING A CAREER:
ARE YOU READY-OR NOT?**

By Irma J. Alvarez, Dean

Choosing a career can be a daunting task. So what do you do? Well, if you're pretty young, you have a little time to try different classes or programs and get into various jobs, narrowing down the myriad of possibilities. If you're a little older and have others who depend on you, you are simply more pressed to make a career choice without losing too much time.



Most of us have a dream career or two in mind and see ourselves working in certain roles, activities, and surroundings. I believe we need to pursue our dream and jump into that career. This must be done, however, with a planned approach that leads to a series of achievements. If we lack some basic skills, we need to take the necessary classes to establish a strong foundation for real success in the long run. Then we can pursue the specialized training and education that provides entry into our dream career.

Sometimes life gets in the way! This is where our determination and faith need to be exercised. Then we must, simply, get back on track. This could happen a few times. Be assured that our faculty, staff, and counselors are ready and willing to help you, and we wish you the best in achieving your dream career.

**ARE YOU INTERESTED IN A CAREER
IN LAW ENFORCEMENT?**

Let Southwestern College prepare you for a career in law enforcement. Join our team and start training for your new career—A CAREER THAT MAKES A DIFFERENCE.

Academy Requirements:

- ♦ Minimum Age – 18 years
- ♦ High School Diploma or GED
- ♦ Valid California Driver License
- ♦ No Felony Convictions
- ♦ College Placement Test – English, Reading and Math
- ♦ College 2.0 GPA or Higher

Academy Applicants who apply will be required to complete/pass the following appointments:

- ♦ POST Written Entry Test
- ♦ Physical Agility Test
- ♦ Oral Interview
- ♦ Department of Justice Clearance
- ♦ Medical



STUDENT SPOTLIGHT

Police Academy Cadet - Stephen Michael Kerler

This month the Student Spotlight is on one of the first-semester Police Academy Cadets from the Class of 2011. Stephen Kerler was selected because his training officers say that "He always tries the hardest and always gives his best effort." He is extremely responsible and punctual, and is the tops in physical fitness in his class. Stephen is originally from Baltimore, Maryland, but he moved to California in 2005, and met his wife in San Diego. Stephen took some general education classes while still in Baltimore, and he completed his A.A. degree here at Southwestern College. He was working full-time as a machinist, but recently decided that he wanted a career change. Police work appealed to him, and he decided it would afford him a more secure career with greater economic stability for his family. He chose the SWC Police Academy because it would help him achieve POST (Police Officer Standards and Training) Certification, and provide him with the skill-set required in the field. As Corporal Antonio Ybarra, Police Academy Training Officer, says



"It is a highly militaristic training, and Stephen adapts quickly to all the demands made on him." Congratulations to Stephen Michael Kerler, our Student Spotlight for the spring quarter.

NURSING AND HEALTH OCCUPATIONS PROGRAMS



ADN Program: Fourth semester students are planning their pinning ceremony to be held on Thursday May 19, 2011 in Mayan Hall. A pinning ceremony is a symbolic welcoming of newly-graduated nurses into the nursing profession. At the end the nurses recite the Nightingale Pledge. Kudos to faculty member Linda McDonald for her hard work and dedication in the planning of this event.

Second Semester students are being introduced to our most exciting nursing specialties. They are rotating through Pediatric Nursing, Obstetric Nursing, and Peri-Operative Nursing (after witnessing births and managing sick babies for five months – this may permanently affect the county's birth rates!)

Maria Escalanti (Vice president - Class of 2012) and Kathy Tscherch (Secretary - Class of 2012) just returned from a leadership retreat sponsored by Southwestern College at Big Bear. They had a wonderful time and learned a lot.

Vocational Nursing Program: We would like to welcome Rose Cruz to the faculty. She comes to us with many years of nursing experience and has the qualifications to teach in all three nursing programs (very rare!). She and Gabby Penaloza make a dynamic duo for the class of VN students.

CNA Program: The CNA program partnered with Health Sciences High School to pilot a special CNA program for high school students. We expect 21 students to graduate in May, and we are very proud of this accomplishment.

Surgical Tech Program: The Surgical Tech program has settled into our HECOM community, and now has students passing instruments in almost all Operating Rooms in San Diego. If you have to have surgery you may have one of our wonderful SurgTech students assisting in your care.

