



SPECIAL POINTS OF INTEREST:

- **January AWEstar, Kathy Schultz**
- **Tutor's Corner
Tori Palmdale**
- **Claim Jumper's Cafe**
- **GPS FIG**

UPCOMING EVENTS

The next AWE Steering Committee, Fri. February, 11th in the Cellar, 9-10:30.

GPS

The weeks of 1/31-2/11 we'll be working on Tool #2.

"Is Anybody There?"

This tool is about helping students to participate and engage.

Check out the [GPS](#) website:

Academic Wellness Educators

January AWEstar

Kathy Schultz, our AWEstar for January is a Professor in the area of Computer Information Systems. She has been employed with Columbia College for 11 years; prior to which she taught computer classes for Mother Lode Job Training (now The Job Connection) for five years. Kathy also has experience in the private sector, having worked for IBM in Sacramento before moving to Sonora in 1995. Kathy attended Sierra Junior College in Rocklin before earning her Bachelor's of Science in Information and Communication Studies from CSU, Chico. She also earned a Masters in Education with an emphasis in Online Learning from CSU, Hayward (now CSU, East Bay).

Kathy has spent the last few years as one of the campus Student Learning Outcomes faculty mentors, working with faculty on developing, implementing and assess-

ing SLOs in their courses and programs.

Kathy also participates on numerous FIGs, including the OnRamp FIG, where she co-teaches Basic Computer Skills for College Success with Ida Ponder.



This addition to the original On-Ramp configuration of classes has given students an improved foundation for their first semester, or a return to, the college environment. Kathy is also a member of the Teaching and Learning FIG where she is currently creating a class-

room visitation schedule for the weeks of February 7-11 and March 21-25 to enable and encourage faculty and staff to observe our colleagues in action, a wonderful way to share new ideas and garner motivation and support for improvements in our own areas.

Kathy has also been involved for many years with the Career Tools for Excellence team and has co-taught the popular Tools 1 course numerous times. She is a guest speaker when not co-instructing and always available for technical support of the online portion of the classroom.

Kathy states, "We are all involved in so many different committees, teams and projects; I love it when I can build synergy between them and often the way to do that is by keeping our focus on how they affect students."

Tutor's Corner with Tori Palmberg

Truth be known, this is not my first attempt at obtaining a college degree. I first enrolled at Columbia College in 1997 and majored in Child Development. After receiving a Certificate I left Columbia and joined the workforce namely in the fields of Child Care and Health Care. In the fall of 2009, after several

years of employment in various jobs and my share of hardships and obstacles, I made a conscious decision to return to Columbia College in pursuit of my long-term academic goals. This time however, I wanted to do more than just earn my AA degree. I wanted to give back and be a part of something greater

than myself. I had a very positive experience with a math tutor in the Academic Achievement Center (AAC) my first semester back that made me consider becoming a tutor myself. I now have the privilege of working with my peers in the AAC tutoring in English and Mathematics. If I've learned anything during my



Tori Palmberg
AAC Tutor

“Education is
not filling a
bucket, but
lighting a fire.”

-William Butler
Yeats

Tutor's Corner Continued

lengthy academic career, I've learned never to give up.

Life is full of unexpected moments and unforeseeable challenges that may cause you to take a detour on the road to academic achievement. The good news is that you don't have to quit on your dreams. Having a support system while attending school can be a great benefit when the going gets

tough! Ultimately, knowing what help and resources are available to you as a student can make a world of difference and keep you on the right track.

For the faculty and dedicated instructors who make this campus and its students their daily work we thank you. As students, we look up to you as role models and seek your

guidance in our academic affairs. Active and open communication between students and instructors is a vital component of our overall success here. Ultimately, positive feedback and encouragement can help to motivate students and create a positive environment for learning.

Claim Jumper's Cafe

Academic Senate President, Raelene Juarez and Adjunct Instructor for Speech Communications, Twyla Olsen were the creative team behind the January 5th, Adjunct In-service, “Claim Jumper Café” in the Oak Pavilion. The new table topic format was designed to stimulate dialogue, record important ideas from the table discus-

sions, and inspire new ways of identifying support for adjunct faculty.

Special Programs- Karin Rodts, Brian Jensen, & Susan Medeiros

Health Benefits- Lauren Campana

SLOs- Kathy Schultz & Micha Miller

AWE GPS- April Walker, Courtney Castle & Alicia Kolstad
Distance Education- Melissa Colon
Academic Senate- Brian Greene, & Erik Andal
Communications - Twyla Olsen

Here are some [highlights](#) from the evening. (link opens a Web page)

GPS FIG!

The new Academic Wellness Educators (AWE) project GPS (Guidance Preparation Success) is on! Please join us in encouraging our students to learn and apply new skills that will enhance their success in school (and life too). The first tool is called Father Time. We'll focus on Father Time in the second and third

weeks of the spring semester 1/18-1/28. Check the website for ideas about how to support students in your classes **and programs** with time management. Be sure to share the website with students since there are additional resources there for them. Special thanks to the truly AWE-some FIG who worked so hard

to make this possible: Elissa Creighton, April Walker, Kim Zubek, Twyla Olsen, Michelle Vidaurri, Taylor Skokan, Shelley Muniz, Micha Miller, Jeff Tolhurst, Craig Johnston, Susan Medeiros and the AAC tutors. Thanks also to Jake Beck and Gail Segerstrom for visibility!

GPS Tool #1

ABCs of Time Management

Think of everything you need to do and want to do. Then, divide a paper into 3 columns (A, B, and C) and list each item by its priority.

A	B	C
ABSOLUTELY must be done today items.	BEST done soon: things that need action, but not necessarily today (e.g. buy a book by Friday and today is Tuesday)	CAN be done anytime! things you want to do rather than things you need to do (e.g. emailing a friend)

Then, just do it! Tackle A items first since they must be done ASAP. If you can't work on an A, go to a B, then to a C.

Tips:

- Carry your list with you to rearrange, cross off or add items throughout the day
- Include down time and time with friends on the A list if they are important to you
- Use bits of free time to work on C items (such as waiting for class to start)

Prioritizing will leave you more time for the things you enjoy.



Adapted from: The College ABCs of Time Management from the web site: www.gps.com

Columbia College AWE Committee
www.gps.com.columbia.edu