

Bruin Bulletin

CALENDAR OF EVENTS

Wednesday, February 1: Clubs and Orgs Fair @ Main Campus

Lunch and Learn: Bystander Intervention Training

Sign up on the website! A free lunch will be provided!

Friday, February 3: FASFA Fridays! 9-11am at Main Campus, room 2108

Friday, February 10: FASFA Fridays! 1-3pm at TC, room T25

Monday, February 13-17: Attire for Hire Clothing Drive

Wednesday, February 15: Time Management Workshop

@ Main Campus, room 2101 and TC, room T03

Friday, February 17: FASFA Fridays! 9-11am at Main Campus, Room 2018

Friday, February 24: Finally Friday! Movie Night featuring The Butler

@ Main Campus from 6-8pm

Tuesday, February 28: Sleep Awareness Day

Wednesday, March 1: Therapy Dogs on
Main Campus



IMPORTANT DATES

January 30th: Last day to change a course from credit to pass/fail status

February 6th: Last day to change a course from credit to audit status

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SPECIAL POINTS OF INTEREST

- Studies have shown petting dogs can lower blood pressure levels. See how BRCTC is helping to lower your blood pressure on Page 3.
- Did you know that every 2 seconds someone in the US needs blood? See Page 5 for information on our blood drives.
- Are you planning on transferring to another institution? See page 7 for information about our Transfer Expo!
- Are you a Student Veteran? Learn more about SVA and other organizations and clubs to get involved with on campus on page 6!



KEEP CALM AND FILE YOUR FAFSA

FREE MONEY FOR COLLEGE?

Everyone wants to have fewer loans to pay for college. Filling out your FASFA is the first step to qualify for grants– which you don't have to pay back! FASFA Fridays! from the Financial Aid Office are here to help you complete your FASFA. Just bring a copy of your 2015 tax information to any of the dates throughout the semester! In the mean time, check out these websites for scholarships:

www.fastweb.com

www.scholarships.com

www.myscholly.com

Don't forget to check with any organizations, clubs, or churches you're part of too! For more information on FASFA Fridays! Email Amanda Tomlin at atomlin@blueridgectc.edu

ATTIRE FOR HIRE CLOTHING DRIVE

Blue Ridge Community and Technical College's Phi Beta Lambda and Rotaract Clubs along with The Student Activities Board have joined forces and are bringing you Attire for Hire. Attire for Hire is a clothing drive with a twist– we are collecting gently used professional/dress casual clothing.

The collected items will be sorted and made available to the Blue Ridge CTC student body for the Spring 2017 Career Fair and future career endeavors. Clothing will be collected February 13th through the 17th at the Headquarters and Tech Center Lobbies. Clothing will be made available to the student body February 20th and the 21st in Headquarters Room 3114, located on the 3rd floor, from 9:00 am to 9:00 pm both days.

All gently used clothing will be accepted,; however, professional/dress casual clothing is preferred. Any clothing that is not distributed to the student body will be donated to local clothing closets. Please join us in helping us to make this clothing drive and career fair a great opportunity for our students. Any donations provided will assist our students and community!

BRCTC LUNCH AND LEARN SERIES

Free food: a favorite phrase of college students everywhere. Each month, our Lunch and Learn series presents students with an opportunity to not only grab a free lunch, but also learn more on a topic they may not have previously explored.

Are you interested in a free lunch and learning something while you're at it? Check out the upcoming Lunch and Learns for this semester!

February 1st, 11:00am-12:00pm in Room 2101: Bystander Intervention Training

Join us to learn how you can prevent various types of violence, including bullying, sexual harassment, sexual assault, and intimate partner violence.

