

Bruin Bulletin

CALENDAR OF EVENTS

- Tuesday, February 28:** Sleep Awareness Day
- Wednesday, March 1:** Therapy Dogs on Main Campus
- Friday, March 3** FASFA Fridays! @ HQ room 2108
- Tuesday, March 7:** Transfer Expo
- Friday, March 10:** FASFA Fridays! @ TC room T25
- March 14-17:** Spirit Week
- Tuesday, March 14:** BBQ Cook Off @ HQ
- Thursday, March 16:** Lunch and Learn with Tina Combs
Sundae Bar @ HQ
- Friday, March 17:** FASFA Fridays! @ HQ room 2108
- Friday, March 31:** FASFA Fridays! @ HQ room 2108
Finally Friday! Movie night: Me Before You

IMPORTANT DATES

- March 3:** Last day to apply for August and December graduation
Last day to withdraw from first 8-Weeks of class'
- March 6-11:** Midterm Exams
- March 15 (tentative):** Mid-term and first 8 week grades available
- March 20:** First day of registration for Summer term
- March 22:** First day of registration for Fall term

INSIDE THIS ISSUE

Therapy Dogs..... 3
 Career Services 3
 Free Movie Night..... 5
 Free Tax Prep 6
 Free Microsoft Office 7
 NYC Trip 8
 Transfer Expo 9
 Culinary Donations.....10
 English Tutoring.....11

SPECIAL POINTS OF INTEREST

- Did you know petting dogs can reduce stress? See how BRCTC is reducing your stress at midterms on page 2.
- Worried about interviews? The Career Services office has tips to help you put your best foot forward on page 3!
- Not quite a tax expert? Find out about FREE tax prep from BRCTC on page 4.
- Need a fun, free way to spend a Friday night? Find information about our March Finally Friday! Movie night on page 4.
- Did you know BRCTC students can get Microsoft Office free? Find details on page 6!
- Not sure how to spend your spring break? Information about our NYC trip is on page 7!

WE'VE GOT SPIRIT, YES WE DO...

Are you feeling the Blue Ridge CTC spirit? Join us during Spirit Week activities, featuring plenty of free food!

Tuesday, March 14 from 11-1pm at HQ: BBQ Cook-off



Are you a master griller? Is your barbecue sauce the best around? Enter our BBQ Cook-off, where a panel of judges determines who is Blue Ridge's best.

Thursday, March 16th from 10:30-11:30 at HQ: Lunch and Learn featuring Social Media Etiquette

Is your online presence professional? Are your emails to instructors appropriate? Join us for a free Lunch and Learn about social media etiquette. RSVP online!
www.blueridgectc.com/lunchandlearn

Friday, March 17th from 11-2pm both campuses: Sundae Bar

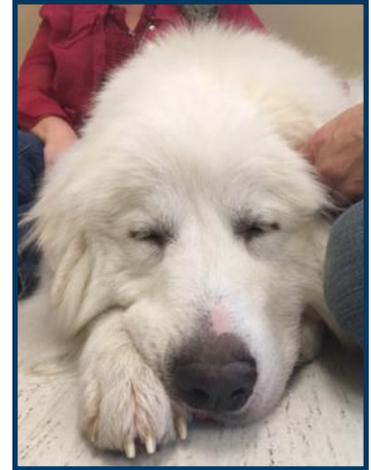
I scream, you scream, we all scream for ice cream! Join us for our final day of spirit week and enjoy free ice cream sundaes. See you there!



MIDTERMS GOT YOU DOWN?

We know midterms can be a stressful time. Although we can't take your test for you, we would love to help reduce your stress level. That's why we're bringing back Therapy Dogs on Campus! Gunnar the Therapy Dog will be on campus Wednesday, March 1st (10:30-12) and Thursday, March 2nd (11-1).

Hopefully you got a chance to meet this big, lovable white fluff-ball when he and his handler, Sandy, visited last semester. If not, don't miss this opportunity! Therapy dogs are different from service dogs, because their job is to be petted and loved on (and you should *never* pet a service dog when it's working). Studies have shown that dogs can lower mental stress (Allen et. Al, 2001). So do yourself a favor and lower your mental stress by visiting Gunnar at midterms!



