

# The Open Door

## PRESIDENT'S MESSAGE



**Dr. Luis G. Pedraja**

They say March comes in like a lion and goes out like a lamb. However, I hope that the saying does not apply to your studies – that you do not start out like a lion and finish the semester like a lamb.

As we get close to mid-terms, keep up your fierce determination to achieve your educational goals. Keep believing in your dreams and in your abilities. Always approach your studies with the heart of a lion, knowing that all your hard work will soon pay off two and three fold.

Our goal as a college is to ensure your success and we will continue to work to the best of our abilities to provide you with all of the resources and support you need to be successful at QCC.

In the month to come, while you continue to work hard in your studies, our staff, faculty, and administration will continue with implementing our newly approved strategic plan and developing strategies to ensure that you can be successful, such as improving our student-centered services, creating innovative initiatives, and providing the necessary resources to make QCC the best college.

As you strive for success, we, too, will continue to strive to better serve you and ensure that you are successful.

Working together, we can achieve quite a bit as long as we remain steadfast in our fierce determination, see each challenge as an opportunity, and know that the heart of a lion (or maybe a Wyvern) beats in all of us!

## Women We Admire

By Santana K. Wright  
Open Door Editor

*March is Women's History Month! This is the month where we learn about and celebrate the female history-makers, from the big names to the unsung heroines. It's also a time when we focus on learning more about the female perspective on big movements in human history. The women included on this list are not only inspirational, but continue to give us insight into the highs and lows that accompany success. It's important to share this information to encourage other women to continue to pursue their dreams to reach the triumphant highs we all envision.*

### Kamala Harris-United States Senator



Kamala Harris was born on October 20, 1964 in Oakland, California to an Indian mother and a Jamaican father. Her father, who was Jamaican immigrant, taught at Stanford University and her mother, the daughter of an Indian diplomat, was a cancer researcher. Her younger sister, Maya, later became a public policy advocate. Kamala studied political science and economics at Howard University in Georgia and earned her B.A. in 1986. She later earned a law degree from Hastings College in 1989.

After graduate school, she worked as a deputy district attorney in Oakland, California prosecuting tough cases which included gang violence, drug and sex trafficking. Harris rose through the ranks, becoming district attorney in 2004. In 2010 she won a close race for California Attorney General, becoming the first African-American and first woman to serve in that office. She was re-elected in 2014. She successfully ran for U.S. Senate in 2016, with a focus on civil rights, criminal justice reform, the environment, foreign policy and higher education. She has continuously shown her propensity for serving justice and reforming American communities.

### Nancy Pelosi- Speaker of the United States House of Representatives



Nancy Pelosi can be described as the firecracker who continually turns heads in the house and consistently makes news headlines. In an historic moment for Americans and women all around the globe, she became the first woman to be sworn in as speaker of the House in 2007, when the 110th U.S. Congress convened. Nancy has proven to be one of the most able and multi-skilled leaders in House history.

She has become the steady hand of leadership in the House at a time when Americans are faced with the riskiest president in history. As speaker, it was through Pelosi's relentless efforts that ensured the passage of the Affordable Care Act, which delivered affordable, quality health care to tens of millions of Americans, established a Patient's Bill of Rights, and protected 130 million Americans with pre-existing conditions from being denied coverage by insurance companies. She has proven that she can withstand the criticisms and wiles of the president and the Republican media and ensure that the American populace is provided with the best policies. *(continue to pages 3)*

## The Origin of St. Patrick's Day

By Tyler Paul Wills



I would like to wish everyone a Happy St. Patrick's Day! I hope you all will have a very lucky day and that a pot of gold will be waiting for you at the end of the rainbow.

St. Patrick's Day is a global celebration of the Irish culture on or around March 17. It particularly remembers St. Patrick, one of Ireland's patron Saints, who ministered Christianity in Ireland during the fifth century.

St. Patrick's Day is celebrated in countries with people of Irish descent, though you do not have to be Irish to celebrate St. Paddy's Day! People celebrate in many different ways to show their pride for those of Irish descent. Some people dye their hair green and even drink green beer to celebrate the holiday. I find it fun to dress up for the many different holidays and occasions.

Over the years, my family and I have gone to the St. Patrick's Day parades in Worcester. We would freeze to death with below zero degrees outside and it would take my mother couple of days to warm up—those days I will always remember.

Now that you have read this article, this will be your luckiest day yet. Erin go Bragh!



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## OPEN DOOR

Issue	On the Stands	Deadline
#7 April	April 4	March 7
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## Open Door Staff

**Advisor:** Pat Bisha-Valencia

**Editor:** Santana K. Wright

**Layout Designer:** Reneasia Love

**Staff Writers:** Tyler Wills, Yozue Davila,

Randi Thayer, Christina Sanders,

**Sports Writer:** Bryan Faubert

## *(Women We Admire continued from page 1)*



### **Serena Williams – Women’s Tennis Champion**

The Compton native and second daughter of legendary tennis coach Richard Williams, has proven that women are the most powerful forces of nature. She has risen through many adversities and continues to empower women by illustrating that with hard work, consistency and devotion we can achieve the highest and most impossible of dreams. She is constantly a victim of harsh media criticism but has continuously shown grace and class in her responses to the media. In her most recent collaboration with sporting giant NIKE, she tackles the criticisms that female athletes tend to face when they display emotion. The word “crazy” is often used to denote women who show frustration in the sporting world, but Selena challenges women to rise to the occasion to achieve their dreams in spite of the unfavorable labels that will be used to describe them.

