



Hello Mesa College Community!

Weekly Update from Prez Hands provides a brief overview of the exciting efforts taking place within our community. The updates are also a great way to tell our collective story of success, and to document our journey of becoming the Leading College of Equity and Excellence. Enjoy!

OFFICE OF THE *President*

SAN DIEGO MESA COLLEGE

Your mental health matters.

Join us for any of the following sessions:

Comfort Spot

May 7, May 8, May 14, May 15 | 11:00am-2:00pm | Location: Mesa Quad

Healing Circle

May 8 | 11:00am-1:00pm | Location: I4-402

Question Persuade Refer (QPR) Training

May 14, and May 21 | 1:00pm | Location: I4-409
May 16 | 10:30am | Zoom

Comfort Dogs Shelter to Soldier:

May 15, 2024 | 10:00am – 12:00pm May 21 | 1:00 – 3:00pm
Locations will vary - Check email.

Students:

Mesa College Health Center offers Crisis counseling. The Health Center is located on the 2nd floor of the Student Services Building, I4-209.

Hours:

Monday-Thursday: 8:00am-5:00pm,

Friday: 8:00am-12:00pm

Students can visit in person or make an appointment to speak with a counselor.

To schedule an appointment, call

619-388-2774

Employees:

San Diego Community College District EAP (Employee Assistance Plan) program, which is available toll-free, 24 hours a day, 7 days a week.

All services are CONFIDENTIAL and available to all household and dependent family members.

Phone: 888-625-4809,

TDQ/TTY: 888-842-9489

Website: www.liveandworkwell.com

Access code: VEBA

Community Resource:

San Diego Access and Crisis Line:
1-888-724-7240
Suicide & Crisis Lifeline: 9-8-8

More support is in progress and will be announced soon.

At the beginning of the semester, we commemorated our 60th Anniversary while also grappling with the aftermath of an historic storm and flooding that deeply affected our community. As we prepare for the culmination of the semester, we continue to navigate this balance between celebratory milestones and the weight of local and global tragedies. Despite these challenges, our leadership remains committed to fostering spaces for celebration and healing, prioritizing the well-being and safety of our community.

I am deeply grateful to witness the myriad ways each of you upholds our shared values of Access, Accountability, Diversity, Equity, Excellence, Freedom of Expression, Integrity, and Respect daily. Your commitment to these principles serves as a beacon of hope and resilience during these difficult times.

Amidst the busyness of life, it's essential to remember that Mesa Cares and to prioritize self-care and compassion for one another. As May marks Mental Health Awareness Month, I encourage you to explore the various activities and resources available to support your well-being and that of your colleagues, peers and students.

Please remember that you are not alone, and reaching out for support is a sign of strength. Together, let's continue to nurture a community where everyone feels seen, valued, supported, and empowered.

[Click here for Mesa College Mental Health Flyer](#)

Mesa College has been approved to establish an A2MEND Student Charter and A2MEND Club!

An A2MEND Student Charter is a student support structure that seeks to establish an affirming environment where African American male students and other men of color are able to thrive. The aim is to improve academic success and develop culturally competent student leaders. This charter will also provide an opportunity to promote a sense of brotherhood and positivity among its members, within campus, and the surrounding community.



Be on the lookout for more information about this exciting development!



EUROPA CLIPPER
Exploring Jupiter's Ocean World

Mesa Engineering Peer Mentor Sam Brown has been selected for the Europa ICONS (Inspiring Clipper: Opportunities for Next-generation Scientists) internship program, supporting the agency's Europa Clipper mission! This program matches students with mentors from the mission's science team for a 10-week program to conduct original scientific research on topics related to the mission to Jupiter's moon, Europa. To read more about the mission, please visit the article below.

[NASA Selects Students for Europa Clipper Intern Program](#)

OFFICE OF *Instruction*

Architect Jim Gabriel of the prestigious and award-winning firm HGW Architecture, graciously took time out of his busy schedule to meet with students from the ARCH 231 – *Sustainability in the Built Environment* class (in the Architecture and Environmental Design Department). After a presentation and taking questions, Jim and the students then walked over to take a tour of two of HGW Architecture's projects that happen to be located on the Mesa College campus. This includes the complete design of the Student Services Center ([HGW Architecture Mesa College Student Services Building Link](#)) and the renovation/repurposing of the Fine Arts Building ([HGW Architecture Fine Arts Building Link](#)). While touring these buildings, Jim described the numerous sustainable features and details that his firm incorporated into each design, where students observed first-hand what he was talking about. Many of these sustainable architectural design features that Jim presented are topics that students in this class have been studying and learning about throughout the semester, thus bringing a touch of real-world design in the built environment into the academic learning environment—without ever having to leave campus!



OFFICE OF *Student Services*



Volunteer to help with Commencement on Friday, May 24, 2024

Together, let us unite to craft an unforgettable experience for our graduating class. Your invaluable support is key to ensuring that this momentous occasion is not only joyous but also profoundly meaningful for our students. With your collaboration, we aim to create an atmosphere brimming with celebration and significance.

We kindly request your assistance with various aspects of the day, including student check-in, wayfinding, Information booth, logistical support, and more. There is a myriad of roles to be filled, and your involvement is paramount to our collective success.

