Welcome to the fall semester! Whether you are new to our college or returning after a break, I am glad you chose to join us at QCC. The beginning of a term is always an exciting time for everyone, but this is especially true in the fall when we welcome everyone back to campus and the halls fill with many new faces. Although it is hard to believe, at this time last year I was one of those new faces on campus! I quickly discovered, as I am sure that those of you who are new will soon discover too, that QCC is a caring community that will welcome you with open arms.

There is lots going on in these first few weeks—orientations, activities, classes, and getting to know new people. In the flurry of activity, it is also easy to get lost or overwhelmed. In addition, many of you are balancing work and family responsibilities, which may take their toll. If classes, juggling a complex schedule, or other challenges begin to wear you down, please remember that there are support systems in place to help you along the way. Take time to talk to your teachers and get to know your advisor. Take advantage of the tutors at the Harrington Learning Center and spend time in the library, getting to know how the librarians can assist you in your studies. You are not alone in this journey and we are committed to helping you succeed.

In enrolling, you have taken an important step toward achieving your goals. According to recent studies, over 64% of the jobs in the next few years will require some college, whether it is a certificate or degree. In taking these first steps in pursuing your education, you are embarking in a journey that will pay off in many ways for you. Perseverance in achieving your education goals will be necessary skills to succeed, I am confident that your president. Just as my college education gave me the ability to adapt to the changing needs of the workforce, I know your advisor. Take advantage of the tutors at the Harrington Learning Center and spend time in the library, getting to know how the librarians can assist you in your studies. You are not alone in this journey and we are committed to helping you succeed.

In the spring of 2018 I decided that I wanted to cut the amount of courses I took from six to four so that I could participate in clubs and societies. I joined the PTK Honors Society and the Psi Beta Honors Society. I also started freelancing for ‘The Open Door,’ by submitting poems and articles.

I would like to welcome you all back to QCC and wish you a successful semester and school year. I encourage you all to work hard all semester. Do not procrastinate, start assignments and complete them before they are due. If you are in need of help please ask. We are a school and a community of diverse people who share different cultures and lifestyles, however we are all human beings. Be kind, treat each other with respect and intolerance.

Jamaica who came to this country and city without any previous knowledge or idea on how I would fit in. For six months I did nothing but stay inside and mope about my apartment. In the summer I decided to participate in the Nurse’s Assistant Program at the American Red Cross.

There I met a friend who encouraged me to attend an information session at MCPHS Worcester campus. I attended the session and gained an interest in attending college there. I then asked the advisor if I could take classes at QCC, he told me yes and I enrolled.

I completed the Nurse’s Aide program and got my first job at a nursing home where I worked night shifts and took classes in the evenings. It took some adjusting to, however I did make it work. I want to tell you that anything is possible once you encourage yourself and work hard.

A nation's culture resides in the hearts and in the soul of its people.”

-Mahatma Gandhi

In the fall semester! Whether you are new to our college or returning after a break, I am glad you chose to join us at QCC. The beginning of a term is always an exciting time for everyone, but this is especially true in the fall when we welcome everyone back to campus and the halls fill with many new faces. Although it is hard to believe, at this time last year I was one of those new faces on campus! I quickly discovered, as I am sure that those of you who are new will soon discover too, that QCC is a caring community that will welcome you with open arms.

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-Mahatma Gandhi
Welcome Students

Welcome new and returning students! The Open Door staff hopes that you find our paper to be an informative and entertaining window into the QCC world. We are published once a month with the help of the college’s many different departments and services. Our goal is to bring you important dates, events and articles offering a wide range of topics.

The Open Door goes beyond announcements and news. It’s a creative outlet for you, as a student, to have your work published whether it’s an editorial, poetry, reviews or art of all kinds; our policy is the same as our name. We encourage everyone to contribute in some way. The Open Door is located in the Fuller Student Center. Stop by and introduce yourself and your ideas. Or, if you prefer, send your submission via email to opendoor@qcc.mass.edu.

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

1. Welcome Center
2. Administration Building (A)
   Lower Level
   Academic Advising & Placement Testing 58A, 376A
   Bookstore Lower Level - A
   Business Office 807A
   Cafeteria Lower Level - A
   High School Equivalency Testing 858A
   I.T. Service Desk 67A
3. Student & Visitor Parking
4. Ahlors Hall (ALF)
   Office of Distance Learning & Professional Development
5. Athletic Center (AC)
   Fitness Center
   Espresso "C"
   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
   Admissions
   Writing Center
   General Academic Areas
   Tutoring Center
   Math Center
10. QuEST Center
11. Athletic Field & Track
12. Chupka Baseball Field

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, coordinator. 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
Student Editor: Santana Wright
Layout Designer: Reneasia Love

Next Issue: October 4, 2018
Social Media - A Menace to Mankind
By Thomas Gerhardt

If I had the opportunity to change something in today's world, it would be to eliminate social media. It is termed “social media,” but the irony is most people are becoming unsocial on these outlets. You are probably wondering, during this modernized era, how can you protest the usage of social sites? Allow me to describe an interaction that transpired some time ago.