March 16, 10:30-11:30 in Room 2103: Tina Combs– TBA

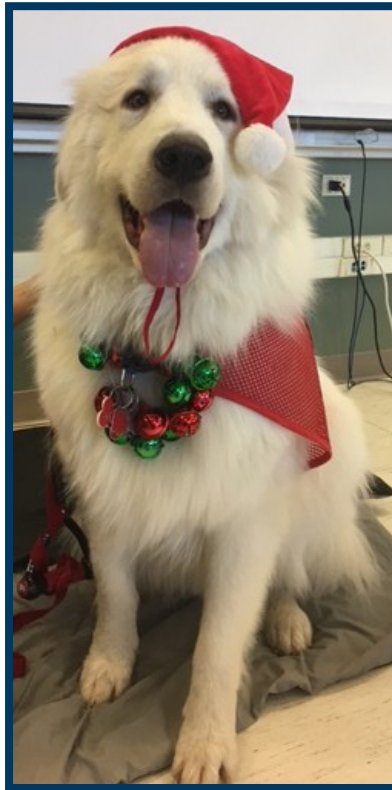
April 5th, 11:00-12:00pm in Room 2101: Networking and Branding Yourself

Are you interested in learning more about how to create a professional network and brand yourself?

To sign up for a Lunch and Learn, RSVP on our website at:

<http://www.blueridgectc.edu/lunch-learn-rsvp/>

For more information on any of these sessions, email Sara Gordon at sgordon@blueridgectc.edu



*“Happiness is a warm puppy”
—Charles Schultz*

FIDOS FOR FINALS FUEL UP

Finals can be a stressful time for everyone, which is why this past December, Blue Ridge CTC began the Fidos for Finals Fuel Up program. Through the program, Gunnar the Great Pyrenees and his handler, Sandy, spent two days on campus, bringing smiles and stress relief to students.

Gunnar is a certified therapy dog through Bright and Beautiful Therapy Dogs. Great Pyrenees, like Gunnar, can weigh over 100 pounds when fully grown, but those who stopped by to see Gunnar quickly learned this big guy is just a big teddy bear. Although the breed was bred to herd and protect flocks of sheep, his handler, Sandy, explained that he adjusted quickly to his new job of lovable hound.

Therapy dogs have been shown to reduce stress, lower blood pressure, and increase happiness of those who spend time with them. Were you one of over 100 people who took advantage of the love Gunnar had to offer during his visit? If you missed Gunnar during Finals Week December 2016, there are more opportunities to enjoy his company! Gunnar and Sandy will be back on campus during midterms and finals this spring!

March 1: 10:30-12:00 @ HQ room 2101

March 2: 11:00-1 @ HQ room 2107

Finals week: TBA

For more information, contact Ashley Sturm at asturm@blueridgectc.edu.

NEW SEMESTER, NEW CHANCE FOR SUCCESS

We hope you enjoyed your break and are ready for a great new semester here at Blue Ridge CTC! There are many resources you can take advantage of here to make this semester your best one yet. Check out a few below:

Tutoring: BRCTC has both on campus and online tutoring! On campus tutoring can be requested through the website under the “Current Students” tab. Online tutoring is accessed through the BrainFuse link on Blackboard.

eLearning help: Our eLearning department is happy to help you with any online learning questions you have! Stop by and see them in room 2200.

Disability Services: Disability services can help you acquire accommodations for any mental or physical impairment. Schedule an appointment with Alexis Dixon via email at adixon@blueridgectc.edu or 304-260-4380 ext. 2117.

WOMEN IN MANUFACTURING

Of the available workforce, nearly 50% of the people available for hire are women. Despite this, only approximately one-quarter of the employees in manufacturing jobs are female! Procter and Gamble and BRCTC are working together to change this.

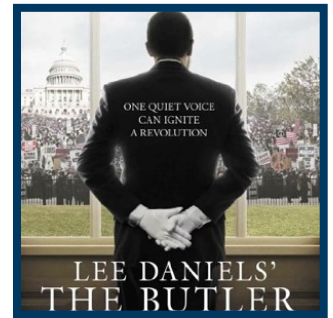
On Thursday, February 16th, Blue Ridge will host an information session on Women in Manufacturing Careers. Attend to learn more about what it means to work in manufacturing, shatter stereotypes, and make products used in every day life. Employees from P&G will be available to answer questions and talk about opportunities in the new Tabler Station facility. You can also learn about educational opportunities from Blue Ridge which may lead to exciting manufacturing careers. For questions about this event, please contact Megan Michaels at 304-260-4380 ext. 2403