Nursing Lab and Sim Lab: Adjunct faculty Honoree Brown just returned from Florida after attending a conference related to the Simulation Lab. One of the exciting concepts we are going to try is to incorporate lecture with the high fidelity manikins in the sim lab to give students a much better understanding of how disease affects our bodies. Many thanks go to faculty Sandy Tyahla for her innovative skills in making our Nursing Lab and Sim Lab a wonderful place for our students to grow as novice nurses.

Congratulations to Director Cathy McJannet: She became part of a national nursing accreditation team and participates in surveys of ADN Nursing Programs as they go through the accreditation (or reaccreditation) process.

PARAMEDIC STUDENTS



Southwestern College paramedic students finished their training in Weapons of Mass Destruction held at the Center for Domestic Preparedness (CDP), located on Fort McClellan, in Anniston, Alabama. This marks the 4th year in a row that we've sent our paramedic class to attend this highly specialized training which provides them up-to-date information on domestic and international terrorism, chemical and biological warfare and most importantly, provides them hands-on training actually using the equipment which they will encounter as responders throughout their career.

Southwestern College was the first paramedic training program from the western United States to send their entire class to this training, and we continue to send our students every year at no expense to the college or our students. This training is fully funded by the Department of Homeland Security and better prepares our students for their future careers as paramedics as well as their marketability when they enter the job market upon graduation.

FIRE SCIENCE PROGRAM



Congratulations to our adjunct Fire Science instructor (and curriculum guru) Darren Hall for being awarded State Fire Training Officer of the Year! The award was made at the Fire House World conference opening ceremony yesterday at the San Diego Convention Center. In his speech, Darren mentioned that he got his start in teaching at Southwestern College as an adjunct instructor.

STELLAR SUPPORT STAFF AT OTAY MESA

Pat Kelly: Nursing and Health Occupations Programs



Pat joined Southwestern College in September of 1985 as a Clerical Assistant at the School of Technology and Human Services. She has been the secretary for the Nursing / Health Occupation programs since January 1986. Pat states "My 25 years supporting the nursing programs, faculty and students have been very rewarding. It is gratifying to have observed thousands of students complete the programs and begin rewarding careers in healthcare." Pat had a varied work history before joining SWC. She was employed in an auto parts store, and an attorney's office as well as a Real Estate office. The job she remembers as most interesting was her time as a Records Clerk/Police Matron for the Oregon Sheriff's Department. Pat unfortunately lost her husband four years ago, but she states with justifiable pride that she has "two wonderful children and three wonderful grandchildren." Her middle grandchild, Austin Jared Kelly, 17 years old and appropriately born on St. Patrick's Day, recently placed second in the Oregon state-wide Future Business Leaders of America competition. He will compete at the national level at the end of April in Orlando, Florida. Cathy McJannet, Director of the Nursing and Health Occupations Program provided the following comments about Pat: "Pat loves her garden and grows fantastic roses, is an avid reader and has a wonderful dog called Lucky. She is best known in the department as Cathy's 'peripheral brain' or 'external hard drive' due to her vast knowledge of the history of the college and the nursing programs."

Karen Cook: EMT/Paramedic and Fire Science Programs



Karen came to SWC in November of 1996 when she joined the School of Technology and Human Services as a Clerical Assistant II. Approximately one year later, she took over clerical duties for the Paramedic Program. She saw the need to have a point of contact person for the Fire Science Program, and, on her own initiative, she assumed this responsibility. In 2003, Karen completed the Fire Science 101 and EMT 100 courses so she could better assist current and potential students for these programs. As a Navy wife, Karen lived in Australia and then in Sicily, where she worked for a contractor at the Navy hospital right before she joined Southwestern. Karen and her husband Tom recently returned to Australia for a memorable visit. Since both their birthdays are in February, they take a celebratory ski trip every year. Karen is well-known around HECOM as a dedicated photographer who chronicles all activities for both of her programs and for Center events. Karen says "I love working with the fire and emergency medical services programs, helping our students prepare for a career of public service. It is very rewarding seeing the students a few years later out in the community, on the job with an ambulance company or fire department pursuing their dream and helping people." Retired faculty member and former Coordinator of the Fire Science Program Rick Sherard provided the following comments about Karen: "Karen is truly the backbone of the Fire Science program at Southwestern College. While some may see her as a secretary, I see her as an irreplaceable source of knowledge, as a person who generously gives her own time making the community aware of our EMT, Medic and Fire programs, and as a great civilian advocate of the fire service. Our students can count on Karen to assist them in their pursuit of a fire or emergency medical career and cheer them on throughout the process. Not only is Karen our secretary, she is our friend."