### **Ariana Grande- Pop Singer/Musician**

She has recently broken the Beatles record for having 3 songs in the top 3 on billboard! The ponytail wearing vocal powerhouse continues to make history in the entertainment world. However, it hasn’t always been easy for her. May 22, 2017 will always be etched into her mind as the day that terrorists killed 22 English people at her concert in Manchester, UK. After coming back to the U.S to relieve some of the pain this incident caused, she went right back to Manchester to host a peace concert and raise money for the families of the deceased. This act earned her a Manchester residency and unwavering love and support from the people in the UK. In 2018, her longtime boyfriend who she had recently split from died from an alleged drug overdose. Not only was the news shocking, but she was also blamed for his death. Ariana, however chose to rise above the hate and spread love as much and as frequently as she can. This young lady is inspiring because she has shown us all how to handle and recover from trauma with grace.

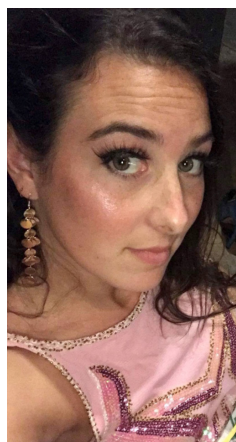


### **Ruth E. Carter – Film Costume Designer**

She just won Marvel its first Oscar ever for design in the film *Black Panther*. The Massachusetts native is proving that women can do it all, and that fashion can make the most powerful of statements. She is using her work to show inclusivity and that representation of minority groups matter. Given the political climate this message is necessary and very important.

This short list is only a miniscule percentage of the Boss Ladies who are leading in their respective fields and showing us that the dreams we have are attainable. Importantly, we must continue to uplift and empower each other as strong female figures. To all the women who persistently try every day to do and be better for your families and yourselves, we salute you and wish you the best on your life journey!

# Meet Your Student Senate



**Stephanie Teixeira**

Student Government President

*"Always be a first rate version of yourself and not a second rate version of someone else." Judy Garland*

We as humans tend to compare ourselves against other's accomplishments that we must in some way "compete" to be "good enough". That is the reason that this is my favorite quote, we each have our own thoughts and abilities; it is so important to be proud and confident of who you are. Rather than thinking you must be like someone else, build confidence in your own persona and foundations, which you create and build.



**Mohamed Boweden**

Student Government Public Relations

*"There are no limits to what you can accomplish, except the limits you place on your own thinking." Brian Tracy*



**Mustafa Boweden**

Student Government Vice President

*"Our mission is to secure student rights and to improve their activities in campus, our vision is to see a high quality college experience for all and by all."*



**Ron Nneji**

Student Government Senator

*"We need more light about each other. Light creates understanding, understanding creates love, love creates patience and patience create unity."*  
Malcolm X



**Devon Arthur**

Student Government Parliamentarian

*"We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light".* Plato



**Jorgo Gushi**

Student Government Secretary

Hello everyone, my name is Jorgo Gushi and I am the Student Government Association Secretary for the academic year 2018-2019. As a student and SGA Executive Board member I would like to send a message to all Quinsigamond Community College students:

"We the students' body, need to understand the power in our voices. You may think it's not much but together, we can accomplish anything. So use your voice. Use your voice to let us know your needs, your goals, your dreams, your passions and your drive. Use your voice to connect with your student government, QCC faculty, staff and administration but most importantly use your voice to connect with your peers. Take a risk, do something you never thought you'd do. Talk to someone you never thought you'd talk to. Be part of something bigger than yourself, join a club, create a club, maybe join the QCC Student Government Association, Whatever, it is you decide to do, make sure you do something."





# Athletics



## Need To Know

([www.qcc.edu/student-life/athletics](http://www.qcc.edu/student-life/athletics))

([www.qcc.edu/services/athletic-center](http://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.

## QCC 2019 Winter Baseball Clinics

The **Quinsigamond CC Baseball Program** would like to invite any young baseball player to come train with us this winter as we prepare for the 2019 season. Head Coach John McLaughlin, Pitching & Catching Coach Paul Goodwin along with the 2019 QCC Baseball Team will be running the program. Each clinic will start with a dynamic stretch and cardio warm up. From there we will break up into groups and will work on fielding, pitching and hitting. Our goal is to help prepare each young player for the upcoming season at an **affordable rate**.

### Clinic Information:

- Location – **QCC Gym – 670 West Boylston St, Worcester, MA**
- Ages **6 to 18**
- \$30 per clinic (\$25 per if signing up more than 1 family member)
- Strongly encouraged to bring own bats, glove, helmet & water bottle
- No Cleats

**Time:** 10:30 am – 12:45 pm (check in 10:00 am)

### Dates:

- March 3<sup>rd</sup>
- March 10<sup>th</sup>



\*\*\*In case of inclement weather, a notice will be posted on the QCC Baseball Facebook Page\*\*\*

**Registration:** Please email Coach McLaughlin at [jmclaughlin@qcc.mass.edu](mailto:jmclaughlin@qcc.mass.edu) if you would like to sign up. There will be a cap on the amount of kids for each clinic so please sign up soon before we sell out. Contact Coach McLaughlin to schedule a session. All scheduling must be done ahead time and not day of.

## 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

## 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](mailto:tajenkins@qcc.mass.edu)

#### Women's Basketball

Gabe Santner  
Ext. 4492  
[gsantner@qcc.mass.edu](mailto: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](mailto:jmclaughlin@qcc.mass.edu)

#### Soccer

Josh Cole  
508-854-4317  
[jcole@qcc.mass.edu](mailto:jcole@qcc.mass.edu)





# Athletics



## QUINSIGAMOND COMMUNITY COLLEGE WYVERNS 2019 BASEBALL SCHEDULE

DEPART ARRIVE

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



Our basketball Alumni game was held on Sat, Feb2nd. We had players from 2005 show up to play including Mo Horton, Terrel Randel, Mike Rodrigues, Cory Matthews and Johnny Dombrowski.