I was out to eat with an old childhood friend. We had not seen one another in years. As we chatted, I sensed a lack of excitement and wonder during our conversation. The problem was, we were already thoroughly versed in each other’s lives, despite our years of detachment. That is when I realized “catching up” with friends was no longer a pastime. Our lives had become open books on social media. So, after we quickly exhausted every talking point, my friend and I instinctually turned to our phones, consequently, intensifying our unsocial tendencies. That interaction with my friend left me quite distraught.

Following that superficial encounter, I decided to delete my Facebook account. At first, I felt socially deprived. Then I discovered some significant benefits of abstaining from social networking. I began holding longer and more meaningful discussions among my peers. More in-depth discussions arose without the information readily accessible on platforms like Facebook.

The constant use of social media is in some ways negatively influencing human interaction. The problem will only continue. Soon enough, society's only form of communication will occur over a mobile device. This is merely my opinion regarding the subject. I recognize there are arguments for the benefits of social media as well. From my experience, though, a world without social media remains more gratifying.

What Do You Think?

Your Voice Matters:
Send your ideas and thoughts to: opendoor@qcc.mass.edu

Look for the new edition of The Open Door in your qmail and on The Q on October 4!
My name is Yozue A. Davila. I am a Worcester-born Puerto Rican serving my country in the US Army National Guard. Apart from my duties, I am a student at QCC majoring in the Liberal Arts English Option. I have always been an English Major since my transfer from The Pontifical Catholic University of Puerto Rico in Ponce, where I was part of the Expressive Revolution Literary Circle.

I have adopted the pen name Sir Drift & Mr. Pulse for a writing profile in the writerscafe.org writing community. Here you can find all of my collection that has been steadily built through the years. My ultimate passion has been to create short story volumes for children, and throughout my semesters at QCC I have been able to learn from my classes and adapt them into my writing skills.

From the great education QCC has offered me through my professors and classes, I have been able to see my short stories and poems flourish in different publication platforms including:

- 2016 “The 2016 Scythe Prize” (A College Student Anthology by Eric Forrest)
  Where my children’s short story “Reflections” was published.
- 2017 “Storytime For Kids App (Lite)” (A Norwegian children’s writing app)
  Where 4 of my poems (Epics) have been published:
    “Nube Elephantasia”
    “The Fish That Flew and The Bird That Swam”
    “Sir Curtis The Brave”
    “Prince and Dragon”
- 2018 “Pastel Magazine Issue 3” (An Australian Art Experimental Magazine)
  Where my poem “One Dressed Flower” was recently published.

My story here is to encourage students and colleges to know that dreams can be achieved and to take their education seriously, for they are tools to build the dream we all desire. Currently, I am continuing the semesters I have left, attempting to progress my writing and one day reach my desired dreams.

I plan to continue to get published and always refer to QCC as my writing foundation with the semesters I have left. My next step is to represent QCC with my music. As a pianist, I wish to also enroll and achieve my associates in music to accomplish both dreams.
Large scale murals can be found peppered throughout the city on buildings ranging from iconic landmarks such as the Worcester Palladium and George’s Coney Island to residential developments, public schools, community centers and more.

POW! WOW! Worcester will turn its attention to reimagining public spaces by featuring art installations while adding more than 20 murals to the growing portfolio. The weeklong occasion includes a host of events and experiences centered around music, fashion, sports culture and visual arts.

POW! WOW! Worldwide has released the names of 33 artists who will participate in New England’s biggest mural festival this summer. POW! WOW! Worcester, a celebration of art and culture, takes place August 31 – September 9. The event is expected to draw more than 10,000 people.

Entering its third year producing immersive cultural experiences around a 10 day festival in Worcester, MA, POW! WOW! Worcester has curated 80 works of public art over the last two festival seasons.

For more information about POW! WOW! Worcester, the walls, artists and events taking place the week of the festival, visit www.powwowworcester.com and follow www.facebook.com/powwowworcester/ and on Twitter/Instagram @POWWOWWorcester
Athletics

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

Athletic Center Hours Starting 9/9:
Monday              8:00am – 4:00pm
Tuesday              8:00am – 7:00pm
Wednesday         8:00am – 4:00pm
Thursday            8:00am – 7:00pm
Friday 8:00am – 4:00pm
Saturday             10:00am – 2:00pm

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

Check The Q and posted signs

IT’S NEVER TOO LATE TO START THE YEAR HEALTHY
Healthy Goal Setting Tips:

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

Remember the Great feeling you have after you exercise……

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

Ultimately….You Will Have More ENERGY
The QCC’s Athletic Center Program Fitness Classes are Flexible, Fun and FREE program classes designed for you

