"Beware the ides of March." The phrase popularized in the play by William Shakespeare is uttered by the soothsayer as a warning to Julius Caesar of his impending assassination. If you are unfamiliar with the play (you should read it!), the date refers to March 15, a day Romans considered as a deadline for settling bets. Luckily, this year it falls on a weekend right before spring break. Although we should not dread this time of year, we must not forget that often it is a time when deadlines begin to loom with midterm tests and papers that need to be finished. If you have not done so, it is a good time to start planning for the classes you will be taking next semester, finishing your academic work, and completing anything that is due. Enjoy your break and the coming of spring (which around here probably starts sometime in June), but also use the time to get organized and focused on completing the academic year. Whether you are continuing with us next year or moving on to new adventures, plan ahead – meet with your advisors, get your paperwork submitted, check on your financial aid, talk to career services, or consult with our transfer counselors. We do not need to dread the future if we plan for it!

Also, if you are struggling in any of your classes, it is not too late to ask for help. Talk to your professors and academic support services. 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. 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 together we can accomplish anything!

I originally wanted to write an article on how the opioid epidemic has impacted our society with all kinds of fancy interviews and flowery words. However, after much thought, I realized I would have more of an effect if I just kept it real and was able to share my own experience in hoping that it may help someone who is struggling. Whether it be their own personal struggle or a battle they are fighting from the sidelines watching their loved ones self-destruct, drug addiction is like a 3-D equation that cannot be solved with traditional mathematical analysis. The opioid epidemic affects just about every single American in our country, one way or another. I can state several statistics and bore you to death with numbers and opinions that you would forget shortly after reading this article. I feel my approach will have a profound impact on the ones who need to hear this most.

As a child I excelled in school and had a vision for the future. My childhood dream was to be a doctor. I was well-liked and had many friends. There was always some tension in my home life however, as I've gotten older I realize it may not have been much different than most families. Throughout high school I played sports and excelled there also. I always felt like something was fundamentally off though. The older I got the more uneasy I felt and paired with several family tragedies, I was desperately seeking a sense of ease and comfort.

Innocently enough I found that ease in marijuana until I was introduced to OxyContin. This was the early 2000’s when over prescribing of pain meds was running rampant. Opioids were marketed as the cure all medication with zero risk for addiction and it was prescribed fairly loosely. I remember at that point in time, the streets in just about every city were flooded with OxyContin.

Looking back, it really was insane. As time progressed, so did my tolerance and it happened fairly quickly. I was hooked from the beginning, doing upwards of 640mgs a day. To put that into perspective for you, I started off with only 5mgs and within months I was up to nearly 650mgs just so I wouldn’t be sick from withdrawal. It was a remarkable evolution from start to finish. I was willing to do just about anything so I wouldn’t go without. I went from an honor student junior year of high school to a full blown addict that spiraled into a life of misery, pain, isolation and feelings of wanting to die.

After a short jail sentence for crimes committed to get money to feed my addiction, I was stipulated to a halfway house. The system in America is indisputably flawed. The system is rigged; it’s a money making enterprise. From pharmaceuticals to street drugs, the powers that be are making money on both ends of the spectrum.
The Open Door
The Open Door is the student newspaper of Quinsigamond Community College and is distributed once a month. Students are encouraged to participate in its publication through the submission of articles, article ideas and actual production work.

If you are interested in working on The Open Door, please see Pat Bisha-Valencia, advisor. The office is located in the Fuller Student Center in Room 2F. Come visit us, or email opendoor@qcc.mass.edu or phone 508-854-4285.

Advisor: Pat Bisha-Valencia
Layout Designer: Ashley Jerome
Staff Writers: Tyler Wills, Christina Sanders, Johnathan Patricio
Sports Writer: Bryan Faubert

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OPEN DOOR
Issue On the Stands Deadline
#7 April April 4 March 6
#8 May May 1 April 3

Next Issue: April 4, 2020
1. Welcome Center
   - Lower Level: Lower Level - A
     - Business Office: 807A
     - Cafeteria: Lower Level - A
     - High School Equivalency Testing: 808A
     - I.T. Service Desk: 867A
   - First Floor: Counseling 162A
     - Dental Hygiene Clinic: 126A
     - President’s Office: 132A
     - Registrar: 152A
     - TRIO Student Support Services: 170A
     - VP of Academic Affairs: 101A
     - VP of Strategic Enrollment Management & Student Engagement: 133A
   - Second Floor: Disability Services: 246A
     - Veteran Affairs Office: 258A
     - Human Resources: 222A
     - Career Services & Credit for Prior Learning: 272A
   - Third Floor: Dean of Students: 363A
     - Placement Testing & CELSA: 376A
     - Harrington Academic Computing Center: 379A
     - Assistant Dean of Students: 381A

2. Administration Building (A)
   - Lower Level: Lower Level - A
     - Business Office: 807A
     - Cafeteria: Lower Level - A
     - High School Equivalency Testing: 808A
     - I.T. Service Desk: 867A
   - First Floor: Counseling 162A
     - Dental Hygiene Clinic: 126A
     - President’s Office: 132A
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   - Third Floor: Dean of Students: 363A
     - Placement Testing & CELSA: 376A
     - Harrington Academic Computing Center: 379A
     - Assistant Dean of Students: 381A

3. Surprenant Hall (S)
   - Gateway to College 102S
   - Hebert Auditorium

4. Ahlfors Hall (ALF)
   - Office of Distance Learning & Professional Development

5. Athletic Center (AC)
   - Fitness Center
   - Gymnasium
   - Campus Police 136AC

6. Campus Police 136AC

7. Child Study Center (CSC)

8. Fuller Student Center
   - Student Life
   - Open Door Newspaper
   - Student Senate

9. Harrington Learning Center (HLC)
   - Second Floor - Student Success Center
     - Academic Advising
     - Admissions
     - Financial Aid
     - General Academic Areas
     - Tutoring Center
     - Math Center
     - Transfer Services
     - Writing Center
   - Third Floor: Alden Library
   - 10. QuEST Center
   - 11. Athletic Field & Track
   - 12. Chopita Baseball Field

All visitors and those seeking Admissions should start at the Welcome Center.