**Event Details:
Thursday, Feb. 16th
5:30-7:00PM
Room To4, Tech
Campus**

FINALLY FRIDAY! FREE MOVIE NIGHT

Action. Comedy. Drama. Family feel goods. Regardless of what movie type you prefer, with BRCTC's Finally Friday! Movie Nights, we have something for everyone! Last semester, featured movies included The Campaign, Goosebumps, The Theory of Everything. If you missed out on these great flicks, don't worry because Movie Night is back this semester! Each Finally Friday! Movie Night takes place on Main Campus. Snacks are provided and the event is open to the community, so bring friends and family along to enjoy the show!

In February, our featured movie is Lee Daniel's The Butler. This movie, starring many big names, including Oprah Winfrey and Forrest Whitaker, follows Cecil Gaines through his tenure as butler at the White House. Gaines served eight presidents during his time, and had a front row seat to some of history's biggest movements. Join us on February 24th at 6pm!



THE LAB NEXT DOOR

Pantene shampoo, first manufactured in 1945, was named for one of its key ingredients – panthenol. Panthenol is a provitamin of B5. It serves as a moisturizing agent and improves wound healing in pharmaceutical and cosmetic products. With Procter & Gamble's (P&G) acquisition of Pantene in 1985, Pantene distribution expanded on a massive scale, making the hair care technology of Pantene accessible to women everywhere. Procter& Gamble is locating a manufacturing center in the Martinsburg area. Pantene is one of many products P&G will produce at the facility. Quality control testing will be a key factor in the manufacturing of Pantene. Quality Control is a process that ensures quality in manufactured products through a series of tests- such as pH, percentage of solids, foam formation, foam quality, viscosity, and dirt dispersion. Does this type of work sound like something that may interest you? Check out the Applied Laboratory Technician certificate program here at Blue Ridge Community and Technical College. This program trains its students to work in quality control within a manufacturing setting.



For more information about this program, contact the program coordinator, Paul Emanuel at 304-260-4380 ext. 3420 or pemanuel@blueridgectc.edu.

AMERICAN RED CROSS BLOOD DRIVE

On January 13th, the Student Nursing Association (SNA) held their first blood drive of the year. The community came out strong to support this event. We had 25 donors and collected 20 pints of blood!

We invite students to sign up for future blood drives through the Red Cross Website, as <http://redcrossblood.org>. Enter Blue Ridge's location with our zip code, 25403. Look for our upcoming dates!

The next Blood Drive is scheduled for **March 13th**, in front of Headquarters in the Blood Mobile. We encourage donors to register, but we will still try to accommodate "walk-in" donors.



Approximately 36,000 units of red blood cells are needed in the United States every day.

—American Red Cross

IS THIS THE RIGHT JOB FOR YOU?

Here are some simple rules of thumb to help you decide whether a job offer is right for you.

Do some soul searching. At Bentley, our students actually begin the "soul searching" process during freshman year; but it's still an ongoing, lifelong process. Identify your interests, passions, and personality. What's going to keep you inspired and getting out of bed each day for work? Differentiate between logistical aspects of a job offer—salary, health benefits—and other opportunities like culture, mentors, educational reimbursement and professional memberships. (Try to get away from expectations placed on you by family and friends.)

Review the offer with career services. Once you get a verbal or written offer, make an appointment with a career services professional at your school. They can review compensation and benefits, address any concerns, and discuss appropriate next steps.

(They can also guide you on offer etiquette—whether accepting or declining an offer—as most schools have policies on both.)

Set (or re-set) your priorities. Just because an employer did not pop open a bottle of expensive champagne during your job offer, it doesn't mean that they don't value your work. Companies have different policies they need to follow. Step back and think about the big picture: Is the company culture a good fit? Do they offer great benefits? Is there opportunity to grow?