### Yoga and Full-Body Toning



### YOGA

Will run February thru April 18<sup>th</sup>  
Tuesdays & Thursdays at 12:00pm

### FULL-BODY TONING

Will run February 11 thru April 12<sup>th</sup>  
Mondays, Wednesdays & Fridays 12:30pm



# Super Bowl 53 Post Game Review

By Bryan Faubert  
Open Door Sports Writer

On February 3<sup>rd</sup> this year Atlanta, Georgia hosted in my opinion one of the best defensive Super Bowl in NFL history. Representing the NFC is the so called “Super Team” of the NFL, the Los Angeles Rams, a team that made it to the super bowl with some major controversy in the NFC Championship game against the New Orleans Saints.

Representing the AFC is the team many didn’t expect to make it to the big game. Even I had my doubts, but the New England Patriots did it after pulling off a Big upset in the AFC Championship game against the heavily favored Kansas City Chiefs.

In the first quarter it was a scoreless affair and pretty sloppy early on. On the first drive of the game the Patriots established the running game, running the ball 4 times for 27 yards before QB Tom Brady threw a pass that was tipped in the air by Rams Cornerback Nickell Robey-Coleman and intercepted by Rams Linebacker Cory Littleton.

Throughout the quarter, Brady was very inaccurate with his passes. That cost the Patriots an opportunity to potentially get an early lead, except for one drive where a hit to the head on defenseless receiver, Patriots Running back Rex Burkhead.

A penalty was called on Rams Cornerback Nickell Robey-Coleman which allowed the Patriots to get momentum on this drive with Brady throwing passes to Rex Burkhead and Rob Gronkowski to get into rams territory for a 46 yard field goal attempt from Stephen Gostkowski that was missed to the left. However, dominating Time of Possession holding the ball for 11 minutes and 47 seconds and 8 first downs. While the Rams held the ball for only 3 minutes and 13 seconds and only one first down.

The second quarter didn’t start off well for the Rams with a false start on Rams Right Tackle Rob Havenstein . That lead to yet another 3 and out after a pass thrown by Rams Quarterback Jared Goff was tipped at the line by Patriots Left End John Simon.

The next drive for the Patriots after a 54-yard punt by Rams Punter Johnny Hekker would lead to the first points of the game as Tom Brady would connect with Julian Edelman for 6 yards, Rob Gronkowski for 3 yards , and Julian Edelman again for 25 yards. They allowed Stephen Gostkowski to hit a 42-yard Field Goal to give the Patriots a 3-0 lead. The first half would end with the 2<sup>nd</sup> lowest scoring first half in Super Bowl History.

What’s the lowest scoring first half in Super Bowl history you ask? Well I’m gonna take you guys back to Super Bowl 9 back in 1975 when the Pittsburgh Steelers had a 2-0 lead over the Minnesota Vikings to end the first half.

The Steelers went on to win the game 16-6 with Hall of Famer Franco Harris taking the Super Bowl MVP. This first half also ended without a single snap in the redzone. My highlight player of the first half was Julian Edelman with 7 catches for 93 yards. You will hear more of him later.

The Rams received the ball to start the second half with only having 57 total yards of offense, only 2 first downs, 6 punts and a time of possession of 10 minutes and 8 seconds.

They started the second half with Jared Goff nearly throwing an interception, but it was dropped by Patriots Linebacker Dont’a Hightower. However, the next play the Rams star Runningback Todd Gurley III would get the ball and he’d run the ball 3 times for 22 yards that would only lead to a 7<sup>th</sup> straight punt for the rams.

The Rams would punt for the 8<sup>th</sup> straight time however this one was probably the highlight of the night as of that moment because Rams punter Johnny Hekker would break the Super Bowl Record for the longest punt which is now 65 yards. The previous record was ironically held by Patriots Punter Ryan Allen with a 64-yard punt that he broke in Super Bowl 49.

The Rams third drive of the second half would be the best drive of the game for the team as runningback CJ Anderson would run the ball 2 times for 13 yards and Jared Goff would connect with Wide Receivers Josh Reynolds, Brandin Cooks, and Robert Woods which would allow Rams Kicker Greg “The Leg” Zuerlein who sent the Rams to the Super Bowl by hitting a 57 yard Field goal in Overtime to win the game for the Rams would hit a 53 yard field goal to tie the Super Bowl at 3.

The 4<sup>th</sup> quarter would get very interesting as The Patriots would start to drive down the field as Tom Brady would connect with Rob Gronkowski for 18 yards, Julian Edelman for 14 yards, Rex Burkhead for 7 yards, and Rob Gronkowski for 29 yards and he was down at the 2 yard line which allowed Patriots Rookie Runningback Sony Michel to score the lone Touchdown of the game to give the Patriots a 10-3 lead.

The Rams would drive down the field before Patriots All-Pro Cornerback Stephon Gilmore would intercept Jared Goff at the 4-yard line.

Ensuing Patriots Drive Sony Michel would take a potential safety opportunity away from the Rams as he’d burst for a 28 yard run and from there on out it would be Patriots who would chew the

clock down and drive down the field and it would allow Stephen Gostkowski to kick a 41 yard field goal to give the Patriots a 13-3 lead with 1:10 left in the game.

However, the Rams wouldn’t go down without a fight as they would drive down the field for a 48 yard field goal attempt that Greg “The Leg” Zuerlein would miss that allowed the Patriots to kneel the ball down and tie the Pittsburgh Steelers for the most Super Bowl wins in Franchise History with 6. Tom Brady would break the NFL Record for the most Super Bowl wins by a single player dethroning Hall of Fame Linebacker Charles Haley.

Overall a lot of people look at this game and they think it’s one of the worst Super Bowls of all time. However I don’t see it like that. This game was a very good defensive game.

