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.

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.
Continued from page 1…

The federal government shutdown showed however, 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 thankfully 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 government 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 optimistic 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 minimize suffering should the federal government face another shutdown.

Open Door Staff

Advisor: Pat Bisha-Valencia
Student Editor: Santana K. Wright
Layout Designer: Reneasia Love
Staff Writers: Tyler Wills, Yozue Davila, Randi Thayer

Inside the December Issue

History of Valentine’s Day............................3
Question of the Month.................................4
Food Pantry.................................................5
Athletics..................................................... 6-7
Records & Registration...............................8
Transfer Services.......................................9
Academic Advising....................................10-11
Career Services........................................12-13
Arts & Entertainment................................14-15
Black History Month................................16-17
Veteran Affairs.........................................19
Police Informer..........................................23
Student Life...............................................24
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.
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.”
To begin, we had our President, Dr. Luis G. Pedraja, who gave a beautiful opening speech of his share within the immigrant society. As Dr. Pedraja weaves the first path within the voice of the QCC community, many others came up to say a piece of what unites us, "he said. To the students at QCC he advises to be Frank, honest and don't be afraid to engage in dialogue and communicate your thoughts. He also added, "It is not what divides us, but what brings us together."

Dr. Luis Pedraja is a Puerto Rican woman who at the age of 14 was diagnosed with cancer. She is a QCC Nursing Student who arrived at the US from Africa in 2014. Once asked, "Is it true that in Africa you live in trees?" Noella saw that this was an unfortunate way people would view other countries. Despite this view, Noella still believes in the power of unification within the immigrant society. "I have faced a lot of challenges, but America has opened the doors to everyone. You have to hard work to success," she said. Noella also became an engineering technician after long travels from her home in Africa. She is an immigrant. "I still have my accent and am very proud of it," she said. Even though she had to work 2 or 3 times harder than others, she still believes in the power of the immigrant community. "I was born in Cuba, faced with a lot of restrictions, but it was also the best. We are the best!"

Dr. Deborah Gonzales is a QCC Student Trustee, is from Ghana. This young man not only overcame the challenge of obtaining his GED after a failed attempt, but also became a student trustee. He flew from Ghana to the United States. This dream became so great that right after high school he moved to the United States. This dream became so great that right after high school he moved to the United States. To begin, we had our President, Dr. Luis G. Pedraja, who gave a beautiful opening speech of his share within the immigrant society. As Dr. Pedraja weaves the first path within the voice of the QCC community, many others came up to say a piece of what unites us, "he said. To the students at QCC he advises to be Frank, honest and don't be afraid to engage in dialogue and communicate your thoughts. He also added, "It is not what divides us, but what brings us together."

Dr. Luis Pedraja is a Puerto Rican woman who at the age of 14 was diagnosed with cancer. She is a QCC Nursing Student who arrived at the US from Africa in 2014. Once asked, "Is it true that in Africa you live in trees?" Noella saw that this was an unfortunate way people would view other countries. Despite this view, Noella still believes in the power of unification within the immigrant society. "I have faced a lot of challenges, but America has opened the doors to everyone. You have to hard work to success," she said. Noella also became an engineering technician after long travels from her home in Africa. She is an immigrant. "I still have my accent and am very proud of it," she said. Even though she had to work 2 or 3 times harder than others, she still believes in the power of the immigrant community. "I was born in Cuba, faced with a lot of restrictions, but it was also the best. We are the best!"

To the students at QCC he advises to be Frank, honest and don't be afraid to engage in dialogue and communicate your thoughts. He also added, "It is not what divides us, but what brings us together."