The next issue of The Open Door will be on stands April 4th.
When I first heard the lyrics I instantly needed an instant replay to digest, this was beefy. “I say, I'm too smooth, I'm not in the mood, Tryna make moves.” It was so simple and smooth I was forced into a little dance bop, kick ball change; jazz hands! Doja Cat accomplished what she set out to do which was shock and awe, tantalize the boys and girls. I can appreciate her ability to make her audience dig deep. Upon hearing it, my first emotion was betrayal. Sis we’re on the same team, how can you downplay us, women, your tribe? At the time of its release MOOO was chastised as a joke, lacking depth. A young rap artist establishing her identity in the male dominated world of hip hop. Doja Cat seems to have weaponized her femininity, straight no chaser. In my mind I had to rationalize why a woman would double down on such a personification, aligning womanhood with a cow. Then I thought genius! Genius in that she took a personification and accentuated, personified, and monopolized on the greatness of Women. Doja managed to reclassify an insult to give women back their innate strength.

As I mulled over the lyrical content farther, “Got milk…, Got beef? (got beef?) Got steak ho? Got cheese? (got it) Grade A ho, not lean (not lean)” oddly I felt uplifted, empowered. The cow produces the most varied cuts of meats, satisfying all necessities, because we are inherently multi-faceted. Food for thought; are women not the givers of life and the overall nourishing force? In Hindu culture the cow is considered sacred, the mother of all gods. Ladies we may have missed our opportunity to be exalted to the highest power. “Got the methane, I'm a farter (woo)” Did you know that cow manure is used in farming as a renewable gas? Even in the most unpleasant of circumstances we still manage to continue to provide sustainability, the gift that keeps giving. Take a moment to thank the women in your life whom have carried the burden of the cow, gracefully and admirably. These are the women that Doja has spoken for and reclaimed their greatness. Let’s give roses in life as we do in death.

Christina Sanders

Not Your Grandma's Cow

Edible Mind: A Road to Redemption

As I Dance......
By Johnathan Patricio

As I dance in my tears
I begin to drown,
As I grasp for air,
I suffocate

These drops are red,
Like a velvet rose,
They are full of bliss
Painful

I continue to flow,
In rhythm I sway,
Aeuphoric paradise,
Inconceivable

Slowly deteriorating,
Quickly decomposing,
The metronome fades,
Shifted

As I dance in my tears,
I begin to float
I clutch for air
Breathe

These drops are blue,
Like the epoch sky,
They are heavenly like,
Sereine

I continueto breeze,
In the wind I blow
Elated utopia,
Conceivable

Slowly rejoicing,
Quickly triumphant,
The harmony ensures,
Life
Whether you are buying the product or getting help in a program it’s a win/win for them. These powers are making money hand over fist on getting the human race at large hooked on one of the most addictive substances on the face of this planet.

Well, fast forwarding a bit, after 38 overdoses, 5+ years incarcerated, 3 years of chronic homelessness, countless visits to shelters, psych wards and rehabilitation facilities, I just couldn’t seem to shake this addiction. Now, there are many debates on whether addiction is a choice or a disease. This is not an article on that, this is my experience and in my experience it started off as a choice, until I no longer had the power of choice. As I said earlier, addiction is a 3-D equation, it’s the collective sum of a lot of factors. However, if it were simply a matter of choice then someone tell me why we lost over half a million people to overdose from 2010 to 2019. It is the number one cause of death in people under 50. Drugs have been around since the beginning of time, but only now are we seeing people dying in mass numbers. Maybe the problem is not the drugs themselves. Perhaps the problem is the culture we live in.

Well, during my last incarceration, something profound happened. I had a vital spiritual experience and I have not had the desire to use ever again. My perception of life has gone from always bad to mostly good. It did take work but I was willing to really reevaluate my life and I was blessed with a second chance or should I say a 39th chance. The reason why I decided to share my story for the student body to read is simple. I want people to understand that there is hope. Addiction doesn’t have to be a death sentence nor should it carry a stigma. When you shame the addict it hinders their chance of recovery.

Johann Eduard Hari is a Swiss-British writer and journalist who has a passion for understanding addiction, he is constantly saying that it’s possible to love an addict into recovery but it needs to be collectively as a society. I couldn’t agree with him more. If negative consequences, like prisons and jails worked, then we wouldn’t have a single addict in the world. I don’t know what the solution would be to end this epidemic however, I know that the approach our country is taking is not the right one. I don’t express that through reading statistics from a book, rather I lived it first hand from 16 to 31 yrs. old. Fifteen years of research has led me back to college and my goal of being a doctor is insight again. The immense gratitude I feel on a daily basis is what pushes me to live my life on an altruistic plane. I faced those trials and tribulations so I can come out the other side the best possible version of myself so I could be of service to others who are struggling.

