



The Open Door

PRESIDENT'S MESSAGE



Dr. Luis G. Pedraja

Last year at this time, I naively wrote: "Now that we are well into the new year, we look forward to putting behind the long cold days of winter –probably not as soon as we would like! But sooner or later, spring will come."

Well, I now have one New England winter under my belt and know better –it will probably be much later rather than sooner. However, we can certainly look forward to spring and eagerly await its arrival.

Just as you can't wait for the warmer days of spring, I am sure many of you can't wait until the end of the term to graduate or at least have a well-deserved break.

Just remember: while the road ahead might seem long, each step you take gets you closer to your goal.

When the cold days seem to stretch forever, take it one day at a time. Just as spring will inevitably come, you will make it to the end. Along the way, don't forget that you are not alone.

Don't be afraid to ask for help when you need it and to encourage others when they struggle. Together, we can make it through with the support of family, friends, and all of us here at QCC.

Commentary:

Longest, Most Costly Government Shutdown in U.S. History

By Santana K. Wright
Open Door Editor



Recently Americans experienced the longest government shutdown in history.

President Donald Trump had a standoff with Democrats who refused to sanction the use of billions of taxpayers' dollars to build a wall to keep out Mexican immigrants.

The President insisted that he would not reopen the government until funding was received.

However, Democratic Leaders Nancy Pelosi and Chuck Schumer insisted that there would be no congressional funding for the wall.

Throughout this tit-for-tat it is the American people who have suffered the most.

With scores of nonessential government workers suspended, the result included food safety fears, Government website insecurity, unprecedented flight risks, Coast Guard food shortages, and workers being forced to work without pay.

The result: food shortages and evictions.

The Food and Drug Administration (FDA) suspended all non-essential work, causing nationwide concerns over unsafe food as most inspections have stopped.

Security certificates for dozens of official websites have not renewed. Affected websites included the US Department of Justice, the Court of Appeals and Nasa.

According to the internet security website Netcraft, more than 80 security certificates used by government websites were expired.

The President said in a statement that he would be "proud" to shut down the federal government, thus fulfilling one of his many promises to those who voted him in.

Of course he did not take into account the millions of Americans who would be hurt.

The shutdown doesn't affect the politicians responsible for it. White House staff and members of Congress continue to get paid when the government shuts down.

(Continue to page 2)

Continued from page 1...

The federal government shutdown showed how-
ever, that it is the poor and
disenfranchised that suffer
the most.

With the federal government
stalled in the shutdown in
January, the US Department
of Agriculture announced
that funding for food stamps
and subsidized school
lunches for poor children
would run out within a
month or two, which thank-
fully never occurred.

The shutdown ended before
that could happen, but it's
unclear what happens after
federal money runs out in the
event of a prolonged govern-
ment shutdown.

Perdue suggested that state
agencies, which oversee the
programs, could continue to
provide the services with their
own money, or with any extra
federal money they may have
saved up.

The shutdown has now
ended— temporarily,
according to the president.
Americans are now unsure
what to expect.

It would likely be too op-
timistic of us to hope for a
smooth 2019 in terms of the
political sphere, but let us
hope anyway.

It would be very wise of
government workers to save
as much as they can while
stocking up on food to mini-
mize suffering should the
federal government face
another shutdown.



Open Door Staff

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OPEN DOOR

Issue	On the Stands	Deadline
#6 March	March 6	February 7
#7 April	April 4	March 7
#8 May	May 2	April 11

♥ The History of Valentine's Day ♥



By Tyler Wills

What is the meaning of Valentine's Day before it became a day to recognize your sweetheart? What was the original meaning of Valentine's Day and what does it represent now?

The day gets its name from a famous saint, St. Valentine. There are several stories of who he really was with the most popular belief that he was a priest from Rome in the third century AD.

The dark origins of Valentine's Day was called the feast of Lupercalia which lasted from February 13th to 15th.

The Romans celebrated the feast of Lupercalia by sacrificing a goat and a dog.

The young women would participate in a matchmaking lottery, in which young men drew the names of women from a jar.

The couple would be together for the duration of the festival or longer, if the match was right.

Later, in the 5th century Pope Gelasius I combined St. Valentine's Day with Lupercalia to expel the pagan rituals.

Today we celebrate Valentine's Day on the 14th of February by giving our sweethearts red or pink roses, boxes of chocolates and Valentine's Day cards.

Many kids will exchange Valentine's Day cards in school and share Sweethearts candies.

Sweethearts candies were made by the New England Confectionary Company (Necco) who manufactured nearly 8 billion Sweethearts per year.

In a going out of business auction the Necco wafer brand and sweetheart candy company was sold to the Spangler candy company.

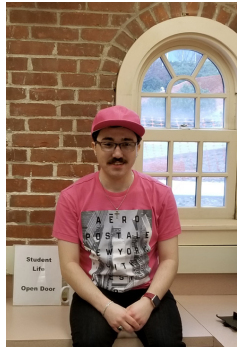
The Spangler Candy Company is best-known for its Dum Dum lollipop's. The Spangler Candy Company acquired the Necco brand in September of 2018 and didn't have enough time to produce the convention hearts for this Valentine's Day!

A true known fact: approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas.



Question of the Month

By Tyler Paul Wills



This month's question: What you like to accomplish this semester?

"I would like to get better grades and have better study habits so I can decide what degree I want pick as my major."

- Adam S

"I would love to graduate this semester with all A's and transfer to the Savannah College of Art and Design in the fall."

- Reneasia Love

"I'm currently taking programming classes so by the end of this semester, I'd love to understand the language and apply it to the programs I want to create."

- Emilio Rayes

"I would like to accomplish getting Straight A's across the board."

- Jen Phan

"What I would like to accomplish this semester is to complete all my reading and writing pre-requisite classes."

- Tyler Paul Wills



Interview with Max German-QCC Food Pantry Coordinator

By Santana K. Wright

Q: What would you like the QCC student body to know about you?

Max: "I am currently enrolled here at QCC and Liberal Arts major. I really love to give back to the community. I have gotten a lot of hands on experience and education from QCC and would just like to pay it forward."

Q: How did you become involved with the Food Pantry?

Max: "I knew Ashley, the previous Food Pantry Coordinator through Phi Theta Kappa of which I am a member. We became friends. She basically groomed me for the part, so when she left I took over the running and organizing of the Food Pantry."

Q: What are you hoping to achieve?

Max: "I hope that it continues to grow so that we may be able to help all the students who need it. So many students are attending school hungry. I would like to eradicate that."

Q: How many times per month can students come into the food pantry to get food?

Max: "Each student can come by once a month and take up to ten (10) food items."

Q: Are there any special circumstances in which students are allowed to stop by and pick up food items even if they have surpassed their monthly limit?

Max: "Absolutely! Special arrangements can be made. Any student that needs extra food is more than welcome to come by the Food Pantry during opening hours and speak with me so that I may help him/her."

Q: What food items are available in the Food Pantry?

Max: "An assortment of foods are available. From boxed cereals, canned food, soups, snacks and granola bars to fresh fruits and vegetables from the greenhouse."





Athletics



Need To Know

www.qcc.edu/student-life/athletics
www.qcc.edu/services/athletic-center

Athletic Center Hours Starting 9/9:

Monday 8:00am – 4:00pm
 Tuesday 8:00am – 7:00pm
 Wednesday 8:00am – 4:00pm
 Thursday 8:00am – 7:00pm
 Friday 8:00am – 4:00pm
 Saturday 10:00am – 2:00pm

All offerings and programs are
 FREE for QCC Students. Staff and
 Faculty program classes available
 for a fee

Check The Q and posted signs
 schedule.



IT'S NEVER TOO LATE TO START THE YEAR HEALTHY

Healthy Goal Setting Tips:

- Start small- don't overwork yourself
- Be specific- write it all down
- Write down checkpoints and keep them posted somewhere you'll always see them
- Reward yourself for each step accomplished.
- Find friends to work out with that will encourage your.

Remember the Great feeling you have after you exercise.....