Gunnar, therapy dog with Bright and Beautiful, takes a nap during his visit

BRCTC LUNCH AND LEARN SERIES

Did you know that through the Lunch and Learn series you can snag a free lunch and learn about a different topic each month? Past topics and guest speakers have included the bilingual advantage in the workplace, by-stander intervention, and even a group who trains service dogs for veterans. This series is a great way to learn more about a topic you may not have previously known about, and get a free lunch while you're at it! Check out information on the series for this month....

One-third of hiring managers screen candidates on social media and of those, 49% have not hired someone because of content they've found.

-via Ladan Nikravan at CareerBuilder.com

Date: Thursday, March 16

Time: 10:30-11:30

Location: 2103

Topic: Social Media Etiquette, with guest speaker Tina Combs
Sign up by visiting www.blueridgectc.com/lunch-learn-rsvp

TOUGH QUESTIONS INTERVIEWERS ASK AND HOW TO ANSWER THEM

Mock Interviews: Practice interviewing skills during a 20 minute time slot with a regional employer. RSVP email careerservices@blueridgectc.edu Monday, March 27th 9:45a – 11:45a

An interview isn't a contest to see if the interviewer can stump the job candidate. However, interviewers can ask some thought-provoking, tough questions. Here are some questions we've collected from recruiters and suggestions for answering them:

Tell me about a time when you had to make a decision, but didn't have all the information you needed. Use a real anecdote from your experience to answer this question. The answer doesn't have to be great and grand. It could be a simple situation that was handled well. It could demonstrate ability in your field. For example: You may want to tell the interviewer how you selected your college from among all the colleges you applied to. Were you satisfied with your choice? Why or why not?

What suggestions do you have for our organization? Let's say you're interviewing with a retailer and you're asked this question. Don't answer with the expected answer—anything to do with upkeep of the organization's stores. Instead, talk about merchandise that you might want to add...or how you would rearrange the stores' layout and why. Your answer should reflect your creativity.

What is the most significant contribution you made to the company during your internship/co-op? Tell a story about an accomplishment that added value to the company, demonstrating skills that show initiative or resilience. Tell the interviewer about the options and the outcome of your work.

What is the biggest mistake you've made? Be honest. You'll show credibility and integrity. While mistakes aren't rewarded, sometimes making a mistake can show that you've pushed yourself to the limit. Be careful, however, to concentrate your answer on describing what you learned from your mistake.

Contact the Office of Career Services at careerservices@blueridgectc.edu for more information about career exploration, resume and interviewing assistance, and connecting with employers. This service is free to current Blue Ridge CTC students.

(Adapted from the National Association of Colleges and Employers)

SCHOLARSHIPS FOR STUDENTS



Who doesn't want a chance at free money for college? There are a variety of scholarships available through the Foundation at Blue Ridge CTC. Information on these scholarships, available only for Blue Ridge CTC students, is available on the website at:

www.blueridgectc.edu/financial-aid/scholarships/

There is a variety of scholarships available to students. Just a few of the majors specific scholarships include...

Nursing
English
Culinary Arts
Business
Allied Health....

... and many others! Applications are due April 1st, so don't wait! If you have questions, email the Foundation at foundation@blueridgectc.edu for more information .

FREE TAX PREP

Blue Ridge is offering free tax preparation for both students and the community again this year. Anyone who makes \$54,000 or less may participate. The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$54,000 or less, persons with disabilities and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. We offer tax services between 11am and 4pm on Fridays.

To make an appointment, please call Susan Richman at 304-260-4380 ext. 2110.



FINALLY FRIDAY! FREE MOVIE NIGHT

Finally Friday! Movie Night is back this semester and we've already featured some great movies! January's feature film, *The Secret Life of Pets*, was a family friendly film full of laughs. In February, the drama, *The Butler*, told the story of one man who served as a butler in the white house for eight presidents. So what's next on the agenda? This month's feature film is *Me Before You*.

The dramatic film, based on the book by Jojo Moyes, tells the story of Louisa Clark (Emilia Clarke) as she begins a career as a caretaker for a quadriplegic man, Will Traynor (Sam Claflin). Will was young and active before his accident, and is in a downward spiral when Lou comes into his life. Will she be able to pull him out?

Me Before You is a tear-jerker film that touches on some serious subjects— such as depression and physician assisted suicide, but also love and life's meaning. Join us at 6pm on March 31st to enjoy this great film!