If anyone is struggling with an addiction I’m here to tell you there is hope and things will get better. The first step is reaching out and asking for help. My hand will be forever extended to anyone that is struggling with adversity. If this article can help at least one single person, then it is worth sharing such a personal and private piece of my life.

Substance Abuse Resources

In Worcester MA:

*Open AA meeting @QCC Thursday nights 5:30pm in 107A

*Washburn House (specific to opioid dependence) https://www.washburnhouse.com/

*Adcare Hospital for adults; they have inpatient and outpatient programs https://adcare.com/ma/worcester/

*You Inc for young people aged 11-18 https://www.youinc.org/services/substance-use-services/

*Center for Recovery https://center-for-recovery-worcesterma.business.site/

In Southbridge MA:

*Spectrum Health Systems https://www.spectrumhealthsystems.org/locations/southbridge-ma/150

*Harrington Health Care https://www.harringtonhospital.org/locations/behavioral-health-services/

Students are encouraged to ask for help and will be assessed and provided support.

Tina Wells LICSW
Office of Counseling and Wellness
Room 162A
Quinsigamond Community College
508-854-4479
For students to submit information for a confidential referral: https://qcc.titaniumhwc.com/
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 Basketball
Tishaun Jenkins
508-854-4211
tjenkins@qcc.mass.edu

Women’s Basketball
Andy Kupec
508-854-4492
akupec@qcc.mass.edu

Men’s Soccer
Frank Balcarcel
508-854-4320
fbalcarcel@qcc.mass.edu

Women’s Soccer
Josh Cole
508-854-4317
jcole@qcc.mass.edu

Men’s Baseball
John McLaughlin
508-854-4316
jmclaughlin@qcc.mass.edu

Women’s Volleyball
Emily Boutilette
508-854-4311
eboutilette@qcc.mass.edu

Lisa M. Gurnick
Director of Athletics & Fitness Center
508-854-4582
lisag@qcc.mass.edu

Josh Cole
Assistant Manager of Athletics & Fitness Center
508-854-4317
jcole.qcc.mass.edu

Need To Know
(www.qcc.edu/student-life/athletics)
(www.qcc.edu/services/athletic-center)

Athletic Center Hours Starting 9/4:
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

Check The Q and posted signs for fall schedule.

IT’S NEVER TOO LATE TO START THE YEAR HEALTHY
Healthy Goal Setting Tips:
• Start small- don’t overwork yourself
• Be specific- write it all down
• Write down checkpoints and keep them posted somewhere you’ll always see them
• Reward yourself for each step accomplished.
• Find friends to work out with that will encourage your.

Remember the Great feeling you have after you exercise……

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

Ultimately….You Will Have More ENERGY

Fitness Program Classes are offered in the Athletic Center. Stop by or call the Athletic Center for details.
QUINSIGAMOND COMMUNITY COLLEGE WYVERN S
2020 Baseball Schedule

<table>
<thead>
<tr>
<th>MARCH</th>
<th>Departure</th>
<th>Return</th>
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<tr>
<td>Saturday</td>
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<td>Saturday</td>
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<tr>
<td>Monday</td>
<td>12:30 pm</td>
<td>TBA</td>
</tr>
<tr>
<td>Sunday</td>
<td>TBA</td>
<td>UConn AP</td>
</tr>
</tbody>
</table>

Head Coach: John McLaughlin
Assistant Coach: Paul Goodwin

Victor Florentino, is averaging 12.3 points and 9.5 rebounds per game for the Wyverns. Brendan Dion, ranks First in the NJCAA, Region XXI 3-point field goal percentage.

The QCC Wyverns came back strong the second half with a record of 7-3. They played hard, fast and with heart. QCC Wyverns completing their season with a record of 10-11. We wish them good luck in their future education and/or careers!

On February 22, QCC’s sophomore student athletes had a parent/guardian at the game and presented them with flowers.

Golf Clinic
Learn about the game of golf with local golf Pro Jim Fenner.
For golfers of ALL skills.
When: Tuesdays, Starting 1/28/20
5:30 pm - 6:30 pm
At the Athletic Center

10-Week Yoga Session
Free to Students!!!
When: January 28th - April 2nd
Tuesdays & Thursdays at 12 pm
At the Athletic Center

For further information stop by the Athletic Center or call 508-854-4317
January 26th, 2020 was one of the saddest days ever. One of the most beloved players in sports history, Kobe Bryant, was killed in a helicopter crash along with his daughter Gianna, her teammates, the pilot, and a few adults. Gianna, who had much promise to continue her father’s legacy in the WNBA, was only 13 years old.