Both Rams Defensive Coordinator Wade Phillips and now former Patriots Defensive Play Caller and Linebackers’ coach and now current Miami Dolphins Head Coach Brian Flores did a fantastic play calling and the players did a phenomenal job executing the plays.

Corners and Safeties played great lockdown defense. The front sevens on both teams did a great job shutting down the running game for most of the game.

I understand that we are in an era where only offense is appreciated, but occasionally we all should give great defense some credit because back in the day defense was highly appreciated. Super Bowl 53 was an old school smashmouth defensive game.

# Arts & Entertainment

## Upcoming 2019 Flix:

By Yozue A. Davila

With 2019 upon us, let us take one last look at 2018. Though the memories of the past year revolve around the mind, we can expect many great things from the upcoming year. In 2019 we can look forward to many new upcoming movies, games, education, music, etc. To be short, let's take a look within the most expected features from 2019. Here are some movies we can expect to be amazing for all of you popcorn crunching and soda slurping lovers:

### MARVEL:

Within the great MCU we have come to love many characters that have slowly developed into our everyday life. Some of the upcoming movies are:

**Captain Marvel:** (March 2019) The new addition to the MCU and the hero of the upcoming Avengers: End Game.

**Avengers: End Game:** (April 2019) The sequel to the Avengers Infinity War, and probably the final chapter of the Avengers, for those who have been following the comics.

**Dark Phoenix:** (June 2019) For all of you die-hard X-Men fans, including myself, this is probably the most expected movie yet. The X-Men franchise will be launching off a new saga with the Dark Phoenix intro.

### DISNEY:

For all fantasy and Mickey Mouse loving viewers, 2019 has great surprises for you too:

**Toy Story 4:** (June 2019) You guessed it, Woody and Buzz are back at it again, though it has been said that a new screen writer has been hired for the movie, the release date still remains the same.

**The Lion King:** (July 2019) This film is the most amazing underdog movie from Disney. For all of you that know the story of this movie, it was supposed to be scrapped back in its early production days.

However, the new team that picked up the movie created a very memorable one which transcended all other classics.

Now in 2019, the live action has arrived.

Disney has been doing great live action movies including *The Beauty and The Beast*, *Dumbo*, *The Jungle Book*, *Mowgli*, etc. Many expectations of this movie have hyped its arrival, and hopefully its delivery as well.

**Aladdin:** (May 2019) a historical movie from the book of *The One Thousand and One Nights (Arabian Nights)*, this story has become an iconic movie within the Disney collection.

### DCU:

For the DCU addicts, they did not forget about you either:

**Shazam:** (April 15) a different taste and spin towards the DCU movie tone, here is the childish, yet powerful Shazam! The super kid who is trapped within a legendary hero.

**Joker:** (October 2019) The stand alone film of The Joker is here. Though DCU hasn't been amazing, as per the box office numbers, Joker promises a great story and plot for all of you crime fighting psycho-clown loving fans.

Lastly, two great movies coming which will have people out of their seats are:

**Star Wars Episode IX:** (December 2019) There has been a generation wave which has grown up with this Star Wars Saga, and each trilogy has impacted the lives of many generations.

As for our generation, episodes VII-IX will become our prized possessions as well. With that said, get your light-sabers ready and blasters at your hip, for the end of the saga is arriving. Keep an eye out for a Star Wars course that will be coming to QCC very soon as an elective for all you force users.

**POKEMON Detective Pikachu:** (May 2019) whether you're on the hate or love list of Ryan Reynolds, Pikachu is going to take a wild turn from its loving character to a mysterious and funny thunder bolt shooting creature. As a fan of Pokemon, I am expecting great things for this movie. The trailer looks amazing and the characters we all love will be featured within the movie.

# Arts & Entertainment

Marvelous Addition to the Super-heroines of Marvel: Looking Forward to Captain Marvel  
By Randi Thayer

The recent success of the Black Panther movie is a testament to Marvel's dominance in the cultural space. Black Panther came out in 2018, and has won 77 movie awards with over 200 nominations ( <https://www.imdb.com/title/tt1825683/awards> ). As the first superhero of color, the king of the fictitious African country of Wakanda is generally praised for being one of the first positive representations of people of color in a blockbuster movie. This level of recognition for a superhero action movie is almost unheard of. A friend of mine made the comment that he is excited to live in a world where children grow up seeing minorities depicted in not only a positive light, but as the super hero. I brought this up to my little brother and he said something that blew my mind: he cannot remember a time before superhero movies. My 19 year old brother is already one of the first people who has grown up in the age of the super hero; who has grown up under the influence of Marvel. But Marvel is not new to advocacy.

Marvel has been putting out comics since the early 1940's. During that run they have put out some very forward thinking material. It is widely known that the X-men were created as direct commentary on the civil rights movement. This tidbit of Marvel history was given a nod in the Deadpool 2 movie when Deadpool sarcastically described the X-men as an notable instances where Marvel spoke to a justice issue of the time. I am optimistic that Captain Marvel will do something similar for women.

Captain Marvel, or Carol Danvers when she is not saving the universe, will be an important representation for women in many ways. Before we look at Carol Danvers, let's us take a look at how Marvel has represented women over the past decade. There is a wide variety of female characters that Marvel has to offer, ranging from quirky comic relief to full fledged superhero. Again, Marvel is not new to advocacy. There has been a noticeable degree of intentionality from Marvel to create dynamic female characters leading up to this point. However, none of the women of Marvel have had a stand alone movie, and are usually romantically involved with one of the male hero's.

Allow me to come back to Black Panther as an example. The movie begins as Prince T'challa has to come to terms with his father's violent death depicted in another of the MCU films. T'challa is thrust into the role of king. The kingdom of Wakanda is no exception to the rule that power changes seldom occur without some strife. T'challa's claim to the throne is challenged, and

he is briefly overthrown. As Wakanda slips into civil war there are several strong women who step in to aid their king.