Save the Date: Learn How to Market Yourself to Employers
Free workshop for students
RSVP to Career Services at
careerservices@blueridgectc.edu
Tuesday, February 28th
8:00-9:15am
Main Campus, Room 2105

Article by Susan Brennan adapted from the National Association of College and Employers. Susan Brennan is the Associate Vice President for University Career Services at Bentley University

GET INVOLVED ON CAMPUS THIS SEMESTER

Have you been looking for a way to get involved on campus but you're not quite sure how? Now is the perfect time to join a club or organization! There are many groups on campus to meet the needs of our diverse student body population. This week, our Clubs and Orgs Fair is the perfect way to find the organization for you!

Some of the groups that will be there include:

- Phi Theta Kappa– a National Honor Fraternity
- Phi Beta Lambda– Future Business Leaders of America
- Student Activities Board– a way to help run events on campus
- Student Veteran's Association
- Student Nursing Association

...And many more!

Join us and get involved on campus! The fair will take place on **Wednesday, February 1st and Thursday, February 2nd from 9-4 on both campuses.**

STUDENT VETERAN ASSOCIATION



The Blue Ridge Community and Technical College Student Veterans Association has established itself on campus and is open to ALL students, faculty, staff and Veteran alumni. We offer a large range of services and experiences and our main focus is outreach. If you are interested in becoming part of an organization that is committed to excellence, look no further than the Student Veterans Association.

During the Fall 2016 semester, the Student Veterans Association played a pivotal role in campus outreach hosting Military and Veteran Appreciation Week (November 7-11), a care package drive for troops serving overseas, and a donation drive for the local Toys for Tots program. The students of the SVA are looking forward to embarking on new journeys for the Spring semester. Some of those goals are as follows:



- To assist new students in achieving a smooth transition to college life.
- To assist in locating and accessing services and benefits available by providing information and support.
- To educate students and community of current issues facing our veterans and transitioning students.
- To invite guest speakers to campus who support our mission and advocate on behalf of our Veteran students.
- To build camaraderie and provide a peer and professional network of mentors for student Veterans and military connected students.
- To build a positive community and become involved on campus and in the local Martinsburg community by conducting social, fundraising, networking, and advocacy events.
- Represent BRCTC Student Veterans Association on campus and throughout the community.

The first SVA meeting of the semester will be held on February 10th at noon. Please stay tuned to your email for more information!

Contact the BRCTC SVA for information regarding meeting schedules, community outreach programs, student leadership, and mentorship opportunities.

SECURITY NOTES: STALKING

As January is National Stalking Awareness Month, the Blue Ridge CTC Security Department urges students, as well as members of the college staff and faculty, to remain vigilant and cognizant of their immediate surroundings, and to be especially on guard if they are now, or have previously been involved in a domestic violence, or harmful relationship. Security asks anyone who has received indications, or has sensed that they have become the fixation of a stalker, to contact the Security Office at Extension 2250. The Security Department is ready to provide escorts to and from our campus locations to vehicles, and to serve as liaison with local law enforcement and the county prosecutor's office. In addition, stalking is designated a Clery Act crime and in many situations, falls under the purview of the Title IX Coordinator, Ann Paull. Ann may be reached at Extension 2126.

The average duration of stalking is 1.8 years.
-John Carrol University, Violence and Prevention Action Center

Below are some statistics and facts from the International Association of Chiefs of Police to help paint clearer picture of how potent a problem stalking is in the United States:

- All 50 U.S. states now have anti-stalking laws
- The majority of stalking efforts are not reported to the police
- Stalking crimes that are reported reflect that 61% of female and 44% of male victims report being stalked by a current or former intimate partner
- Most stalkers are known to their victims (1 in 8 females report being stalked by strangers and 1 in 5 males stalked by strangers)
- The majority of stalking victims fall within the age group: 18 to 24
- Common stalking behaviors include: following; constant telephone calling; monitoring victim's computer usage
- Ignoring a stalker does not cause them to give up; they will tend to escalate and statistics reflect that their behavior tends to become violent in nature
- Even the less technologically savvy stalker will use GPS, cell Phones, covert cameras, email, social media and monitoring of popular sites to track victims

