KEEPING US CONNECTED

SPECIAL POINTS OF INTEREST:

- October AWEstar Craig Johnston
- AWEstar Tutor
- Relaxation Event
- The Story of the FIG

Columbia College's

connect the dots

Academic Wellness Educators

VOLUME 5, ISSUE 2 OCTOBER 2011

OCTOBER EVENTS

AWE Steering Committee, Fri. October 14th, 2011 in the Cellar, 9-10:30.

Next Meeting, November 18th, 2011 in the Cellar, 9-10:30.

AWE Core Retreat, Oct. 21, 2011, Days Inn

Tool #4 I Think, Therefore I Am

Check out the GPS site for more information!

October AWEstar Craig Johnston

I am honored to be recognized by the AWE committee. Since joining the Columbia College Faculty in the Winter of 2008, I have been fortunate to work with AWE in spearheading the First Semester Experience, expanding the Academic Achievement Center tutoring and Supplemental Instruction, developing GPS and various other basic skills and student success programs.

Before joining Columbia College full time in 2008, I worked as a lecturer at Folsom Lake College and Consumes River College. Prior to that, to say the least, included a very non-traditional path to becoming a college professor. And non-traditional, non-dogmatic, approaches to problem solving is what enticed me to participate in AWE.

I spent my k-12 years traveling around the country with little to no continuity in my education. After graduating Culver Military Academy, and wanting to continue my nomadic upbringing, I spent a decade attending various colleges, seven colleges in two state and two different countries, before earning a Masters in English and a Masters in Composition and Rhetoric.

I spent my twenties working as a house painter, landscaper, bartender, waiter, factory worker and finally skulking about refurbishing yachts in Newport Beach. Before returning to college, and nearing my late twenties, I opened my own business in Orange County, CA. Suffice it to say, that's when I realized that my calling was to teach.

Having attended the community college system as a returning student, I fully appreciate the struggles that many of our students face. And it is the challenges of new and returning students that AWE works so hard to address.

Working with AWE has been professionally and personally rewarding; I have found a venue in which to connect with other staff and faculty to create innovative approaches in promoting student success. I wish the many colleges I had attended had a group of dedicated people so focused on student success as we have at Columbia. It truly is an honor to be recognized by AWE. As the bench outside of the the AAC states: Students Above All! And it is for this reason that I would be proud to have my daughter attend Columbia College when she is ready. AWE makes a difference! Keep up the good work!

AWEstar Tutor's Corner with Ariel Vaughn

Education is a tool without which, one cannot succeed. In college, I have followed this motto by challenging myself. One major part of my college career has been working in the AAC since spring of 2011. I began with tutoring mathematics and now, not only do I tutor math,

but I am also the SI leader for chemistry. I intend on transferring to a four-year university next year where I am going to major in chemistry and minor in physics. I want to work in a laboratory as a chemist and eventually go into teaching.

Working in the AAC has not only helped me cement information into my long-term memory, but it

AWEstar Tutor's Corner Continued

has also allowed me to understand how people work. By seeing a wide variety of learning techniques, I have learned how to adapt my sessions to meet their needs. I see what students take from certain teaching techniques and how certain interactions with instructors effect how they learn.
I have truly enjoyed every instructor I have had, no matter how differently they teach. The recommendation I have for the faculty is to continue interacting with the students. Students who believe they matter, seem to learn more.

When professors remind the students that they were once in their shoes, students realize that they too can learn this subject. It gives them the confidence needed to push through the difficult classes. Without guidance, education is not a possibility and with the current economy, education is not an option, it's a necessity.

Tai Chai with Adrienne Seegers

"Nine tenths of education is encouragement."

Anatole France

"Stamp of Calm" at the Relaxation Events.

New FIGs Sprouting

Relaxation Event

During the first two weeks of October, GPS tool # 3, "Relax Dude", was presented in the Manzanita Community Ed Room. There were massages, tea, relaxation videos, Zero Balancing, Freeze Frame, a "snail mail revival", Tai Chi and other relaxation information provided by Kim Zubek, Adrienne Seegers, Twyla Olsen, Laureen Campana, Jim Lundeen, (Physical Therapist of Tuolumne County) and Ashley Guillemin (Columbia College student and Massage Therapist.)
The event was well attended by faculty, staff and students. Kim Zubek, one of the event coordinators, stated, "One of the results of this event was a clearer understanding of how critically we need these kinds of services, not just for our students, but also for our staff!"

The Amazing Story of the F.I.G.

F.I.G. stands for Focus Inquiry Group. The AWE committee is made up of many FIGs that solve problems and help generate solutions for every aspect of Columbia College's campus life from wellness to basic skills to how to address helping students prepare for "rest of life." The best part of the FIG is the ingredients that make up the FIG's core; the integration, commitment, collaboration and connection the dedicated staff, faculty and students have towards each other, the campus and the success of students.
Do you want to be full and satisfied from the inside, out? Join us at the next AWE Steering Committee Meeting, Fri. Nov. 18th, 9-10:30, 2011 located in "The Cellar."