Okoye is the general of the all female fighting force, the Dora Milaje. Personally, she is one of my favorite characters from Black Panther because she is a competent warrior without the aid of the plant that gives King T'challa his powers. Okoye is simply a badass all on her own. T'challa's mother is a grounding force as he grieves his father's death, and she is able to negotiate peace with a neighboring country. Shuri, the princess of Wakanda and T'challa's sister, is brilliant. She is the developer of much of the futuristic technology in Wakanda, including the signature suite designed after the namesake of the movie. Together, these women conduct international missions to preserve Wakandan interests, save Wakanda from civil war, overthrow the misguided villain who overthrew T'challa, and restore T'challa to health when he was mortally wounded.

While these characters are empowering and tasteful representations of women in art, they are the supporting cast for a male hero. This dynamic is not inherently problematic; it is the lack of stand alone female superhero's that has audiences hungry for more. March is international women's month, and Captain Marvel is slated to release on March 8th. This is no accident. Captain Marvel is a prominent heroine, and rumored to be the most powerful hero in the MCU to date.

Captain Marvel is not the first lead female hero as she follows the wildly successful Wonder Woman movie, but she is the first stand alone heroine in the Marvel lineup. In preparation for the movie I am reading the comics, starting with the 1970's comics where Carol Danvers takes on the mantle of Captain Marvel. Carol Danvers is a modern career woman, pilot, and superhero who openly smashes expectations villains have of what a woman can do. One of the major plot points in the early comics is how Carol Danvers struggles with a boss who does not recognize she is a competent woman in the male dominated office space.

As I am writing this prior to actually seeing the film I can only hope that the movie will do Carol Danvers justice. The trailers look promising, and Marvel has a solid track record with creating fully realized women, so I am optimistic. I also anticipate the Captain Marvel origin movie to be somewhat comedic. This movie is being released between the Avengers Infinity War and Avengers Endgame movies. Both are a little darker as the plot involves the villain snapping his fingers to eliminate half of all life in the universe. That being said, it stands to reason that Captain Marvel would have a bit more levity. Tune back in next month to read the review of Captain Marvel.

# 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](http://www.qcc.edu/services/career-services)

Email: [careerservices@qcc.mass.edu](mailto: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](mailto:gaa@qcc.mass.edu)  
[www.qcc.edu/gaa](http://www.qcc.edu/gaa)

# Records & Registration News

## Key Dates and Deadlines for the Spring Semester

- **Progress grades are due Friday, March 15.** Log onto The Q to view your mid-semester grade. If you are receiving a failing grade talk to your instructor or academic advisor to see if a course withdraw is an option you should consider.
- **Spring Break is the week of March 17-23.** There are no classes this week.
- **Registration for returning students opens Monday, 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 Monday, April 8.
- **Last day to change to or from an AUDIT is Friday, April 12.**
- **Withdrawal period is through Friday, 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 withdrawal.
- **Monday, April 15 is Patriot's Day.** The College is closed, no classes will be held.
- **Incomplete grades from the Fall and Intersession are due Friday, April 26.** If your missing work is not completed by this date the grade turns to an F.
- **Final week of classes is 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 or exam.
- **Commencement is Thursday, May 23 at 1pm at the DCU Center.**

**Are you graduating this May?** If so, you should already have received an email to your Qmail from the Registrar's Office confirming your graduation date, how your name will appear on your diploma and your mailing address. If you have not received an email yet please stop by the Registrar's Office as soon as possible.

Information about May Commencement will be sent to your Qmail in mid-April. Please continue to check your Qmail for all communication about commencement. Commencement will be held on Thursday, May 23 at 1pm at the DCU Center.

# Transfer Services

## 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)

#### March

4: 11<sup>am</sup> - 1<sup>pm</sup>  
7: 9<sup>am</sup> - 11<sup>am</sup>  
12: 10<sup>am</sup> - 12<sup>pm</sup>  
15: 11<sup>am</sup> - 1<sup>pm</sup>  
27: 2<sup>pm</sup> - 4<sup>pm</sup>

#### April

1: 11<sup>am</sup> - 1<sup>pm</sup>  
5: 10<sup>am</sup> - 12<sup>pm</sup> & 1<sup>pm</sup> - 3<sup>pm</sup>  
10: 1<sup>pm</sup> - 3<sup>pm</sup>  
16: 10<sup>am</sup> - 12<sup>pm</sup> & 2<sup>pm</sup> - 4<sup>pm</sup>  
19: 12<sup>pm</sup> - 2<sup>pm</sup>  
24: 1<sup>pm</sup> - 3<sup>pm</sup>  
29: 11<sup>am</sup> - 1<sup>pm</sup>

#### May

2: 10<sup>am</sup> - 12<sup>pm</sup>  
7: 9<sup>am</sup> - 11<sup>am</sup>  
10: 12<sup>pm</sup> - 2<sup>pm</sup>  
15: 10<sup>am</sup> - 12<sup>pm</sup>

### Transferring to a UMass Campus & FAQ

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

#### March

5: 2<sup>pm</sup> - 4<sup>pm</sup>  
8: 10<sup>am</sup> - 12<sup>pm</sup>  
13: 1<sup>pm</sup> - 3<sup>pm</sup>  
25: 10<sup>am</sup> - 12<sup>pm</sup>  
28: 12<sup>pm</sup> - 2<sup>pm</sup>

#### April

2: 10<sup>am</sup> - 12<sup>pm</sup>  
8: 11<sup>am</sup> - 1<sup>pm</sup>  
11: 12<sup>pm</sup> - 2<sup>pm</sup>  
17: 10<sup>am</sup> - 12<sup>pm</sup>  
22: 10<sup>am</sup> - 12<sup>pm</sup>  
25: 11<sup>am</sup> - 1<sup>pm</sup>  
30: 12<sup>pm</sup> - 2<sup>pm</sup>

