

News & Events

Mental Health Awareness Week!

Come to NED Talks on **Tue, May 17 from 12:00-1:00pm in the Concert Hall** (LB building 1st floor). These 20-minute talks will broaden your horizon!

Our speakers include a nationally recognized slam poet, two therapists, and a published author and researcher. Topics are maintaining mental health as a college student, how the brain learns, how to be a successful learner and critical thinker, OCD, and mental health justice.

DREAMers and Undocumented Students!

Progress 21 is hosting a DACA 101 Workshop on **Tue May 10, 12:00-1:30pm in room CC1360**. Topics include:

- ⇒ What is DACA? The initial and renewal process, steps after receiving DACA
- ⇒ Basic information about loans, incl. 0% interest DACA loans
- ⇒ 21 Progress programs and services
- ⇒ What is Advanced Parole, eligibility and benefits



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Free API Film Festival! Celebrate API Heritage month Monday May 23

Join your NSC colleagues and students at these upcoming films in the **Grove Seminar Room** (HS 1540A, behind the hot food lines).

The Women's Center, in collaboration with Student Leadership, concludes the 2nd Annual NSC Film Series with a day-long film extravaganza, the API Film Festival! Highlights:

Who Killed Vincent Chin?

This gripping Academy Award-nominated film examines the unpunished murder of a young Chinese-American engineer and its implications for the U.S. justice system.

In Football We Trust

Shot over 4 years, the film follows four API football players striving to overcome gang violence and poverty through American football.

FULL FESTIVAL SCHEDULE

Monday, May 23

11:00am - *Creased* (short film!)

12:30pm - *Vincent Chin* (87min)

2:00pm - *In Football We Trust*

3:30pm - Closing Film TBA!!!



Any Questions about All-Gender Bathrooms? Come to the Trans* Panel on May 11!

Over 200 colleges in the U.S. now provide all-gender bathrooms, with many high schools following suit. Shoreline recently passed their initiative, giving the college both single-stall AND multi-stall all-gender bathrooms. Brown University, Harvard, and other ivy league schools provide all-gender housing as well as bathrooms, and the White House now has two all-gender bathrooms.

As part of ongoing education efforts at NSC, four representatives from Seattle's transgender community will come to our campus and participate in a panel discussion. Stop by on **Wednesday, May 11, 10:00—11:00am in the Baxter Center** (room CC1349A)!

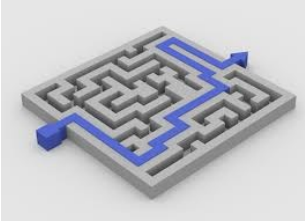
Our speakers will tell personal stories and help educate our campus on a nationally debated issue.

ASIAN AMERICAN
PACIFIC ISLANDER
HERITAGE MONTH



Student Leadership Newsletter

NSC Counseling Help for Students



Find your Major and Career Path

75% of college students are uncertain about their career and academic goals. What can you do to find your path?

- ⇒ **Enroll in HDC100: Career Planning**—a supportive class offering 2 elective credits, transferable within the AA degree. Research indicates HDC 100 students gain skills that help them complete their academic programs at high rates and with higher grades. This on-campus class starts the 3rd week of the quarter. Check NSC course schedule online for registration: northseattle.edu/schedule
- ⇒ **Talk with Counseling staff** to help you identify personally rewarding careers and majors and steps to reach your goals.
- ⇒ **Check out the Counseling website**—there are links to free online resources that help you identify your learning style, match your interests, personality, and major with careers, and describe different occupations, current trends, and sample wages. Go to: northseattle.edu/counseling

Improve Study Skills

Many students could benefit from developing an effective study routine and style. How can you do that?

- ⇒ **Talk with Counseling staff** to gain skills in concentration, memory, test-taking, note-taking and speaking in class. Counselors can also help you with time management and reducing procrastination. Those are all skills that can be learned!
- ⇒ **Learn online** at northseattle.edu/counseling by clicking the “academic help” tab. Here you will find tips for the first weeks of classes, classroom participation strategies, and dealing with stress.

To make an appointment:

Visit Counseling, located within Student Success Services on the second floor of the College Center building, near Registration.
Call us at 206 934-3676;
M-F 8:00am-4:30pm.

Counseling Faculty:

Jenny Mao, PhD
Lydia Minatoya, PhD



Too Much Drama? Manage Stress and Find Resources

Many students deal with stressful situations. What can you do to support yourself through a crisis and improve your quality of life?

- ⇒ **Call the 24-hour hotline** of the King County Crisis Clinic 206-461-3222, TTY 206 461-321.
- ⇒ **Use the free counseling** at North! We offer short-term, solution-focused counseling to help student manage a crisis, reduce worry and sadness, confront discrimination, and find resources.
- ⇒ **Do a free Online Mental Health Screening.** This service is confidential and includes a self-descriptive screening for depression, generalized anxiety disorder, bipolar disorder and PTSD (post-traumatic stress disorder). Access at: screening.mentalhealthscreening.org/NORTHSEATTLE