

The Award-Winning DCC KNIGHTLY NEWS • December 2024





#### **Movies in the Shields Student Center**

Come relax and watch a movie in the Shields Student Center! December's theme is the holidays and will feature all-day showings of perennial favorites during finals week!



Get into the holiday spirit with our gingerbread party! Enjoy decorating gingerbread houses, cookies, crafts, a cup of hot chocolate from the hot chocolate bar, and decorate the holiday tree. Gather your classmates, friends, or coworkers for a delightful event.

Save the Date!





# Blood is The Gift of Life. ALL Blood Types Needed To Help Others In Your Community



#### **BLOOD DRIVE INFORMATION**

WHERE: DANVILLE COMMUNITY COLLEGE

DATE: TUESDAY DECEMBER 3

TIME: <u>10:00AM - 2:00PM</u>

EACH DONOR WILL RECEIVE A T-SHIRT OR UMBRELLA

EAT A GOOD MEAL BEFORE DONATING & BRING PICTURE ID

#### **SOVAH Blood Drive**

Come help DCC support SOVAH Health at our blood drive! The Blood Mobile will be parked outside the Shields Student Center Tuesday, December 3 from 10:00 AM to 2:00 PM.



#### **Light the Campus Event**

Faculty, staff, and Students: Come out and help us kick off the holiday season on 12/3. Be sure and bring your little ones as we have fun activities planned for children.



**DCC Faculty Member Makes Hats to Donate to Homeless** 

Richie Robertson, Associate Professor of Administrative Support Technology, knitted 100 hats to donate to the homeless at Danville House of Hope.



#### **Got gifts? The Bookstore can help!**

'Tis the season. Everyone's shopping for gifts. Don't forget the DCC Castle Bookstore can be a great source for you.

<u>MacBook</u> – For someone special, a new 13" MacBook Air with M1 chip (256GB) **\$800.00** 

<u>Ornaments</u> – DCC Ornaments can be a unique keepsake for a recent grad or alumni. *Only \$3.99* 

**Bracelets** – Bracelets of crystals with a cool relaxing effect. Stocking stuffers

perhaps. *From \$9.99* 

<u>Handle Mug</u> – Move over Stanley; this DCC Knighthead mug is a great runnerup! *Only \$18.00* 

<u>Drinkware</u> - Beautiful mugs and sippers make great gifts. *From \$12.00* 



Workforce Services celebrates Personal Enrichment Course, Job & Resource Fair, Apprenticeship Week & Cybersecurity Lunch & Learn

Workforce Services cohosted their inaugural Personal Enrichment course with Crema & Vine. The 'Thankful Pairings' course was the epicenter for an evening with good food, new friends, and laughs. They celebrated a great turnout to the 3rd Annual All Citizens Job & Resource Fair that was held on November 14th. By celebrating National

Apprenticeship week and recognizing their Apprentice and partnership with KTL Restorations. DCC also celebrated being the first community college in Virginia to be an intermediary. This pathway will help companies in the area develop training programs for registered apprenticeships. DCC WFS and the Chamber of Commerce hosted a Cybersecurity Lunch & Learn lead by Dr. Jeffrey Fields on November 20th.



#### **Presenting the Graphic Imaging & Technology Department**

This month, the Graphic Imaging & Technology Department students partnered with Kelly Hood and Kacey Cunningham at The Haus of Fashion, Inc. to print materials for Danville Fashion Week! We supplied them with media and all access passes (30) and for Kacey, we printed, and saddle stitched the patron's booklet for the children's show!

For more information about Graphic Imagining Technology programs, please contact Melissa Mann, Dean of Career & Technical Education, at 434-797-8475 or melissa.mann@danville.edu.



### FREE DENTAL HYGIENE SERVICES



DANVILLE COMMUNITY COLLEGE





CLEANINGS / SCALING











DANVILLE COMMUNITY COLLEGE FOUNDATION HALL 1001 NEATHERY LANE

### Looking to get your teeth cleaned or examined? Look no further! DCC's Dental Hygiene Students have you covered!

Danville Community College (DCC) dental hygiene students are searching for patients. Under the supervision of registered dental hygienists, students provide free dental exams, X-rays, and cleanings for patients in the dental hygiene clinic. Patients also receive education on ways to improve and maintain good oral and overall health.

