

PRIORITY REGISTRATION
FOR FALL 2015 CLASSES
BEGINS:
MARCH 9TH 2015!

"Your problem isn't the problem.
Your reaction is the problem."
~ Anonymous

kind RANDOM ACTS
OF KINDNESS
February 9 - 15
#RAKweek

THE STALL STREET JOURNAL

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I'M DRUG FREE BECAUSE....

Celebrate **National Drug Facts Week** with Pennsylvania Highlands Community College beginning Monday, January 26 through Friday, January 30th. **Share** with us why you choose to remain drug-free at the information table in front of the Student Café. **Gather** information throughout the week on the dangers of drugs and alcohol and what you can do if someone you know is using drugs or alcohol.

*Not on campus and need information?
Contact the Counselor for information and assistance.*

STRESS MANAGEMENT TIPS OF THE WEEK:

1. Create a stress-free zone. Make a space in your life that is a just-for-fun space.
2. De-stress with yoga, music, journaling; don't turn to drugs or alcohol.
3. Avoid procrastination! Make a study schedule now!

We are Here to Help!

Student Success Center:
814-262-6451

Jen Preuss — 814.262.6491

Academic Advising Coordinator

Bridget Hall — 814.262.6467

Counselor

Mike Lucas — 814.262.6468

ADA Specialist/Counselor

Mindy Nitch — 814.262.6433

Director, Student Success Center

Skype us @ [studentsuccess.phcc](https://www.pgcc.edu/studentsuccess)



THE FACTS

"In 2007, prescription pain medications like Vicodin and OxyContin were involved in more overdose deaths than heroin and cocaine combined."

- National Institute on Drug Abuse
Drugs: Shatter the Myths

ACTIVITIES & EVENTS

1/26—1/30: National Drug Facts Week

1/26: Basketball @ Butler County Community College, 7pm

1/27: 30 Minute Matters: Learn to Navigate E-Racer & myPEAK, Genealogy Room (Library—Richland) 12:10 pm

1/28: Basketball @ Community College of Allegheny College—Boyce, 6pm

1/29: Dress for Success, 12:15pm LGI

1/31: Basketball vs. University of Pittsburgh @ Titusville, 7pm (HOME gym)

2/2: Joe Deuce, Comedian, 12pm—1:15pm

2/2: Basketball vs. Westmoreland County Community College, 6pm (HOME gym)

2/3: Late Start Classes Begin

2/3: 30 Minute Matters: Intro to Resume Writing Techniques, Genealogy Room (Library—Richland) 12:10 pm

2/7: Basketball vs. Community College of Allegheny County—Allegheny, 11am (HOME gym)

2/9: Last Day to Add/Drop Late Start Classes

2/9: Basketball @ Potomac State, 7pm

2/9—2/15: Random Acts of Kindness Week, #RAKweek

For questions about aid or how to apply, visit our **Financial Aid TV** tutorial library, available 24/7
pennhighlands.financialaidtv.com

"Success is the sum of small efforts, repeated day-in and day-out."
 ~ Robert Collier

NATIONAL DRUG FACTS WEEK

January 26 - 30

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30 MINUTE MATTERS

Workshops are held in the Genealogy Room (Library) and are also available via Adobe Connect on Tuesdays at 12:10pm.

Title: *Learn to Navigate E-Racer and myPEAK*

Presenter: Alex Kirby, Information Library & E-Learning

When: 1/27/15

In Brief: Taking an online class and uncertain about how to log-in or access the materials? Come learn how to navigate E-racer like a professional!

Title: *Intro to Resume Writing Techniques*

Presenter: Career Planning & Employer Services

When: 2/3/15

In Brief: Graduating this semester? Applying for a part-time job? Need to update your resume? Come and learn the techniques needed to write a resume worthy of that job you are seeking.

*** This is a great way to fulfill your "Connecting to Campus" requirement for First Year Experience!**

Are you winter ready?



Sign up for PEAKtxt today to be notified via text message when the college is closed or delayed due to winter weather.

THE TOUGH STUFF

HOW DO I KNOW IF MY RELATIONSHIP IS HEALTHY?

Healthy relationships are built on shared interests, mutual trust, respect, and open communication. Healthy relationships can look very different one from another.

Relationships will have conflict. How you and your partner deal with that conflict is important.

If you openly discuss the conflict and come to a resolution together, then you are on the path toward building a healthy relationship.

If you feel like you don't have any power in the relationship or like you can't do anything without your partner's permission, you will want to evaluate if you can work toward improving your relationship or if you want to continue the relationship.

Assaultive behavior (verbal or physical) in a relationship is cause for concern. Help is available, please contact the counselor.

RANDOM ACTS OF KINDNESS

2/9 — 2/15

Next week, step out of your normal routine or comfort zone and attempt a new random act of kindness each day of the celebratory week.

- Read to a child.
- Donate blood.
- Study with a friend.
- Shovel snow for a neighbor.
- Thank your parents.

MORE WAYS TO BE KIND IN THE NEXT ISSUE.

#RAKWEEK

SHOUT OUT!

Is there someone here at the College who has helped you reach success at Penn Highlands? Share your story with us!

E-mail:

retention@pennhighlands.edu