BENEFITS OF EXERCISE

- Reduces & Relieves Stress
- Reduces Cholesterol
- Prevents Osteoporosis
- Helps Prevent Coronary Heart Disease (which is the #1 death rate)
- Weight Maintenance
- Firm & Tone your Body
- Meet New People

Ultimately....You Will Have More ENERGY

The QCC's Athletic Center Program Fitness Classes are Flexible, Fun and FREE program classes designed for you

- Only 45 minutes long
- Come to every class and be challenged
- Come to classes only when you can and still be able to follow along

[Yoga and Full-Body Toning](#)

YOGA
 Will run Sept 17 thru Dec 13
 Tuesdays & Thursdays 12:00pm

FULL-BODY TONING
 Will run Sept 17th thru Nov 28th
 Mondays, Wednesdays & Fridays 12:30pm





Athletics



2018-2019 QCC WOMEN'S BASKETBALL

			<u>Departure</u>	<u>Return</u>	
<u>JANUARY</u>					
Thursday	17 th	5:00pm		Holyoke CC*	HOME
Tuesday	22 nd	5:30pm	3:00pm	UConn @ Avery Point**	AWAY 11:00pm
Thursday	24 th	5:00pm		Bristol CC*	HOME
Saturday	26 th	12:00pm		Roxbury CC*	HOME
Thursday	31 st	5:00pm		Bunker Hill CC*	HOME

FEBRUARY					
Tuesday	5th	5:30pm	3:15pm	Springfield Tech CC*	AWAY 10:15pm
Saturday	9th	1:00pm	10:45am	Massasoit CC*	AWAY 6:30pm
Thursday	14th	5:30pm		Gateway CC*	HOME

* Conference game

** Region XXI game

Head Coach: Gabe Santner
Assistant Coach: Mikayla Singas

DATES/TIMES OF GAME ARE SUBJECT TO CHANGE. CHECK QCC.EDU FOR THE MOST ACCURATE INFORMATION

2018-2019 QCC MEN'S BASKETBALL

			<u>Departure</u>		<u>Return</u>	
<u>JANUARY</u>						
Tuesday	15 th	7:00pm	2:45pm	Mass Bay CC**	10:15pm	AWAY
Thursday	17 th	7:00pm		Holyoke CC*		HOME
Saturday	19 th	6:00pm	3:45am	Quincy College**	9:00pm	AWAY
Tuesday	22 nd	7:30pm	3:00pm	UConn @ Avery Point*	11:00pm	AWAY
Thursday	24 th	7:00pm		Bristol CC*		HOME
Saturday	26 th	2:00pm		Roxbury CC*		HOME
Tuesday	29 th	8:00pm	5:45pm	Ben Franklin	1:00pm	AWAY
Thursday	31 st	7:00pm		Bunker Hill CC*		HOME

FEBRUARY					
Saturday	2nd	12:30pm		C.C Rhode Island	HOME
Tuesday	5th	7:30pm	3:15pm	Springfield Tech CC*	AWAY 10:15pm
Thursday	7th	6:00pm	3:45pm	Northern Essex CC*	AWAY 10:15pm
Saturday	9th	3:00pm	10:45am	Massasoit CC*	AWAY 6:30pm
Thursday	14th	7:30pm		Gateway CC*	HOME

** Region XXI game

**Conference game

Head Coach: Tishaun Jenkins

DATES/TIMES OF GAME ARE SUBJECT TO CHANGE. CHECK QCC.EDU FOR THE MOST ACCURATE INFORMATION*

Updated as of: 1/16/2019

QUINSIGAMOND COMMUNITY COLLEGE WYVERNS 2019 BASEBALL SCHEDULE

						DEPART	ARRIVE		
MARCH									
16	SATURDAY	3:00PM		VS	TBA	Myrtle Beach, SC			AWAY
16	SATURDAY	6:00PM		VS	TBA	Myrtle Beach, SC			AWAY
17	SUNDAY	10:00AM		VS	TBA	Myrtle Beach, SC			AWAY
17	SUNDAY	12:30PM		VS	TBA	Myrtle Beach, SC			AWAY
18	MONDAY	10:00AM			TBA	Myrtle Beach, SC			AWAY
18	MONDAY	12:30PM			TBA	Myrtle Beach, SC			AWAY
23	SATURDAY	12:00PM	DBHD	VS	CC RHODE ISLAND	WARWICK, RI	9:00AM	6:00PM	AWAY
26	TUESDAY	3:30PM		VS	BUNKER HILL CC***	BOSTON,MA	1:30PM	7:00PM	AWAY
30	SATURDAY	12:00PM	DBHD	VS	MASS BAY CC***	QCC			HOME
31	SUNDAY	12:00PM	DBHD	VS	NHTI	QCC			HOME
APRIL									
1	MONDAY	4:00PM		VS	EASTERN CT JV	QCC			HOME
5	FRIDAY	3:30PM		VS	UCONN at AVERY POINT	QCC			HOME
7	SUNDAY	12:00PM	DBHD	VS	NHTI		9:30AM	5:30PM	AWAY
9	TUESDAY	3:30PM		VS	MASSASOIT	BROCKTON, MA	1:00PM	7:00PM	AWAY
11	THURSDAY	3:30PM		VS	HOLYOKE CC***	QCC			HOME
13	SATURDAY	12:00PM		VS	BUNKER HILL CC***	QCC			HOME
16	TUESDAY	3:30PM		VS	MASS BAY CC***	FRAMINGHAM, MA	1:00PM	7:00PM	AWAY
18	THURSDAY	3:30pm		VS	CC RHODE ISLAND	QCC			HOME
20	SATURDAY	12:00PM	DBHD	VS	HOLYOKE CC***	QCC	9:30AM	7:00PM	AWAY
25	THURSDAY	3:30PM		VS	NORTHERN ESSEX CC***	QCC			HOME
27	SATURDAY	12:00PM	DBHD	VS	MASSASOIT CC***	QCC			HOME
MAY									
4	SATURDAY	12:00PM	DBHD	VS	NORTHERN ESSEX CC***	HAVERHILL, MA	9:45am	5:30pm	AWAY
11, 12, 13	FRI, SAT, SUN	REGION 21 - N.E. REGIONAL TOURNAMENT							

* New England Region 21 - Division III/Massachusetts Community College Athletic Conference opponents

** New England Region 21 - Division II opponents

HEAD COACH: JOHN McLAUGHLIN

ASSISTANT COACH: PAUL GOODWIN

VOL ASSISTANT COACHS: JAMIE DOWNIE, ZAK PLATTS, GREG ORMSBY

INTERESTED IN PLAYING A SPORT AT Q.C.C?

Athletes must be currently enrolled in at least 12 credits to try out for the team. A valid physical form and try- out waiver must be submitted before being able to compete. Student Athletes are required to have a physical stating that you are "cleared to play competitive sports". Please stop by the Athletic Center to pick up a Q.C.C. athletics physical form.

MEN'S AND WOMEN'S BASKETBALL

Contact the coach as soon as possible to find out more information about meetings prior to the start of the season.

Men's Basketball

Tishaun Jenkins

508.854.4211

tajenkins@qcc.mass.edu

Women's Basketball

Gabe Santner

Ext. 4492

gsantner@qcc.mass.edu

BASEBALL / WOMEN'S SOCCER

Student interested in playing baseball or women's soccer in the fall should contact the coach.