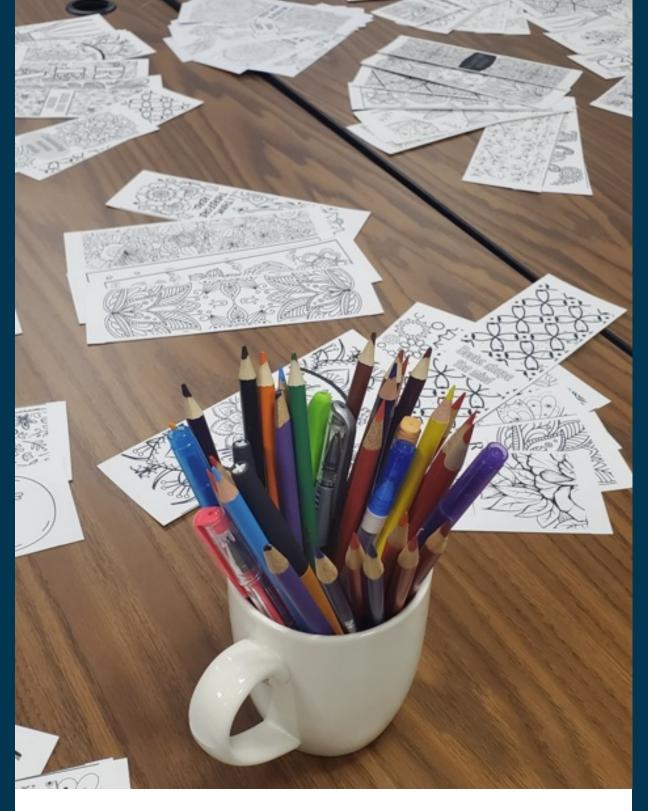
Students are currently looking for volunteers to participate and receive these complementary services. All patients are screened for health conditions before appointments are scheduled to ensure the safety of everyone involved. Completion of

care usually consists of three to six appointments.

DCC is equipped with a state-of-the-art dental clinic that looks and functions much like a dental office. Located on the corner of South Main Street and Kemper Road in Foundation Hall on the DCC Campus, the dental clinic allows dental hygiene students to practice their skills in a hands-on setting.

Individuals who are interested may call the clinic at 434.797.8424 and leave a message.

A student will return the call to schedule an appointment.



#### **Relax and Get Creative at the Library!**

Take a break between classes and relax with our new coloring bookmarks available in the Library! These creative bookmarks are designed to provide a calming and enjoyable activity during your downtime. Grab one from our display, find a cozy spot in the Library, and let your creativity take over. Coloring can be a great way to destress and refresh your mind. Once you're done, use your beautifully decorated bookmark to keep track of your reading. Visit the Library today to pick up a coloring bookmark and enjoy a moment of relaxation!

### Don't "Fall" Behind in Your Classes!

Free tutoring is available for appointments and drop-in times in the Tutoring Center and Math Lab. Sign up or come by today and get ahead of the game!

#### **Tutoring Center Hours**

Monday - Thursday 8 A.M. to 6 P.M.

Fridays 8 A.M. to 12 P.M.

#### (Drop-in Times):

Monday and Wednesday 8 A.M. to 12 P.M.

Tuesday and Thursday 12 P.M. to 6 P.M.

(434-797-6432)

#### **Math Lab Hours**

No appointment needed!

Monday - Thursday 9 A.M. to 5 P.M.

> Fridays Closed

(434-797-6431)



#### **DCC Advising Center**



rad Prillama Coordinator of Academic Advising Academic Affairs and Student Services Office 434-797-8554 Wyatt Building bradley.prillaman@danville.edu



Michael Howard Academic Advisor Academic Affairs and Student Services Office 434-797-8401 Wyatt Building michael.howard@danville.edu Program Focus:





Penny Hudson Academic Adviso Academic Affairs and Student Services Office 434-797-8542 Wyatt Building penny.hudson@danville.edu Program Focus: College & University Transfer



Frederick Johnson Academic Advisor Academic Affairs and Student Services Office 434-797-8561 Wyatt Building rederick.johnson@danville.edu Program Focus:

- **Business & Marketing**
- Administrative Support Technology
- Administration of Justice



TBD Academic Advisor Academic Affairs and Student Services Office 434-797-8420 Wyatt Building advising@danville.edu Program Focus: Career & Technical Programs

#### ADVISING CENTER

Location: Wyatt 101 Email: advising@danville.edu Phone: 434-797-8420 Webpage: danville.edu/advising-center

#### Meet the Academic Advising Team!

At DCC, the primary goal of academic advising is to foster student success by helping students become effective agents for their own lifelong learning and personal development through informed planning and decision making. To accomplish this goal, we start by ensuring that each program-placed student is assigned an academic advisor. Visit our webpage for more information about DCC's Advising Model.

Never hesitate to contact an academic advisor. If you need help, reach out to us at advising@danville.edu or call (434) 797-8420.