Kobe Bryant is a sure-fire Hall of Famer who will be inducted into the Hall of Fame this year. Although it isn’t official yet, it is basically set in stone. Kobe was drafted by the Charlotte Hornets 13th overall in 1996 out of Lower Merion High School, and was traded to the Lakers the very same day. Right away Kobe made an impact on the court playing 15.5 minutes per game with a .417 Field goal percentage, .375 3-point percentage, and a 7.6 PPG in his rookie year. He would go on to become an 18-time All-Star (1998, 2000-2016), winning the All-Star game MVP four times (2002, 2007, 2009, 2011), a five-time NBA Champion (2000-2002, 2009, 2010), winning two MVP awards (2009, 2010), an NBA MVP in 2008, an 11-time All-NBA First team (2002-2004, 2006-2013), a two-time All-NBA Second team (2000, 2001), a two-time All-NBA third team (1999, 2005), a 9-time NBA All-Defensive First team (2000, 2003, 2004, 2006-2011), a three-time NBA All-Defensive Second Team (2001, 2002, 2012), and a two-time NBA Scoring Champion (2006, 2007). He won the Slam Dunk Contest in 1997 and a gold medal three times with team USA, two for the Olympics (2008, 2012) and one from the FIBA in 2007. Kobe is truly one of the greatest to ever grace the basketball court.

Off the court Kobe was one of the greatest fathers. He would constantly bring his family front row to Laker games. He was the basketball coach for his daughter Gianna’s AAU team, and literally taught her everything he knew. You could just tell that Gianna had her father’s skills in her. Kobe and Gianna were always seen together, and they were as close as father and daughter could be.

When the day came that made the world stop spinning on its axis, all you saw were tears. Not just that day, but for one full month until his public memorial to honor him and Gianna a few days later at the Staples Center in LA. Kobe and Gianna will truly be missed and January 26th 2020 will be a day that no one will ever forget.

RIP to all who were lost in the crash.

Kobe Bryant, 41
Gianna Bryant, 13
John Altobelli, 56
Keri Altobelli, 46
Alyssa Altobelli, 13
Christina Mauser, 38
Ara Zobayan, 50
Sarah Chester, 45
Payton Chester, 13
9 Things You Might Not Know Were Invented by Women

Some that save time, some that save lives, and a few that make each day a whole lot easier.

Necessity isn’t the only mother of invention. Though it wasn’t always easy to get patents or the credit they deserved, women are responsible for many items we use today.

1. Kevlar
Lightweight, high-tensile Kevlar—five times stronger than steel—will take a bullet for you. DuPont chemist Stephanie Kwolek accidentally invented it while trying to perfect a lighter fiber for car tires and earned a patent in 1966.

2. Monopoly
Elizabeth Magie created The Landlord’s Game to spread the economic theory of Georgism—teaching players about the unfairness of land-grabbing, the disadvantages of renting, and the need for a single land value tax on owners. Fun stuff! Magie patented the board game in 1904 and self-published it in 1906. Nearly 30 years later, a man named Charles Darrow rejiggered the board design and message and sold it to Parker Brothers as Monopoly. The company bought Magie’s patent for the original game for $500 and no royalties.

3. Windshield Wipers
Drivers were skeptical when Mary Anderson invented the first manual windshield wipers in 1903. They thought it was safer to drive with rain and snow obscuring the road than to pull a lever to clear it. (Another woman inventor, Charlotte Bridgwood, invented an automatic version with an electric roller in 1917. It didn’t take off, either.) But by the time Anderson’s patent expired in 1920, windshield wipers were cleaning up. Cadillac was the first to include them in every car model, and other companies soon followed.

4. The Dishwasher
Patented in 1886, the first dishwasher combined high water pressure, a wheel, a boiler, and a wire rack like the ones still used for dish drying. Inventor Josephine Cochrane never used it herself, but it made life easier for her servants.

5. The Apgar Score
Life is a series of tests, starting with the Apgar, named after obstetrical anesthesiologist Dr. Virginia Apgar. In 1952, she began testing newborns one minute and five minutes after birth to determine if they needed immediate care. About 10 years later, the medical community made a backronym—an acronym designed to fit an existing word—to remember the criteria scored: Appearance, Pulse, Grimace, Activity, and Respiration.

6. Marine Signal Flares
Communication between ships was once limited to colored flags, lanterns, and screaming things like “Thar she blows!” really loudly. Martha Coston didn’t come up with the idea for signal flares all by herself. She found plans in a notebook that belonged to her late husband. The determined widow spent 10 years working with chemists and pyrotechnics experts to make the idea a reality. But she was only named administratrix in the 1859 patent—Mr. Coston got credited as the inventor.

7. Submarine Telescope and Lamp
It’s difficult to find any in-depth information about early inventor Sarah Mather. Her combination telescope and lamp for submarines, patented in 1845, speaks for itself.

8. The Solar House
Biophysicist Maria Telkes’s place was in the house—the very first 100 percent solar house. In 1947, the Hungarian scientist invented the thermoelectric power generator to provide heat for Dover House, a wedge-shaped structure she conceived with architect Eleanor Raymond. Telkes used Glauber’s salt, the sodium salt of sulfuric acid, to store heat in preparation for sunless days. Dover House survived nearly three Massachusetts winters before the system failed.

9. Computers
Women in computer science have a role model in Grace Hopper. She and Howard Aiken designed Harvard’s Mark I computer, a five-ton, room-sized machine in 1944. Hopper invented the compiler that translated written language into computer code and coined the terms “bug” and “debugging” when she had to remove moths from the device. In 1959, Hopper was part of the team that developed COBOL, one of the first modern programming languages.
Facts and Trivia about the Month of March!

By Tyler Paul Wills

Did you know that the month of March has a lot of great things that happened? When Spring is almost here, that means the smell of fresh flowers is in the air! Some fun and cool things about the month of March that I thought were interesting Facts and Trivia! While there are a lot of more interesting things that have happened in the month of March I could write about. Here are some of my favorites I thought I would share with everyone.