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

-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**

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
**2018-2019 QCC WOMEN’S BASKETBALL**

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

**February**

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Departure</th>
<th>Return</th>
</tr>
</thead>
<tbody>
<tr>
<td>5th 5:30pm</td>
<td>Springfield Tech CC* 10:15pm AWAY</td>
<td></td>
</tr>
<tr>
<td>6th 10:45am</td>
<td>Massasoit CC* 6:30pm AWAY</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>14th 5:30pm</td>
<td>Gateway CC* HOME</td>
</tr>
</tbody>
</table>

*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**

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

**February**

<table>
<thead>
<tr>
<th>Saturday</th>
<th>Departure</th>
<th>Return</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd 12:30pm</td>
<td>C.C Rhode Island HOME</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>5th 7:30pm</td>
<td>Springfield Tech CC** 10:15pm AWAY</td>
</tr>
<tr>
<td>Thursday</td>
<td>7th 6:00pm</td>
<td>Northern Essex CC* 10:15pm AWAY</td>
</tr>
<tr>
<td>Saturday</td>
<td>9th 3:00pm</td>
<td>Massasoit CC* 6:30pm HOME</td>
</tr>
<tr>
<td>Thursday</td>
<td>14th 7:30pm</td>
<td>Gateway CC* HOME</td>
</tr>
</tbody>
</table>

**Region XXI game

**Conference game

Head Coach: Tishaun Jenkins

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

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
Tjenkins@qcc.mass.edu

**Women’s Basketball**

Gabe Santner
Ext. 4492
gsantner@qcc.mass.edu

**Updated as of: 1/16/2019**
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
UMA: 10 a.m.-2 p.m.
Bryant: 10:30 a.m.-1:30 p.m.

Wednesday, February 13, 2019
11 a.m.-2 p.m.
UMA: 10 a.m.-2 p.m.

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

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

QCC SPRING ’19 TRANSFER FAIR
Colleges/Universities Attending Include:
Anna Maria College
Assumption College
Bay Path University
Bridgewater State University
Bryan 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
QCC SPRING ’19 TRANSFER FAIR
April 3, 2019 (Wednesday)
10 a.m. — 1 p.m.
HLC 109 A & B

Spring 2019 Transfer Services Workshop & FAQ Series
Harrington Learning Center, Conference Rooms, Ugla 239

Transferring to a State University & FAQ
(First hour workshop, second hour FAQ drop-in time)

January
24: 10 a.m.-12 p.m.
11: 9 a.m.-11 a.m.
20: 10 a.m.-12 p.m.
25: 10 a.m.-12 p.m.
12: 1 p.m.-3 p.m.
February
5: 11 a.m.-1 p.m.
14: 10 a.m.-12 p.m.
20: 10 a.m.-12 p.m.
25: 10 a.m.-12 p.m.
March
5: 10 a.m-12 p.m.
10: 10 a.m.-12 p.m.
28: 10 a.m.-12 p.m.
April
2: 10 a.m.-12 p.m.
5: 10 a.m.-12 p.m.
12: 10 a.m.-12 p.m.
May
2: 10 a.m.-12 p.m.
7: 9 a.m.-11 a.m.
10: 10 a.m.-12 p.m.
15: 10 a.m.-12 p.m.

FAQ Sessions:
Drop-in for information and answers to common transfer issues

Workshops cover:
• Transfer admissions requirements
• Transfer application process
• Transferring with or without an associate degree
• Transfer agreements (MassTransfer & articulation agreements)

May
3: 9 a.m.-11 a.m.
7: 10 a.m.-12 p.m.
11: 10 a.m.-12 p.m.
29: 12 p.m.-2 p.m.

QCC TRANSFER SERVICES 2ND FLOOR, HARRINGTON LEARNING CENTER 508.854.4404
transfer@qcc.mass.edu

SAVE the DATE
SPRING’19 AFTERNOON TRANSFER FAIR
April 3, 2019 (Wednesday)
2 p.m. — 5 p.m.
HLC 109 A & B

April 3, 2019 (Wednesday)
2 p.m. — 5 p.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!

Workshops cover:
• Transfer admissions requirements
• Transfer application process
• Transferring with or without an associate degree
• Transfer agreements (MassTransfer & articulation agreements)

May
2: 10 a.m.-12 p.m.
9: 11 a.m.-1 p.m.
14: 11 a.m.-1 p.m.