Baseball

John McLaughlin

508.854.4316

Jmclaughlin@qcc.mass.edu

Soccer

Josh Cole

508-854-4317

jcole@qcc.mass.edu



Records & Registration

Key Dates and Deadlines for the Spring Semester

- **February 18 is Presidents' Day** The College is closed, no classes will be held
- **Progress grades available Friday March 15** Check your student portal – The Q.
- **Spring Break is the week of March 17-23** There are no classes this week
- **Registration for returning students opens March 25 for Summer and Fall 2019.** You have seniority over all new students. Don't wait to register for the upcoming summer and fall semesters. New student registration opens April 8.
- **Last day to change to or from an AUDIT is April 12**
- **Withdrawal period is through April 12.** To withdraw from a class, your instructor or your academic advisor must sign the withdrawal form. After April 12, your professor may grant you the grade of W, but you are no longer entitled to that grade. Your instructor may assign the grade of F. If you are considering withdrawing from a course and receive financial aid, talk to the Financial Aid Office to find out if your package will change due to the withdraw.
- **April 15 is Patriot's Day** The College is closed, no classes will be held
- **Incomplete grades from the Fall and Intersession are due April 20.** If your missing work is not completed by this date the grade turns to an F.
- **Final Week of Classes May 8-14,** during the final week of classes there is a modified class schedule. Check The Q for the Spring Final Exam Schedule or ask your instructor for a detailed class syllabus. Final grades are due on The Q 48 hours after the last class/exam.
- **Commencement is May 23 at 1pm at the DCU Center**

New to the Registrar's Office!

Request an Enrollment Verification Letter through The Q. Log into The Q and go to the Registrar's page, then select Self-Service forms towards the bottom right of the page. Select and complete the Enrollment Verification Form. You have the option to pick up the form, or have us mail, fax or email it to you or a third party.

Did you know?

If you can't make it to campus or stopping by the Registrar's Office is inconvenient to your schedule you can find many of the Registrar's Office forms on The Q. Go to Student Services and then Registrar. You'll see Registrar Documents on the lower right of the page which includes copies of the following forms: Change of Personal Information, Course Withdrawal, Immunization, Intent to Graduate, Student Petition and many more! Just print, complete the form, scan and email or fax to the Registrar's Office. All our contact information is listed on our page.

QCC TRANSFER SERVICES

January-February 2019 Transfer Visits

All visits in the HLC Lobby,
10 a.m. – 1 p.m., *unless noted otherwise.*



Wednesday, January 30, 2019
UMA: 10 a.m.-2 p.m.
Bryant: 10:30 a.m.-1:30 p.m.



Tuesday, February 12, 2019



Wednesday, February 13, 2019
11 a.m.-2 p.m.



Thursday, February 21, 2019
UMA: 10 a.m.-2 p.m.



Wednesday, February 27, 2019
Becker: 11 a.m.-2 p.m.

Spring 2019 Transfer Services Workshop & FAQ Series

Harrington Learning Center, Conference Room, Egan 239

Transferring to a State University & FAQ

(First hour workshop, second hour FAQ drop-in time)

January

23: 9^{am}-11^{am} & 2^{pm} - 4^{pm}
28: 10^{am}-12^{pm}
31: 11^{am} - 1^{pm}.

February

5: 11^{am} - 1^{pm} 8:
1^{pm} - 3^{pm} 13:
2^{pm} - 4^{pm} 19:
12^{pm} - 2^{pm}
22: 9^{am}-11^{am}
27: 2^{pm} - 4^{pm}.

March

4: 11^{am} - 1^{pm}
7: 9^{am}-11^{am}
12: 10^{am}-12^{pm}
15: 11^{am} - 1^{pm}
27: 2^{pm} - 4^{pm}.

April

1: 11^{am} - 1^{pm}
5: 10^{am}-12^{pm} & 1^{pm} - 3^{pm}
10: 1^{pm} - 3^{pm}
16: 10^{am}-12^{pm} & 2^{pm} - 4^{pm}
19: 12^{pm} - 2^{pm}
24: 1^{pm} - 3^{pm}
29: 11^{am} - 1^{pm}.

May

2: 10^{am}-12^{pm}
7: 9^{am}-11^{am}
10: 12^{pm} - 2^{pm}
15: 10^{am}-12^{pm}.

Transferring to a UMass Campus & FAQ

(First hour workshop, second hour FAQ drop-in time)

January

24: 10^{am}-12^{pm} & 1^{pm} - 3^{pm}
29: 9^{am}-11^{am} & 2^{pm} - 4^{pm}.

February

1: 12^{pm} - 2^{pm}
6: 9^{am}-11^{am}
11: 9^{am}-11^{am}
14: 12^{pm} - 2^{pm}
20: 10^{am}-12^{pm}
25: 10^{am}-12^{pm}
28: 11^{am} - 1^{pm}.

March

5: 2^{pm} - 4^{pm} 8:
10^{am}-12^{pm} 13:
1^{pm} - 3^{pm} 25:
10^{am}-12^{pm} 28:
12^{pm} - 2^{pm}.

April

2: 10^{am}-12^{pm}
8: 11^{am} - 1^{pm}
11: 12^{pm} - 2^{pm}
17: 10^{am}-12^{pm}
22:
10^{am}-12^{pm} 25:
11^{am} - 1^{pm} 30:
12^{pm} - 2^{pm}.

May

3: 9^{am}-11^{am} & 1^{pm} - 3^{pm}
8: 1^{pm} - 3^{pm}
13: 12^{pm} - 2^{pm}.

Transferring to other Colleges/Universities & FAQ

(First hour workshop, second hour FAQ drop-in time)

January

25: 9^{am}-11^{am} & 1^{pm} - 3^{pm}
30: 1^{pm} - 3^{pm}.

February

4: 10^{am}-12^{pm}
7: 2^{pm} - 4^{pm}
12: 10^{am}-12^{pm} & 2^{pm} - 4^{pm}
15: 11^{am} - 1^{pm}
21: 1^{pm} - 3^{pm}
26: 1^{pm} - 3^{pm}.

March

1: 12^{pm} - 2^{pm}
6: 10^{am}-12^{pm}
11: 9^{am}-11^{am}
14: 2^{pm} - 4^{pm}
26: 9^{am}-11^{am} & 1^{pm} - 3^{pm}
29: 10^{am}-12^{pm} & 1^{pm} - 3^{pm}.

April

4: 9^{am}-11^{am} & 2^{pm} - 4^{pm}
9: 9^{am}-11^{am} & 1^{pm} - 3^{pm}
12: 11^{am} - 1^{pm}
18: 9^{am}-11^{am}
23: 9^{am}-11^{am} & 2^{pm} - 4^{pm}
26: 12^{pm} - 2^{pm}.

May

1: 2^{pm} - 4^{pm}
6: 10^{am}-12^{pm}
9: 11^{am} - 1^{pm}
14: 11^{am} - 1^{pm}.

Workshops cover:

- Transfer admissions requirements
- Transfer application process
- Transferring with or without an associate degree
- Transfer agreements (MassTransfer & articulation agreements)

FAQ Sessions:

Drop-in for information and answers to common transfer issues

QCC Transfer Services 2ND FLOOR, HARRINGTON LEARNING CENTER 508.854.4404
transfer@qcc.mass.edu

SAVE the DATE

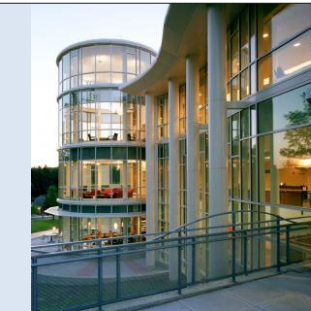
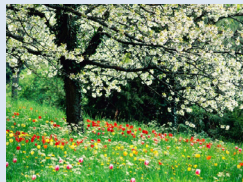
QCC SPRING '19 TRANSFER FAIR

April 3, 2019

(Wednesday)

10 a.m. — 1 p.m.

HLC 109 A & B



Colleges/Universities Attending Include:

Anna Maria College
Assumption College
Bay Path University
Bridgewater State University
Bryant University
Clark University
Mass Maritime Academy
Northern Vermont University
Springfield College
Suffolk University
UMass Dartmouth
Westfield State University
Worcester State University
Western New England University

...and many more!

SAVE the DATE

SPRING '19 AFTERNOON TRANSFER FAIR

April 3, 2019

(Wednesday)

2p.m. — 5p.m.

HLC 109 A & B



Colleges/Universities Attending Include:

Becker College—School of Graduate & Professional Studies
Boston College—Woods College
Columbia University—School of General Studies
Eastern Nazarene College
Northeastern—College of Professional Studies
UMass-Amherst—University without Walls
Worcester State University—Continuing Education

...and many more!