- **March Quotes**: Everyone says “When March comes in like a lion it goes out like a lamb”
- March’s Birthstone is Aquamarine(blue); the flower for the month of March is a Daffodil.
- March is American Dietetic Association National Nutrition Month - American Red Cross Month - Epilepsy’s Awareness Month - Caffeine Awareness Month - Women’s History Month - National House Protection Day - St. Patrick’s Day - National 3.14 day (Pi Day) in almost every school they give out Pie’s to the students to learn about Pi (π) 3.14 and to celebrate and eat pie.
- The name of March comes from a Latin word Martius the first month of the early Roman calendar. I thought that was cool.

- **March Fun Facts**
  - In 1868 – The Pi Kappa Alpha Fraternity was founded at the University of Virginia.
  - In 1899 – Bayer – registered Aspirin as a trademark. Aspirin is considered by many to be the first wonder drug.
  - In 1921 – Harry Houdini earned a US Patent (#1,370, 31) for a safety Diver Suit for his underwater magic escape tricks.
  - In 1937 – King-Kong (film) – opened at New York’s Radio City Music Hall.
  - In 1950 – Silly Putty – was introduced as a toy by Peter Hodgson. It was invented in 1943 by James Wright to make synthetic rubber.
  - In 1957 – Julie Andrews – started in Cinderella, on CBS.
  - In 1960 – Lucille Ball – filed for divorce from Desi Arnaz, ending their marriage as well as the Lucille Ball – Desi Arnaz Show franchise on CBS.
  - In 1975 – People’s Magazine – was published for the first time in the United States as People Weekly.
  - In 1990 – Nelson Mandela – was elected deputy President of the African National Congress.
  - In 1995 – Yahoo! – was incorporated
  - In 1996 – The news revealed that 1 billion households worldwide owned a television set.
  - In 1998 – Titanic – became the first film to gross over $1 billion worldwide.

QCC Police Informer

“See Something, Say Something”

Deputy Chief Rodriguez

Getting involved in the community’s safety and security is everyone’s business, not just campus police. If you “see something, say something” is a great idea. It’s about civic duty and a mindset. If a citizen uses common sense of what they perceive to have seen, then that person is not wasting hours or resources on a false alarm. So calling the police about a “suspicious activity” is being an active partner in the community.

So how do you determine if you are using common sense or simply unsure of what you’ve seen? The answer is to decide that if the behavior that you witnessed is out of place and that it would arouse suspicion in a reasonable person then you should report it.

Many cities and towns today have Neighborhood Watch Meetings where local police will host a gathering of those in the neighborhood. In the neighborhood where QCC sits, the Greendale Library holds a meeting every month. There, citizens are able to voice concerns over safety and security but also talk about suspicious activities. Encouraged to call when the activity happens is best, but even getting the information at one of these meetings can be helpful.

Keep in mind that being suspicious isn’t always an act you see. It can be something else, like a broken light, a flat tire, a smashed window, a bent door handle or even a smashed mirror. The list can be endless when “seeing something, saying something.”

At QCC, you can call 508-854-4221 or X4444 to report a suspicious activity.
BOOKS DOWN. WHEELS UP.
YOUR BEST SUMMER EVER STARTS HERE.

Enter for your chance to win
2 round-trip tickets courtesy of Delta Air Lines, JetBlue, and American Airlines
FlyWorcesterSweeps.com

3 major airlines. 5 nonstop destinations. Over 120 connections. Whether your summer plans include spending time with friends and family or taking off to a new international location, Worcester Regional Airport can get you there.

NO PURCHASE NECESSARY TO ENTER OR WIN. Sweepstakes begins at 12:00 AM ET on 2/17/2020 and ends at 11:59 PM ET on 4/23/2020. For eligibility, complete entry instructions, and prize details, visit FlyWorcesterSweeps.com. Sponsor: Massachusetts Port Authority, One Harborside Drive, Boston, Massachusetts, 02128.
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” (or overall) 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>SOLID GPA: HIGHLY RESPECTABLE</td>
</tr>
<tr>
<td>3.01 — 3.33</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>2.68 — 3.0</td>
<td>B / B</td>
<td>MIDDLE-OF-THE-ROAD GPA</td>
</tr>
<tr>
<td>2.34 — 2.67</td>
<td>C+ / B-</td>
<td></td>
</tr>
<tr>
<td>2.01 — 2.33</td>
<td>C / C+</td>
<td></td>
</tr>
<tr>
<td>1.68 — 2.0</td>
<td>C- / C</td>
<td></td>
</tr>
<tr>
<td>1.34 — 1.67</td>
<td>D+ / C-</td>
<td></td>
</tr>
<tr>
<td>1.01 — 1.33</td>
<td>D / D+</td>
<td></td>
</tr>
<tr>
<td>0.71 — 1.0</td>
<td>D-/D</td>
<td></td>
</tr>
<tr>
<td>0.1 — 0.69</td>
<td>D-</td>
<td></td>
</tr>
<tr>
<td>0.0</td>
<td>F</td>
<td></td>
</tr>
</tbody>
</table>

**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*
- Online Tutoring

*2nd floor of the Harrington Learning Center

### SUPPORT SERVICES
- Academic Advising
- Disability Services
- Reference Librarians

**DATES TO REMEMBER:**
- February 18 - March 20: 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.
- March 23rd: MARK YOUR CALENDAR! Registration for returning/active students begins!
- March 15 to March 21: Spring Break
  > Advising is OPEN normal hours during Spring Break. Take advantage of this time to drop in for your Registration Preparation session!
QCC Career Services Presents…

**Need a JOB?**

Looking for an Internship?

