# **Student Success Newsletter**

St. Philip's College, 1801 Martin Luther King Dr., San Antonio, TX 78203 St. Philip's College - Southwest Campus, 800 Quintana Road, San Antonio, TX 78211

# **Academic Advising Services**

For more information, contact Christina Cortez @ 210-486-2894.

#### **Office Hours:**

Monday, Tuesday, Thursday & Friday8:00 am - 5:00 pmWednesday8:00 am - 7:00 pm1st Saturday9:00 am - 1:00 pm

#### Location:

MLK – Welcome Center SWC – Bldg. 1-B172

#### Alamo ENROLL Assistance:

MLK - NTB 116

SWC – Bldg. 1 – B172

#### **Quality Enhancement Plan - Ethical Decision-Making**

St. Philip's College is in the process of reaffirmation by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC). Part of this process is the QEP (Quality Enhancement Plan) to promote student success. Our QEP topic is Ethical Decision-Making.

<u>QEP Focus:</u> Ethical decision-making is the ability to connect values and choices to actions and consequences.

<u>QEP Goal:</u> Students engage in specific measurable academic activities to enhance their ethical decision-making skills.

#### **Ethical Decision Making Process**

Stop and think to determine the facts Identify the options Consider consequences for yourself and others Make an ethical choice and take appropriate action



#### Student Services in the SLC – MLK Campus

For more information, contact Dr. Paul Machen @ 210-486-2275.

Office Hours:	
Monday, Tuesday, Thursday & Friday	8:00 am - 5:00 pm
Wednesday	8:00 am - 7:00 pm
1 <sup>st</sup> Saturday	9:00 am – 1:00 pm
SUITE 102	2

**SUITE 102** 

Counseling Services, Disability Services, Service Learning, Student Conduct/Title IX and Financial Literacy

**SUITE 127** Student Health Center

# **IMPORTANT DATES**

November 9	Party with the President Dr. Loston's B-day Celebration
November 14	Spring 2017 Registration Begins
November 24 - 27	College Closed Thanksgiving Break
November 28	Last Day to Withdraw – Flex II

### **Student Success Leadership Team**



Dr. Mordecai Brownlee Vice President of Student Success



Dr. Paul Machen II Dean of Student Success



Beautrice M. Butler Director of Enrollment Management



Dr. Angela McPherson Williams Director of Student Success

### Spring 2017 Registration

Registration Time Ticketing (1+ to 46+ Hrs Currently Enrolled Students Only)

46+ hrs	November 14 - 15
31+ hrs	November 16
16+ hrs	November 17
1+ hrs	November 18 - 21
All students	November 22

# Academic and Career Advising Services For more information, contact Christina Cortez @210-486-2894.

A L A M O C O L L E G E S Alamoinstructures An organization of six career pathways designed for students who have key interests, such as, but not limited to the following areas:	
Creative & Communication Arts Institute	The Arts, Audio/Video Technology and Communications*.
Business & Entrepreneurship Institute	<u>Business Management &amp; Administration, Finance,</u> <u>Hospitality &amp; Tourism, and Marketing*</u> .
Health & Biosciences Institute	<u>Health Sciences*</u> .
Advanced Manufacturing	Architecture, Construction, Manufacturing,
& Logistics Institute	<u>Transportation, Distribution &amp; Logistics*</u> .
	<u>Transportation, Distribution &amp; Logistics*</u> . <u>Education, Training, Government, Public Administration,</u> <u>Human Services, Law, Public Safety, Correction and</u> <u>Security*</u> .

# Academic and Career Advising Services (cont'd)

For more information, contact Christina Cortez @ 210-486-2894.