THE LAB NEXT DOOR



Did you know Head & Shoulders® is clinically proven to reduce dandruff? How does it do that? Procter and Gamble (P&G), the manufacturer of Head & Shoulders®, utilizes selenium sulfide, one of the shampoo ingredients for dandruff reduction, which leaves hair feeling great and smelling fresh and clean. Selenium sulfide is a medicinal approach to treating dandruff and no prescription is necessary to use it. Other ways to treat dandruff are less effective, which makes P&G's product appealing. P&G is locating a manufacturing center in the Martinsburg area.

Head & Shoulders® is one of many products P&G will produce at the Martinsburg facility. Quality control testing will be a key factor in the manufacturing of Head & Shoulders® and all P&G products. Quality Control is a process that ensures quality in manufactured products through a series of tests like pH, percentage of solids, foam formation, foam quality, viscosity, and dirt dispersion. Does this type of work sound like something you might enjoy? Check out the Applied Laboratory Technician certificate program here at Blue Ridge Community and Technical College. This program trains students to work in quality control within a manufacturing setting. If you want more information about this program, contact the program coordinator, Paul Emanuel at 304-260-4380 ext. 3420 or pemanuel@blueridgectc.edu.

EXPERIENCE MATTERS

Did you know life experience matters in the college environment? Blue Ridge offers a great deal of opportunity for you, your family, and friends to earn a degree by applying work experience, continuing education, certificates and certifications, licenses and much more toward a degree.

Prior Learning Assessment (PLA) allows expert faculty to assess experiences in the field and establish alignment to college courses. For example, a student who has an IC3 certification may meet the requirements for the CAS 111 Information Literacy course. With a minimal fee the credits will be posted to the transcript.

During 2016 calendar year, approximately 497.5 PLA credits were applied towards degrees. This saved students thousands of dollars!

If you are interested in learning more about how work, life, or volunteer experience could save you money and help you obtain your degree goals contact Apryl McDonough at amcdonou@blueridgectc.edu or 304-260-4380 ext. 2336

NEW PSUT DEGREE PROGRAM

A new AAS degree in Human Services may be offered within the School of Professional Studies and University Transfer and coordinated by Michelle Smith, MSW and Criminal Justice Program Coordinator. Students may enroll in this program beginning Fall 2017.

A human services degree offers graduates the opportunity to improve the quality of life for individuals and make a positive impact on the community. Students will obtain the knowledge and specific skills required to promote awareness and work in the human and social service fields. The program will introduce students to human development concepts and train them to work with at-risk socioeconomic populations, including the elderly, children, persons with mental health or physical handicaps, and those experiencing problems with addictive disorders.

The AAS in Human Services is designed to meet immediate employment needs while also keeping the transfer option available for graduates choosing to continue their education. The program begins with a general education core, and then allows students to choose between two specific tracks; the general track, which focuses on community organization, or the addictive disorders track, which allows for an in-depth study of substance use. Both tracks provide students with crisis intervention training.

For more information on the AAS degree in Human Services, contact Michelle Smith at msmith@blueridgectc.edu or ext. 3332.

CAREER ADVANCEMENT OPTIONS FOR STUDENTS

Blue Ridge Community and Technical College has over 50 college degree programs to prepare students for transfer and career training. BRCTC also offers a full line of non-credit career training and career advancement courses to meet your career continuing education needs. Check out what we have to offer this spring:

Health Care Provider CPR
This course is required for many of the Allied Health Degrees.

March 17, 2017 / 9am – 12 noon

Main Campus; \$59

Beginning Everyday Sign Language

Thursday Evenings / 6pm – 7pm

March 16 – May 25, 2017

Fee - \$39 plus workbook

Professional Bartending

Train this summer for a great part-time career

Mon. & Wed Evenings / 6pm -8:30pm

June 12 – July 5th, 2017 Fee: \$159

You can find a complete line of non-credit courses at the career advancement website – [http://](http://blueridgectc.augusoft.net)

blueridgectc.augusoft.net

Remember if you are registering for non-credit courses you do not use your C number or college credit identifications. Stop by Suite 2400 at the main campus and we will be happy to walk you through the registration process.

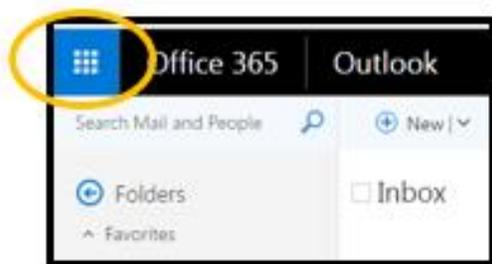
Our students get Microsoft Office at no cost. (No, really.) [Get it today](#)




Blue Ridge Community & Technical College is providing Microsoft Office to every student free of charge. This means the latest version of the full Office productivity suite, including Word, Excel, PowerPoint, OneNote, and more available for offline and online use to best prepare you for class. As long as you're a student here and the program continues, you'll be able to use this software for free. You can install on up to 5 compatible PCs and Macs, plus 5 tablets (including iPad!)