Create a **FREE** account on Purple Briefcase to search for local, Part-time & Full-time jobs and available internships

**Purple Briefcase** also has 400+ videos to prepare you for employment and links to great resources.

https://app.purplebriefcase.com/pb/account/logout?s=QCC

---

**CAREER SERVICES & CREDIT FOR PRIOR LEARNING**

**ROOM: 272A**

Did you know?

QCC Career Services provides **FREE** professional attire for students who need an outfit for a job interview or job fair. Come by our office to see our selection of **FREE** business clothing and be prepared for your upcoming interview or job fair.

---

**Career Services Workshops**

(All workshops are held in classroom 272A)

Unless otherwise noted

(For CPS 298 students ONLY)

<table>
<thead>
<tr>
<th>Workshops</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Cooperative Education Orientation</td>
<td>1/23, 3/17, 4/28, 5/6</td>
<td>5pm-6pm</td>
</tr>
<tr>
<td>*Resume Writing</td>
<td>1/14, 3/9, 4/22, 5/5</td>
<td>5pm-6pm</td>
</tr>
<tr>
<td>*Resume Critique</td>
<td>1/21, 3/3, 3/23, 3/24</td>
<td>4pm-6pm</td>
</tr>
<tr>
<td>*Workplace Etiquette</td>
<td>2/12, 3/17, 4/7</td>
<td>2pm-3pm</td>
</tr>
<tr>
<td>*Interviewing Skills</td>
<td>2/4, 5/14, 4/16</td>
<td>5pm-6pm</td>
</tr>
</tbody>
</table>

**WDW College Program Information Session**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/20</td>
<td>2pm-3pm</td>
</tr>
</tbody>
</table>

**Job Fair**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/25</td>
<td>10am-12:30pm</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

Click on ‘Events’ tab, left hand/column of page. - LIMITED SPACE!

Website: https://www.qcc.edu/services/career-services-credit-prior-learning/workshops

Email: careerservices@qcc.mass.edu

Persons needing accommodations for these workshops please contact us at (508) 854-4439, 2 weeks prior to workshop.
You can combine your associate’s degree from Quinsigamond with your work and life experience and complete your bachelor’s degree at UMass Amherst entirely online.

LEARN MORE

Quinsigamond Community College Visit
April 2, 2020

Information Table
1st Floor - Harrington Learning Center
12 PM - 3 PM

Information Q&A Session
Harrington Learning Center Room 109A
5:30 PM

TO REGISTER FOR THE INFORMATION SESSION E-MAIL JESSE LEDERMAN AT JLEDERMAN@UWW.UMASS.EDU OR DROP BY OUR INFORMATION TABLE

WWW.UMASS.EDU/UWW | 413-545-1378
Disability Services

Job Description:
Disability Services is seeking students with excellent notetaking skills who are willing to be placed in specific courses to take notes on the content and then distribute the notes to designated student(s) within a 24 hour period.

Requirements:
1. H.S. Diploma or equivalent
2. Current QCC students with good academic standing
3. Ability to exercise discretion and maintain confidentiality of the student.
4. Responsible, professional and dependable.
5. Respectful of different learning styles.
7. Demonstrates excellent oral and written communication skills.

Hourly Rate: $12.00

To Apply Contact: Disability Services
Room 246 A  Phone 508.854.4471
Email: disabilityservices@qcc.mass.edu

Stipend for Volunteers

For More Information or to Apply:
Disability Services
Room 246 A  Phone 508.854.4471
email: disabilityservices@qcc.mass.edu

Electronic Application available:
On the “Q” on the Disability Services Home Page

Access Matters

Hiring

Peer Notetakers

Seeking students willing to share a copy of their class notes with a peer for the semester.

$100 Stipend for Volunteers

For More Information or to Apply:
Disability Services
Room 246 A  Phone 508.854.4471
email: disabilityservices@qcc.mass.edu

Electronic Application available:
On the “Q” on the Disability Services Home Page
Registrar's Office

Key Dates and Deadlines for the Spring Semester

- **Progress grades available Friday March 13.** 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 15-21.** There are no classes this week

- **Registration for returning students opens Monday, March 23 for Summer and Fall 2020.** 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 6.

- **Last day to change to or from an AUDIT is April 10.**

- **Withdrawal period is through April 10.** To withdraw from a class, your instructor or your academic advisor must sign the withdrawal form. After April 10, 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.

- **Monday, April 20 is Patriot’s Day.** The College is closed, no classes will be held

- **Incomplete grades from the Fall and Intersession are due April 24.** If your missing work is not completed by this date the grade turns to an F.

- **Final Week of Classes May 6-12,** 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 21 at 1pm at the DCU Center**

Are you planning on 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 21 at 1pm at the DCU Center.
Transfer Services

TRANSFER SERVICES AT SOUTHBRIDGE

MARCH 18 (Wed)
APRIL 18 (Wed)
MAY 13 (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

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

Springfield Area Colleges Spring EVENT

QUINNSIGAMOND COMMUNITY COLLEGE
MARCH 11 (WED)
10 a.m. - 1 p.m.
HLC LOBBY

FOR MORE INFORMATION, PLEASE CONTACT: TRANSFER@QCC.MASS.EDU

QCC Transfer Services
March 2020 Transfer Visits
All visits HLC 1st floor counter area, 10 a.m. – 1 p.m., unless noted otherwise.

