

# Bruin Bulletin

Blue Ridge CTC Student Newsletter



## Three Things To Love About March

This, the third month of the calendar year is overflowing with reasons to celebrate.

The color green can be a signifier for so many things: jealousy, greed, nature, and all things Irish, for example. However, in this issue, we'll focus on three green themes, in particular: conservation, luck, and money.



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## “Promoting Conservation: On Campus and in Our Community”

Campus Conservation Committee Publishes its Spring Newsletter

A new committee has been put together on campus this semester. The Campus Conservation Committee would like to invite you to join in their efforts to make a positive impact on campus and in the community. The committee is open to students, faculty, and staff. For more information about joining the Campus Conservation Committee, please contact Amanda Carrell by email: [acarrell@blueridgectc.edu](mailto:acarrell@blueridgectc.edu).



Recently, the newly formed Campus Conservation Committee published its Spring 2018 newsletter. This newsletter is as well-written as it is informative, comprised of articles submitted by committee members. This newsletter is particularly timely, and here's why:

Spring is often a time when people get the itch to clean out the garage and purge those stacks of old vinyls; that bucket full of rusty, broken tools; and the mountain of near-empty cans of paint piling up in the corner behind the water heater. Before you do so, think about where these discarded items will end up. Make sure you handle and dispose of them safely and properly. It's worth taking a few minutes to make sure you are doing what's right for the environment by visiting [epa.gov](http://epa.gov). There you'll find an easy-to-scan list of items that require special handling and/or disposal.

### Before you throw that food in the garbage...

Many of us throw food into our garbage cans because we assume that once it's in a landfill, it will break down like compost and return to the Earth organically. This is incorrect. Food waste is a huge environmental problem because when food breaks down in a landfill, it gets mixed with items like plastic, paper and other materials. This causes the food to take on the chemical characteristics of these inorganic materials, and the food creates leachate, a liquid that carries chemicals from the matter it has passed through—a substance that is toxic to the Earth's natural systems. Better options: composting or garbage disposal.

—CCC Newsletter



## WHAT STRESSES YOU OUT?

**Heart pounding? Blood pumping? Muscles tensing?  
Veins popping? Yep, that's stress, alright!**

If anything stresses students out, it's exams (and if you didn't already know, you've got a *week* of them coming up really soon, so hit those books!). But we'll come back to exams in a bit. For now, let's focus on this "stress" thing.

Stress itself is actually a chemical reaction to a stimulus, also known as fight or flight syndrome. The release of stress hormones—cortisol and epinephrine—causes physical reactions that would be handy if you had to battle a wildebeest once in a while on the way home from the pharmacy. But these days, people are constantly stressed: we worry about what we should have done *yesterday*, what's going wrong *today*, and what might happen *tomorrow*. These days, those stress hormones are always on high alert, and they become a constant, toxic threat to our health.

There are myriad symptoms of this constant companion we call stress, but several are specifically poignant for college students: memory problems, lack of creativity, reduced concentration, and less attention to detail. Do any of these sound familiar? The thing is, you can't be your "best self" under these conditions.

**"Don't stress. Do your best. Forget the rest."**

One of the four major types of stress is fear/anxiety, which probably explains most students' general feelings about midterm exams. So, what do you do about it? Well, there are healthy and unhealthy ways to deal with stress. Here are a few healthy ways to deal specifically with fear and anxiety:

1. Prepare thoroughly for the exam—not only does taking action (studying) reduce the stress about the upcoming test, but it also increases the chances that you'll do well!
2. Relax and breathe deeply—while you're studying, as well as *before* and *during* the exam. Increased oxygen levels actually reduce the physical effects of stress and help you to concentrate better.
3. Visualize success—close your eyes for a moment and visualize yourself in the classroom taking the exam and knowing the answers. Visualize the "A" on your paper. Do this as often as you can.
4. Take frequent breaks—marathon study sessions rarely work well. Give your mind a break so it can work at its full potential. Study often, and vary the length of time you study. Lots of short bursts work just as well as a few long hours, if not better.