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

FULL-BODY TONING
Mondays, Wednesdays & Fridays 12:30pm-1:15pm
Instructor Pickie Lanigan

YOGA
Tuesdays & Thursdays 12:00pm-1:00pm & 5:15-6:30pm
Instructor Tamara Chiarizio

Photos by Luke Donoghue-Open Door staff
2018-2019
QCC WOMEN’S BASKETBALL

NOVEMBER

Departure Return

Tuesday 6th 7:00pm Mass Bay CC* HOME
Thursday 8th 7:00pm 2:45pm Holyoke CC* 10:30pm AWAY
Saturday 10th 7:00pm 10:45am Quincy College** 6:30pm AWAY
Tuesday 13th 7:00pm UConn (t) Avery Point** HOME
Thursday 15th 7:00pm 2:45pm Bristol CC* 10:30pm AWAY
Saturday 17th 7:00pm 9:45am Roxbury CC* 5:30pm AWAY
Tuesday 20th 7:00pm Ben Franklin HOME
Friday 23rd 7:00pm 2:30pm Bunker Hill CC* 10:30pm AWAY
Thursday 29th 7:00pm Springfield Tech CC* HOME

DECEMBER

Saturday 1st 7:00pm 9:30am Gateway CC* 7:30pm AWAY
Tuesday 4th 7:00pm Northern Essex CC* HOME
Saturday 8th 7:00pm Massasoit CC* HOME
Saturday 15th 7:00pm 11:00am C.C. Rhode Island 4:30pm AWAY

JANUARY

Tuesday 16th 7:00pm Mass Bay CC** HOME
Thursday 18th 7:00pm 3:15pm Holyoke CC* 10:30pm AWAY
Saturday 20th 7:00pm 9:00am Quincy College 8:00pm AWAY
Tuesday 23rd 7:00pm UConn (t) Avery Point** HOME
Thursday 25th 7:00pm 3:15pm Bristol CC* 10:30pm AWAY
Saturday 27th 7:00pm Roxbury CC* HOME
Tuesday 30th 7:00pm Ben Franklin HOME

FEBRUARY

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

* Conference game
** Region XXI game

Head Coach: Najee Muhammad
Assistant Coaches: Rich Small

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.

BASKETBALL Try-out /Practice starts MONDAY, OCTOBER 1st
WOMEN’S @ 4:00pm
MEN’S @ 6:00pm

SOCcer TRYOUTS SEPTEMBER 6TH @ 6PM

MEN’S AND WOMEN’S BASKETBALL
Contact the coach as soon as possible to find out more information about meetings prior to the start of the season.

Men’s Basketball
Tishaun Jenkins
508.854.4211
tajenkins@qcc.mass.edu

Women’s Basketball
Gabe Santner
Ext. 4492
gsantner@qcc.mass.edu

BASEBALL / WOMEN’S SOCCER
Student interested in playing baseball or women’s soccer in the fall should contact the coach.

Baseball
John McLaughlin
508.854.4316
jmclaughlin@qcc.mass.edu

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

WOMEN’S SOCCER 2018

SEPTEMBER

DEPART RETURN

Thursday 13th 4:00pm 1:45pm Massachusetts C.C.
6:00pm Springfield Tech C.C.
6:00pm Springfield Tech C.C.
7:0000

Friday 19th 6:00pm Springfield Tech C.C.

Saturday 21st 4:00pm Holyoke C.C.
7:0000

Wednesday 25th 6:00pm Holyoke C.C.

Thursday 27th 4:00pm Bunker Hill C.C.

OCTOBER

Depart RETURN

Tuesday 2nd 3:30pm 1:15pm Bristol C.C.
6:30pm Springfield Tech C.C.

Thursday 4th 6:00pm Massasoit C.C.

Thursday 11th 6:00pm Bunker Hill C.C.

Monday 15th 6:00pm Bristol C.C.

Wednesday 17th 4:00pm 2:00pm Springfield Tech C.C.
2:00pm Springfield Tech C.C.

Regional XXI Tournament TBA

* HOME Field Commerce Bank Field @ FOLEY STADIUM
305 Chandler Street, Worcester MA 01602

Head Coach: Josh Cole

7
SMITH, MOUNT HOLYOKE & WELLESLEY

Want You!

- Successful applicants to these elite colleges generally have very strong academic backgrounds—GPA's of 3.3 or higher.
- Honors courses are helpful.
- Representatives from these colleges will meet with students interested in these exceptional liberal arts & science colleges.
- SMITH COLLEGE has an engineering school.
- Nontraditionally aged and minority students are especially urged to attend. SMITH's Ada Comstock, MOUNT HOLYOKE's Frances Perkins and WELLESLEY's Davis Scholars programs, which are especially designed to support female students 24 or older or have a dependent other than a spouse or are veterans.
  - These programs come with a variety of benefits including housing and financial assistance.