How to Access

- Login to Blue Ridge student email account
- Click [Office Apps](#) button in top left
- From here student can access all applications



How to Install on Devices

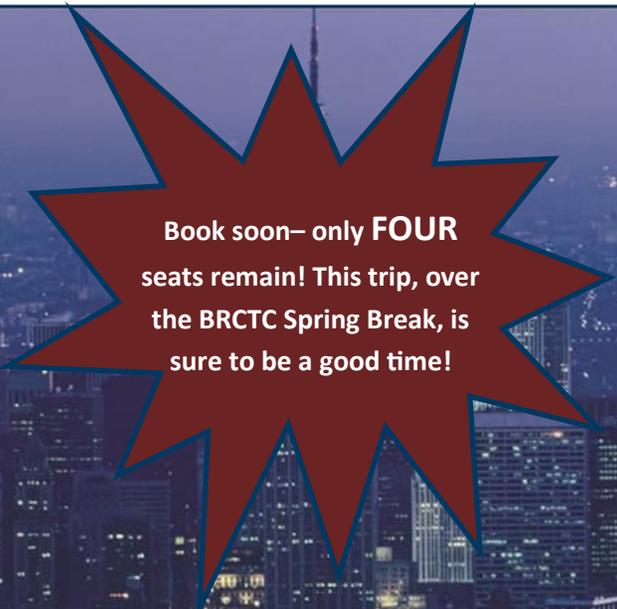
- Click [Settings](#)
- Click [Office 365](#) under the Your App Settings
- Click [Install Status](#)
- Choose which applications you would like to install
- Click [Install](#)





BlueRidge

COMMUNITY AND
TECHNICAL COLLEGE



Book soon— only **FOUR**
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

The Culinary Lab is Seeking 30...



Plate

DONATIONS

RECEIVE *\$7.00* OFF YOUR NEXT LUNCH AT THE BRUIN CAFÉ IN RETURN FOR YOUR DONATION.

Your donation will be used to provide culinary students a variety of plating options. Lightly used plates of any shape, color and size are welcome. No cracks or chips, please.



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.

Donation Deadline:

March 1, 2017

Donation Drop-off:

Technology Center Culinary Lab
5550 Winchester Ave | Martinsburg, WV 25405

Email Chef Miriam for further questions:

mconroy@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.

**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



A NOTE FROM THE PRESIDENT...

Whether you love snow and cold weather or you don't, you have to admit this has been a relatively mild winter. This time of year brings with it thoughts of looking forward to final exams, graduation, getting a job, transferring to complete a bachelor's degree, and many other activities. For me it also means the return of yardwork such as mowing the lawn, trimming trees and bushes, and maybe even slipping away for some vacation time.

This time of year also brings the annual legislative session in Charleston. Our new Governor and the legislature have many issues to work on this session, probably most significant among those issues is a nearly 500 million dollar deficit in the fiscal year 2018 budget. Whether the deficit is solved by budget cuts, tax increases, or a combination of the two remains to be seen and will surely occupy a good deal of the discussion this legislative session.

Whether you will be returning to us in summer or fall, or whether you will be headed to the world of work or further study, Blue Ridge is honored that you have chosen us to obtain your education. The world of education and the world of work have changed so much in the past several decades it is almost mandatory that a number of years of education beyond high school are necessary to secure a good career. There are many excellent careers to choose from at our institution, including power distribution, information technology and all the certificates, cybersecurity, culinary arts, numerous health sciences fields such as nursing, physical therapy assistant, medical assistant, or other fields such as education, criminal justice, paralegal, mechatronics, instrumentation, robotics, and many, many others. And when you need to return to school for advancing in your career or simply to take a class for enjoyment, Blue Ridge will be there.

So, if the weather pattern continues as it has to date, spring will be here soon. It is a time of renewal and resurgence of animal and plant life. It is a wonderful season. It will soon be time to celebrate the graduates and enjoy summer. Thank you for being a Blue Ridge student.

Sincerely,

Dr. Pete Checkovich, President

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!