*"The National Institute for Mental Health estimates that 70-80% of all doctor visits are for stress-related illnesses"*

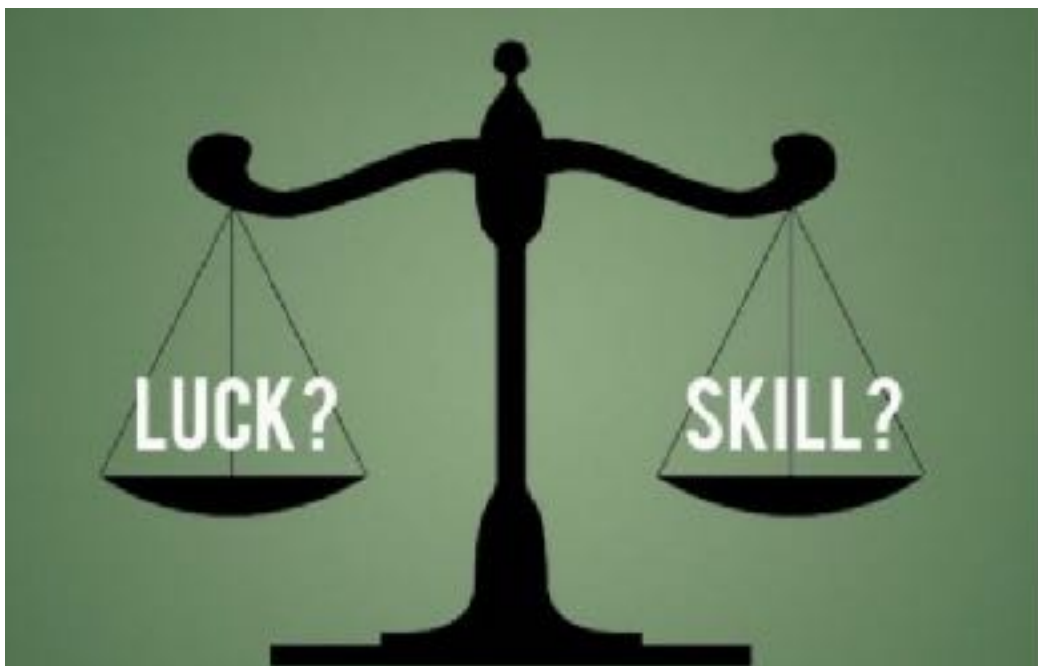




**Skill**—the capacity to do well which comes from practice and thorough preparation

**Luck**—chance; a chance occurrence

You don't need luck. **You've got this!**



## The Outlet: Bloom Where You Are Planted



**Submission Deadline: 4:30 p.m. on Friday, March 23, 2018**

**Calling all Blue Ridge CTC writers of poetry and short prose, all visual artists and photographers.** Students (including alumni), faculty, and staff are invited to submit written works, photographs, and other visual artworks to the college literary and art magazine: *The Outlet: Bloom Where You Are Planted—Arts and Letters*. It will be published this spring and disseminated to each department.

**To submit written works**, please follow these guidelines:

- Write in a Word document and send it as an attachment to an email addressed to [kcox@blueridgectc.edu](mailto:kcox@blueridgectc.edu).
- Use Times New Roman 12 point font.
- For poems, use single spaced lines.
- For prose, use one and a half spaced lines.
- Leave your name off of the submission.

**To submit visual art**, bring a digital file of images or original artworks to Kelly Shurnitski on the Main Campus, Suite 2200, by 4:30 p.m. on Friday, March 23, and follow the following guidelines:

- The work may be any two-dimensional media: painting, photography, drawing, watercolors, collage or mixed media. Participants may submit more than one photograph or other work of visual art.
  - Identify the thumb drive and/or any original artworks with your name (on the back of originals, perhaps with a sticky note) so they can be returned to you.

### ***NEW!*** DIGITAL SUBMISSION OPTION for VISUAL ART SUBMISSIONS

- Digital submission of visual art should adhere to the following guidelines:
  - ✓ Images **MUST** be saved in .jpg format.
  - ✓ Images should be saved in medium- to high-resolution (at least 150 – 300 dpi).
  - ✓ Images should be no larger than 7” or 1200 pixels on the longest side.
  - ✓ A USB (thumb/jump) drive containing the images can now be submitted in lieu of original hard copies.
  - ✓ Please label the drive or the back of any original work so it can be returned to you.

## Another One of the Valuable Student Services at the **Ridge**: Career Services

Although there is no guarantee, taking advantage of opportunities like this one can move you in the right direction towards getting a better job, sooner.



**CRAFT THE PERFECT RESUME TO GET THE JOB!**

The Office of Career Services is **NOW OFFERING** multiple weekly Resume Review sessions for students and alumni.