Each year, Quinsigamond Community College is happy to host representatives from these well-respected and academically challenging colleges. We have strong and productive relationships with these colleges.

Monday, October 1, 2018    2:30–4:00pm
Harrington Learning Center - Room 109a

For more information contact:
QCC Transfer Services
transfer@qcc.mass.edu
Transferring to a State University

Transferring to a bachelor’s program WITH college credit has different requirements. This workshop addresses common aspects of the transfer process to Massachusetts State Universities.

September
6: 10am-11am & 11am-12pm
11: 9am-10am & 10am-11am
October
9: 9am-10am & 10am-11am
10: 10am-11am & 11am-12pm
November
1: 11am-12pm & 12pm-1pm
December
4: 10am-11am & 11am-12pm

Transferring to a UMass Campus

Transferring to a bachelor’s program WITH college credit has different requirements. This workshop addresses common aspects of the transfer process to UMASS campuses.

September
2: 10am-11am & 11am-12pm
13: 9am-10am & 10am-11am
17: 10am-11am & 11am-12pm
25: 9am-10am & 10am-11am
October
4: 9am-10am & 10am-11am
9: 9am-10am & 10am-11am
15: 10am-11am & 11am-12pm
November
5: 10am-11am & 11am-12pm
December
21: 9am-10am & 10am-11am

Transferring to Private Colleges/Universities & Institutions Outside of Massachusetts

This workshop addresses common aspects of the transfer process to Massachusetts private Colleges and Universities as well as schools outside of Massachusetts.

September
14: 10am-11am & 11am-12pm
20: 10am-11am & 11am-12pm
24: 10am-11am & 11am-12pm
October
1: 10am-11am & 11am-12pm
2: 10am-11am & 11am-12pm
November
19: 9am-10am & 10am-11am
26: 1pm-2pm & 2pm-3pm
December
3: 10am-11am & 11am-12pm

Paying for College

The thought of paying to complete your bachelor degree can be overwhelming. This workshop addresses the general concepts related to the cost of pursuing a bachelor degree.

September
17: 3pm-4pm
19: 9am-10am & 10am-11am
26: 1pm-2pm & 2pm-3pm
November
21: 1pm-2pm & 2pm-3pm
December
3: 10am-11am & 11am-12pm

Transfer FAQ

Get quick 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.

September
5: 8am-9am & 9am-10am
11: 9am-10am & 10am-11am
27: 10am-11am & 11am-12pm
October
10: 10am-11am & 11am-12pm
19: 10am-11am & 11am-12pm
23: 9am-10am & 10am-11am
30: 9am-10am & 10am-11am
November
9: 9am-10am & 10am-11am
14: 9am-10am & 10am-11am
20: 9am-10am & 10am-11am
December
4: 9am-10am & 10am-11am

* All workshops are held in classroom HLC Room 109b
CLICK on Transfer Services Workshop Series
Transfer Services Workshop Series

• Held in the HLC, Conference Room, Egan 239
• All dates are followed by a one-hour walk-in time for general transfer questions.
FALL ’18 TRANSFER FAIR

You are invited!

OCTOBER 31, 2018 (WEDNESDAY)

10 a.m.-1:00 p.m.
HLC 109 A & B

Prizes!

Psychology Club Bake Sale!

Bring your QCC unofficial transcript to see how classes will transfer into your bachelor degree.
**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.

**MARK YOUR CALENDARS NOW!**

**Disney Information Session: Friday, September 14th (1 – 2:30) 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 contact Nichole Wheeler @ 508-854-7476 or stop by Room 272A

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

**You** commit to attending QCC full–time and earning a 3.0 GPA or higher

**We** lower your costs and provide seamless transfer to a state institution.

How does the Commonwealth Commitment work?:

<table>
<thead>
<tr>
<th>You commit to your education in the following ways:</th>
<th>The Commonwealth of MA makes this commitment to you:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔ Maintain full-time, continuous enrollment with a 3.00 cumulative GPA at QCC</td>
<td>✔ Freeze on all tuition &amp; mandatory fees on program entry Valid until student successfully completes or leaves Commonwealth Commitment program</td>
</tr>
<tr>
<td>✔ Complete your associate’s degree within 2.5 years</td>
<td>✔ A 10% rebate off tuition &amp; mandatory fees Payable at the end of every successfully completed semester</td>
</tr>
<tr>
<td>✔ Transfer to one of Massachusetts’ State Universities or UMass campuses</td>
<td>✔ Guaranteed admission and transfer of all college credits Space permitting in the major and college</td>
</tr>
<tr>
<td>✔ Complete bachelor’s degree within 2 more years</td>
<td>✔ No application fee or essay MassTransfer Application required by deadline</td>
</tr>
</tbody>
</table>

*This opportunity is available for students who have not yet earned 15 credits and are enrolled in an eligible Program of Study.*

For a complete list of eligible programs and more information, visit the Commonwealth Commitment webpage.

