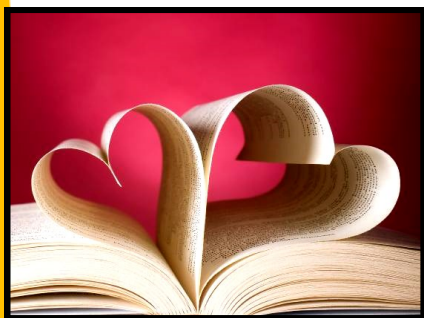


# News & Events



## Blind Date with a Book

"I hope I brought my student ID because I'm totally checking you out!"

Come to the Library for a scintillating date with a surprise book all wrapped up and ready to go. Starts on Monday, February 8! For more info, ask a librarian at the Reference Desk!

## PTK Meetings—get involved with North's Honor Society!

Open to everyone! PTK meetings this quarter take place **2:30-3:30pm every Thursday in the Student Learning Center** (HS Building, near the Grove). Get involved on campus, find volunteer work, and learn about scholarships!



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## ARTS, LECTURES AND ACTIVITIES BOARD

### Diversity Speaker Series: Seattle Hip Hop

Student Leadership presents Dr. Daudi Abe's lecture on "How Seattle's Black History Informed 206 Hip-Hop." You will learn about race and the Seattle music scene and how the two influenced each other. Following Dr. Abe's lecture there will be a Q&A. Come by on **Wednesday, Feb 24 at noon in the Grove Seminar Room (HSSR 1540A)**.

### Women's Center Film Series: *Venus Vs.*

Come watch this highly acclaimed 50-minute documentary about the incredible Venus Williams. The screening takes place **Monday, Feb 22, 12:30pm in the Grove Seminar Room (HS 1540A)**.



### Taking evening classes? North has expanded Evening Services!

In addition to North's standard Evening Services, the following offices will stay open until 6:30pm every Tuesday (except holidays):

- ⇒ advising, admissions & registration
- ⇒ cashier's office
- ⇒ financial aid & testing
- ⇒ international programs
- ⇒ bookstore
- ⇒ e-learning
- ⇒ disability services

### Correction on SEM Report from Jan 25, 2016

In the last newsletter, we erroneously reported that during fall quarter 2015, Chemistry 121 was offered only at 8:00am and Saturday afternoons. In fact, the class was offered at 8:00am, 10:00am, as an afternoon hybrid and in the evening (four options total). The Math & Sciences division is working to minimize scheduling conflicts and welcomes feedback from students. Contact [Alissa.Agnello@seattlecolleges.edu](mailto:Alissa.Agnello@seattlecolleges.edu) to share your input!

# Student Leadership Newsletter



## DAC Event & News!

### Black History Month

Pioneer and civil rights activist Aaron Dixon is coming to North to give a talk on the tension, violence, and excitement that surrounded the Black Panther Party. In his adolescence, Dixon marched with Dr. King Jr. to end housing discrimination in Seattle. Dixon is also the author of *My People Are Rising*, a memoir of the Black Panther Chapter he founded in Seattle.

Mr. Dixon's talk "Our People Are Rising" will take place on Thursday, **Feb 11 in ED 2843A from 10:00-11:00am** and a conversation with Dixon about "Creating a Movement" from **3:30-5:30pm**. There will be food and a book signing between the two events where you'll have a chance to meet Aaron Dixon in person!

### DAC News

A proposition has been made by Pres. Brown to convert the Diversity Advisory Committee (DAC) into a council since this committee is crucial to our campus community. The council would have committees under it in order to allocate tasks more effectively and efficiently.

DAC meets on Tuesdays 3:30-4:30pm in the Green Room (CC 1442); meetings are open to anyone.

- Quency Caroline, Student Cabinet Member



## Students that attend an Orientation before February 9 can register for spring classes early!

News from the Orientation Committee!

- ⇒ NSOs, New Student Orientations, run from January 26 through March 29, except for February 16.
- ⇒ Students that attend an orientation before February 9 will receive prior registration (before February 22).
- ⇒ Advising offers a night orientation on February 23 from 5:30-7:00pm.
- ⇒ Financial aid workshops are also offered and open to prospective and current students.
- ⇒ High school students are welcome and sign up is not required!

- Andrew Soebagio, Student Cabinet Member

## TIPS FROM OUR COUNSELORS:

### **Reduce Stress, Increase Effectiveness**

Organize by breaking assignments into smaller, daily "chunks."

Eat multiple small meals with vegetables, fruits, lean protein, and water. For the first two bites, savor the taste, smell, and texture (apple's crunch, yogurt's smoothness).

Sleep 7 to 8 hours a night to move learning to long-term storage and improve concentration.

Exercise: even 2 to 5 minute breaks, to stretch, walk around, etc., will help you relax.

Reset by taking 2 or 3 deep breaths slowly, in and out through the nose. Deliberately relax the muscles in your shoulders and neck. Experience gratitude for the good things in yourself and your life.

Encourage yourself: focus on positives, reassure yourself ("I'm doing the best I can" — "This will get done").

Smile and be kind: Smiling lowers anxiety and prompts people to smile in return. Thoughtful acts make you feel good. Laughter refreshes and improves problem-solving. Consider comedy when selecting entertainment!

North's counselors help students identify career interests and academic majors, locate resources and manage stressful situations. Stop by for a free appointment!