Monday, March 2, 2020

Tuesday, March 3, 2020
8:30 a.m. - 12:30 p.m.

Wednesday, March 11, 2020

Thursday, March 12, 2020
8:30 a.m. - 12:30 p.m.

Friday, March 13, 2020

Monday, March 23, 2020
8:30 a.m. - 12:30 p.m.

Monday, March 30, 2020
8:30 a.m. - 12:30 p.m.

QCC Transfer Services
March 2020 Transfer Visits
All visits HLC 1st floor counter area, 10 a.m. – 1 p.m., unless noted otherwise.
QCC Mentoring

Making Connections, Building Community

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, please email mentoring@qcc.mass.edu, call 508.854.4573, visit 120A in the Administration Building, or go to www.QCC.edu/mentoring
We are happy to announce a QCC scholarship opportunity. The Olga Lopez-Hill Scholarship honors a current QCC student. Olga Lopez-Hill, 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, for $600.00, will be presented at the annual HA CE event on Wednesday, October 14, 2020 at 5:30 p.m. in the QCC Gymnasium. The scholarship is available to QCC students who plan either to continue their education at Quinsigamond or to transfer to another educational institution. We ask our faculty and staff members to assist us by encouraging worthy students to apply. Letters of support from faculty and staff members may accompany the application but are not the only requirement for submission. Please, let students know that their essay is the most important requirement for the selection process. To apply, student, you need to submit an essay 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.) Completed Applications must be received by the end of the day on Wednesday, April 29th, 2020. Submit your application to dgonzalez@qcc.mass.edu.
PORNOGRAPHY AND PUBLIC HEALTH

Dr. Emily Rothman, Professor at Boston University

Tuesday, March 10
12:30 p.m. - 1:45 p.m.
Carberry Gallery
(HLC 109B)

Many people are concerned about the impact of pornography on adolescents and young adults. Pornography has changed and what curious youth see today is not the same type of sexual content that their parents saw in magazines in the 1970s or 1980s.

It’s easy to assume that because pornography is different, and easily accessible, the news is all bad. While evidence suggests that pornography viewing is associated with youth dating and sexual violence, there are some subgroups of youth that are more vulnerable to adverse consequences of pornography viewing than others. Moreover, the ideas that pornography is “addictive,” is causing the dissolution of stable relationships, and is bad for girls’ body image are not clearly supported by the majority of the peer-reviewed literature.

In short, the evidence base on pornography is mixed. Based on recent research on teaching adolescents “porn literacy”—there is reason to hope that the current generation of adolescents can develop the skills to navigate sexually explicit media just as they must learn to navigate other media.
JOIN PSI BETA!
The QCC Psi Beta National Honor Society and QCC Psychology Club participate in a number of activities that include:

- Membership Meetings (every other week)
- Guest Lecture Series
- National Research Projects
- Research Presentations
- Community Service
- Fundraising
- QCC Campus Events
- Psychology Conferences
- Collaboration with other campus organizations & departments including Criminal Justice, Pride, Human Services, Title IX Office & Diversity Caucus.

FUNDRAISING
Psi Beta has supported many organizations, including:
- Project Hope
- QCC Food Pantry
- Safe Homes
- YWCA
- Abby’s House
- YOD, Inc.
- LOSS Team
- NAMI
- AFSP
- To be considered for induction, send the following information to Dr. Clemente at vclemente@qcc.mass.edu by March 6, 2020:
  - 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 within a week. Be sure to check your email frequently, as there will be time-sensitive information in the message, if you are accepted for induction.

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 learn more about Psi Beta, visit the national Psi Beta website at www.psibeta.org.
Stay Ahead of Your Coursework!

The General Academic Areas Tutoring Center offers free individualized and small group tutoring for a variety of courses. 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 and tutoring schedules
- How to schedule appointments
- Drop-in workshops

And more!

Room 222 Harrington Learning Center
(508) 854-4279
gaa@qcc.mass.edu
www.qcc.edu/gaa
# Student Academic Calendar

