

March 2019

GROSSMONT COLLEGE



VIA RÁPIDA

- **Student of the Month**
- **Counseling Update**
- **Campus Events**
- **Announcements**
- **Griffin Gab**



@viarapidagc

Contact Us: (619) 668-1748 |
Grossmont.ViaRapida@gccd.edu | 10-102



STUDENT OF THE MONTH

Andrea Jarvis **Major: Nursing**

Andrea attends many Via Rápida events, and workshops for nursing and financial aid. She works hard and cares for individuals with disabilities. She is a single parent, highly motivated to become a nurse in the near future. Andrea had a great first semester and has a great attitude to persevere at Grossmont College.

Update : Starting March 6th - Your counselor Gerardo Ortiz will be here on Wednesdays ONLY

Campus Events :

Tuesday, March 19th - Via Rápida Study Jam | Griffin Gate

 **Session 1: 10:30am-1:30pm**

 **Session 2: 3:30pm-6:30pm**

Upon popular demand we are bringing this event back! Come enjoy free food and coffee while you study for midterms in a quiet space. We will also offer counseling services, tutoring, scantrons, and bluebooks free of charge.

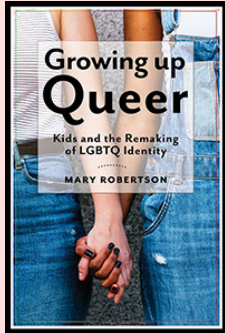


Tuesday, March 5th & March 12th- Academic Probation Workshops 4-5:30pm | 10-172 | Presented by Counseling

Placed on Probation? Let Us Help! This workshop is for students who need assistance in understanding their academic status. It will also provide students with valuable information and tools necessary to be successful. Come get your questions answered by a counselor.



Thursday, March 7th - Day In The Life: Drone Cinematographer 11am-12pm | Career Center Room 60-140



Presented by Skip Fredricks - Produced award-winning broadcast television in L.A. Two time Emmy Nominee. Earned over 40 industry awards.



Monday, March 11th - Growing Up Queer | 11am | Griffin Gate

Presenter/Author: Mary Robertson - Assistant Professor, California State University San Marcos.
Kids and the Remaking of LGBTQ Identity.

Exploring Major Workshops | Career Center Rm 60-140

- Tuesday, March 19th & 26th | 1-2pm
- Wednesday, March 13th 9:30-10:30am
- Thursday, March 7th & 21st | 3-4pm

Unsure or undecided about your field of study? Counselors are here to help! Workshops will assist you in examining your skills and interests, and will guide you to potential majors and career options. Get started on your educational path! Make sure you are on-track for next semester.



Announcements:

- Friday, March 1st - Deadline for Pass/No Pass
- Saturday, March 2nd - Deadline for FASFA/CA Dream Application Renewal for year 2019-2020
- Friday, March 8th - Via Rápida Progress Reports Due
- The following mentors will be available to support you:
 - Emily: Mondays 1-4pm & Wednesday 3-5pm in Common Ground
 - Jon: Tuesdays 3-5pm, Wednesdays 1-3pm & Thursdays 3-5pm in the ASGC Board Room (located on the 1st floor of building 60)
- Wednesday, May 1st - SAVE THE DATE: *Dia de Familia* Business & Entrepreneurship Expo



GRIFFIN



GAB

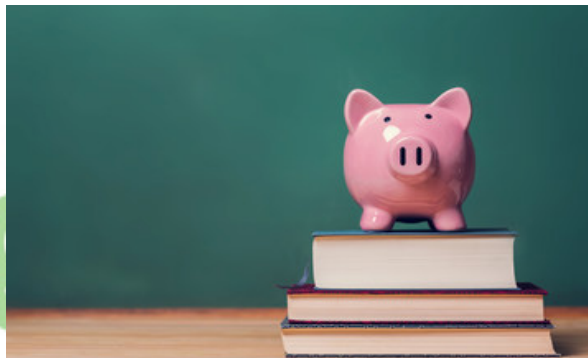
*By Sharisse Cohee
Peer Mentor Via Rápida*

The official blurb brought to you from Via Rápida, giving Grossmont students a glimpse into campus life and activities as well as providing nifty hints & tidbits to help maintain sanity amongst a chaotic semester.

Scholarship Cash Up For Grabs

Who wouldn't love an extra \$2,500 to help get through school? The Grossmont-Cuyamaca College School District is transforming that question into a reality. As a student if you have ever felt discouraged when searching and applying for scholarships, you are certainly not alone. As of Feb. 20, applying for scholarships is as easy as visiting this link, gcccd.academicworks.com, creating an account, and filling out a simple application. All

students are eligible for these scholarships so there is no more hassle in tirelessly searching through the criteria of each individual scholarship. The fall 2019 application period is open from Feb. 20 - April 20, so go grab that green before it's too late Griffins. For more information shoot an email on over to Grossmont College Scholarship



Specialist Josceline Torres at josceline.torres@gcccd.edu.

You Can't Influenza Me



The chaotic lifestyle of a Grossmont student can wreak havoc on a person's immune system; but with the helpful advice from experts on campus, Griffins will not only ace their classes but their health habits as well.



NUTRITION: When life gets chaotic sometimes it's beneficial to just go back to the basics; that's why experts at Grossmont plead to not skip meals and practice healthy eating habits. Grossmont Health Services Nurse Elaine Adlam insisted, "One major factor is good eating; make sure you definitely eat breakfast." While it's so easy to neglect, the old cliché does ring-in some truth as 'the most important meal of the day'.

EXERCISE: One of the largest contributors to leading a healthy lifestyle, yet it can be the toughest to maintain for a student. Nursing Instructor Gary Bigge offers a unique and easy way to get the blood flowing especially when students are in "finals mode". He suggested, "Get outside and walk. You'll de-stress and get your endorphins going which will make you feel better." He continued, "personally I notice a lot of times that things that I hadn't quite figured out, just come to me as I'm walking."