# Be Wise, Get Advised: Have you met with your advisor? Contact your advisor today. Below are the steps to identify who your advisor is:

- 1. Log into ACES
- 2. Click on the My Page tab (4th tab from the left)
- 3. Under Academic Profile (on the left) select the current term & press Go
- 4. Your advisor's name will appear under the "Advisors" title
- 5. Visit your advisor

#### **Institute 1: Creative & Communication Arts**

Monica Guerrero <u>mguerrero151@alamo.edu</u> Larry Medina <u>lmedina46@alamo.edu</u> Victor Natera <u>vnatera@alamo.edu</u>

#### **Institute 2: Business and Entrepreneurship**

Yolanda Ward <u>yward@alamo.edu</u> Margaret Houser <u>mhouser@alamo.edu</u> Robert Bryant <u>rbryant21@alamo.edu</u>

#### **Institute 3: Health and Biosciences**

Janet Hart <u>ihart26@alamo.edu</u> Frances Calderon <u>fcalderon4@alamo.edu</u> Irma Lopez <u>isanchez17@alamo.edu</u> Teresa Hopwood <u>thopwood2@alamo.edu</u> Tricia McElligott <u>tmcelligott@alamo.edu</u> Alicia Stolte <u>astolte2@alamo.edu</u>

### Institute 4: Advanced Manufacturing and Logistics

#### Automotive Technology

Yvonne Bentonybenton@alamo.eduChristine Saucedacsauceda1@alamo.edu

#### Institute 4: Advanced Manufacturing and Logistics Southwest Campus

Gina Jasso <u>gherrera@alamo.edu</u> Valerie Vasquez <u>vvasquez124@alamo.edu</u> Sarah Ramirez <u>sramirez260@alamo.edu</u> Carlos Solis <u>csolis@alamo.edu</u>

#### **Institute 5: Public Service**

Yvonne Bentonybenton@alamo.eduChristine Saucedacsauceda1@alamo.edu

#### Institute 6: Science and Technology

Meredith Bess <u>mbess@alamo.edu</u> Deborah Woods <u>dwoods54@alamo.edu</u> Sunny Hernandez <u>shernandez823@alamo.edu</u>

# Academic and Career Advising Services (cont'd)

For more information, contact Christina Cortez @ 210-486-2894.

The **Career Services team of St. Philip's College** will be hosting a series of workshops designed to assist students prepare for entry into the workforce. The third and fourth workshops in this series are **Job Applications** and **Dress for Success**. **Job Applications** will cover the basics of how to fill out online job applications while the **Dress for Success** career workshops will cover the basics of how to dress professionally in the workplace. *Light refreshments will be served.* 

**Event: Job Applications Date**: Tuesday, November 8, 2016 **Time**: 12:30 p.m. to 1:30 p.m. **Location**: SPC - Center for Learning Resources room 108

**Event: Job Applications Date:** Thursday, November 10, 2016 **Time:** 3:00 p.m. to 4:00 p.m. **Location:** Conference Room B172 - Southwest Campus

**Event: Dress for Success Date:** Thursday, November 17, 2016 **Time:** 12:30 p.m. to 1:30 p.m. **Location:** SPC – SLC 126

**Event: Dress for Success Date**: Thursday, November 17, 2016 **Time**: 3:00 p.m. to 4:00 p.m. **Location**: Conference Room B172 - Southwest Campus

Students requiring more in-depth assistance with their resume are asked to schedule an appointment with their advisor at one of the following locations: St. Philip's College—1801 Martin Luther King Dr.—210-486-2008 Southwest Campus—800 Quintana Rd.—210-486-7281

## **Veterans Affairs Office**

For more information, contact Javier Barron @210-486-2540.

#### **Veterans Affairs Advisors**

Tony Gable <u>lgable@alamo.edu</u> Allison Joubert <u>ajoubert@alamo.edu</u> Gloria De Luna <u>mdeluna@alamo.edu</u> Visit the St. Philip's College VA website: <u>http://www.alamo.edu/spc/veterans-affairs/</u>

Event: Veteran's Day Observation

Date: Friday, November 11, 2016

- Time: 10:00 am MLK Campus Bowden Alumni Center
- 12:00 pm SW Campus Building 1 Crossroads
- **Summary:** St. Philip's College is a proud military friendly institution and values the service of our veteran students, employees and community members. Join us as we celebrate their contributions and dedication to our country.