#### May

3: 9<sup>am</sup> - 11<sup>am</sup> & 1<sup>pm</sup> - 3<sup>pm</sup>  
8: 1<sup>pm</sup> - 3<sup>pm</sup>  
13: 12<sup>pm</sup> - 2<sup>pm</sup>

### Transferring to other Colleges/Universities & FAQ

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

#### March

1: 12<sup>pm</sup> - 2<sup>pm</sup>  
6: 10<sup>am</sup> - 12<sup>pm</sup>  
11: 9<sup>am</sup> - 11<sup>am</sup>  
14: 2<sup>pm</sup> - 4<sup>pm</sup>  
26: 9<sup>am</sup> - 11<sup>am</sup> & 1<sup>pm</sup> - 3<sup>pm</sup>  
29: 10<sup>am</sup> - 12<sup>pm</sup> & 1<sup>pm</sup> - 3<sup>pm</sup>

#### April

4: 9<sup>am</sup> - 11<sup>am</sup> & 2<sup>pm</sup> - 4<sup>pm</sup>  
9: 9<sup>am</sup> - 11<sup>am</sup> & 1<sup>pm</sup> - 3<sup>pm</sup>  
12: 11<sup>am</sup> - 1<sup>pm</sup>  
18: 9<sup>am</sup> - 11<sup>am</sup>  
23: 9<sup>am</sup> - 11<sup>am</sup> & 2<sup>pm</sup> - 4<sup>pm</sup>  
26: 12<sup>pm</sup> - 2<sup>pm</sup>

#### May

1: 2<sup>pm</sup> - 4<sup>pm</sup>  
6: 10<sup>am</sup> - 12<sup>pm</sup>  
9: 11<sup>am</sup> - 1<sup>pm</sup>  
14: 11<sup>am</sup> - 1<sup>pm</sup>

#### Workshops cover:

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

#### FAQ Sessions:

Drop-in for information and answers to common transfer issues

QCC Transfer Services • 2<sup>ND</sup> FLOOR, HARRINGTON LEARNING CENTER • 508.854.4404 • [transfer@qcc.mass.edu](mailto:transfer@qcc.mass.edu)

## SAVE the DATE

### QCC SPRING '19 TRANSFER FAIR MORNING & AFTERNOON TIMES

April 3, 2019 (Wednesday)

10 a.m. — 1 p.m.

&

2 p.m. — 5 p.m.

HLC 109 A & B

10 a.m.-1 p.m.

American International College  
Anna Maria College  
Assumption College  
Bay Path University  
Becker College  
Boston University  
Bridgewater State University  
Bryant University  
Castleton University  
Clark University  
Curry College  
Dean College  
Elms College  
Emerson College  
Fitchburg State University  
Framingham State University  
Lesley University  
Mass Maritime Academy  
Mass College of Pharmacy & Health Sciences  
Mass College of Art  
Mass College of Liberal Arts

Merrimack College  
New England Institute of Technology  
Northern Vermont University  
Pine Manor College  
Plymouth State University  
Roger Williams University  
Simmons University  
Southern New Hampshire University  
Southern Vermont College  
Springfield College  
Suffolk University  
UMass Amherst  
UMass Boston  
University of Connecticut  
UMass Dartmouth  
UMass Lowell  
University of New Haven  
Wentworth Institute of Technology  
Westfield State University  
Worcester State University  
Western New England University

2 p.m.-5 p.m.

Assumption—Continuing & Career Education  
Bay Path University—One Day a Week College  
Bay State College  
Becker College—School of Graduate & Professional Studies  
Boston College—Woods College  
Charter Oak State College—On-line  
Columbia University—School of General Studies  
Eastern Nazarene College—Adult & Graduate Studies  
Endicott College—Van Loan School  
Fitchburg State University—Graduate & Continuing Education  
Granite State College  
Nichols College  
Northeastern—College of Professional Studies  
Quinnipiac University—On-line  
Southern New Hampshire University—Online  
Springfield College—Professional & Continuing Studies  
UMass-Amherst—University without Walls  
UMass-Lowell—On-line & Continuing Education  
Worcester State University—Continuing Education



## TRANSFER SERVICES AT SOUTHBRIDGE

8 a.m.-4 p.m.

MARCH 13 (Wed)

APRIL 17 (Wed)

MAY 15 (Wed)

Meet with a transfer counselor to get information and answers to common transfer issues such as:

- Important QCC courses for transfer
- How to pick colleges and majors
- General steps to transferring—deadlines, forms, admissions requirements

To make an appointment, please call 508.854.4404 or e-mail us at [transfer@qcc.mass.edu](mailto:transfer@qcc.mass.edu)

FOR MORE INFORMATION CONTACT: VISIT OUR WEBSITE  
@ QCC.EDU/STUDENT SERVICES/TRANSFER

## QCC TRANSFER SERVICES March 2019 Transfer Visits

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



Monday, March 4, 2019  
Emerson: 10-1 visit, 2-3:30 appointments



Tuesday, March 5, 2019  
9:30 a.m.-12:30 p.m.



Wednesday, March 6, 2019



Tuesday, March 12, 2019  
WSU: 9:30 a.m.-12:30 p.m.



Wednesday, March 13, 2019



Thursday, March 14, 2019  
Bryant: 10:30 a.m.-1:30 p.m.



Monday, March 25, 2019  
Becker: 11 a.m.-2 p.m.



Tuesday, March 26, 2019  
9:30 a.m.-12:30 p.m.



**Quinnipiac**  
UNIVERSITY

Online Programs

## SHAPE THE FUTURE OF YOUR CAREER AT QUINNIPIAC UNIVERSITY

Planning the next steps for your education? Quinnipiac University makes it easy to continue on to earning your bachelor's degree with 100% online degree completion programs. You will earn the same prestigious degree and learn from the same experienced faculty who teach on campus, all in a convenient online format.