ACADEMIC ADVISING

advising@qcc.mass.edu

W. Boylston Street Campus: Harrington Learning Center (HLC) 2nd Floor; (508) 854-4308

Southbridge Campus: 5 Optical Drive, Main Floor (774) 318-2110

Downtown Campus: 25 Federal Street (508) 751-7900

Understanding Your GPA

- GPA, or Grade Point Average, is a number between zero and four representing your *average* grade.
- Find your GPA by logging into **The Q**, clicking on "**My Academics**" > **Academic Records** > **Unofficial Transcript**.
- Your "cumulative" GPA is shows the average of all the classes you've completed. Here's what it means:

If your GPA is this:	Then your average QCC grade is this:	This means...
3.68 – 4.0	A	STELLAR GPA! KEEP UP THE GREAT WORK! You're a more competitive candidate for selective colleges, employment opportunities, scholarships, fellowships, internships, honor societies, and more.
3.34 – 3.67	B+ / A-	
3.01 – 3.33	B / B+	SOLID GPA: HIGHLY RESPECTABLE Work on raising that GPA to an even higher level, to open up even more opportunities!
2.68 – 3.0	B- / B	
2.34 – 2.67	C+ / B-	MIDDLE-OF-THE-ROAD GPA Your Academic Standing is still considered "Good," but if it drops below 2.0, you're at risk for many challenges, including not graduating.
2.01 – 2.33	C / C+	
1.68 – 2.0	C- / C	DANGER ZONE! You're in danger of facing any of the following: <ul style="list-style-type: none"> • Academic Probation or Academic Dismissal • Financial Aid Suspension • Graduation eligibility issues • Difficulties transferring
1.34 – 1.67	D+ / C-	
1.01 – 1.33	D / D+	
0.71 – 1.0	D- / D	
0.1 – 0.69	D-	
0.0	F	We can help! Speak with your Academic Advisor. We can help you set some goals, create a plan and identify the right resources to help you strengthen your GPA.

Here's a



Use the "GPA Projection Tool" available on The Q, under MY ACADEMICS to help calculate what your cumulative GPA might be at the end of the current term!

Improving Your GPA

FREE TUTORING

- Writing Center*
- Math Center*
- General Academic Areas*
- Smarthinking Online Tutoring

*Located on the 2nd floor of the Harrington Learning Center

SUPPORT SERVICES

- Academic Advising
- Disability Services
- Reference Librarians



DATES TO REMEMBER:

February 19- March 22: Registration Preparation Sessions

> Meet with your Advisor NOW for Registration Preparation to map out your Summer and Fall classes. You may be able to get clearance to self-register.

> MARK YOUR CALENDAR! Registration for returning/active students starts on March 25th.

March 17 to March 23: Spring Break

> Advising is OPEN normal hours during Spring Break. Take advantage of this time to drop in for a Registration Preparation session!

QCC 2018-2019 Student Academic Calendar

September 2018		
Labor Day Holiday	9/3/2018	College Closed
All College Day	9/4/2018	No Classes
Fall Classes Begin	9/5/2018	Check your class schedule for your start day
ADD/DROP	9/5– 9/12/2018	Last week to make changes to your Fall schedule
100% Tuition and Fee Refund deadline	9/12/2018	Final day to drop a course and receive 100% reimbursement
Withdrawal Period Begins	9/13/2018	Withdrawing from a class will show up on your academic record
50% Tuition and Fee Refund deadline	9/20/2018	Final day to withdraw from a course and receive 50% reimbursement
October 2018		
Columbus Day Holiday	10/8/2018	College Closed
November 2018		
Mid-term Grades available on The Q	11/1/2018	Log into The Q and click on “My Academics” to view your mid-term grades
VIP Registration for Returning/Active Students	11/5 – 11/19/2018	Best selection of Winter & Spring classes available during these 2 weeks
Veterans Day Holiday (Observed)	11/11-11/12/2018	College Closed – Sunday and Monday
Last day to withdraw without Academic Penalty	11/16/2018	Last day to withdraw from a Fall class to receive a “W”; GPA is not impacted
Thanksgiving Recess	11/22 – 11/25/2018	College Closed
December 2018		
Final Week of Classes/Revised Class Schedule	12/12 – 12/18/2018	Final week of classes; due to final exams, class schedules may be revised
Final Grades available on The Q	12/20/2018	Log into The Q and click on “My Academics” to view your final grades
College Winter Closing	12/25/2018 -1/1/2019	College Closed
New Year’s Holiday	1/1/2019	College Closed
January 2019		
Winter Intercession classes begin; last day to DROP/ADD	1/2/2019	First day of Winter Intercession classes; last day to make schedule changes
Last day of Winter Intercession Classes	1/14/2019	Last day of Winter Intercession classes
Martin Luther King, Jr. Holiday	1/21/2019	College Closed
All College Day	1/22/2019	No Classes
Spring Classes Begin	1/23/2019	Check your class schedule for your start day
ADD/DROP	1/23 – 1/30/2019	Last week to make changes to your Spring schedule
100% Tuition and Fee Refund deadline	1/30/2019	Final day to drop a Spring course and receive 100% reimbursement
Withdrawal Period Begins	1/31/2019	Withdrawing from a class will show up on your academic record
50% Tuition and Fee Refund deadline	2/7/2019	Final day to withdraw from a Spring course and receive 50% reimbursement
February 2019		
President’s Day Holiday	2/18/2019	College Closed
March 2019		
Mid-term Grades available on The Q	3/15/2019	Log into The Q and click on “My Academics” to view your mid-term grades
Spring Recess	3/17 – 3/23/2019	No Classes
VIP Registration for Returning/Active Students	3/25 – 4/5/2019	Best selection of Summer & Fall classes available during these 2 weeks
April 2019		
Financial Aid FAFSA Priority Filing Date	4/1/2019	Complete your FAFSA application early for Fall semester classes
Last day to withdraw without Academic Penalty	4/12/2019	Last day to withdraw from a Spring class to receive a “W”; GPA is not impacted
Patriots’ Day Holiday	4/15/2019	College Closed
Easter Sunday	4/21/2019	No Classes
May 2019		
Final Week of Classes/Revised Class Schedule	5/8 - 5/14/2019	Final week of classes; due to final exams, class schedules may be revised
Final Grades available on The Q	5/16/2019	Log into The Q and click on “My Academics” to view your final grades
Commencement	5/23/2019	QCC Graduation ceremony

[Click here for the Summer Calendar](#)

[Click here for Final Exams Week schedule](#)

[Click here for Financial Services/Payment Schedule](#)

Career Services Workshops

(All workshops are held in classroom 272A)
Unless otherwise noted

SPRING

Pre-register!

*Cooperative Education Orientation

1/15	4pm -5pm
1/24	2pm -3pm
4/22	12pm -1pm
4/23	4pm - 5pm
5/1	1pm-2pm

*Resume Writing

2/5	5pm-6pm
2/11	1pm-2pm
3/5	5pm-6pm
3/11	12pm-1pm
4/1	1pm-2pm
4/9	5pm-6pm
5/7	5pm-6pm

Walt Disney World College Program Info Session

2/8	1pm-3pm
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*Resume Critique

2/12	4pm-6pm
2/25	1pm-3pm
3/12	4pm-6pm
3/25	12pm-2pm
4/8	1pm-3pm
4/16	4pm-6pm
5/14	4pm-6pm

*Workplace Etiquette

3/6	2pm-3pm
3/26	5pm-6pm

*Interviewing Skills

2/13	2pm-3pm
2/19	5pm-6pm
4/3	1pm-2pm
4/10	12pm-1pm

Job Fair

4/17	10am-1pm	HLC 109
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* Denotes CPS 298 required workshops - you only have to attend one of each session

Please pre-register for these workshops using the PB link : <https://app.purplebriefcase.com/pb/account/login?s=QCC>.
Click on 'Events' tab, left hand/column of page. - **LIMITED SPACE!**

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

Email: careerservices@qcc.mass.edu

Persons needing accommodations for these workshops please contact us at (508) 854-4439, 2 weeks prior to workshop.

Stay Ahead of Your Coursework!