# Campus Ministry (cont'd)

For more information, contact Carolyn James @ 210-533-9819.

Event:	<b>Devotion Dialogue &amp; Lunch</b>
Date:	Mondays
Time:	11:30 am -1:00 pm
Location:	Campus Ministry (MLK Campus)
Event: Date:	<b>Ministry &amp; Lunch</b> Tuesdays: <i>Nov. 1<sup>st</sup></i> Chaplet & Song, <i>Nov. 8<sup>th</sup></i> Red, White & Blue Lunch, <i>Nov. 15<sup>th</sup></i> Faith In Action, <i>Nov. 22</i> Color Our Thanks, and <i>Nov. 29<sup>th</sup></i> Chaplet & Song
Time:	11:30 am -1:00 pm
Location:	Campus Ministry (MLK Campus)
Event: Date:	<b>Worship on Wednesday &amp; Lunch</b> Wednesdays: <i>Nov. 2<sup>nd</sup></i> Digital Addiction, <i>Nov 9<sup>th</sup></i> Daphne Brownlee, <i>Nov. 16<sup>th</sup></i> Make a Blessing Jar, and <i>Nov. 30<sup>th</sup></i> Amazing Faiths
Time:	11:30 am -1:00 pm
Location:	Campus Ministry (MLK Campus)
Event: Date:	<b>Dialogue &amp; Lunch</b> Thursdays: <i>Nov. 3<sup>rd</sup></i> One Nation Under God, <i>Nov. 10<sup>th</sup></i> Catholic Mass, <i>Nov. 17<sup>th</sup></i> Gratitude Worship & Feast
Time:	11:30 am -1:00 pm
Location:	Campus Ministry (MLK Campus)

# **Men of SPC**

For more information, contact Dr. Paul Machen @210-486-2468.

Event: Thursday Night Football- Dallas Cowboys vs. Minnesota Vikings



Date:	Thursday, December 1, 2016
Time:	7:00 pm
Location:	Tiger Bistro (SWC Campus)
Summary:	All male and other students are invited to come watch football and fellowship with the Men of SPC, and
-	talk about how they successfully navigate through college and beyond.



For more information, contact Dr. Mordecai Brownlee, Vice President of Student Success @ 210-486-2252.

St. Philip's College is committed to providing a supportive learning environment and to fostering, safe, healthy relationships among our students. In this effort, Alamo Colleges initiated AlamoCARES, a prevention, education and support program regarding dating violence, domestic violence, sexual assault and stalking. It is our sincere hope that AlamoCARES will empower you to make well-informed decisions about life issues that affect your college years and beyond.

Within the AlamoCARES site, you will find information on rights granted by **Title IX** and resources to help educate and assist you when dealing with harassment and sexual violence. Coming soon are events, training and opportunities to bring awareness when dealing with difficult issues and creating discussion opportunities with students. Visit us at <a href="http://alamo.edu/spc/alamocares/">http://alamo.edu/spc/alamocares/</a> for more information.

The Alamo Colleges encourage individuals to bring forward information/complaints about sexual harassment and sexual violence. **Retaliation** against any **individual who reports or participates** in the investigation of alleged violations is **strictly forbidden** and will be **enforced** by the College administration.