Visit our Resume Review Session scheduler today:

[www.BlueRidgeCTC.edu/ResumeReview](http://www.BlueRidgeCTC.edu/ResumeReview)



For more information contact us at  
[careerservices@blueridgectc.edu](mailto:careerservices@blueridgectc.edu)



## UPCOMING SPRING EVENTS

Blue Ridge CTC has tons of fun and engaging activities planned for spring. Mark your calendars! If you have any questions about these events, or if you need more details, contact Sara Gordon: [sgordon@blueridgectc.edu](mailto:sgordon@blueridgectc.edu).

ACTIVITY	DATE	TIME	LOCATION
Color Me Calm	Mar 13	All Day	Both campuses
Lunch & Learn: PTSD	Mar 14	11 am - 12 pm	Room 2103
Adam Booth: Storyteller	Mar 27	6:30 pm - 7:30 pm (approx.)	Room 1101
Live at Lunch: Bluegrass Band	Mar 28	11 am - 1 pm	Main Campus Cafe
Diversity Week	Apr 9-13		
Tie-dye Event	Apr 10	9 am - until shirts run out!	Main Campus Lawn
Lunch & Learn: Title IX (the bystander effect)	Apr 11	11 am - 12 pm	Room 2103
Throwing Out Stigmas	Apr 12	12 pm - 1 pm	Room 1101
Sundae Bar	Apr 23	11 am - until ice cream runs out!	Both Campuses
Lunch & Learn: Networking and Branding Yourself	Apr 24	11 am - 12 pm	Room 2106



2018 - 2019

# IT'S FAFSA TIME!

Fall 2018  
Spring 2019  
Summer 2019

START YOUR FALL FINANCIAL AID APPLICATION EARLY FOR PRIORITY AWARD CONSIDERATION.



**NEED \$ FOR COLLEGE?  
SCHOLARSHIPS AVAILABLE!**

**Fall Scholarship Applications due by April 2, 2018!**

APPLICATIONS CAN BE FOUND AT:  
[www.blueridgectc.edu/scholarships](http://www.blueridgectc.edu/scholarships)  
or Main Campus, Suite 2100

Contact the Foundation for more information:  
[foundation@blueridgectc.edu](mailto:foundation@blueridgectc.edu)  
304.250.4380 ext.2423

**BlueRidge**  
Community and Technical College  
**FOUNDATION**





## ADVISING FOR SUMMER AND FALL REGISTRATION BEGINS

MARCH 12th

Every Blue Ridge CTC student has an academic advisor. Your academic advisor is your guide through the maze of educational planning. He or she is prepared to help you clarify your educational goals and specify the requirements necessary to achieve these goals. When you meet with your advisor, you will want to make the most of this opportunity. The following guidelines are suggested for your consideration.

### Three Important Steps to Get the Most Out of Advising

- 1. Go in prepared. Take a sample schedule of the classes you want to take.** The advisor cannot read your mind. You should be candid and straightforward about any questions and concerns.
- 2. Ask questions to clarify anything you do not understand.** This is usually the most direct way to find out what you want to know. Also, letting something pass that you do not understand can often cause problems down the road.
- 3. Listen carefully and take notes of things you want to remember.** This will provide a written record of what was said in the session and you won't have to rely on your memory for details.



**Still need to fill out your 2018-2019 FAFSA?  
You're Invited!**



**March 12<sup>th</sup> 9:00am-11:00am**

**March 14<sup>th</sup> 5:00pm-7:00pm**

**March 19<sup>th</sup> 9:00am-11:00am**

**Bring your 2016 Taxes and let Financial Aid help you fill out your  
2018-2019 FAFSA.**

**\*Fiesta themed refreshments provided. Fiesta attire encouraged.\***

### THE TAX MAN COMETH...

Filing your taxes can be stressful (see page 3). New tax laws can make it even more so. But getting them done and out of the way feels soooo good. So, if you need help going through this process, Blue Ridge is offering some assistance. Schedule your appointment now.

**FREE TAX PREP!**

SCHEDULE A 1-HOUR APPOINTMENT  
FRIDAYS, 10AM - 3PM

February 2, 9, 16, 23  
March 2, 9, 16, 23, 30, April 6

CONTACT SUSAN RICHMAN: 304.260.4380 ext. 2110

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**“Nothing happens until I make it happen.”**

**—Scott Wilson**

***You've Got This!***