The General Academic Areas Tutoring Center

offers free, individualized tutoring for a variety of courses other than writing or math.

Work with patient, professional, and enthusiastic tutors who will help guide you through your coursework and help build your academic skills.

Come see us to find out more information on:

- Current subjects offered
- Current tutoring schedules
- How to schedule appointments

Room 222 Harrington Learning Center

(508) 854-4279

gaa@qcc.mass.edu

www.qcc.edu/gaa

News from Career Services



It's Recruiting Time Again!

**Have you ever dreamed of working in
Disney World?**

**Did you know you could work in Disney
World and earn college credit?**

**Come find out how to apply to the
Walt Disney World College Program**

The Walt Disney World College program is a unique opportunity to learn, work, and live for a semester at Walt Disney World in Florida and join students from all over the world. This paid internship is open to students in all majors and provides an opportunity to build your resume, be trained, mentored and network with top Disney leaders while learning skills that can be applied to any career.

While at Disney, students earn 6 – 9 college credits based on their internship. Disney also offers seminars, workshops and collegiate courses that students can take advantage of for free while they are participating in the program.

SO, MARK YOUR CALENDARS NOW!

Disney Information Session: Friday, February 8th (1 – 2:30) in room 272A



Come and learn more about the program, receive tips on completing the application and navigating your way through the complex application process. Get answers to your questions and find out if you are eligible.

To register call Nichole Wheeler @ 508-854-7476 or stop by Career Services 272A

***Live, learn, and work for a semester at the
Walt Disney World Resort in Florida!***

Arts & Entertainment

The Book Who Wanted to be Read

By Jay M. Trivedi

There once was a book

It wanted to be read

But now something has happened

It has truly become dead

Now e-readers are born

Where's the imagination?

How can e-readers create?

When books are the most knowledgeable
creation

Without book, there is no longer meaning

Readers can't learn

Readers would no longer be dreaming.

The world is full of possibilities

If you just open up the book

For it will bring you to places you have never
gone before

Unlike Nook

Wide Open Space

C. Sanders

When I open the door there is a deafening silence that saturates
the air, a monstrous clap of thunder

Juicy twist out,

Waves on sea sick,

Lip gloss the poppin'ist,

Studs that catch the light and throw it back,

This blackness I'm wrapped in, weightily defined in contract
to my flat surrounding, stars to the night

Full lips,

Broad Shoulders,

Legs like the Nile,

Cheekbones etched of stone

Head high, eyes forward, shoulders back, deep breathes no
look of worry or Age, black don't crack

Regal

Enlightened

Whimsical

Blessed

My presence is juxtaposition to the core of their benevolence,
Jim Crow: Whites only I'm the perp to their endicular we can
only exist at this intersection, where past meets present and
the essence of my being is the reminder in

Wide Open Spaces

QCC students represented in the 15th Annual College Show

ArtsWorcester held its 15th Annual College Show featuring artwork from students in the Worcester area. Two students from Quinsigamond Community College, Nicholas Tisdell and Ashley Gordon, have made entry into the college show with their beautiful artwork!



The Flutist by Nicholas Tisdell

"I attempted to make something akin to that of a Romanesque sculpture, with influence from Irish culture as well, as that's where my family comes from."

-Nicholas Tisdell

"This first piece is a close up of a seahorse, and I really like this composition because you can tell what it is without just having the subject placed completely in the middle. The outline is done with white charcoal, is painted with metallic liquid watercolor, and is done on a black canvas."

-Ashley Gordon



Seahorse by Ashley Gordon



Flower by Ashley Gordon

My other piece was the first artwork I ever did using the stippling technique, where the entire flower is comprised of tiny, individual dots of ink. This took hours upon hours to complete, because there are no ways you can take any shortcuts to get to the finished product besides just making each mark.

-Ashley Gordon

Congratulations to the winners!

Alden Library Celebrates Black History Month 2019

By Michael Stevenson, Collection Development Librarian

As part of QCC's celebration of Black History Month 2019, Alden Library will highlight these important books, plus others, in the Alumni Reading Room, third floor of HLC, during February. All of the books in this rotating display may be charged out by QCC students, faculty and staff.

To learn about our hundreds of other books on the subject, as well as e-books, journals, videos and online sources, ask at the Reference Desk on the third floor of HLC, call (508) 854-4366, or e-mail reference@qcc.mass.edu.

You may also chat live about your resource needs with a Librarian via the Alden Library web page, www.qcc.mass.edu/library.

The Library and the President's Office will highlight a unique title: **Rediscovering an American Community of Color: the Photographs of William Bullard, 1897-1917**. A 2017 exhibit at the Worcester Art Museum offered a trove of photos of the city's historic community of African Americans, primarily in the Beaver Brook community, and the catalog preserves the well-attended exhibit.

View some high-definition prints of Bullard's portraits in the display case outside room 101HLC, and in the Library – where you may browse the exhibit catalog – on third floor of HLC.

Other titles we will display in the Library include:

An American Marriage: a Novel, by Tayari Jones (2018). Jones portrays contemporary newlyweds devastated by the husband's wrongful incarceration. Author Edwidge Danticat, who has spoken at QCC, called this acclaimed story, "Skillfully crafted and beautifully written." A 2018 selection of Oprah's Book Club.

Arthur Ashe: a Life, by Raymond Arsenault (2018). How did a young black man raised in the Jim Crow South crash into the almost all-white pro tennis tour? This is "the first comprehensive, authoritative biography of American icon Arthur Ashe—the Jackie Robinson of men's tennis—a pioneering athlete who, after breaking the color barrier, went on to become an influential civil rights activist and public intellectual," according to the publisher. Follow

along with Ashe as he navigates segregated Richmond, VA, sometimes "going along to get along" with conniving tennis opponents and rising to the top of the professional circuit.

Becoming, by Michelle Obama (2018). The mega-bestselling memoir by the accomplished attorney and activist, whose eight years as First Lady of the United States make up only a portion of her accomplishments. Travel with Michelle Robinson and her family during the Great Migration from the South to Chicago. Ms. Obama opens up about her "childhood with parents who didn't have a lot in the way of money, but they had a lot in the way of value and character and love and stability and consistency." Her parents were not networkers - nor could they boast college educations - but "they gave us absolutely what we needed, which was love and trust and the values that they came here with."

Blood Brothers: the Fatal Friendship Between Muhammad Ali and Malcolm X, by Randy Roberts and Johnny Smith (2016). The authors present the first in-depth portrait of the bond between the boxing great and the leader of the Nation of Islam. Malcolm X helped mold the battler who was born Cassius Clay into an international symbol of black pride.

For White Folks Who Teach in the Hood...and the Rest of Y'all Too: Reality Pedagogy and Urban Education, by Christopher Emdin (2017). Popular with QCC faculty, this guide by an eminent urban educator looks at the perils and promise of leading a classroom in the diverse American city of our time.

Frederick Douglass: Prophet of Freedom, by David W. Blight (2018). "Monumental" might be overused in discussing weighty biographies, but the term is apt here. Blight's life of Douglass made numerous "Best of/Top 10 2018" lists, including those published by *The New York Times*, *Wall Street Journal* and *Time*. Learn more about Douglass's travails with his *very* extended family during his life up North, including New Bedford, MA, than you may have learned from other sources. Get a full picture of this man's long, full, history making life.

Heads of the Colored People: Stories, by Nafissa Thompson-Spires (2018). Thompson-Spires's fiction on modern African-American lives has been hailed by fellow writers such as Aimee Bender and George Saunders. Saunders calls these tales "vivid, fast, funny, way-smart, and verbally inventive." Thompson-Spires portrays bullying, office politics and the modern search for identity, among other themes. Honors accorded to this debut collection include nomination for the National Book Award for Fiction 2018, for the Aspen Words Literary prize 2018 and a listing as finalist for the Kirkus Prize 2018.

A Mind to Stay: White Plantation, Black Homeland, by Sydney Nathans (2017). Nathans describes several generations of black farmers who occupied land of the family's former slave masters in Hale County, Alabama. An interesting contrast to books on the Great Migration, *A Mind to Stay* focuses on African Americans who remained in the South. For some historical contrast, read *The Warmth of Other Suns: the Epic Story of America's Great Migration*, by Isabella Wilkerson, also held by Alden Library.