If you believe you have experienced **Sexual Misconduct** you may consider the following options:

- Contact Campus Police at (210) 485-0099 (non-emergency) or (210) 485-0911 (emergency)
- Seek medical attention at a hospital or with a physician
- Report the incident at <u>www.alamo.edu/TitleIXCoordinator/</u>
- Contact SPC Counseling Services at (210) 486-2333 (Confidential)
- Contact parents, relatives or close friends for support

**H.1.1 Equal Education and Employment Opportunities (Policy)** <u>www.alamo.edu/district/policies/</u> Alamo CARES has additional **Title IX** information and resources at: <u>www.alamo.edu/spc/AlamoCARES</u>

# **ATTENTION STUDENTS! Required Haven Training**

Haven is an online survey and course addressing critical life skills. Haven is our way of informing St. Philip's College students about Title IX standards, reporting violations and resources available. <u>All entering freshmen, former and</u> transfer students are required to complete Part 1 of Haven: Understanding Sexual Assault, by November <u>1st or a registration hold will be placed on their account.</u>

Haven Instructions:

- 1. Always sign in through ACES at https://alamoaces.alamo.edu.
- 2. Look for the AlamoCARES box on the Student tab and read the important message before accessing the course. Note: an alternative training is available; see your Vice President for Student Success for assistance.
- 3. Click on the link provided, and complete the confidential pre-survey at the start of the course. The Alamo Colleges does not receive a copy of your responses.
- 4. The quiz at the end of the course is required to document your completion, but the score is not recorded and will not impact you in any way. Completion is documented on your student record.

# No One has the Right to Harm You or Make YOU feel Uncomfortable.

# AlamoCARES (cont'd)

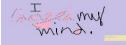
**SUMMARY:** St. Philip's College is committed to providing a supportive learning environment and to fostering, safe, healthy relationships among our students. Here are 16 nuggets of information about Title IX.

- 1. Consent is knowing, freely given, not passive, in clear words or actions, indicates permission to engage in mutually agreed upon sexual activity.
- 2. Forced consent involves physical violence, threats, intimidation and coercion (consider frequency, intensity, isolation, duration).

YES PLEASE

THANKYOU

- 3. Incapacity is blackout/partial blackout, no working memory, the inability to understand who, what, when, where, why or how. All facts are considered.
- 4. Forms of incapacity are alcohol or other drugs (voluntarily or without victim's knowledge), mental/cognitive impairment, injury or sleep.
- 5. Remember this rule, no means no, but nothing also means no. Silence and passivity do not equal permission.
- 6. Remember this rule: To have valid consent, consent must be given prior to or with the sexual activity.
- 7. Remember this rule: Consent can be withdrawn at any time, as long as that withdrawal is clearly communicated by the person withdrawing it.



- 8. Evidence of incapacity may be: From a witness or the accused who may know how much the other party has consumed, slurred speech, bloodshot eyes, the smell of alcohol on the breath, vomiting, outrageous or unusual behavior, blackouts or black time, or unconsciousness.
- 9. Sexual harassment can be a hostile environment, quid pro quo or retaliatory in nature.
- 10. Sexual harassment can include stalking, bullying and cyber-bullying, relationship violence or hazing.
- 11. Relationship violence is also called domestic violence, or intimate partner violence.
- 12. Sexual harassment is unwelcome, sexual or gender based, verbal, written or physical conduct that is severe or an ongoing pattern, unreasonably interferes with education or employment or the ability to participate in or benefit from the college's educational, social and/or residential program and is based on power differences.
- 13. 20% of college women and 6% of college men will be victims of attempted or actual sexual assault.
- 14. The accused sexual assailant loses time from class, may be expelled, may impact ability to obtain a medical license or get recommendations, and faces the stigma of "rapist", and possible jail time.
- 15. 4 in 10

violent crimes against college students are committed by offenders using drugs or alcohol.

16. Survivors of sexual assault often experience falling grades, drop out or fail out, mental health issues (depression, PTSD), alcohol and drug use, or contemplate suicide.

#### Alamo CARES has additional Title IX information and resources at: <u>www.alamo.edu/spc/AlamoCARES</u>

# **Tutoring Services and Service-Learning Program (MLK Campus)**

For more information, contact Kevin Schantz @ 486-2246.