Spring 2019 Transfer Services Workshop & FAQ Series
Harrington Learning Center, Conference Rooms, Ugla 239

Transferring to a UMass Campus & FAQ
(First hour workshop, second hour FAQ drop-in time)

January
24: 10 a.m.-12 p.m.
3: 9 a.m.-11 a.m.
February
6: 10 a.m.-12 p.m.
11: 9 a.m.-11 a.m.
14: 10 a.m.-12 p.m.
20: 10 a.m.-12 p.m.
25: 10 a.m.-12 p.m.
March
5: 2 p.m.-4 p.m.
28: 11 a.m.-12 p.m.
April
2: 10 a.m.-12 p.m.
8: 11 a.m.-1 p.m.
17: 10 a.m.-12 p.m.
May
3: 10 a.m.-12 p.m.
7: 11 a.m.-1 p.m.
10: 11 a.m.-1 p.m.
25: 10 a.m.-12 p.m.
28: 12 p.m.-2 p.m.

Transferring to other Colleges/Universities & FAQ
(First hour workshop, second hour FAQ drop-in time)

January
23: 9 a.m.-11 a.m.
13: 10 a.m.-12 p.m.
February
3: 10 a.m.-12 p.m.
12: 10 a.m.-12 p.m.
April
5: 10 a.m.-12 p.m.
8: 11 a.m.-12 p.m.
17: 10 a.m.-12 p.m.
25: 10 a.m.-12 p.m.
May
2: 10 a.m.-12 p.m.
7: 11 a.m.-1 p.m.
10: 11 a.m.-1 p.m.
15: 11 a.m.-1 p.m.
27: 2 p.m.-4 p.m.

Workshops cover:
• Transfer admissions requirements
• Transfer application process
• Transferring with or without an associate degree
• Transfer agreements (MassTransfer & articulation agreements)

May
2: 10 a.m.-12 p.m.
7: 11 a.m.-1 p.m.
10: 11 a.m.-1 p.m.
25: 10 a.m.-12 p.m.
28: 12 p.m.-2 p.m.

FAQ Sessions:
Drop-in for information and answers to common transfer issues

Workshops cover:
• Transfer admissions requirements
• Transfer application process
• Transferring with or without an associate degree
• Transfer agreements (MassTransfer & articulation agreements)

May
2: 10 a.m.-12 p.m.
7: 11 a.m.-1 p.m.
10: 11 a.m.-1 p.m.
25: 10 a.m.-12 p.m.
28: 12 p.m.-2 p.m.

FAQ Sessions:
Drop-in for information and answers to common transfer issues

Workshops cover:
• Transfer admissions requirements
• Transfer application process
• Transferring with or without an associate degree
• Transfer agreements (MassTransfer & articulation agreements)

May
2: 10 a.m.-12 p.m.
7: 11 a.m.-1 p.m.
10: 11 a.m.-1 p.m.
25: 10 a.m.-12 p.m.
28: 12 p.m.-2 p.m.

FAQ Sessions:
Drop-in for information and answers to common transfer issues

Workshops cover:
• Transfer admissions requirements
• Transfer application process
• Transferring with or without an associate degree
• Transfer agreements (MassTransfer & articulation agreements)

May
2: 10 a.m.-12 p.m.
7: 11 a.m.-1 p.m.
10: 11 a.m.-1 p.m.
25: 10 a.m.-12 p.m.
28: 12 p.m.-2 p.m.
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:

<table>
<thead>
<tr>
<th>If your GPA is this:</th>
<th>Then your average QCC grade is this:</th>
<th>This means...</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.68 — 4.0</td>
<td>A</td>
<td>STELLAR GPA! KEEP UP THE GREAT WORK!</td>
</tr>
<tr>
<td>3.34 — 3.67</td>
<td>B+ / A-</td>
<td>You’re a more competitive candidate for selective colleges, employment opportunities, scholarships, fellowships, internships, honor societies, and more.</td>
</tr>
<tr>
<td>3.01 — 3.33</td>
<td>B / B+</td>
<td>SOLID GPA: HIGHLY RESPECTABLE</td>
</tr>
<tr>
<td>2.68 — 3.0</td>
<td>B- / B</td>
<td>Work on raising that GPA to an even higher level, to open up even more opportunities!</td>
</tr>
<tr>
<td>2.34 — 2.67</td>
<td>C+ / B-</td>
<td>MIDDLE-OF-THE-ROAD GPA</td>
</tr>
<tr>
<td>2.01 — 2.33</td>
<td>C / C+</td>
<td>Your Academic Standing is still considered “Good,” but if it drops below 2.0, you’re at risk for many challenges, including not graduating.</td>
</tr>
<tr>
<td>1.68 — 2.0</td>
<td>C / C</td>
<td>DANGER ZONE!</td>
</tr>
<tr>
<td>1.34 — 1.67</td>
<td>D+ / C-</td>
<td>You’re in danger of facing any of the following:</td>
</tr>
<tr>
<td>1.01 — 1.33</td>
<td>D / D+</td>
<td>• Academic Probation or Academic Dismissal</td>
</tr>
<tr>
<td>0.71 — 1.0</td>
<td>D- / D</td>
<td>• Financial Aid Suspension</td>
</tr>
<tr>
<td>0.1 — 0.69</td>
<td>D-</td>
<td>• Graduation eligibility issues</td>
</tr>
<tr>
<td>0.0</td>
<td>F</td>
<td>• Difficulties transferring</td>
</tr>
</tbody>
</table>

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 you GPA.

Here’s a Tip!

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

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

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

<table>
<thead>
<tr>
<th></th>
<th>Spring 2019</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cooperative Education</strong></td>
<td>1/15 4pm-5pm</td>
<td>1/24 2pm-3pm</td>
</tr>
<tr>
<td><strong>Orientation</strong></td>
<td></td>
<td>4/22 12pm-1pm</td>
</tr>
<tr>
<td><strong>Resume Writing</strong></td>
<td>5/1 1pm-2pm</td>
<td>4/3 1pm-2pm</td>
</tr>
<tr>
<td><strong>Walt Disney World</strong></td>
<td></td>
<td>4/9 5pm-6pm</td>
</tr>
<tr>
<td><strong>College Program Info</strong></td>
<td>2/8 1pm-3pm</td>
<td>5/7 5pm-6pm</td>
</tr>
<tr>
<td><strong>Resume Critique</strong></td>
<td>2/12 4pm-6pm</td>
<td>3/12 4pm-6pm</td>
</tr>
<tr>
<td></td>
<td>2/25 1pm-3pm</td>
<td>3/25 12pm-2pm</td>
</tr>
<tr>
<td></td>
<td>4/8 1pm-3pm</td>
<td>4/16 4pm-6pm</td>
</tr>
<tr>
<td></td>
<td>5/14 4pm-6pm</td>
<td></td>
</tr>
<tr>
<td><strong>Workplace Etiquette</strong></td>
<td>3/6 2pm-3pm</td>
<td>3/26 5pm-6pm</td>
</tr>
<tr>
<td><strong>Interviewing Skills</strong></td>
<td>2/13 2pm-3pm</td>
<td>2/19 5pm-6pm</td>
</tr>
<tr>
<td></td>
<td>4/3 1pm-2pm</td>
<td>4/10 12pm-1pm</td>
</tr>
<tr>
<td><strong>Job Fair</strong></td>
<td>4/17 10am-1pm</td>
<td>HLC 109</td>
</tr>
</tbody>
</table>

*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](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  
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](http://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!
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

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!

"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

The Flutist by 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

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

Flower by Ashley Gordon

Congratulations to the winners!
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:


- 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 megabestselling 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.


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.


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, by 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.
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.

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

All students are welcome to Diversity Dialogues at QCC

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 Botia at selina.botia@qcc.mass.edu

QCC Black Student Union and Diversity Caucus Present
WE GROW INTO COURAGE

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

For more information, please contact Brenda Safford at bsafford@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.
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
- Peace and Conflict
- Race and Ethnic Globalization
- Relations Gender and Social Justice and Social Sexuality Change
- Stratification and Inequality

“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 & Email 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

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.

PSI BETA AND PSYCHOLOGY CLUB GUEST LECTURE SERIES

KIRSTIE FARRAR, PH.D.

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 508-867-7647 or by videophone 508-502-7647.

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.
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.
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
February 2019

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

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

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.