As a Quinsigamond Community College student, you are also eligible to receive a 10% tuition discount on all online degree programs at Quinnipiac University.

Get started today! Visit: [quonline.quinnipiac.edu/community](http://quonline.quinnipiac.edu/community)

Looking to earn credits toward your associate's this summer?  
Online summer courses at Quinnipiac open April 29.



# ACADEMIC ADVISING

advising@qcc.mass.edu

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

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

## Prepare NOW. Avoid the Lines.

**STEP 1:** Meet with your Advisor **NOW** for **Registration Preparation** to map out your Fall\* classes and **request clearance to self-register**.\*\*

**STEP 2:** Mark your calendar for the start of Registration on **March 25th!**

**STEP 3:** Self-register\*\* online via **The Q** starting March 25th and avoid the lines.



\*Registration for Summer sessions also starts March 25th.

\*\*Self-registration clearance granted depending on your GPA, Program of Study, credits completed, assigned Advisor, etc.

## Registration Preparation: Your Game Plan for Success!

*No appointment necessary:  
Drop by Advising for your Registration Preparation Session!*

- ⇒ Learn where to locate your Advisor's name and contact information and how to get in contact with them.
- ⇒ Review your current **GPA** and overall progress/mid-term grades
- ⇒ Get help interpreting your **Degree Audit** (classes you need to graduate)
- ⇒ Learn what the **ELECTIVES** categories mean within your program
- ⇒ Find out when the courses you need will be offered & build a preliminary schedule.

### DATES TO REMEMBER:



**Early and mid-March:** We're approaching the midterm point of the semester. *Are you prepared if your instructor requires a midterm exam?*

**March 15:** Mid-term Grades available on "The Q!" Review your progress! Log in to The Q, click the "My Academics" tab, then "My Academic Records" to review any posted grades. **Questions or concerns?** Ask your professor!

**March 17 - March 23:** Spring Recess, **NO CLASSES**. Take advantage of this time to catch up, get ahead, and have a Registration Preparation Session if you haven't yet! **Advising is OPEN normal hours during Spring Recess.**

**March 25 - April 5:** Registration for Returning/Active Students. Best selection of Summer and Fall classes available during these two weeks. Register **EARLY** to get the best possible schedule.

# 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	<b>STELLAR GPA! KEEP UP THE GREAT WORK!</b> 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+	<b>SOLID GPA: HIGHLY RESPECTABLE</b> 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-	<b>MIDDLE-OF-THE-ROAD GPA</b> 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	<b>DANGER ZONE!</b>  You’re in danger of facing any of the following: <ul style="list-style-type: none"> <li>• Academic Probation or Academic Dismissal</li> <li>• Financial Aid Suspension</li> <li>• Graduation eligibility issues</li> <li>• Difficulties transferring</li> </ul>
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	<i>We can help!</i> 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 Intersession classes begin; last day to DROP/ADD	1/2/2019	First day of Winter Intersession classes; last day to make schedule changes
Last day of Winter Intersession Classes	1/14/2019	Last day of Winter Intersession 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](#)



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](mailto:sboria@qcc.mass.edu)

All students  
are  
welcome to  
**Diversity  
Dialogues**  
at QCC



**Spring Dates:**

**2/6/19**

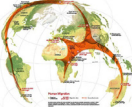



**3/6/19**

**3/27/19**

**5/1/19**

**Location:**

**HLC 109A**








**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:**

 <ul style="list-style-type: none"> <li>Culture</li> <li>Race and Ethnic Relations</li> <li>Gender and Sexuality</li> <li>Stratification and Inequality</li> </ul>	<ul style="list-style-type: none"> <li>Peace and Conflict</li> <li>Globalization</li> <li>Social Justice and Social Change</li> </ul> 
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**"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 21<sup>st</sup> 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](mailto:tgonzalez@qcc.mass.edu) or 508.854.4474



**670 West Boylston Street, Worcester, MA**

Come see Dr. Joanne Kong give a live TED Talk on the power of plant based eating and answer questions!




Dr. Kong will give a live presentation where you can learn about the health benefits of a plant-based diet, the impact of animal agriculture, and the treatment of factory animals. She will also answer given questions

Saturday March 9th at 11AM in the Harrington Learning Center rooms 109 A&B



## 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](mailto:vclemente@qcc.mass.edu) by March 8, 2019:

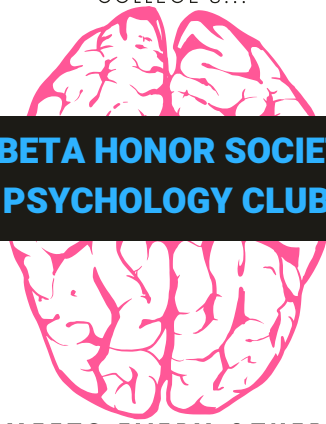
Name, Address & Phone Number  
QCC ID Number & Qmail Address  
Program/Major & Anticipated Date of Graduation


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

**INTERESTED IN HUMAN BEHAVIOR?**  
JOIN QUINSIGAMOND COMMUNITY COLLEGE'S...





## PSI BETA HONOR SOCIETY & PSYCHOLOGY CLUB



**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](http://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](mailto:QCCPSYCHOLOGYCLUB@GMAIL.COM)

QUESTIONS? EMAIL ADVISOR VALARIE CLEMENTE:  
[VCLEMENTE@QCC.MASS.EDU](mailto:VCLEMENTE@QCC.MASS.EDU)

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



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.

