Student Spotlight
Meet Mathew Brooks

Where are you from?
I was born and raised in a small town located in northern New Mexico known as Cimarron.

Tell us about your family?
First, I have two children who are twins. A daughter named Mariah and a son named Matthew, who are 6 years old. My mother was 1 out of 12 siblings. She worked as a server in the food industry all her life. My father owned a residential construction company as he still works in this same profession presently. I have one younger sibling who resides in Las Vegas Nevada. I am the oldest and am the first in my family to attended college making me first generation.

What degree are you pursuing?
I am pursuing a hairstyling certificate through the Cosmetology Program. I found this as a great pathway to obtain a state license and offer services as a Barber.

What do you hope to be doing in 5 years?
In 5 years my goal is to be a self sufficient independent business owner as a hairstylist offering barber services. Aside from my career, I want to focus daily on shaping and transforming the lives of my two children teaching them lessons that I have learned throughout my life.

What do I like best about OJC?
Honestly, I like the professors and faculty at OJC. I have had a chance to learn from the best. Acquiring knowledge from these individuals has a life long impact that seals a connection between what you have learned and the individual teaching you.

What are you involved in at OJC?
The only program I'm involved in other then my certificate program is TRiO.

How has TRiO helped you?
The faculty in TRiO are approachable providing a comfortable and peaceful environment. The TRiO services I took advantage of is the 1 on 1 tutoring and Foodie Fridays which is a day to stop by and eat food provided by staff to students. TRiO also offers many different services used to help on a specific individual basis. Overall they care and are very understanding to help with student needs.

What advice do you have for new students?
The next 20 years of your life will go by before you know it. Try to get it right the first time. We live and learn through experiences. Try to keep a balance with everything that comes your way. Take care of your mind and health. Good Luck!
**Trio Tips for Online Classes**

1. **Treat an online course like a “real” course**
   When it comes to online classes, you need to have the discipline to sit down and say, “I am going to work on this,” as well as the dedication to actually follow through.

2. **Hold yourself accountable**
   Set goals at the beginning of the semester, and check in with yourself weekly. If you’re having trouble holding yourself responsible, pair up with a fellow classmate, or enlist the help of a spouse or friend to check in as an accountability partner.

3. **Practice time management**
   - Use the syllabus to make note of major assignments. Mark them on a calendar you check regularly.
   - Factor in prior commitments such as weddings or vacations.
   - Create a weekly schedule that you follow, designating certain hours each week for reading, watching lectures, completing assignments, studying, and participating in forum, and set reminders for yourself to complete these tasks.
   - Try time-blocking, allotting yourself a certain amount of time for each task before moving on to the next one and setting a timer to keep yourself accountable.
   - Check in periodically throughout the term, and look at how you’re spending your time. A little self-reflection and adjustment can go a long way.

4. **Create a regular study space and stay organized**
   Set up a dedicated learning environment for studying. By completing your work there repeatedly, you’ll begin to establish a routine.

5. **Eliminate distractions**
   From Netflix to social media to dishes piling up in the skink, you’ll be faced with many distractions that can easily derail your studies. Figure out how to lessen these distractions and set aside time to focus.

6. **Figure Out How You Learn Best**
   Think about when and how you accomplish your best work. Not everyone learns the same way, so think about what types of information help you best grasp new concepts and employ relevant study strategies.

7. **Actively participate**
   Participate in the course’s online forum to help you better understand course materials and engage with fellow classmates. Make sure you are checking in as often as you can and if you do feel yourself falling behind, speak up. Don’t wait until an assignment is almost due to ask questions or report issues. Email your professor and be proactive in asking for help.

8. **Leverage your network**
   Build relationships with other students by introducing yourself and engaging in online discussion boards. Your peers can be a valuable resource when preparing for exams or asking for feedback on assignments. Don’t be afraid to turn to them to create a virtual study group. Chances are good that they will appreciate it just as much as you will.

*For more information visit:*
[https://www.northeastern.edu/graduate/blog/tips-for-taking-online-classes/]
MOVING TO REMOTE LEARNING

Due to the Coronavirus OJC has moved to remote learning. This means that ALL OJC classes will be completed as online classes for the remainder of the semester. The best way to stay updated on the status at OJC is to refer to www.ojc.edu and click on the link at that top of the page, which provides daily updated information. During this time students are not allowed on campus, all questions or interactions with staff and faculty should be done via email, messaging, phone calls, or through WebeX. If you have questions or need help please contact a TRiO Advisor.

TRIO GRANT AID

Each year, TRIO has Grant aid available for several students. This is a one-time only opportunity. Grants will be dispersed after the end of the semester. Applications are due by Friday, April 26th at 11:59 p.m.

To receive SSS program grant aid, students must be current participants in the SSS project who are in their first two years of postsecondary education and receiving Federal Pell Grants.

Grant Aid is similar to a scholarship because it is FREE money for college that you do NOT have to pay back. With the TRiO Grant Aid you are only competing with other TRiO participants so you have a much greater chance of receiving the grant if you apply.

The application is located on www.ojc.edu search for TRiO and then download the application. Students will fill out the application, write an essay, complete the money 101 modules, and then email all the completed documents together to Todd.werner@ojc.edu.

Please speak with a TRiO advisor if you have any questions.

Grant Criteria

1. You must be a currently enrolled at OJC as a full-time student and in TRIO for two semesters (i.e. if you joined TRIO last semester and are in school this semester).