The Blue Ridge CTC Security Department is prepared to deal with stalking situations, so please do not hesitate to seek out one of our officers should you believe you are the object of a stalker's obsession. If you are contacted by any person you perceive as a threat to your overall safety, do not hesitate to call 911 via your cell phone. If approached in the Blue Ridge CTC Headquarters parking lot, each of the four Blue Emergency poles contain telephones that will connect directly to the Berkeley County Emergency Dispatcher. Our Security unit maintains 24/7 surveillance over the interior and exterior public spaces at Headquarters and the Tech Center campuses, and vigorously strives to keep Blue Ridge CTC students and staff safe and secure.

James A. Devino
Security and Safety Supervisor

BACKPACK BERKELEY FOOD DRIVE A SUCCESS

Last semester, students and faculty at Blue Ridge CTC participated in the Backpack Berkeley Food Drive. Because of your support, we were able to donate 138.5 pounds of food! We want to thank everyone for helping to make this a successful event.

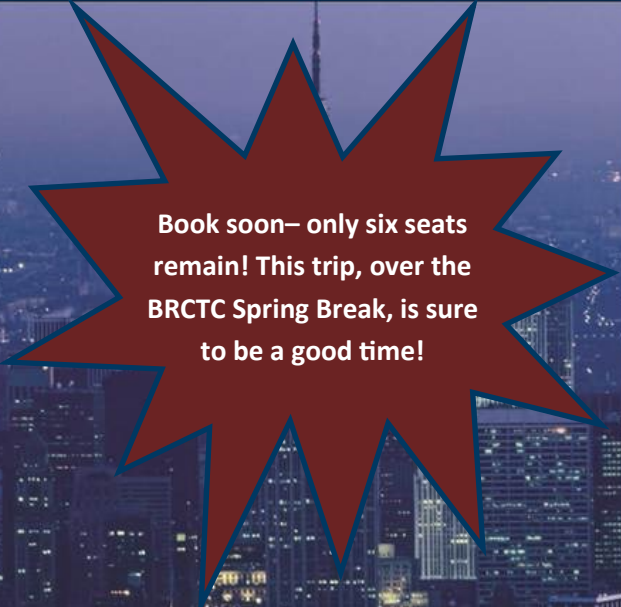


The mission of Backpack Berkeley is to meet the needs of hungry children at times when other resources are not available to them— such as weekends and school vacations. Their goal is to help end childhood hunger in Berkeley County one backpack at a time!



BlueRidge

COMMUNITY AND
TECHNICAL COLLEGE



Book soon— only six seats remain! This trip, over the BRCTC Spring Break, is sure to be a good time!

NEW YORK CITY WEEKEND

BUS TRIP

April 21 – 23, 2017

Do you love New York City? Join your friends on this perfect spring get away! “Start spreading the news” about this great new trip sponsored by the Blue Ridge CTC Foundation. Enjoy your stay at **Novotel Times Square**, located in Times Square. Call your friends and sign up soon! We look forward to hearing from you!

- | | | |
|----------|---|---------------------|
| ② Double | 1 King bed <i>or</i> 2 full/double beds | \$499.00 per person |
| ③ Triple | 2 full/double beds | \$425.00 per person |
| ④ Quad | 2 full/double beds | \$373.00 per person |

**Payable in three installments.
Single room rate available upon request.

Novotel Times Square | 226 West 52nd Street on Broadway, New York, NY

Can be viewed online: www.novotel-newyork-timessquare.com

The 2017 Package includes transportation by Schrock, 2 nights lodging, all luggage handling delivery, and taxes.
Additional activities, attractions, tours, admissions, meals, & shows can be added at additional cost per request.

**For More
Information:**

Megan Michael: 304-260-4380, ext 2403 • amichael@blueridgectc.edu
Anne Myers: 304-260-4380, ext. 2422 • amyers@blueridgectc.edu

Blue Ridge Community and Technical College provides opportunity to all prospective and current members of the student body, faculty, and staff on the basis of individual qualifications and merit without regard to race, color, sex, sexual preference, religion, age, national origin, sexual orientation, marital or parental status, familial status, veteran status, or disability.