The New Jim Crow: Mass Incarceration in the Age of Colorblindness, by Michelle Alexander (2012). Although not as new as some of our titles for BHM, Alexander's examination and castigation of our prison-focused society can be considered a classic. We thus offer it during Black History Month to highlight the social costs of mass incarceration. Alexander notes, "We have not ended racial caste in America; we have merely redesigned it" into a system that destroys families and communities.

The New Negro: the Life of Alain Locke, by Jeffrey C. Stewart (2018). An acclaimed biography of "the father of the Harlem renaissance." Alain Locke mentored Langston Hughes, Zora Neale Hurston and other luminaries of that culturally rich period. *The New Negro* won the 2018 National Book Award for Nonfiction.

They Can't Kill Us All: the Story of the Struggle for Black Lives, by Wesley Lowery (2017). A history of the ongoing #BlackLivesMatter movement, this title won the *Los Angeles Times Book Prize*. Lowery addresses activism in Ferguson, MO, and in Baltimore after police shootings and describes what he sees as a "new era in America's racial justice movement."

This Will Be My Undoing: Living at the Intersection of Black, Female, and Feminist in (White) America,

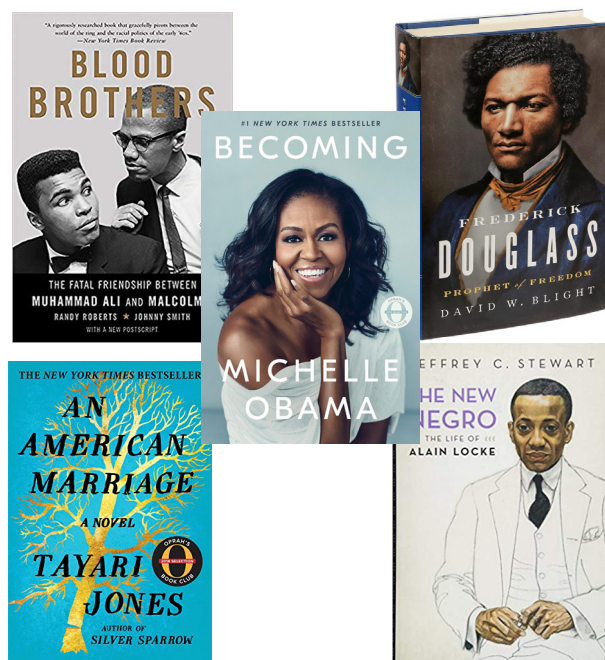
by Morgan Jerkins (2018). Linked essays by a provocative writer addressing themes of black womanhood in today's U.S.A. Jerkins has been called "a writer to reckon with" by author Roxane Gay, a recent QCC guest speaker. What does it mean to *exist* as a black woman in America today? Jerkins lets us know in no uncertain terms.

Torchbearers of Democracy: African American

Soldiers in the World War I Era, by Chad L. Williams (2013). Mr. Williams spoke at QCC last year about the experiences of black soldiers in World War I: lionized and feted in Europe, the black veterans often faced discrimination once they returned to a segregated homeland.

Besides these recently added books, you may view – at home if you'd like! - the DVD *Hidden Figures*. This hit film was based on our book **Hidden Figures: the American Dream and the Untold Story of the Black Women Mathematicians Who Helped Win the Space Race**, Margot Lee Shetterly (2016). The book and film focus on the unsung black women "computers" who were vital to the U.S. space program's genesis.

We invite QCC students and their families to visit the Library and explore these resources – and many more! Since history is a continuum, we will work with you on your research journey, and perhaps we'll get to display your future scholarly works in this subject area.



Respect yourself and others. Engage in careful listening. Promote thoughtful speaking.

Respect yourself and others. Engage in careful listening. Promote thoughtful speaking.



Want to be part of a brave space in which you can speak openly and honestly about Race and Racism, Gender, Sexism, Ableism, Ageism or any topics, world events or happenings at QCC?

Be part of a student dialogue in an unbiased setting.

This event is part of a series made possible by the QCC Diversity Caucus and is free and open to all QCC Students.
Anyone needing special accommodations, please contact Selina Boria at sboria@qcc.mass.edu

All students are welcome to Diversity Dialogues at QCC



Spring Dates:

2/6/19

3/6/19

3/27/19

5/1/19

Location:

HLC 109A

Respect yourself and others. Engage in careful listening. Promote thoughtful speaking.

QCC Black Student Union and Diversity Caucus Present

WE GROW INTO COURAGE



come let us build a new world together
STUDENT NONVIOLENT COORDINATING COMMITTEE 411 RAYMOND STREET, N.W. ATLANTA, GA, GEORGIA

A dramatic reading of civil rights texts excerpted from
Hands on the Freedom Plow:
Personal Accounts by Women in SNCC
(Student Non-Violent Coordinating Committee)

Edited by:

Faith S. Holsaert, Martha Prescod Norman Noonan,
Judy Richardson, Betty Garman Robinson, Jean Smith Young, and
Dorothy M. Zellne

THURSDAY, FEBRUARY 7, 2019 6:30 P.M.

(Snow Date: February 14, 2019)

Quinsigamond Community College

HEBERT AUDITORIUM ~ Worcester, MA

Free and Open to the Public



www.nonviolentsolutions.org

For more information, please contact Brenda Safford at bsafford@qcc.mass.edu

Respect yourself and others. Engage in careful listening. Promote thoughtful speaking.

Access to QCC has never been **SMARTER.**

If you need a quiet place to study for finals, visit a **QCC Learning Hub!**

From doing research online to printing papers or studying for the big exam, QCC's Learning Hubs are a game-changer for students by offering:

- ✓ **Convenience**
- ✓ **Computers**
- ✓ **Wi-Fi**
- ✓ **Printers***

Access to Learning Hubs is available to any QCC student with a valid QCC ID.

QCC Learning Hub Hours:

- **Great Brook Valley** at 35 Freedom Way
Mondays - Thursdays & Sundays:
3:00 p.m. - 8:00 p.m.
- **Catholic Charities** at 10 Hammond Street
Mondays - Thursdays: 8:30 a.m. - 5:00 p.m.
Wednesdays: 5:30 p.m. - 8:00 p.m.



For more information contact
dgonzalez@qcc.mass.edu

QCC MENTORING

One strong relationship is all it takes

When you receive a QCC Mentor, you will gain a trusted guide, a personal and professional resource, a connection to the professional world, and a friend.

By participating in the QCC Mentoring program, you will learn ways to raise your GPA, while building connections in the career path of your choice. This is a chance to build your personal and professional network and develop lifelong skills that you can take with you wherever you go.

Mentees will receive training, guidance, resources, and support throughout the program.

QCC Mentoring:

- Builds self-confidence and self-esteem
- Provides motivation
- Delivers vital college/work/life strategies
- Offers support and experience in public speaking/presentations
- Enables students to grow to their full potential

To learn more about the QCC Mentoring program, please email mentoring@qcc.mass.edu, call 508.854.4573, or visit 120A in the Administration Building.





DON'T MISS OUT

QUINSIGAMOND COMMUNITY COLLEGE VETERANS CLUB

DCU center

SUNDAY, MARCH 31ST AT 3:05PM



VS



\$37 VALUE FOR ONLY \$14! PER TICKET

\$12 PER TICKET WITHOUT A HAT

ALL SEATS IN UPPER LEVEL ATTACK 2X (Based on availability)

KIDS GIVEAWAY SUNDAY

THE FIRST 3,000 FANS WILL RECEIVE A TEAM PHOTO

COLOR GUARD CEREMONY DURING THE NATIONAL ANTHEM

HIGH-FIVE TUNNEL EXPERIENCE



EVERY TICKET INCLUDES A RAILERS HAT


HTTPS://RAILERSHC.COM/VETERANSCLUB

OFFER DEADLINE: MARCH 30TH @ 11:30PM

PLEASE CALL, TEXT OR EMAIL EVAN BEDARD WITH ANY QUESTIONS

508-365-1766 • EvanB@RailersHC.com


Veteran's Affairs



QUINSIGAMOND
Community College

670 West Boylston Street
Worcester, MA 01606

SERVING THOSE WHO SERVED



Veteran Affairs Office

Room 258A -Administration Bldg.