If you’re interested in learning more, or seeing if you’re eligible, contact Advising at advising@qcc.mass.edu or 508-854-4308.

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*Tip!* Keep informed! Be sure to check your Qmail, official student email, regularly for important updates, upcoming events, and notices from your Advisor or Instructors. Need help logging in? Contact the Help Desk at help@qcc.mass.edu or stop by room 66A—Administration Building.

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DATES TO REMEMBER:

- **September 12:** Last day to make schedule changes (ADD/DROP deadline). This is also the final day to drop a course and receive 100% reimbursement.
- **September 13:** Withdrawal period begins. Withdrawing from a class will show up on your academic record.
- **October 1:** Registration Preparation—Avoid the lines! Meet with your Advisor NOW to prepare for Spring 2019 registration.
Key dates and deadlines for Fall Semester.

- Add/Drop period ends Wednesday September 12. This is the last day you can add/drop a course for the Fall semester. After this date you may not add another course. The last day to add/drop for the Fall 2 semester is November 5.

- Withdrawal period begins September 13 through November 16. To withdraw from a class, your instructor or your academic advisor must sign the Withdrawal form. After November 16, 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 October 8 is Columbus Day, No Classes will be held that day.

- Progress grades are due Wednesday October 31. 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.

- Priority Registration is November 5-19 for returning students. You have seniority over all new students. Don’t wait to register for Intersession or the Spring 2019 semester.

- Monday November 12 is the observed holiday for Veteran’s Day. Classes will not be held on Sunday November 11 or Monday November 12.

- Last day to change to or from an AUDIT is Friday November 16

- Thanksgiving Recess is Thursday November 22-25, there are no classes during that period.

- Final Week of Classes December 12-18, during the final week of classes there is a modified class schedule. Check The Q for the Fall 2018 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.

New to the Registrar’s Office!

Request an enrollment verification form 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.

Quinsigamond Community College
Veterans Club
Is Sponsoring a Hygiene Drive For
The Veteran’s Inc. Shelters

The Following Items are Always in Great Demand:
Towels and Wash Cloths, Shampoo, Body Wash, Razors(men & women), Shaving Cream, Deodorant, Tooth Paste & Brushes, Soap, Feminine Hygiene Products, Etc.

You may drop these Items off in Either

Main Campus Room 258A or
Downtown Campus Drop Off at the Main Desk

This Drive Ends on Oct. 5th
During my summer vacation, my sister and I traveled to Jamaica to visit our family. We stayed in our family home in Spanish Town which is the capital of St Catherine-- one of the largest parishes in Jamaica. Our family home is surrounded by organic coconut trees, fruits, and vegetables. The garden is filled with beautiful and exotic flowers which fills the area with a perfume aroma.

My family and I traveled to various parts in Jamaica, another town we went to was Ocho Rios, a port town on the north coast of Jamaica that is a well known tourist area. Aside from the luxurious resorts, cruise ships, and entertainment, Ocho Rios surrounds itself with beautiful rainforests, rivers, and waterfalls. Little Dun's Waterfall is a peaceful getaway from the busy town of Ocho Rios, this waterfall surrounds itself with tropical plants and trees that leaves you in a place of tranquility.

Our family went to the beach daily to kick back, relax, and enjoy the summer breeze! One of my favorite beaches we've went to was Hellshire Beach. While we were swimming by the beach shore, we've encountered a sting ray swimming beneath us! The sting ray was friendly enough to let us take several pictures of it without swimming away.

My trip to Jamaica was such an amazing experience that I will never forget. Not only was I able to get in touch with my Jamaican roots and culture, I was able to reconnect with my family. Jamaica is a beautiful paradise filled with exciting places you can go over the summer.

Original photos by: Reneasia Love
Pet Rock Fest is thrilled to announce that the 20th annual festival will return to the field at Wyman-Gordon in North Grafton.

This annual event will be held on Sunday, Sept. 9, 2018, from noon to 5 p.m. on the grounds of the Wyman-Gordon plant, 244 Worcester St., North Grafton. With a return to this centrally-located and expansive venue, the event is sure to expand in numerous ways, drawing more attendees and participants.

The event features all of the popular attractions, but will include additions to our offerings: from food to vendors to events to nonprofit participation. And, of course, Pet Rock Fest continues to put the spotlight on the animal welfare organizations of New England that work hard to promote kindness to animals.

There is plenty of space, and beyond, to bring back all of our attractions, including K9 demos, an agility course, the Pups In The Air Frisbee dog team, live music, the Pet Parade, kids activities, Cat Photo Contest, Amateur Dog Contest, vegetarian vendors and our wonderful sponsors and animal welfare organizations.

