



HECSY Newsletter

Southwestern College

Spring 2014 Registration

Spring registration appointments have now been sent to new and continuing students. Go to <https://webadvisor.swccd.edu> to see your appointment date and time to register for classes. You can register for classes on or any-time after your appointment date and time. WebAdvisor registration is available daily for your

convenience from 7:00am to 12:00 midnight.

Please check your personal email to make sure that you have received this information. If you have any questions, please do not wait. Contact

Student Services at (619) 216-9790 ext. 4902 & 4903.

WebAdvisor will not be available from 5:00pm, November 22 through 7:00am, December 2

November 2013

Important Dates

- **Nov 9** Last day to withdraw from full-semester courses and receive a "W" grade.
- **Nov 10** No Classes on Sunday in observance of Veteran's Day
- **Nov 11** Holiday-Veteran's Day
- **Nov. 27** No evening classes
- **Nov. 28 - Dec. 1** Thanksgiving Holiday



EOPS News

EOPS Timeline

Progress Report –2nd Contact

October 14th to December 6th

Exit Session—3rd Contact

December 9th to December 20th

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

Spring 2014 Application Period Coming Soon....

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Child Development

Need help with your Child Development teacher permit?

Don't miss out the opportunity to ask questions and learn how to obtain your Child Development teacher permit!

When: Tuesday, November 19
Time: 4:00pm—6:00pm
Location: Room 5210

Presented by Edna Marquez



Child Development Club news

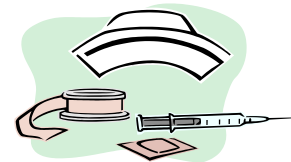
Tamales and Champurrado Sale

When: Tuesday, November 12
Time: 10:00am
Location: Student Lobby

Child Development Club Meetings
When: Tuesday, November 12 and 26
Time: 4:30pm—5:30pm
Location: 5210

Flu Shots Available!

Health Services is providing flue shots for students \$11, staff & faculty \$16. Students can schedule appointments to see a doctor free of cost at the Chula Vista campus on Thursdays from 12pm to 4:45pm



Other health services:

- ◆ First Aid
- ◆ Over the counter medication
- ◆ Blood pressure screening
- ◆ Health education & Counseling
- ◆ Immunizations
- ◆ Pregnancy Testing
- ◆ Referral Services
- ◆ TB Skin Test

Nurse's Schedule

Monday, 8:00am—1:30pm
Wednesday, 4:00pm—6:30pm
Room 5108 (1st floor)
(619) 216-6790 Ext 4907

Building a Student Community

Why build a student community at HECSY?

- ◆ Organize fun activities—academic, cultural, social, and career related!
- ◆ Share ideas and suggestions to improve HECSY for students!
- ◆ Increase connection between students, faculty and staff!



What will you gain?

- ◆ Leadership skills
- ◆ Organizational skills
- ◆ A stronger resume
- ◆ New friendships with other students

If you are interested, please contact Cynthia Nagura or Heidi Newhouse at 619 216-6790.





Dia de los Muertos



Dia de los Muertos (Day of the Dead) is celebrated on November 1st and 2nd. Dia de los Muertos remembers the people that have passed away. In Mexico people visit the cemetery where their loved ones are buried. They decorate gravesites with marigold flowers and candles. They bring toys for dead children and bottles of tequila for adults. They sit on picnic blankets next to gravesites, tell stories and eat the favorite food of their loved ones. Mexican families build altars in their homes, write short poems

called Calaveras, dedicating them to the dead. They decorate their altars with papel picado (see below), flowers, sugar skulls, religious items, food, pictures of the deceased and pan de muerto.

Pan de muerto is a traditional bread that people eat on this day and it is only baked during this time of the year.



Papel Picado is a beautiful art piece or banner made out of tissue paper of a variety of colors.

As a tradition, our Spanish teacher Evelia Talamantes organizes her students to decorate the memorial located in front of HEC SY. She and her class provide food and pamphlets that explain the meaning of Dia de los Muertos, as well as the meaning of the San Ysidro tragedy.

The HECSY Memorial represents each of the victims and how the community bonded together after the McDonalds Tragedy.



Be our next ASO Senator!

The Higher Education Center at San Ysidro is looking for a student who wants to make an impact and represent HECSY students by serving as an Associated Student Organization (ASO) Senator.



WANTS YOU!

ACADEMIC ELIGIBILITY

REQUIREMENTS

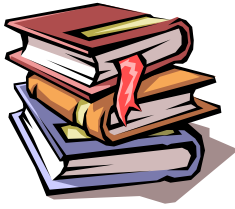
- * Must carry **nine (9) Units** & maintain a **2.0 cumulative GPA** throughout the term in office.
- * Must be in a non-probationary status (academic or disciplinary) as determined by College policy
- * Has not served as an ASO Senator for more than two terms

BENEFITS

- * Develop your leadership
- * Gain valuable job skills such project planning
- * Be part of a team that makes a difference for students
- * Learn about shared governance at Southwestern College
- * Enhance your resume

For more information, please contact Student Services.
(619) 216-6790 Ext. 4902, 4903.

Ask a Librarian whenever you need it!



Did you know that you have a librarian, a library space and book collection at HEC

San Ysidro? We are located in room 5105 on the first floor. Librarians are at HECSY three times a week but, students can have access to professional li-

brarians 24/7 via a chat service! For all of the library's resources, go to the library's homepage

<http://www2.swccd.edu/~library>

Electronic/digital resources available at your fingertips include: high quality pre-paid journals, magazines, newspaper articles as well as eBooks to help you with your research papers.

Take advantage of 24/7 research as-

sistance!

The print book collection at the HECSY Library includes textbooks, EZ Readers, reference materials, and books you can borrow for a month. If we don't have what you need, we would be happy to try to get it for you. We are here to serve you!

Managing your Money=More Money by Osvaldo Amezcua, Counselor

Money management is an important part of your student success. You need money to pay for classes, books, school supplies, transportation, and other personal needs. Money problems arise when your expenses exceed your income. Instead of being responsible by cutting back on expenses, students may try to increase their income. This results in working more hours and/or accumulating credit card debt. Having to work more hours causes you to contribute less time to studying, which results in lower grades and less career opportunities. Before you know it, you are working fulltime in a low paying job and drop out of college. Thus, it is important to manage your money and not become a slave to your debt. Ultimately, achieving a college education is your ticket to a rewarding career and higher wages. The following are tips on money management.

• **Follow a Budget.** Start by adding all your monthly expenses and subtracting that amount from your monthly income. If you are spending more than your income, then you are accumulating debt.

Thus, it is necessary to cut down on expenses. Also,

budgeting will give you an idea as to where you are spending your money. You will be surprised how much money you spend on unnecessary stuff.

• **Beware of credit card debt.** When you make purchases on a credit card, you typically end up paying more for those items than if you were to buy it in cash. For example, if you owe \$3,000 at 18% interest and pay the minimum payment of \$60 per month, it will take you thirty years & ten



months to pay this debt. If you pay with a credit card, be sure to pay the outstanding amount within the month to avoid paying interest.

• **Do not let friends pressure you into spending too much money.** If you cannot afford it, just say NO.

• **Do not lend money to friends.** If your friends cannot manage their own money, your loan will not help them. You are not responsible for your friend's financial situation. Also, most likely they will not pay you back.

• **Pay your bills on time.** This will help you avoid expensive late fees. Sometimes we forget to pay a bill; therefore, get automatic payment for your bills.