Our Mission


Our mission is to provide support to assist student Veterans and members of the Armed Forces in the adjustment to becoming successful in civilian and College life. We are committed to promoting College spirit as well as establishing and maintaining fellowship amongst Veterans and students on campus.

Office Hours:


Monday-Thursday 8:00am - 5:00pm
Friday 8:00am-4:00pm

T ★ 508-854-2721
F ★ 508-854-4260

Email:
veteranaffairs@qcc.mass.edu



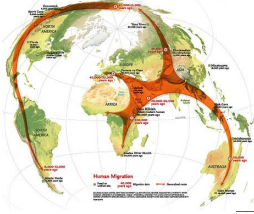
Paula Ogden
Director of Veteran Affairs-258A Enrollment and Student Services
pogden@qcc.mass.edu
508-854-4290





Wear Red on Fridays!

RED Friday (Remember Everyone Deployed) or **Red shirt Fridays** is a campaign to show solidarity and support for our troops. Red symbolizes the blood spilled by the brave men and women of the United States Military and is a reminder of their sacrifice. Red Fridays is not intended as a political statement, just a nice way for Americans to show they support the brave men and women that serve our country. If you were not already aware of Red Friday, please spread the word! We hope to see everyone wearing red on Fridays.



QCC Has a NEW Liberal Arts Degree Option

SOCIOLOGY

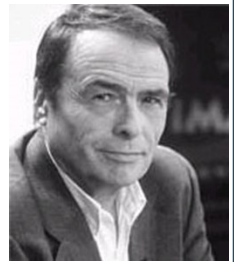


Seamless transfer to Worcester State
and every other Massachusetts state university and UMass campus



QCC's sociology faculty specialize in:

- Culture
- Race and Ethnic Relations
- Gender and Sexuality
- Stratification and Inequality
- Peace and Conflict
- Globalization
- Social Justice and Social Change



"Sociology prepares you to live in a changing world
and change the world you live in."

~Sean Conner, BA in Sociology (ASA 2014)

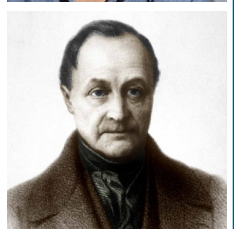


QCC's Liberal Arts Sociology Option prepares you for
a wide variety of majors and 21st century careers
marked by constant change and increasing diversity.

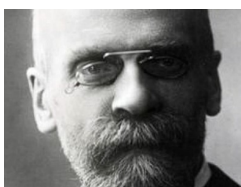


Develop SKILLS that many EMPLOYERS require:

- Critical thinking
- Analytic and creative problem-solving
- Skillful communication and excellent written expression
- Collaboration
- Multicultural and global understandings
- Researching and analyzing data



Declare your major today! For more information: Prof. Teresa Varriale-Gonzalez at tgonzalez@qcc.mass.edu or 508.854.4474





JOIN PSI BETA!

THE NATIONAL PSYCHOLOGY HONOR SOCIETY
FOR COMMUNITY AND JUNIOR COLLEGES

ELIGIBILITY REQUIREMENTS:

1. A strong interest in psychology (major in psychology is not required)
2. Completion of 1 psychology course
3. Minimum "B" average in all psychology courses
4. Minimum overall 3.25 GPA
5. Completion of at least 12 credits

To be considered for induction, send the following information to Dr. Clemente at vclemente@qcc.mass.edu by March 8, 2019:

Name, Address & Phone Number
QCC ID Number & Qmail Address
Program/Major & Anticipated Date of Graduation

Your record will be reviewed for your qualifications, and you will receive a response no later than March 13, 2019. Be sure to check your email frequently, as there will be time-sensitive information in the message, if you are accepted for induction.

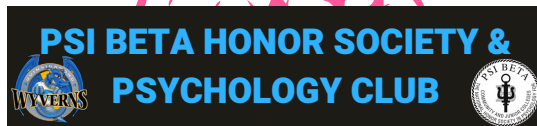
There is a one-time induction fee of \$50 payable to the national organization. Our induction ceremony will be held on Monday, April 8, 2019 at 2:00 pm to 3:00 pm in 109B HLC. Friends and family are welcome!

Thank you for your interest! Valarie Clemente, Ed.D. & Psi Beta Officers

THIS FLYER HAS BEEN APPROVED BY THE OFFICE OF STUDENT LIFE

INTERESTED IN HUMAN BEHAVIOR?

JOIN QUINSIGAMOND COMMUNITY
COLLEGE'S...



**MEETS EVERY OTHER
WEDNESDAY 12-1**

SPRING 2019 SEMESTER

**MEETINGS: 1/30, 2/13, 2/27, 3/13, 3/27,
4/10 & 4/24**

LOCATION: HLC BUILDING ROOM 239
VISIT QCC.EDU/PSYCHOLOGY TO LEARN MORE INFORMATION
ABOUT STUDENT ORGANIZATIONS IN PSYCHOLOGY

FOR EMAIL REMINDERS, EVENT ALERTS, AND MORE,
JOIN THE EMAIL LIST: SEND AN EMAIL TO
QCCPSYCHOLOGYCLUB@GMAIL.COM

QUESTIONS? EMAIL ADVISOR VALARIE CLEMENTE:
VCLEMENTE@QCC.MASS.EDU

FOLLOW US ON **INSTAGRAM** @QCC.PSYCHCLUB



PSI BETA AND PSYCHOLOGY CLUB GUEST LECTURE SERIES

**KIRSTIE
FARRAR, PH.D.**

FEBRUARY 11, 2019

**Leveling up on violent video game
research: Is violent game play a risk
factor for aggression and attraction
to guns?**

While violent video games are believed to be at least one risk factor for the development of aggressive cognitions, affect, and behavior, not all video games are the same. Dr. Farrar's research in this area has focused on different contextual features of violent games, such as point of view and realism, which may contribute to aggressive outcomes. The presence of weapons, including the use of gun controllers, within violent games may serve as a "triple whammy" in the priming of aggression and may also serve to increase attraction to guns as well as decrease attitudes towards political efforts at gun control. This presentation will provide an overview of some of Dr. Farrar's research on video game contextual features and outcome aggression, as well as current research on guns in video games.

Dr. Farrar is an Associate Professor in the Department of Communication at the University of Connecticut. Her research interests include the effects of the mass media on individuals, particularly concerning violent video games, aggression, and attraction to weapons.

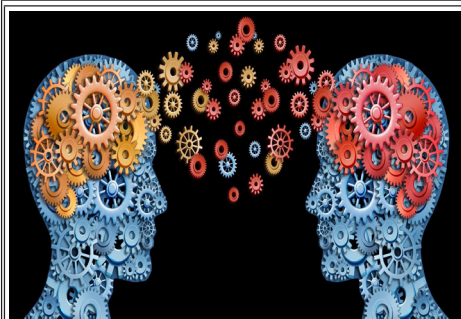
This flyer was approved by the Office of Student Life.

**FEB. 11, 2019
1:00 TO 2:00 PM**

109B HLC

QUESTIONS?
Contact
Valarie Clemente, Ed.D.
vclemente@qcc.mass.edu

Persons requiring
accommodations for this event
contact Dr. Clemente at 508-
854-7506 or by videophone
508-502-7647.



PSYCHOLOGY RE- SEARCH STUDY

Psi Beta is seeking college students (18 and older) to take a brief questionnaire. We are studying college engagement, student-professor rapport and academic self-concept.