“At the end of the day, we created Pet Rock to generate funding for animal welfare organizations,” said Founding Partner Jeannie Hebert. “If, with all the efforts, Charlene and I and the amazing team of volunteers put into the production of the festival are not going to reach that goal, we have to look elsewhere.

After much searching and negotiating, we really believe we have finally found it. We applaud the team at Wyman-Gordon, especially Ronnie Brooks and Roberto Tedesco, for listening to us and realizing the good work accomplished over the years at the Pet Rock Festival and allowing us to hold the event here again so we can grow to provide even more funding to support the animals.”

if you’d like more information, visit www.petrockfest.org

Photo Credit: Brielle MacDonald

stART on the Street: Fall Edition

When: Sunday, September 17th
Where: On Park Ave. from Highland Street to Pleasant Street
Time: 11 am-6 pm
Rain Date: September 24th

This year’s creative, fun-filled festival takes place Sunday, September 17 between 11am and 6pm on Park Ave. from Highland Street to Pleasant Street. Enjoy the beautiful artwork by over 250 artists & crafters who will fill the streets with handmade items including jewelry, paintings, sculpture, soap, candles, lotions, blown glass, drawing, textiles, pet goods, woodwork, mosaic, photography and so much more! Bands, street performers and kids activates will all be part of the fun. Rain date will be September 24.

As always, stART is a free, family-friendly event. Area street parking will be available.
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.

MENTORING AT QCC

What is QCC Mentoring?
Quinsigamond Community College Mentoring connects QCC students with staff, faculty, industry, and community members to create one-on-one mentoring relationships. This unique program provides extensive benefits to students, as well as professional development and networking opportunities for mentors.

This program will provide a way for QCC students to connect with mentors and build positive relationships to support their college experience. Students will also develop employer desired skills, gain an understanding of workplace expectations and networking to increase their likelihood of finding a rewarding career.

The QCC Mentoring program will host monthly workshops and social events for mentors and mentees throughout the academic year. Mentors will have access to QCC professional development, as well as the Fab Lab, library and additional on-campus resources. The program will conclude with an end-of-the-year reception in May.

The QCC Mentoring Program Includes:
- One-on-one mentoring sessions
- Group workshops
- Networking events
- Professional development opportunities
- Individual orientation
- Training sessions
- Expectations and strategies to make this a valuable experience for all

Once mentors and mentees are matched, they will be expected to meet in-person once a month, with additional meetings or communication as needed.

Suggested Mentorship Activities
- Discuss resume and cover letter strategies
- Build study and time management skills
- Attend a professional networking or group meeting
- Create a list of professional, personal, and academic goals
- Prepare for a professional interview
- Connect the mentee to relevant on-campus support systems
- Invite the mentee to your workplace for a day
- Introduce the mentee to colleagues
- Attend QCC Mentoring social events

Interested?
Visit www.QCC.edu/mentoring
Email: mentoring@qcc.mass.edu
Call: 508.854.4573

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Welcome to QCC’s office of Disability Services (DS).
Disability Services assists students with documented disabilities by coordinating supports and services in order to give students equal access to the college environment.

**Q: What does Disability Services do?**
Disability Services is committed to providing reasonable accommodations to qualified individuals with disabilities in accordance with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act of 1990 and the ADA Amendments Act of 2008. Accommodations and services available through Disability Services include and are not limited to the following areas: course content, digital environment, campus terrain, and support services.

**Course Content**
- Access to Class notes, ASL Interpreters, Extended Test Time, and
- Less Distractive Environment

**Digital Environment**
- Access to electronic texts, Speech-to-Text software, Audio Capture Technology, and Training for QCC Learning Management Systems

**Campus Terrain**
- Medical Parking, Classroom Furniture, Routes of Travel, and Accessible pathways

**Support Services**
- Learning Specialists, Success Coaching, Self-Advocacy Strategies, and Connections to Campus and Community Resources

**Q: What does Disability Services do specifically for students?**
The staff meets with students to determine the accommodations needed to remove barriers in the classroom or the curriculum each semester. These may change depending on the nature of the course and the way it’s taught. If additional barriers come up during the semester, DS staff and student may meet to problem-solve and discuss alternate ways of demonstrating knowledge and course competencies. DS staff work to ensure that accommodations provide access and are effective for each individual with a disability, based on the documentation provided to Disability Services.

**Q: I am new to QCC and just learned about your office – what should I do?**
*Stop by the Worcester or Southbridge office, call, or email Disability Services to get started.* New students are encouraged to make an intake appointment with Disability Services as soon as possible before the semester begins. We recommend you make an appointment as soon as you are accepted to QCC, or register for classes.

**Q: I used Disability Services in the past, but haven’t for the last few semesters. Can I still see my Coordinator?**
Sure! Please don’t hesitate to drop by the office in 246A or send your coordinator an email! There is always something new for us to share with you, and we would like to stay abreast of all your courses for this semester.