#### **Tutoring Services**

Event:	General Tutoring and a great place to study	
Days &:	Monday - Thursday	8:00 am – 7:00 pm
Times	Friday	8:00 am – 5:00 pm
	Saturday	10:00 am – 3:00 pm
Location:	Norris Technical (NTB) Building, room 116	
Summary:	Tutoring in speech, histo	ory, accounting (I & II), Spanish, and COSC classes

#### Service-Learning

Event:	Interfaith Dialogue
Date:	Thursday, November 10
Time:	10:30 am – 12:00pm
Location:	SLC 115
Summary:	Join in an interactive discussion about several faith traditions from a diverse panel of guests. Come
-	with your questions and to strengthen your beliefs as you learn about others!
Event:	Hunger Banquet
Event: Date:	<b>Hunger Banquet</b> Thursday, November 17
Date:	Thursday, November 17

with your questions and to strengthen your beliefs as you learn about others!

### **Disability Services (MLK Campus)**

For more information, contact Maria Botello @ 486-2199.

Event: Disability Services (DS) ensures reasonable academic support to qualifying students with disabilities. We follow national best practices to ensure that our students have access to the latest information and technologies. Disability Services is a hub of activities, support, referrals, and encouragement for our students with disabilities.
Date: Monday, Tuesday, Thursday and Friday 8:00 am - 5:00pm Wednesday 8:00 am - 7:00 pm

First Saturday of Every Month, 9:00 am – 1:00 pm

**Location:** Sutton Learning Center, 1<sup>st</sup> floor, Suite 102

## Library Services (MLK Campus)

For more information, contact Rita Castro @ 486-2199.

Days &:	Monday - Thursday	7:00 am – 7:00 pm
Times	Friday	7:00 am – 5:00 pm
	Saturday	9:00 am – 3:00 pm
Location:	Center for Learning Resou	irces

Featured databases for November 2016 – **Learning Express and Testing & Education Reference Center**. Each offers basic academic skills improvement, practice tests and e-books to support academic success.

Featured service for November 2016 is the **Individual Research Assistance Program**. This program is for students who require one-on-one assistance with research for their class assignments or programs. Sign up through the online form on the library's website and select the appointment time that meets your schedule.

For more information, contact the SPC Library at <u>http://www.alamo.edu/spc/library</u>. Use the Ask-A-Librarian button to call, email, text, or chat with an SPC librarian.



#### International Education Week (IEW) 2016 Calendar of Events November 14<sup>th</sup> - 18<sup>th</sup>

Event:	<b>International Education Week Kick-Off (MLK Campus)</b>
Date:	Monday, November 14
Time:	10:00 am – 11:00 am
Location:	SLC Lobby
Summary:	Join in an interactive discussion about global issues.
Event:	<b>International Education Week Kick-Off (SW Campus)</b>
Date:	Monday, November 14
Time:	10:00 am – 11:00 am
Location:	Building 1 Crossroads
Summary:	Join in an interactive discussion about global issues.
Event:	Foreign Film Documentary (MLK Campus)
Date:	Tuesday, November 15
Time:	9:15 am – 10:30 am and 10:45 am – 12:00 pm
Location:	CHP 115
Summary:	Join in an interactive discussion about global issues.
Event:	Food Trucks (MLK Campus)
Date:	Tuesday, November 15
Time:	11:30 am – 1:00 pm
Location:	Lot 12 (Near Science Building)
Summary:	Stop by and support Chong's Korean Restaurants and Picoza.
Event:	<b>International Day/Bazaar – Food and Festivities (MLK Campus)</b>
Date:	Wednesday, November 16
Time:	10:00 am – 1:00 pm
Location:	Sombrilla (Area between NTB & SLC)
Event:	<b>Foreign Film Documentary (SW Campus)</b>
Date:	Wednesday, November 16
Time:	11:00 am – 1:00 pm
Location:	Tiger Bistro
Summary:	Join us for a viewing of The Iran Job.