SPRING 2017

TRANSFER EXPO FOR STUDENTS

TUESDAY, MARCH 7 – 1:30 PM TO 6:30 PM
HEADQUARTERS (HQ) – MAIN CAMPUS
13650 APPLE HARVEST DRIVE, MARTINSBURG, WV 25403

TUESDAY, MARCH 7 – 11 AM TO 6 PM
**AMERICAN SENTINEL UNIVERSITY &
CHAMBERLAIN COLLEGE OF NURSING**
TECHNOLOGY (TECH) CENTER – NEAR CLASSROOM T40
5550 WINCHESTER AVENUE, MARTINSBURG WV 25405

WEDNESDAY, MARCH 8 – 9 AM TO 2 PM
HEADQUARTERS (HQ) – MAIN CAMPUS
13650 APPLE HARVEST DRIVE, MARTINSBURG WV 25403

FOUR-YEAR UNIVERSITY/COLLEGE REPRESENTATIVES WILL BE AVAILABLE FOR STUDENTS TO DISCUSS EDUCATIONAL GOALS AFTER GRADUATION FROM BLUE RIDGE CTC. STUDENTS ARE TO BRING THEIR TRANSCRIPTS TO DISCUSS FUTURE TRANSFER PLANS.

FOR MORE INFORMATION, CONTACT JACKIE GRIGGS AT (304) 260-4380, EXT. 2351



IS ENGLISH YOUR SECOND, THIRD
OR EVEN FOURTH LANGUAGE?

ESL WORKSHOP

FRIDAYS, 9:30 - 11:30 AM
MAIN CAMPUS, ROOM 2106

College coursework can be complicated by learning a language on top of learning various subjects. Sign up today for **FREE** English as a Second Language instruction with Dr. Katherina Muller (TESOL certified).

REGISTER BY JANUARY 20
KSHURNIT@BLUERIDGECTC.EDU

WALK-IN TUTORING

EVERY FRIDAY

11:30 AM-6:15 PM

MAIN CAMPUS, ROOM 2104

OFFERING ASSISTANCE IN...

- STUDY SKILLS & NOTE-TAKING
- READING ACROSS THE CURRICULUM
- WRITING ACROSS THE CURRICULUM
- MLA & APA STYLES
- HELP FOR ENGLISH LANGUAGE LEARNERS



FOR ON-CAMPUS
TUTORING AT OTHER
DAYS AND TIMES OR
IN OTHER SUBJECTS,
REQUEST A PEER
TUTOR ONLINE AT

WWW.BLUERIDGECTC.EDU/TUTOR-REQUEST

BLUE RIDGE CTC

In an environment focused on affordability and achievement, Blue Ridge offers associate degrees, certificates, and certification training in liberal arts, business administration, and allied health fields. Our programs are learner-centered and essential to the needs of a fast-paced, global economy. Take possibility to new heights—ascend the Ridge today.

WHO YOU GONNA CALL?

Need to speak to someone but not sure of their extension? You can look up extensions on the BRCTC website under the Directory, located on the top right portion of the website homepage. Once you call **304-260-4380**, you can use these extensions as well!

The Welcome Desk: Ext. 2000

Financial Aid: Ext. 4001

eLearning Department: Amanda Carrell, ext. 2349

Disability Services: Alexis Dixon, ext. 2117

Tech Campus Bookstore: Ext. 2272

Security: Ext. 2250



BLUE RIDGE COMMUNITY AND TECHNICAL COLLEGE

13650 Apple Harvest
Drive
Martinsburg, WV 25403
304-260-4380

Newsletter questions or
articles for our next edition?
Email Ashley Sturm at
asturm@blueridgectc.edu

**Do *you* have a story about
your club, organization, or
event that you would like
featured in next month's
edition of the Bruin Bulletin?
Email Ashley Sturm at
asturm@blueridgectc.edu
on how to get your article
featured!**