Elizabeth Valdez: Police Academy



Liz joined the School of Technology and Engineering in 1992 as part of an engineering grant. Approximately a year-and-a-half later, she applied for a position with the Police Academy, which was at that time affiliated with the SD County Sheriff's Department. Liz has been the only full-time staff member at the Academy, and she will be until the new Director comes on board in the next few months. She completed her AS at Southwestern, and has taken upper division courses at San Diego State. She was born in Tucson, Arizona, and then moved to California. Liz loves traveling, listening to music and playing the violin. This is how Liz views her role at the Police Academy: "I have always enjoyed working with the Police Academy and have always been committed to helping students in their Law Enforcement goal/careers. The Police Academy Program strives to prepare students mentally, morally and physically and to ensure that each student graduates with the professional standards required of a peace officer, I feel that, that is what we provide each recruit who graduates from the Police Academy. I feel proud to be part of the cadre of dedicated Training Staff working at the Southwestern College Police

Academy." We received the following e-mail from Sgt. Pamela Swanegan, Police Academy Director: "Ms. Valdez is responsible for the day-to-day operation involved in running a police academy. Her job requires knowledge of clerical duties as well as mandates required to meet state requirements for a police academy. Ms. Valdez has the longest tenure with the police academy along with knowledge of the program. Her overall contribution to the police academy program generates the highest level of appreciation for the competent and professional job she performs daily. Ms. Valdez has the respect of the staff as well as law enforcement agencies throughout San Diego County. She is a role model and a great ambassador for the police academy program."

PREPARE FOR A CAREER IN LOGISTICS AND TRANSPORTATION

Southwestern Community College Logistics and Transportation Certificate/A.S. Degree Program can prepare you for trade related careers in logistics, transportation, warehousing, inventory and distribution. It also prepares students for work in international trade related office support and administrative positions. The program focuses on logistics and transportation issues along the San Diego-Tijuana border region. However, the knowledge and skills acquired by completing the curriculum also prepare students for careers at the national and/or international level.



The program is designed for the working individual, part-time or full-time student. The majority of classes are offered online and some are presented as a hybrid (a combination of online and classroom time at the SWC Higher Education Center- in Otay Mesa or at the Chula Vista Campus)

The Logistics and Transportation Certificate/A.S. Degree Program offers two different certificate programs: Basic and Intermediate. An Associate in Science (A.S.) Degree in International Logistics and Transportation is also available.

PAYROLL CERTIFICATE AND MICRO TECHNICIAN BOOKKEEPER PROGRAMS

The HECOM offers two Certificate programs that provide skills required by virtually every business:

PAYROLL CLERK

		Units
ACCT 7	Basic Business Bookkeeping	3
ACCT 8	Payroll I	4
ACCT 12	Computerized Accounting	3
BUS 183	Business Mathematics	3
TOTAL		13 Units

MICRO TECHNICIAN BOOKKEEPER

		Units
ACCT 12	Computerized Accounting	3
ACCT 101	Principles of Accounting I	4
CIS 122B	Spreadsheet Software Excel	1
CIS 133	Adv. Microcomputer Spreadsheet Software	1
TOTAL		9 Units



ENROLL TO ACQUIRE NEW SKILLS OR TO UPGRADE YOUR PRESENT JOB!

ADMINISTRATIVE OFFICE ASSISTANT – BILINGUAL (ENGLISH-SPANISH)

Did you know there are 22,000 Office-related positions in San Diego County? Prepare yourself to work in the field and gain Office Skills Training in two languages! Get involved in a work internship through the class.

ENROLL IN:

BUS 35	Administrative Office Assistant – Bilingual (English-Spanish) (16.5 hours/week)	12 Units
BUS 290-293	Cooperative Work Experience in Business	2 Units
TOTAL		14 Units

- ◆ Learn Microsoft Office word processing and be introduced to the MS Office Suite
- ◆ Increase your keyboarding speed and accuracy
- ◆ Learn to prepare and edit documents and forms.
- ◆ Learn PowerPoint and how to make basic presentations.
- ◆ Learn telephone and reception techniques and excellent customer service
- ◆ Gain practical skills in basic Internet research used on the job
- ◆ Gain practical skills and start to network in a work internship position in the community



For more information on these programs contact Marisa Soler, Advisor, at Isoler@swccd.edu or ext. 4484, or Counselors Felipe Ballon or Maria Elena Solis at 619-216-6750, ext. 4403.