Monday 2/4, 2/11, 2/25
12 - 1 pm & 2 - 3 pm
Tuesday 2/5, 2/12, 2/19 & 2/26
9:30-10:30 am & 2 - 3 pm
Wednesday 2/6, 2/13, 2/20 & 2/27
2 - 3 pm
Thursday 2/7, 2/14 & 2/28
9:30-10:30 am & 2 - 3 pm

**Psi Beta Honor
Society
Spring 2019**

**Psychology Center
for Excellence,
321 Administration
Building**

**Check if your profes-
sors are offering
extra credit for par-
ticipation!**

**Many convenient
days & times - only
takes 20 minutes!**

Questions?
Valarie Clemente
vclemente@qcc.mass.edu

Eric Mania
emania@qcc.mass.edu

PERSONS IN NEED OF AC-

COMODATIONS CONTACT

VCLEMENTE AT 508-854-7506

OR VIDEOPHONE

508-502-7647

THIS FLYER HAS BEEN APPROVED BY THE OFFICE OF STUDENT LIFE



**PSI BETA AND
PSYCHOLOGY
CLUB GUEST
LECTURE SERIES**

**PETER FROST,
PH.D.**

**MARCH 8, 2019
1:00 TO 2:00 PM**

109B HLC

QUESTIONS?

Contact
Valarie Clemente, Ed.D.

vclemente@qcc.mass.edu

Persons requiring
accommodations for this event
contact Dr. Clemente at 508-
854-7506 or by videophone
508-502-7647.

MARCH 8, 2019

**Relying on Smartphones to Extend our
Cognitive Capacity: Are there Potential
Lingering Effects of Smartphone Use on
Cognition?**

Smartphone technology is taking on an increasingly larger role in our daily mental activities. Might easy access to information take away from practice of more deliberative thoughts and critical thinking skills? Moreover, might the constant notifications and cues provided by mobile phones be interrupting our ability to engage in higher order cognition and/or delay gratification for longer-term goals? Are we good at judging how much we use our smartphones (i.e., metacognition)? We conducted a series of surveys and experiments using tracking applications to answer these questions, and will discuss the implications of our research results during our presentation.

Peter Frost, Ph.D., is Professor of Psychology at Southern New Hampshire University. His current research covers such topics as the lingering effects of using smartphones on cognition and the influence of bias on memory. He has also recently published research examining the effectiveness of inter-teaching techniques. He is former President of the New England Psychological Association. He is a past recipient of SNHU's Excellence in Teaching Award and SNHU President's Merit Award.

This flyer was approved by the Office of Student Life.

**ALDEN LIBRARY
SPRING 2019 HOURS:**

JAN 23 THROUGH MAY 14

Monday- Thursday

8:00 AM- 8:00 PM

Friday 8:00 AM- 4:00 PM

Saturday 9:00 AM- 2:00 PM

The Alden Library will be closed in observation of the following holidays:

Presidents Day, Monday February 18th

Spring Recess, Monday, March 18th-March 22nd Open M-F 8 AM- 4 PM

Closed Saturday March 23rd

Patriots Day, Monday April 15th

**Quinsigamond Community College
Black Student Union and the Diversity Caucus
Present**

**A NIGHT OF
JAZZ
WITH CHARLES & FRIENDS**



When: Friday, February 8, 2019

Snow Date: Friday, February 15, 2019

Time: 6PM—7:30PM

Location: Hebert Auditorium

For more information please contact:

Brenda Safford

bsafford@qmail.qcc.edu

508-854-2841



**Do you like writing?
Is photography your passion?**

Join The Open Door!

- **Write reviews on music, movies, and books!**
- **Send photos of landscapes**
- **Showcase your passion to the campus community**
- **Work with fellow students at QCC**

**Here's what we're looking for:
Photographers, writers, designers**

**This will be a great opportunity to build your
resume and be apart of the QCC community!**

**Location: Student Fuller Center
Contact: opendoor@qcc.mass.edu**

QCC Police Informer

QCC Police Informer

Deputy Chief Reynaldo Rodriguez

“Traffic: Crosswalks”

With both pedestrian and vehicle traffic, campuses must deal with the potential for accidents to occur, some causing fatalities or serious bodily injury. Keeping in mind the truths and myths about this issue may reduce accidents, injuries and maybe even death.

Due to their relative ease of installation and low-cost, marked crosswalks are one of the most commonly used methods to slow drivers and enhance pedestrian safety. However a closer look suggests that they might not be as effective as presumed. They may even invite accidents.

Transportation Research Board did a survey of 400 uncontrolled intersections in San Diego and found there were more pedestrian collisions in marked crosswalks than where there were no marked crosswalks.

Some reasons for this have been that pedestrians feel safe crossing in marked crosswalks, and do not take any other precautions.

Pedestrians need to realize that a painted line is not a barrier or wall. Even if the law is for a driver to stop as soon as a pedestrian enters the crosswalk, mistakes or deliberate refusal to follow the law may occur. Another

reason is that the lines themselves may not be visible to the driver. Often painted lines fade away or cannot be seen.

Most traffic engineers agree that marked crosswalks are best used with other traffic control treatments such as stoplights, meridian strips or curb extensions.

Nearby WPI uses a combination of a bricked crosswalk and crossing signs that have blinkers on them. The use of multiple signals does reduce “drive bys” of crossing pedestrians as it would be difficult to defend.

QCC has painted crosswalks throughout campus. Pedestrian traffic is encouraged to use the crosswalks and drivers are reminded to yield to anyone crossing regardless of using a crosswalk or not.










Feel free to send an anonymous tip to Campus Police at 508-854-4221 or use the new anonymous tip line.

Two easy ways to send a tip: #1 Download the FREE App on your phone-Keyword “QCC Tip” or #2 Text “QCC” + (space) + your tip to 84741

The next issue of The Open Door will be on stands and The Q March 6th 2019

Check the QCC Events Calendar for more information and follow Quinsigamond Community College Student Life on Facebook



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ Super Bowl Pre-game 11am-12pm FSC	² Men's Basketball vs. C.C. Rhode Island 12:30pm
³	⁴	⁵	⁶	⁷	⁸	⁹
	Black History Month Trivia 10am-12pm FSC	Boston Bruins Trip 			National Pizza Day 12pm-1pm FSC	
¹⁰	¹¹	¹²	¹³	¹⁴	¹⁵	¹⁶
	Downtown Valentine's Day Celebration 10am- 12pm	 Happy Valentine's Day	Valentine's Day Cele- bration 10am-12pm FSC	Southbridge Valen- tine's Day Celebration 10am-12pm Women's Basketball vs. Gateway 5:30pm Men's Basketball vs. Gateway 7:30pm	Student Leadership Academy 12pm-1pm HLC	
¹⁷	¹⁸	¹⁹	²⁰	²¹	²²	²³
	PRESIDENT'S DAY: College Closed		Evening Hot Cocoa & Decorate A Cookie 5pm -6pm FSC		Winter Fest Olympics	
²⁴	²⁵	²⁶	²⁷	²⁸		
			Nacho Bar 11am FSC			

The Open Door Is Sponsoring A Student Photo Contest

Here's your chance to showcase your talent!

This contest is only open to currently enrolled students

Submissions accepted January 29 -February 22, 2019

Submission for Photo Contest

-Submit your photos by email to the photo contest email at: qccphotocontest@gmail.com
Files must be 400kb-1.3mb, up to 800x1200 pixels.

- * Limit two photos per student, whether it's landscape, portrait, still life, etc.
- * Students can also submit the above information on a CD saved as a JPEG or PDF file(s) format to the Student Life Office in The Fuller Center.
- * Please note that while artistic expression is welcome, works expressing anything uncivilized or lewd will be disqualified.

Submissions must include the title of each photo along with your name, phone number, email and student ID number. Photos should be taken within the past 2 years, and not been previously published or part of a contest. Submissions will be available for viewing on The Q.

Judging

-Begins in March. Winners will be notified and announced in mid-March.

Prizes -

1st Prize - 2 tickets to School of Rock March 1st

2nd Prize - QCC t-shirt

3rd Prize - 2 Movie Tickets

As a bonus the winning photographs will be displayed on the front page of the Open Door in the April Edition.

Other Information

-If you do not have Photoshop, go to Irfanview.com, or gimp.org, for a free download to compress photos.