**Q: Can I volunteer to work with Disability Services?**
Yes! The Leadership Crew: Are you looking for a way to get involved on campus and meet new people? If so, come join the Leadership Crew! The Leadership Crew positively promotes disability issues, supports campus events, meets socially and so much more! To learn more contact Kristie Proctor at kproctor@qcc.mass.edu. **ALL ARE WELCOME!**

On behalf of the Disability Services Staff, we look forward to working with you!

Kristie Proctor, Director

**Contact Us:**

<table>
<thead>
<tr>
<th>Worcester Campus</th>
<th>Southbridge Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room:</td>
<td>Room:</td>
</tr>
<tr>
<td>246 Administration Building</td>
<td>Reception Area</td>
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<tr>
<td>Email:</td>
<td>Email:</td>
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<tr>
<td><a href="mailto:disabilityservices@qcc.mass.edu">disabilityservices@qcc.mass.edu</a></td>
<td><a href="mailto:disabilityservices@qcc.mass.edu">disabilityservices@qcc.mass.edu</a></td>
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<tr>
<td>Phone:</td>
<td>Phone:</td>
</tr>
<tr>
<td>508-854-4471</td>
<td>774-318-2113</td>
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<tr>
<td>Fax:</td>
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</tr>
<tr>
<td>508-854-4549</td>
<td>508-765-5625</td>
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<tr>
<td>Video Phone:</td>
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<td>508-502-7647</td>
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<td>Mon-Thurs 8am-6pm Fri 8am-5pm</td>
<td>Mon &amp; Tues 10am-6pm Wed &amp; Thurs 9am-5pm Fri 8am-4pm</td>
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</tbody>
</table>
INTERESTED IN HUMAN BEHAVIOR?
JOIN QUINSIGAMOND COMMUNITY COLLEGE'S...

PSI BETA HONOR SOCIETY & PSYCHOLOGY CLUB

MEETS EVERY OTHER WEDNESDAY 12-1

FALL SEMESTER MEETINGS: 9/12, 9/26, 10/10, 10/24, 11/7, 11/28
LOCATION: HLC BUILDING ROOM 239

VISIT QCC.EDU/PSYCHOLOGY TO LEARN MORE INFORMATION ABOUT STUDENT ORGANIZATIONS IN PSYCHOLOGY

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

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

FOLLOW US ON INSTAGRAM @QCC.PSYCHCLUB
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

Ready to apply for induction?
Want to know more?

EMAIL CHAPTER ADVISOR VALARIE CLEMENTE, EdD:
VCLEMENTE@QCC.MASS.EDU
OR VISIT: WWW.QCC.EDU/PSYCHOLOGY FOR MORE INFORMATION
Student Guide: How to get started in Blackboard

Online and blended course login and access to all courses

Step 1. Log In to “The Q” Student Portal
A. Go to www.qcc.edu and click on “The Q” link
B. Enter your username and password and click on the “Login” button
   ⇒ TIP: The Q Username = Your Student ID Number
   ⇒ TIP: Forgot your Username or Password? Click on “I forgot my password” OR click on the HELP tab to contact the Help Desk.

Step 2. Click on the Blackboard icon

NOTE: The Blackboard icon appears on the Welcome tab after you log into The Q.

Step 3. Locate and click on your courses under “My Courses & Communities”

NOTE: Your classes will be listed, but access begins the day classes starts.

YouTube Video Tutorial  “Logging into Bb Learn at QCC”

TECHNICAL Support

Blackboard Tutoring available! QCC main campus, HLC building 2nd floor
Blackboard Support: https://help.edusupportcenter.com/shplite/qcc/home

Phone: 508-854-4427
WOMEN’S SELF-DEFENSE

Join us for a Rape Aggression Defense Class R.A.D. presented by Quinsigamond Campus Police

This is a 12-hour class. You must attend all sessions to complete the course. This course is free to the QCC community.

- September 18 – 5:30 p.m. - 8:30 p.m.
- September 20 – 5:30 p.m. - 8:30 p.m.
- September 25 – 5:30 p.m. - 8:30 p.m.
- September 27 – 5:30 p.m. - 8:30 p.m.

Location: Athletic Center Basketball Court

Please bring a water bottle, wear athletic clothes and do not bring jewelry. If you are under 18, please contact us in advance to fill out parental consent forms.

To register: Contact Officer Catherine Dixon at cdixon@qcc.mass.edu

Campus Police

QCC Police Informer Deputy Chief Reynaldo Rodriguez

“No Smoke”

QCC has a no smoking policy on campus. Smoke or tobacco free college policies is a trend spreading throughout many campuses. As of July 1, 2018 as many as 2,212 campuses are 100% smoke free, 1,818 of them are tobacco-free (includes all forms of tobacco).