The week will be filled with various activities: trivia, digital photo gallery, International traditional clothing.

# Student Life (MLK Campus)

For more information, contact Dr. Angela McPherson Williams @ 486-2090.

Event:	<b>Party with the President</b>
Date:	Wednesday, November 9
Time:	12:00 pm-1:00 pm
Location:	Bowden Alumni Center
Summary:	Celebrate Dr. Loston's birthday with refreshments and line dancing.
Event:	<b>Spirit Day</b>
Date:	Wednesdays
Time:	11:00 am – 1:00 pm
Location:	Center for Learning Resources
Summary:	Join the Spirit and Pride Crew. Wear your favorite SPC shirt or royal blue and white.
Event:	Game Day: Tigers vs. Southwest Texas Junior College
Date:	Wednesday, November 9
Time:	6:00 pm (Lady Tigers) 8:00 pm (Tigers)
Location:	Health and Fitness Center
Summary:	Calling all Tigers. Face off against Southwest Texas Junior College.
Event:	Game Day: Tigers vs. San Antonio College
Date:	Monday, November 14
Time:	6:00 pm (Lady Tigers) 8:00 pm (Tigers)
Location:	San Antonio College gym
Summary:	Wear SPC school colors and root for the team
Event:	Game Day: Tigers vs. Our Lady of the Lake University
Date:	Wednesday, November 16
Time:	8:00 pm (Tigers)
Location:	Health and Fitness Center
Summary:	Calling all Tigers.

## **Counseling Services (MLK Campus)**

For more information, contact Rosalinda Rivas @210-486-2333.

(1) What's the problem with drinking? Alcohol affects feelings - sometimes as soon as the first drink. A person can suddenly become angry, depressed or happy. Alcohol can also lower judgment and self-control.

(2) Treatment has three parts: The person must stop using the drug and receive treatment for withdrawal symptoms if necessary. The person must learn how the drug worked in his or her life. The person must learn how to avoid using the drug again.

③ Good reasons not to drink or use drugs: You avoid embarrassment. (You won't throw up, say or do something you regret or get arrested.) It's safer. You lower your risk of injury and death (from car crashes, fights, alcohol poisoning and overdose). You don't break the law. You do better at school or work.

(4) The person who is drinking is not the only person who is at risk.

(5) Get counseling. Treatment works.

ACT

6 Suicide: Alcohol, used alone or with other illegal drugs, can increase a person's risk of suicide. Drinking can make bad feelings last longer or seem worse. People who use alcohol to deal with depression are less likely to get help.

# Counseling Services (MLK Campus) (cont'd)

For more information, contact Rosalinda Rivas @210-486-2333.

⑦ Murder: Guns, angry feelings and alcohol are a dangerous combination. Two out of three murder victims are killed with guns. Most murders happen when two people get into an argument that turns into a fight.

(8) Alcohol and angry feelings can lead to physical abuse among families, friends and dating partners. When guns or other weapons are involved, the violence can lead to serious injury or death.

# **Student Services @ Southwest Campus**

For more information, contact Gina Jasso @ 486-7185.

#### **Office Hours:**

Monday, Tuesday, Thursday & Friday Wednesday 1<sup>st</sup> Saturday

8:00 am – 5:00 pm 8:00 am – 7:00 pm 9:00 am – 1:00 pm

Location: SWC Bldg. 1, Room B172 SWC Advising hotline: 210-486-7281

Financial Aid: Representative available on Wednesdays from 8:00am-7:00pm

#### **Bursar's Hours of Operation**

Monday 8:30 am to 1:30 pm Wednesday 1:30 pm to 6:30 pm

Tuesday	8:30 am to 1:00 pm
Thursday	9:00 am to 2:00 pm

# Library Services (SW Campus)

For more information, contact Rita Castro @ 486-2199.

Days &:	Monday - Thursday	8:00 am – 7:00 pm
Times	Friday	8:00 am – 5:00 pm
Location:	Building #1	

# **Disability Services (SW Campus)**

For more information, contact Maria Botello @ 486-2199.