## Fall 2019 Semester: September – December

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labor Day Holiday</td>
<td>9/2/2019</td>
<td>College Closed</td>
</tr>
<tr>
<td>All College Day</td>
<td>9/3/2019</td>
<td>No Classes</td>
</tr>
<tr>
<td>Fall Classes Begin</td>
<td>9/4/2019</td>
<td>Check your class schedule for your start day</td>
</tr>
<tr>
<td>ADD/DROP</td>
<td>9/4 – 9/11/2019</td>
<td>Last week to make changes to your Fall schedule</td>
</tr>
<tr>
<td>100% Tuition and Fee Refund deadline</td>
<td>9/11/2019</td>
<td>Final day to drop a course and receive 100% reimbursement</td>
</tr>
<tr>
<td>Withdrawal Period Begins</td>
<td>9/12/2019</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>9/19/2019</td>
<td>Final day to withdraw from a course and receive 50% reimbursement</td>
</tr>
<tr>
<td>Registration Preparation</td>
<td>10/7 – 11/1/2019</td>
<td>Avoid the lines! Meet with an Advisor NOW to map out your next classes.</td>
</tr>
<tr>
<td>Columbus Day Holiday</td>
<td>10/14/2019</td>
<td>College Closed</td>
</tr>
<tr>
<td>Mid-term Grades available on The Q</td>
<td>10/30/2019</td>
<td>Log into The Q and click on “My Academics” to view your mid-term grades</td>
</tr>
<tr>
<td>VIP Registration for Returning/Active Students</td>
<td>11/4 – 11/18/2019</td>
<td>Best selection of Winter &amp; Spring classes available during these 2 weeks</td>
</tr>
<tr>
<td>Veterans Day Holiday</td>
<td>11/11/2019</td>
<td>College Closed</td>
</tr>
<tr>
<td>Last day to withdraw without Academic Penalty</td>
<td>11/15/2019</td>
<td>Last day to withdraw from a Fall class to receive a “W”; GPA is not impacted</td>
</tr>
<tr>
<td>Thanksgiving Recess</td>
<td>11/28 – 12/1/2019</td>
<td>College Closed</td>
</tr>
<tr>
<td>Final Week of Classes/Revised Class Schedule</td>
<td>12/11 – 12/17/2019</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>12/19/2019</td>
<td>Log into The Q and click on “My Academics” to view your final grades</td>
</tr>
<tr>
<td>College Winter Closing</td>
<td>12/25/2019 – 1/1/2020</td>
<td>College Closed</td>
</tr>
</tbody>
</table>

## Winter Intersession 2020: January

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Year’s Holiday</td>
<td>1/1/2020</td>
<td>College Closed</td>
</tr>
<tr>
<td>Winter Intersession classes begin; last day to DROP/ADD</td>
<td>1/2/2020</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>1/14/2020</td>
<td>Last day of Winter Intersession classes</td>
</tr>
</tbody>
</table>

## Spring 2020 Semester: January – May

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martin Luther King, Jr. Holiday</td>
<td>1/20/2020</td>
<td>College Closed</td>
</tr>
<tr>
<td>All College Day</td>
<td>1/21/2020</td>
<td>No Classes</td>
</tr>
<tr>
<td>Spring Classes Begin</td>
<td>1/22/2020</td>
<td>Check your class schedule for your start day</td>
</tr>
<tr>
<td>ADD/DROP</td>
<td>1/22 – 1/29/2020</td>
<td>Last week to make changes to your Spring schedule</td>
</tr>
<tr>
<td>100% Tuition and Fee Refund deadline</td>
<td>1/29/2020</td>
<td>Final day to drop a Spring course and receive 100% reimbursement</td>
</tr>
<tr>
<td>Withdrawal Period Begins</td>
<td>1/30/2020</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>2/6/2020</td>
<td>Final day to withdraw from a Spring course and receive 50% reimbursement</td>
</tr>
<tr>
<td>President’s Day Holiday</td>
<td>2/17/2020</td>
<td>College Closed</td>
</tr>
<tr>
<td>Registration Preparation</td>
<td>2/18 – 3/20/2020</td>
<td>Avoid the lines! Meet with an Advisor NOW to map out your next classes.</td>
</tr>
<tr>
<td>Mid-term Grades available on The Q</td>
<td>3/13/2020</td>
<td>Log into The Q and click on “My Academics” to view your mid-term grades</td>
</tr>
<tr>
<td>Spring Recess</td>
<td>3/15 – 3/21/2020</td>
<td>No Classes</td>
</tr>
<tr>
<td>VIP Registration for Returning/Active Students</td>
<td>3/23 – 4/3/2020</td>
<td>Best selection of Summer &amp; Fall classes available during these 2 weeks</td>
</tr>
<tr>
<td>Financial Aid FAFSA Priority Filing Date</td>
<td>4/1/2020</td>
<td>Complete your FAFSA application early for Fall semester classes</td>
</tr>
<tr>
<td>Last day to withdraw without Academic Penalty</td>
<td>4/10/2020</td>
<td>Last day to withdraw from a Spring class to receive a “W”; GPA is not impacted</td>
</tr>
<tr>
<td>Easter Sunday</td>
<td>4/12/2020</td>
<td>No Classes</td>
</tr>
<tr>
<td>Patriots’ Day Holiday</td>
<td>4/20/2020</td>
<td>College Closed</td>
</tr>
<tr>
<td>Final Week of Classes/Revised Class Schedule</td>
<td>5/6 – 5/12/2020</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>5/14/2020</td>
<td>Log into The Q and click on “My Academics” to view your final grades</td>
</tr>
<tr>
<td>Commencement</td>
<td>5/21/2020</td>
<td>QCC Graduation ceremony</td>
</tr>
</tbody>
</table>

## Click here for the full College Calendar  Click here for Final Exams Week schedule  Click here for Financial Services/Payment Schedule

A copy of this calendar, the full college calendar, final exams week schedule and financial services/payment schedule are available on The Q.
The Open Door Is Sponsoring A Student Photo Contest

Here's your chance to showcase your talent!

Submissions accepted February 10 - March 13

This contest is only open to currently enrolled students.

Submission for Photo Contest
- Submit your photos by email to the photo contest email at: opendoor@qcc.mass.edu
- Files must be no larger than 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 flash drive saved as a JPEG or PDF file(s) format to the Open Door 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 April.

Prizes -
1st Prize - 2 Tickets to Student Life Trip
TBA
2nd Prize - QCC Sweatshirt
3rd Prize - 2 Movie Tickets to Showcase Cinemas

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.