To volunteer your time and expertise for this momentous event, please complete the [Commencement Volunteer Registration form](#). For any inquiries or further information, please do not hesitate to reach out to me directly at awoods002@sdccd.edu

Ready to spring towards success? Join us on Wednesday, May 15 for Race to 12 Units! Our counselors and staff are geared up to assist you in fast-tracking your academic journey. Whether it's crafting a streamlined education plan, enrolling in courses, or tackling appeals, we've got your back every step of the way. Find out more on our Promise Instagram, @sdmesapromise.

Chill Out - A Workshop on Letting Go of Stress

Thursday, May 9 from 12:00 p.m. - 1:00 p.m.

Avanza Center

Students will learn different ways to work with worried thoughts and over-thinking to help manage stress.

FOSTER CARE

AWARENESS MONTH



Thursday
May 9

Financial Literacy-Dealing with Debt with Cal Coast Credit Union

🕒 12:00 - 1:00 pm 📍 FAST Center, K-101

Students, take control of your financial future by discovering practical strategies to manage, reduce, and overcome debt in the empowering "Dealing with Debt" session.

Monday
May 13

The Power of Positive Habits with Dominic House

🕒 11:00 am - 12:30 pm 📍 FAST Center, K-101

Learn the resilient story of Dominic House, Mesa Student & FAST Scholar, and how cultivating a habit of positivity can lead to a more resilient and optimistic outlook that can significantly impact your well-being. Become empowered to foster a positive mindset through Dominic's journey as he persists on his educational and personal journey.

For more information, please contact Marlene Gracia at mgracia001@sdccd.edu

May is Foster Care Awareness Month: The NextUp and FAST Scholars team planned a series of events to engage and support our students as well as empower our campus community about the foster care system. For more information, please contact Marlene Gracia at mgracia001@sdccd.edu.

OFFICE OF *Administrative Services*

Thank you all for your interest in our Wellness Walkabout!

We have decided to postpone our first walkabout to support our Classified Professionals at the Classified Professionals Award Ceremony.

Keep an eye out for our next save the date and we look forward to walking and celebrating with you soon!

Wellness Walkabout

Promote employee wellness, connecting campus integration and community

POSTPONED

Designated Route 30 Minutes Walk Conversation Starters Provided

MAY 15, 2024
10:00 a.m. - 2:00 p.m.
30 mins/session (walk)

Please scan the QR code for Registration and Location

For questions, please contact Catherine Cannoek at cannoek@sdccd.edu



The San Diego Community College District presents

Microsoft Teams Training



Session Title	Description	Round 1	Round 2
Microsoft Teams 101 Why & How?	Microsoft Teams can be the hub for all communication and collaboration. Create a team to bring people and content to the same location. Use channels, conversations, and tabs for seamless collaboration. Join us as we take a closer look at channels, tabs, conversations, and file sharing for collaboration in Microsoft Teams. Participants will leave the session with a basic understanding of a team set-up, management, and best practices for use.	Wednesday, May 8, 2024 11:30 AM - 12:30 PM Registration Link College FLEX # 21693 CE FLEX # 31553	Tuesday, June 4, 2024 12:00 PM - 1:00 PM Registration Link College FLEX #21694 CE FLEX #31554
Collaboration with Microsoft Teams	Discover the best ways to stay organized by keeping notes, documents, and digital conversations in Teams. Easily find, share, and edit files in real-time using familiar apps like Word, PowerPoint and Excel in One Drive Microsoft Teams.	Wednesday, May 15, 2024 11:30 AM - 12:30 PM Registration Link College FLEX #21695 CE FLEX #31556	Thursday, June 6, 2024 12:00 PM - 1:00 PM Registration Link College FLEX #21697 CE FLEX # 31557
Scheduling & Learning Engaging Meetings	Teams Meetings can be scheduled in several ways. Learn where and how to schedule the correct type of meeting and manage meeting permissions. Discover how Microsoft Teams provides the ability to meet synchronously for real-time engagement and feedback. Interact through multiple formats, including: Together Mode, Spotlight, and Polls to increase engagement.	Tuesday, May 21, 2024 11:30 AM - 12:30 PM Registration Link College FLEX #21698 CE FLEX #31558	Tuesday, June 11, 2024 12:00 PM - 1:00 PM Registration Link College FLEX #21699 CE FLEX #31559
Teams Voice for the End User	Are you ready to take your communication and collaboration in Teams to the next level? Join in for a training session on Teams Voice, designed for end-users who want to learn how to make and receive phone calls using Microsoft Teams. Discover how to set up calling preferences, place and receive calls using the Teams app, basic calling operations, access the call history and voicemail and many other useful tips and tricks!	Thursday, May 23, 2024 11:30 AM - 12:30 PM Registration Link College FLEX #21700 CE FLEX #31560	Thursday, June 13, 2024 12:00 PM - 1:00 PM Registration Link College FLEX #21701 CE FLEX #31561

Join us for our May and June Microsoft Teams training sessions! For more information, click the button below:

Microsoft Teams Training - May and June 2024

Participatory Governance

To learn more about our Associated Students, Academic Senate, and Classified Senate, please visit the links below:

[Associated Students](#)

[Academic Senate](#)

[Classified Senate](#)

In The Know

For additional information on what is happening on campus and in our community - visit the links below:

[Mesa College Newsroom](#)

[Mesa College Events Calendar](#)

Ashanti Hands, Ed.D.

President | San Diego Mesa College

Creating conditions that matter for our students to succeed!

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[Mesa College](#) | [Student Support Services](#)