2. You must be Pell eligible and you must demonstrate a financial need.

3. You must pass all of your classes this semester with a “C” or better and be in good academic standing.

4. Have attended at least two TRIO SSS sponsored workshops, seminars or other recommended activities.

5. Money 101 (found at https://www.mycoloradojourney.com/journey?) units. There are a total of 10 units and you earn 1 point for each unit that you complete. You can print out a certificate of completion after each one. If you do all 10 at once, then you can print out one certificate that shows all 10 were completed.

6. Essay (1-5 points) Explain how the TRIO Student Grant Aid will assist you in successfully completing your college degree, how this award will help you to stay enrolled at Otero Junior College or transfer, how it will help you reduce your unmet financial need to attend OJC, and how it helps reduce your need for student loans. Your essay must be between 300-350 words, typed, doubled spaced.
REGISTRATION FOR SUMMER AND FALL

Early registration for the Summer and Fall semesters opened up on March 23rd, 2020. Registration is going to be completed over the phone and will be done online. To set up an appointment for phone registration students can either call/email their advisor to make an appointment or create an appointments through Navigate. Classes fill up quickly, so meet with your advisor to get the courses you want at the times that fit your schedule best. See a TRiO advisor to get registered ASAP.

Reminder: At this time students can register for classes even if they have a bill. Bills must be paid in full by June 30, 2020 or students will be dropped out of all of their classes. If you have questions about how to pay your bill contact your TRiO Advisor or the Financial Aid Department to go over the options that you have to help pay for college.

WITHDRAW DEADLINE

Deadline: Friday, April 3rd, 2020 by 5:00 PM Student Services

The withdraw deadline is your last chance to leave a course before receiving your final grade. This is later in the semester, and does have consequences.

When you withdraw you must:

- Pay for the class,
- A “W” will show on your transcript,
- It does not effect your GPA
- Withdrawing will count as attempted but not earned credits which can effect your Financial Aid

FASFA

Did you know that every year you have to complete a new FASFA? Its okay if you didn't because there is still plenty of time to get one done before the beginning of the fall semester.

Each FASFA lasts for one year and covers Fall, Spring, and Summer semesters within that year. After these semesters are over you must complete a new FASFA and link it to all of the colleges that you are thinking about attending during that school year.

Need help completing your FASFA? Don’t worry! We have people on campus who specialize in helping students complete their FASFA. For help completing your FASFA please contact Ashley Kelley at 719-384-6852 or email her at Ashley.kelley@ojc.edu.

Have you completed the FAFSA? Don't wait!
1. Go for a walk

It is good to get out of the house, and be in the outdoors. Taking time to go for walks will help improve your mood, take your mind off of stress, and allow you to get some exercise as long as you stay six feet away from others.

2. Learn a new hobby

Take this time to learn a new hobby. Create art, pull out your old instrument, start working out, do some yard work, try to cook something new, use this time to start to better yourself and focus on your mental health.

3. FaceTime a friend or family member

Even though you have to stay home does not mean that you cannot communicate with your friends and family. Set up times to talk on the phone, have lunch over FaceTime, or even work with classmates on a project. This will allow you to build connections with people without risking your health. Apps like Whatsapp will allow you to FaceTime even if you do not have an IPhone.

For more activities visit: https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/

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**Remote Tutoring**

Although classes have gone online, you still have the opportunity to receive support for your classes. If you are needing help with any of your classes please contact the PASS member listed for your specific course or contact Hailey Wold the Director of the Learning Commons for other options including supplemental instruction. You can also follow on Instagram: @ojclearningcommons or Facebook: OJC Learning Commons for links to the supplemental instruction sessions. TutorMe is also available through D2L.

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10 Tips to Handle Anxiety

1. Stay in your time zone
Anxiety is a future-oriented state of mind. So instead of worrying about what’s going to happen, “reel yourself back to the present.”

2. Relabel what’s happening
Panic attacks can often make you feel like you’re dying or having a heart attack. Remind yourself: “I’m having a panic attack, but it’s harmless, it’s temporary, and there’s nothing I need to do.”

3. Fact-check your thoughts
People with anxiety often fixate on worst-case scenarios. To combat these worries, think about how realistic they are.

4. Breathe in and out
Deep breathing helps you calm down.

5. Follow the 3-3-3 rule
Look around you and name three things you see. Then, name three sounds you hear. Finally, move three parts of your body -- your ankle, fingers, or arm.

6. Just do something
Stand up, take a walk, throw away a piece of trash from your desk, any action that interrupts your train of thought helps you regain a sense of control.

7. Stand up straight
“When we are anxious, we protect our upper body, where our heart and lungs are located by hunching over.” For an immediate physical antidote to this natural reaction, pull your shoulders back, stand or sit with your feet apart, and open your chest. This helps your body start to sense that it’s back in control.

8. Stay away from sugar
Research shows that eating too much sugar can worsen anxious feelings. Instead of reaching into the candy bowl, drink a glass of water or eat protein, which will provide a slow energy your body can use to recover.

9. Ask for a second opinion
Call or text a friend or family member and run through your worries with them.

10. Watch a funny video
Laughing is a good prescription for an anxious mind. Research shows that laughter has lots of benefits for our mental health and well-being.

For more information visit: https://www.webmd.com/mental-health/features/ways-to-reduce-anxiety

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