- **Event:** LIFEspace Center is a hub of services including counseling, veteran affairs, and disability services. The Disability Services office offers services to qualifying students with disabilities to help level the playing field and create opportunities for success.
- Date: Fall Hours Tuesday and Thursday Only
- **Time:** Tuesday and Thursday, 8:00 am 5:00 pm
- **Location:** Building 1, Room A-135
- **Summary:** To be eligible for disability-related services, students must have a disability as defined by the Americans with Disability Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973

# **Tutoring Services (SW Campus)**

For more information, contact Kevin Schantz @ 486-2246.

#### **Tutoring Services**

Event:	Tutoring at Southwest Campus	
Days &:	Monday, Tuesday, and Thursday	
Times	10:00 am – 12:00 pm; 1:00 pm – 4:00 pm	
	Wednesday	
	1:00 pm – 4:00 pm	
Location:	Learning Resource Center/Library (Room C123, Building #1)	
Summary:	Let us help you improve your grades!	



For more information, contact Gina Jasso @210-486-7185.

Event:	Freshman Experience
Date:	November 1, 2016 to December 16, 2016
Time:	Monday: 9:30 am – 12:30 pm
Location:	Building 1 Room B172
Summary:	Check your student email as you will be receiving periodic emails from your assigned certified
	advisor with important information.
Link: <u>http:/</u>	/spcweb.alamo.edu/StudentSuccess/Registration.aspx

# Student Life (SW Campus)

For more information, contact Dr. Angela McPherson Williams @ 210-486-2135.

Event:	Spirit Day
Date:	Wednesdays
Time:	11:00 am – 1:00 pm
Location:	Center for Learning Resources
Summary:	Join the Spirit and Pride Crew. Wear your favorite SPC shirt or royal blue and white

# **Counseling Services (SW Campus)**

For more information, contact Rosalinda Rivas @210-486-2333.

Event:	Crisis / Personal Counseling
Date:	Mondays and Wednesdays
Time:	8am -5pm
Location:	LIFEspace Center, Building 1, Room A-135
Summary:	Counseling Services has a new Counselor, Ms. Eitandria Gatlin. Both she and Ms. Rosalinda Rivas can Help you address personal issues that interfere with your academic lives within a short-term Intervention counseling setting. You can call (210) 486-2333 to make an appointment or go by LIFEspace to talk.

# **College Health Center (SW Campus)**

For more information, contact Brenda Major, L.V.N. @ 210-486-7166 or Janet Feathers, R.N. @ 210-486-2222.

#### Prescription for an Active Lifestyle: Move More, Sit Less

The American College of Sports Medicine and the American Heart Association recommends that every U. S. adult should accumulate 30 minutes of more of moderate-intensity physical activity 5 days per week. Take the stairs instead of the elevator. Park your car away from the building and walk more.





# JESSICA'S PROJECT HIV SYMPOSIUM

"This is me. This is what I have."

# MARIA DAVIS, HIV/AIDS ACTIVIST

Maria Davis does not consider herself a victim, but an activist who speaks to thousands of people every year about HIV/AIDS awareness. Join St. Philip's College in an important conversation about how HIV/AIDS awareness can positively impact our community.

