



QCC FIRST CALL

A Newsletter For and About Our Student Veterans at QCC

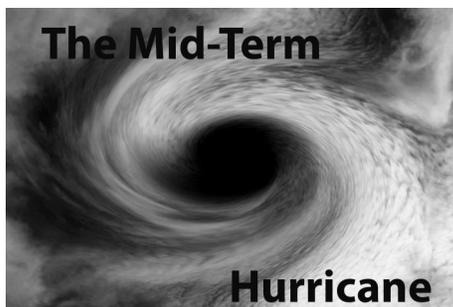


Trying to Reason ...

... with hurricane season, a nautical song by that favorite of all Hawaiian flowery shirt wearing parrot heads and can help explain how many of us feel at this point in the semester – Overwhelmed. We also feel the turbulent winds that accompany mid-terms. However, the most experienced sailor will not try to navigate a hurricane but put into a safe harbor, batten down the hatches, and ride out the storm in safety.

Before we get too in depth in how to prepare for the big wind, we must know the nature of the storm. A hurricane always brings with it high winds, storm surges, and, oft times, tornados. These three conditions are analogous to the conditions that plague us around this time of year....

We all experience the stiffening winds of classroom and course requirements. And, one characteristic of wind is “fetch”. (Fetch is the length that wind has blown over open water and is an indicator of the size of waves.) The size of waves, in the educational sense, is especially critical to our newer students. Especially if they have not developed their sea legs —Study Skills.



We may also find that we are inundated with large white caps rolling in can have a devastating effect. Especially when we have not completely knocked the rust off our academic skills.

We must also be careful of the storm surge of **procrastination** and tornadic effect of **disorganization**.

Taking this all into consideration: the wind and waves, here at QCC we can offer safe harbors and classes on seamanship. The safest of harbors can be found in the Harrington Learning Center. The Harrington Learning Center contains the various tutoring areas. It is a place where you can find refuge from all your academic storms.

The tutoring services can set you straight on math difficulties or help you chart a course through any writing assignment. There is also tutoring available in most academic areas.

It is important to identify your weakness now, before the winds really start to blow, or you may find yourself just another casualty of the season.

Volume 4, Issue 2

Newsletter Date

October, 2017

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Veteran's Club

We had our first club meeting on 9/20 and discussed some upcoming events for the semester that we plan on doing including a trip to Salem October 20th and Patriots Place December 16th. These are dates we are planning on and any changes will be brought up at club meetings which are held monthly in the new Vet Center 258A.

We also had an introduction of this year's officer team and welcome any ideas members have. Please research any idea that you bring

forth so that we can put it out for interest level among members.

We hope to see you at our next meeting and feel free to stop by the office anytime if you would like to bring something forward to us.

Anyone looking for more information, feel free to contact us at: veteransclub@qcc.mass.edu

Veterans Club Secretary/ Treasurer

Stephanie Teixeira



Important Phone Numbers:

- **Counseling Services**
508.854.4479
508.854.2092
- **Veteran Affairs**
508.854.2721

Dates to Remember:

**Nov 10th
Veterans' Day
(Observed)
No Classes**

**Nov. 11th
Veterans' Day**

**Nov 23-26
Thanksgiving**

**Nov 6—20
Priority
Registration**



**Stay Tuned
for the
Next
Veteran
Club
Meeting in
Room 258**

Notes from the Director

Now that classes are underway, I hope they are all going smoothly for you. Remember there is always free tutoring available on campus if you need it.

By now most of you have visited the new Vet Center---Room 258A. There is always something going on in the Center. Drop by for either some food, conversation, tv watching or just to take a "nap". We have a kitchen area for you to use and a refrigerator for you to keep your food in.

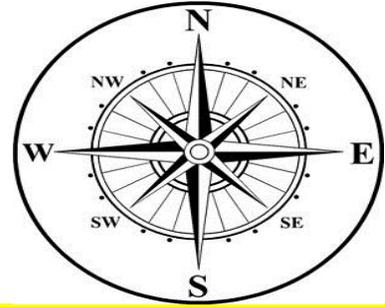
Our first annual "Chili Cook-off" is Monday, Oct. 16. Be sure to enter your chili or stop by and be a taster. All are welcome.



For those of you that are ahead of the game, you can now complete the FAFSA (Financial Aid Application) for next fall—the 2018-2019 school year.

Best of luck this semester!

Paula



**Harrington Learning Center
Room 208
508-854-74588**

**Monday - Thursday:
8:00 am-8:00 pm
Friday:
8:00 am-4:00 pm
Saturday:
9:00 am-3:00 pm**



Have you identified the tree you want to be tied to during the hurricane of life?

For me it is the Tree of Knowledge...



As veterans returning to the halls of academia we face several challenges that neither our professors nor our traditionally aged classmates face.

We have difficulties in adjusting to the pace of academic life, especially if we just got out.

We also face the problem of social isolation because of the feeling that no one would understand what we have been through.