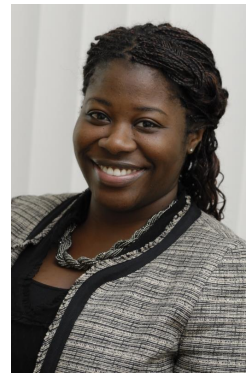
**MARCH 8, 2019**

**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.



PSI BETA AND  
PSYCHOLOGY  
CLUB GUEST  
LECTURE SERIES

NICOLE  
OVERSTREET,  
PH.D.

MARCH 12, 2019  
12:30 TO 1:30 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 12, 2019**

**Intimate Partner Violence, Stigma, and  
Health: Applying an Intersectional Lens**

Intimate partner violence (IPV) is a serious public health concern that affects approximately one in three women and one in four men in their lifetime. This violence can be physical, sexual, or psychological. A large body of literature has documented the association between IPV and adverse health outcomes. However, few studies have conceptualized or empirically tested how the experience of IPV-related stigma influences these relationships. The stigma associated with IPV is often overlooked as an important social factor that may have detrimental effects on people who experience IPV. This talk will discuss the Intimate Partner Violence Stigmatization Model and review evidence in support of the model. Further, this talk will consider how experiences of stigma may be influenced by survivors' social identities (e.g., race, gender).

Dr. Nicole M. Overstreet is an Assistant Professor in Psychology at Clark University. Her research examines sociocultural factors that contribute to mental and sexual health disparities among marginalized groups. Dr. Overstreet has received funding for her research from the National Institute on Drug Abuse and the Robert Wood Johnson Foundation, and she was recently awarded the Nancy Weiss Malkiel Scholars Award from the Woodrow Wilson National Fellowship Foundation.

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 18<sup>th</sup>-March 22<sup>nd</sup> Open M-F 8 AM- 4 PM

Closed Saturday March 23<sup>rd</sup>

Patriots Day, Monday April 15<sup>th</sup>



**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](mailto:opendoor@qcc.mass.edu)**



# Veteran's Affairs



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](mailto:veteranaffairs@qcc.mass.edu)

Paula Ogden  
Director of Veteran  
Affairs-258A Enrollment  
and Student Services  
[pogden@qcc.mass.edu](mailto:pogden@qcc.mass.edu)  
508-854-4290

## FOOD PANTRY AND RESOURCE CENTER HOURS SPRING 2019

Monday: 3 pm - 5 pm

Tuesday: 8 am - Noon

Wednesday: 3 pm - 7 pm

Thursday: 1 pm - 5 pm

Friday 2 pm - 5 pm

Or by appointment, please  
contact

[foodpantry@qcc.mass.edu](mailto:foodpantry@qcc.mass.edu) or call  
508.854.7403

ROOM B63A

## 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](mailto:mentoring@qcc.mass.edu), call 508.854.4573, or visit 120A in the Administration Building.



**QUINSIGAMOND**  
Community College

**COLLEGE.**  
MADE SMARTER.

## 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
- ✓ Wi-Fi
- ✓ Computers
- ✓ 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.

**COLLEGE.**  
MADE SMARTER.

**QUINSIGAMOND**  
Community College

For more information contact  
[Dgonales@qcc.mass.edu](mailto:Dgonales@qcc.mass.edu)



## 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.

**The next issue of The Open Door will be on stands and The Q April 4 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 Student Leadership Academy 12pm-1pm HLC School of Rock Trip	2
3	4	5	6	7	8	9
		Mardi Gras Fat Tuesday: Decorate Masks 11am-1pm FSC	Nacho Night 5pm-6pm FSC		Student Leadership Academy 12pm-1pm HLC	
10	11	12	13	14	15	16
		Downtown Spring Break Safety Awareness 10am-12pm	Spring Break Safety Awareness 11am-1pm FSC 	Southbridge Spring Break Safety Awareness 10am-12pm	Irish Trivia 10am-12pm FSC	
17	18	19	20	21	22	23
	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	
24   31	25	26	27	28	29	30
	Women's History Month 11am-1pm			Baseball Opening Day 11am-12pm 	March Madness 11am-12pm	



## Olga Lopez-Hill Scholarship for QCC Students

We are happy to announce a QCC scholarship opportunity. The Olga Lopez-Hill Scholarship honors a former member of the QCC family, Olga Lopez-Hill, who graduated from QCC in 1990 and worked at the College for over 20 years advocating for students and inspiring them to continue their efforts to further their education. Ms. Olga Lopez-Hill is a dedicated community leader and role model for those who are willing to work hard to improve their lives.



The scholarship, in the amount of \$600.00, will be presented at the annual HACE event on Wednesday, October 9, 2019 at 5:30 p.m. Location is to be determined. The scholarship is available to QCC students who either plan to continue their education at Quinsigamond or to transfer to another educational institution.

To apply, please submit a statement showing how you feel that your activities and future goals reflect the importance of education, diversity and service to your community. Please limit your response to two pages, and include your contact information (name, address, e-mail, and telephone number) with your submission. (Previous OLH award recipients are not eligible.)

Faculty and staff members are asked to assist us by encouraging worthy students to apply. Letters of support from faculty and staff members may accompany the application.

**Completed Applications must be received by the end of the day on Monday, April 15.**

You may e-mail your application to [dgonzalez@qcc.mass.edu](mailto:dgonzalez@qcc.mass.edu), or send it by mail to: Dr. Deborah L. Gonzalez, Quinsigamond Community College, 670 West Boylston Street, Worcester, MA 01606



## President Pedraja wants to hear from you

**If you feel that you have received outstanding, student-centered service at QCC, President Pedraja wants to know!**

At QCC, we embrace a holistic, student-centered approach to student service. We strive to create a welcoming and supportive community in which helpful QCC representatives are available to assist students in achieving their academic goals.

Please take a moment to go online and tell us about your experience:  
[www.QCC.edu/student-service](http://www.QCC.edu/student-service)