NOVEMBER 29, 9 A.M. - 2 P.M. WATSON FINE ARTS AUDITORIUM 1801 MARTIN LUTHER KING DRIVE SAN ANTONIO, TEXAS

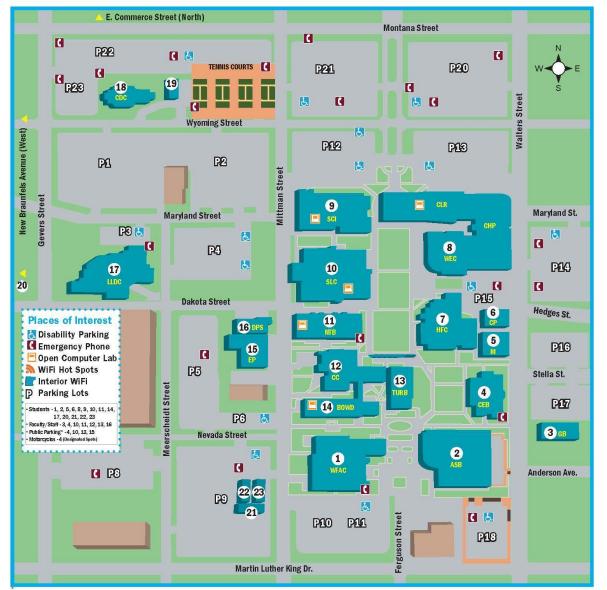
www.alamo.edu/spc/





#### SPC MLK CAMPUS MAP

1801 Martin Luther King Drive San Antonio, Texas 78203 (210) 486-2000



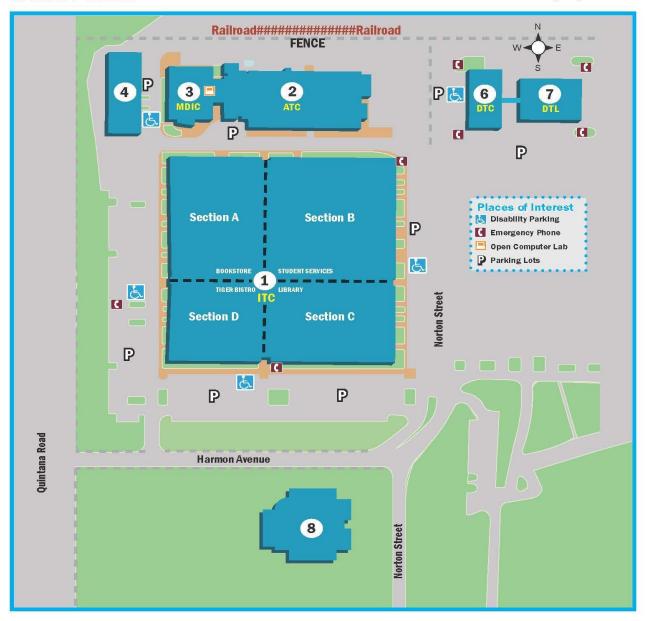
- 1 Watson Fine Arts Center (WFAC)
- 2 Applied Science Building (ASB)
- 3 Grounds Building (GB)
- 4 Continuing Education (CEB)
- 5 Maintenance (M)
- 6 Central Plant (CP)
- 7 Health and Fitness Center (HFC)
- 8 Welcome Center (WEC) Center for Health Professions (CHP) Center for Learning Resources (CLR)
- 9 William C. Davis Science Building (SCI)
- 10 Sutton Learning Center (SLC)
- 11 Norris Technical Building (NTB)

- 12 Campus Center (CC)
- 13 Turbon Student Center (TURB)
- 14 Bowden (BOWD)
- 15 Electrical Plant (EP)
- 16 Campus Police (DPS)
- 17 Learning and Leadership Development Center (LLDC)
- 18 Child Development Center (CDC)
- 19 Tennis Courts
- 20 Future Veterans Outreach & Transition Center 1602 Dakota St.
- 21, 22, 23 Portable Buildings

A L A M O C O L L E G E S

#### SPC SOUTHWEST CAMPUS MAP

800 Quintana Road San Antonio, Texas 78211 (210) 486-7000



- 1 Industrial Technology Center (ITC), Building 1
- 2 Aircraft Technology Center (ATC), Building 2
- 3 Multi-Disciplinary Instructional Center (MDIC), Building 3

6 Diesel Technology Center (DTC), Building 67 Diesel Technology Lab (DTL), Building 78 Workforce Center for Excellence, Building 8

4 Building 4