The focus has been the effects that secondhand smoke has on non-smokers. The idea is that “no one should risk their health for an education or a job” according to ANRF (American Nonsmokers’ Rights Foundation). As it protects non-smokers, it challenges a long socially accepted activity. The hope is to prevent youth and young adult smoking, and increase smokers to quit. The reality is that a vast majority of smokers began before they entered the hallowed halls of higher education. By banning its use on campus, students, faculty, staff and guests benefit from a cleaner environment as exposure to smoke is reduced.

Some benefits to a smoke free environment:

1. Litter reduction/economic saving: Less cigarette litter and risk of fire on campuses. That means that maintenance costs to clean up butts or replace burnt containers goes down.

2. Getting employment: As more places go smoke-free, job seekers find it difficult to work in a place that does not allow smoking. This causes job seekers to reevaluate the need or value of smoking.

3. Reduce tobacco use among young adults: As less college students are able to smoke, the peer pressure on others to smoke or continue to smoke reduces.

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 847411
STEM Starter Academy @ QCC 2018-2019

- Field Trips: FREE (Fitchburg State University, UMASS Amherst, Environmental Science trip, etc.)
- Research Projects with STEM Faculty
- Manufacturing Day @ QCC on October 19th
- STEM Week - October 22-26
- STEM Workshops/QCC FAB Lab, Chemistry Lab, Computer Lab
- STEM Tutoring
- STEM focused campus visits & events
- QuEST Center Tours (Fusion Tours)
- Adult Education Activity
- Spring: College & STEM Day @ QCC for high school juniors & seniors
- Gateway to College Introduction to the FAB Lab
- Summer 2019 College Readiness Program (new incoming fall 2019 STEM students)

Please contact Darcy Carlson if you are interested in attending any STEM Starter Academy Events or want more information.

QueST Center Tours (Fusion Tours)

Darcy Carlson: STEM Starter Academy Project Coordinator
Quinsigamond Community College: 670 West Boylston Street, Worcester, MA 01606
Room 212 QuEST Center 508-854-4441 dcarlson@qcc.mass.edu
President Pedraja wants to hear from you

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

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

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

QCC Bookstore

The Bookstore offers new and used books, online access codes, text rental and digital texts, as well as laptops, printers, backpacks, and all the supplies you need for a successful semester.

To help simplify the book buying process, the QCC Bookstore is now offering “Shop by Author”. Here at the campus store all text-books are shelved alphabetically by author. When on campus, simply log onto qccshop.com, enter your student ID in the prompt, and your book list is right at your fingertips! Don’t have your booklist with you at the store? Three look-up stations will be available by the store entrance for your convenience.

You can also order online at qccshop.com 24/7 and have your textbooks ready for in-store pick-up, or have them mailed to you for a standard shipping fee. The QCC Bookstore accepts cash, credit and debit. Financial Aid will be available for use in-store and online after you have received an email notification from the Financial Aid Office. Questions regarding financial aid book allowances should be directed to the Financial Aid office.
### Fall 2018 ID Schedule

#### In the Athletic Center:

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>September 4</td>
<td>College Closed</td>
<td>All College Day</td>
<td>Fall Kick-Off</td>
<td>Back-to-School Bingo</td>
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<tr>
<td>September 5</td>
<td>September 6</td>
<td>September 7</td>
<td>September 10-13</td>
<td>October 1 &amp; 2</td>
<td>September 14</td>
<td>September 15-Rest of the Fall Semester</td>
</tr>
<tr>
<td>September 6</td>
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<tr>
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<td>All College Day</td>
<td>Fall Kick-Off</td>
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</tr>
</tbody>
</table>

Southbridge Campus:
- September 12th and 13th: 10am-6pm

Downtown Campus:
- September 17th and 18th: 10am-7pm

Students can also make an appointment in advance by calling the Athletic Center.

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### Quinsigamond Community College

**Sexual Violence/Relationship Abuse Resources & Services**

*Confidential Resource*

**Campus Police**

Campus Police (24/7): 508.854.4221

Emergencies (24/7): 508.854.4444

**Title IX Coordinator**

This is a college official designated to receive and investigate complaints related to sexual violence on campus.

Liz Woods, Dean for Compliance and Education:

508.854.2791 • lwoods@qcc.mass.edu

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**2018 Student Life**

September

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

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**Fall 2018 ID Schedule**

**In the Athletic Center:**

- **September 4th:** College Closed
- **September 5th & 6th:** All College Day
- **September 7th:** Fall Kick-Off, Welcome Fair, Baseball Interest Meeting
- **September 10th-13th:** Fall Kick-Off, Welcome Fair, Baseball Interest Meeting
- **September 14th:** College Closed
- **September 15th-Rest of the Fall Semester:** M, W, F: 9am-10am, 2pm-3pm; T, TH: 9am-10am, 4pm-6pm; S: 10am-1pm

**Southbridge Campus:**
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**Downtown Campus:**
- **September 17th and 18th:** 10am-7pm

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