

September 12, 2024



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!

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OFFICE OF THE *President*



NALOXONE SAVES LIVES

Now Introducing: Narcan Dispensing Box at the 4th floor of the Student Services building! Conveniently next to the new Wellness Vending Machine. All boxes of Narcan are free after scanning the QR code for instructions.

ANYONE CAN SAVE A LIFE.



Latino/a/e Heritage Month kicks off today with our ¡Latino/a/e Bienvenida! celebration happening today from 11:00 a.m. - 1:00 p.m. on the Mesa Quad! Join us to celebrate Latino/a/e students and colegas, and learn about campus resources. For more events happening until October 16, please [click here for a flyer](#).



Gregory Smith

Please join your Mesa College colleagues in attending a presentation and open forum with the Chancellor to discuss priorities for the 2024-2025 academic year.

Chancellor's Fall Forum

Tuesday, September 24, 2024

2:30 p.m. - 4:00 p.m.

MC-211 A/B

Flex credit available | Sign up for Workshop 25250 - Chancellor's Forum
If an accommodation is needed, please contact the President's Office

The **San Diego Community College District's Board of Trustees** has unanimously agreed to place a **\$3.5-billion bond measure on the November ballot** to fund critical construction and modernization projects that will ensure the region's largest provider of workforce training and higher education continues to be a leader in driving the San Diego economy.

To learn more about the bond, please visit the [SDCCD News Center](#).

OFFICE OF *Student Services*



JOIN US!

Please join us on **September 25th** for a day of excitement as we come together to show our Mesa College sports teams how loved they are! The Mesa College Associated Students have also arranged for food and carnival games on **the Mesa Quad** **starting at 12:00pm**, so come for the Pep Rally and stay for the party. Free food and carnival games will be available to all attendees.



2024-2025 ASSOCIATED STUDENTS APPLICATION

Submit by Friday, September 13 at 11:59 p.m.
Scan for Application or Visit https://bit.ly/AS_2024



Mesa's Associated Students are looking for students with a desire to learn and represent their community!

Please pass this along to your students. Deadline to submit an application is

Friday, September 13 at 11:59 p.m.

UPCOMING EVENTS

Black Student Success Meet & Greet

Monday, September 16 | 11:00 a.m. - 12:30 p.m. | Mesa Quad

Celebrate Constitution Day

Tuesday, September 17 | 11:15 a.m. - 12:30 p.m. | G-102

Professor Nancy Marcus from the California Western School of Law will present on the upcoming Supreme Court case about transgender health care, as well as other Constitutional and legal issues facing the LGBTQIA+ Community. [Click here for an informational flyer.](#)

Reflect, Restore, and Unite Week

Week of September 16 - 20, 2024 | TBD

Join us for a collection of events designed to explore and expand upon concepts within the movement of Restorative Practices in order



to reflect, restore, and unite as a community. Restorative practices embrace community building, empowerment, participation, and accountability as crucial elements of justice. Events will incorporate different community-centered topics including voter registration, the arts, community gardening, meditation, and interpersonal connection.

Mental Health Presents Suicide Prevention Awareness Month

September 2024 | [Click here for an informational flyer](#)

Please join us for some of our events throughout September for Suicide Prevention Month. *Remember: Your Mental Health Matters.* You are never alone. Visit the Student Health Services in I4-209 for support or call 988 for immediate help.

Pride Center Fall 2024 Events

Fall Semester | [Full Schedule of Fall Events Here](#)

OFFICE OF *Administrative Services*

October 11, 2024 | MC-211 A/B | 9am - 1 pm

INTRODUCTION TO RAD TRAINING

RAPE AGGRESSION DEFENSE SYSTEM



[Click Here to Register](#)

We are excited to invite you to our upcoming RAD Training scheduled for **Friday, October 11, 2024 from 9:00 am - 1:00 pm in MC 211 A/B**. The Rape Aggression Defense System is a comprehensive course that begins with awareness, prevention, risk reduction and avoidance, progressing on to the basics of hands-on defense training. It is dedicated to teaching both women and men defensive concepts and techniques against various types of assault using easy, effective and proven self-defense/martial arts tactics. College Police has a team of RAD instructors that provide ongoing training classes to the community year-round.

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](#)

