



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*

Last week, our campus experienced a tragic loss of life. The impact of this loss is being felt throughout our community in various ways. It's crucial to recognize the impact of this loss and the deep sadness that many may be experiencing. Your well-being matters to us. You do not have to navigate this journey alone. If you need assistance, please utilize the following resources for support.

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, TDD/TTY: 888-842-9489
- Website: www.liveandworkwell.com, Access code: VEBA

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, and 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](tel:619-388-2774)





May is a month of honoring the rich tapestry of cultures, histories, and experiences that shape our world. Join us as we celebrate **Asian American and Pacific Islander Heritage Month, Jewish American Heritage Month, and Foster Care Awareness Month**, three vital observances that highlight the beauty of diversity and the strength of community.

For a list of events, please visit our Mesa Events Calendar:

[Mesa College Event Calendar](#)



President Hands and Dual Enrollment student Jadyn Jones were featured in Episode 6 of the California Community College's *Educate.Elevate* podcast! Hear from President Hands about how dual enrollment programs are creating new opportunities for Black students statewide, and from a junior in high school who is already making waves in both academics and athletics thanks to the program.

To watch and listen to this podcast, click on the YouTube video to the left.

Our Online Services Librarian, Dr. Alison Gurganus, represented Mesa yesterday on the KPBS Radio Midday Edition in a segment about AI and Libraries in Higher Education. To listen to this great podcast, please [click here](#).

OFFICE OF *Instruction*





We want to thank all the students from across Region X NextUp programs that had an opportunity to join us for our Carnival Extravaganza this past week. During this event students were able to connect with community and educational partners across SD County, take part in numerous activities, and together build community.

Thank You

Dreamer Resource Center and Borderless Scholars – The Mesa DRC is collaborating with the SDCCD for the Undocumented Student Conference for Friday, May 3 from 8:30 a.m. -1:30 p.m. The Undocumented Student Conference is an informative student leadership conference featuring a student panel, engaging workshops, and important resources for undocumented students and allies. You do not want to miss it! Reserve your spot at bit.ly/USC2024

Promise Workshops Still Available! All events are held in the Avanza Center, I4-202

Bonsai Tree Pruning Workshop (Limit to 20 students)

Friday, May 3 from 11:00 a.m. - 12:00 p.m.

Students who attend this workshop will learn about different aspects of the Bonsai tree. It will be a chance to reflect, meditate, and share personal insights throughout the workshop.

Careers in Education

Monday, May 6 from 11:00 a.m. - 1:00 p.m.

This workshop is designed to provide valuable insights into the diverse and rewarding career opportunities within the fields of K-12 education and higher education.

Chill Out - A Workshop on Letting Go of Stress

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

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



Attention all Promise students! Join us at the Avanza Center on Thursday, May 2 from 1:00 p.m. - 3:00 p.m. for the Promise End-of-Year Celebration! Get connected to support services and resources and stay for giveaways, prizes, sweet treats and drinks! Please RSVP using the link below:

RSVP for Promise End-Of-Year Celebration!

Year One Promise News:

- 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.



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

OFFICE OF *Administrative Services*

Join us in promoting employee wellness, connection, campus integration, and community at our Wellness Walkabout!

For more information, please contact Catherine Cannock at ccannock@sdccd.edu

A poster for the Wellness Walkabout event. The top half is dark blue with the text "Wellness Walkabout" in large white letters. Below it, in smaller white text, is "Promote employee wellness, connection, campus integration and community". The bottom half is yellow with a blue border. It features three icons: a location pin, a clock, and a speech bubble. Below the icons are the labels "Designated Route", "30 Minutes per Walk", and "Conversation Starters Provided". On the right side, there is a photo of a group of people walking. At the bottom, it says "MAY 15, 2024" in large blue letters, followed by "10:00 a.m. – 2:00 p.m." and "30 mins/session (walk)". A QR code is on the right, and text to its right says "Please scan the QR code for Registration and Location". At the very bottom, it says "For questions, please contact Catherine Cannock at ccannock@sdccd.edu".

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](#)