However, the biggest problem we face is dealing with varied disabilities that many of us suffer because of our service.

Now that we have identified several of the major problems we face it is time to develop a plan to aid us in being successful in the academic world.

One of the major problems encountered in adjusting to the academic pace is that we must balance and perform various tasks at the same time.

In the military we worked on one problem or task at a time until we mastered it. However this approach will not work in college unless you are just taking one course per semester.

The key to conquering the problems concerning pacing is practicing three things: **organization, organization, and organization.**

It can be as simple as creating a schedule for study times and fun times. (Remember that it is just as important to have some fun as well as completing academic tasks. Just remember that once you create a schedule you must stick to it.

Next month we will try to tackle social isolation and disabilities. .



Notes from the Coordinator

I hope that everyone's semester is progressing smoothly and that you are not experiencing too many squalls. However, if you are, QCC has many places for you to get out of the rain. Coincidentally they are located in the Harrington Learning Center on the second floor—the **tutoring centers**.

By now you should have a good idea if you are having any problems either with those academic skills of Math and English or more specific problems in any of your other classes.

It is imperative that you seek out help at the onset of a problem – **before it becomes insurmountable**.

If the tutoring centers are a little scary there is online tutoring available (Give the tutoring center a call at 508-854-4279 for instructions on accessing it).

Also asking your instructor for help is always a good place to start. You may even attempt to organize a study group in your class and get together to go over course material.



It is an old educational adage that if you are having problems in a class that there are others who are in the same boat. There are also fellow students who understand the concepts and may be able to help you master the course material.

Finally, there is no weakness in asking for help. As a matter it takes **a lot of courage** to admit that you need the help of others to make it....



Tina Wells, LICSW, Coordinator of Counseling

Administration Building Room 162A

670 West Boylston St.

Worcester, MA 01606-2092

508-854-4479

Fax: 508-854-4583

e-mail: twells@acc.mass.edu



ATTENTION ALL VETERANS!!!

Please contact the Veteran Affairs Office... Even if you are not using any benefits...

We still have services available.

**Room 258 A
508-854-2721**



the math center

Office Location
HLC, Room 206
Phone Number
508.854.7487
Office Hours
Monday - Thursday
8:00 am-9:00 pm
Friday:
8:00 am-4:00 pm
Saturday:
9:00 am-3:00 pm

Transfer

Fall

Student Employment & Transfer Center

2017

Walk-In Transfer Sessions

October

Monday	October 2nd	10am-12pm
Tuesday	October 10th	12pm-2pm
Wednesday	October 18th	12pm-2pm
Thursday	October 26th	10am-12pm
Monday	October 30th	10am-12pm

November

Tuesday	November 7th	12pm-2pm
Wednesday	November 15th	10am-12pm
Monday	November 20th	12pm-2pm
Tuesday	November 28th	10am-12pm

December

Monday	December 4th	12pm-2pm
Tuesday	December 12th	10am-12pm
Wednesday	December 20th	12am-2pm

All Sessions - Room 62A

Website: www.qcc.edu/transfer Email: transfer@qcc.mass.edu

Fall

Student Employment & Transfer Center

2017

Career Workshops

Walt Disney World College Program Information Session

9/15 1pm-3pm Room 272A

Cooperative Education Orientation

9/19 5pm-6pm Room 62A
 9/27 12pm-1pm Room 62A
 11/28 5pm-6pm Room 272A
 11/29 12pm-1pm Room 62A
 12/7 12:30pm-1:30pm Room 62A

Resume Writing

10/4 12pm-1pm Room 62A
 10/10 5pm-6pm Room 272A
 10/17 12pm-1pm Room 272A
 12/5 12pm-1pm Room 62A
 12/5 5pm-6pm Room 272A
 12/6 12pm-1pm Room 62A

Job Fair

11/1 10am-1pm HLC 109

Resume Critique

10/11 12pm-1pm Room 62A
 10/17 4pm-6pm Room 272A
 10/24 12pm-1pm Room 272A
 10/31 12pm-1pm Room 272A
 11/6 12pm-1pm Room 62A
 11/7 4pm-6pm Room 272A
 12/12 12pm-1pm Room 62A
 12/12 4pm-6pm Room 272A
 12/13 12pm-1pm Room 62A

Interviewing Skills

12/11 10am-11am Room 62A

Website: www.qcc.edu/services/career-placement-services

Email: careerservices@qcc.mass.edu

Services

WE WANT YOU! Join Veteran Affairs in supporting all Veterans

We invite you to show support for all Veterans and Active Duty Military Personnel.
 Please march with us in the Veterans' Day Parade.

Contact our office (258A) to RSVP:
 508-854-2721 or veteranaffairs@qcc.mass.edu



Veterans' Day Parade
 Saturday - November 11, 2017
 (more details coming)



We are meeting at 8:30 for a free breakfast at Vet's Inc.

Supported by: Veteran Affairs Office, QCC Veterans Club