#### **Need a Student ID or Parking Decal?**

**Location: Wyatt 108** 

Monday - Thursday

11:00 a.m. – 2:00 p.m.

Other times are available by appointment.

Email ashley.yancey@danville.edu



# KNIGHT'S PANTRY

Danville Community College's Knight's Pantry is open to all currently enrolled students.

If you are unable to stop by during these hours, please contact a coach from the Student Success Program to access food resources.

FOR MORE INFORMATION, EMAIL SUCCESSCOACH@DANVILLE.EDU



#### **Five Ways to Improve Attention**

- **1: Drink More Fluids** even mild dehydration can cause you to lose concentration. Don't wait until you feel thirsty to drink.
- **2: Exercise** Physical exercise helps your brain stay sharp. Even walking increases oxygen to your brain, and helps reduce stress.
- **3:** Eat a brain-boosting diet Just as the body needs fuel, so does the brain. A diet based on fruits, vegetables, whole grains, "healthy" fats (such as olive oil, nuts, fish) and lean protein will provide lots of health benefits, and can also improve memory.
- **4: Sleep is critical to learning and memory** Research shows that sleep is necessary for memory consolidation, with the key memory-enhancing activity occurring during the deepest stages of sleep.
- **5: Keep stress in check** Stress is one of the brain's worst enemies. Over time, chronic stress can inhibit the formation of new memories and the retrieval of old ones.

Adapted from Harvard Health Letter: July 2014, a newsletter published by Harvard Health Publications



#### **Need Canvas Assistance?**

For support with Canvas, including troubleshooting and technical issues, reach out to the Canvas Help Desk at canvas@danville.edu.

Our team is here to assist you with any

questions or problems you may encounter while using the platform. We're committed to ensuring your online learning experience is smooth and productive.

Don't hesitate to get in touch for help!

# FALL 2024 SCHEDULE LEARNING RESOURCES CENTER

Mon - Thu 8:00 am - 8:00 pm

Friday 8:00 am - Noon

Saturday CLOSED

Sunday 1:00 pm - 5:00 pm

#### **Holidays and Special Hours:**

The LRC will be closed whenever the college is closed.

Other special hours will be posted as needed.

September 2 Closed (Labor Day)

November 5
 November 27
 8am - 5pm
 8am - Noon

Nov 26 – Dec 1 Closed (Thanksgiving)
 Dec 24 – Jan 1 Closed (Christmas Break)



#### **Testing Center Frequently Asked Questions**

#### Where Is The Testing Center Located?

The Clement Learning Resources Building, in the rear of the Library.

#### Do I Need An Appointment?

Yes. Make an appointment using our Online Appointment Scheduler, email: testingcenter@danville.edu or call 434-797-8404.

#### What Do I Need To Bring?

A valid (unexpired), original picture ID (not a photocopy or digital). Such as a:

- Government-issued driver's license or non-driver ID card
- Official school-produced student ID card from the school you currently attend
- Government-issued military or national identification card
- Government-issued passport
- Your Canvas username, password, and phone for Multifactor Identification for online testing.

All testers are required to turn the phone off and store it in a locker or book-bag. Note: We also offer paper and pencil tests.

Music helps me concentrate, can I use my earbuds in the testing center?

No, you cannot wear earbuds, headphones, etc. unless you have a documented accommodation.

#### Is there anything else I need to know?

- All belongings must be placed a locker, on top or below the lockers. Note: It is strongly recommended that you lock all of your belongings in your vehicle prior to testing.
- Food and drink are not allowed in the testing center.
- You may not have any electronic or recording devices at your desk, in your pockets, (or anywhere you can reach them during testing, even if they are turned off or you do not use them.
- All outside garments (i.e. coats/jackets, hats, scarves) and weather apparel (sunglasses, gloves) must be removed and placed in the area designated by the proctor, however, provisions can be made for specific religious/cultural apparel
- You may not leave the room during your test session. [Proctor must be notified, or test will be closed.]
- Monitoring software is in use.
- A snapshot can be taken of your computer screen for incident reporting.

On rare occasions, power outages, server outages, or weather problems can and do close us without warning when we least expect it. We recommend that you plan to take you tests well in advance before you need them.

**If you have any additional questions, contact**: testingcenter@danville.edu or call 434-797-8404



#### **Download Microsoft Office 365 Today**

Enhance your productivity with Microsoft Office 365, available for free to all Danville Community College students! To download, visit office.vccs.edu. Be sure to have your MyDCC login credentials handy for a seamless setup. With Office 365, you'll have access to powerful tools like Word, Excel, PowerPoint, and more to support your academic journey.

Don't miss out—get your free copy today and start making the most of your coursework!



#### **Academic Integrity:**

# Integrity is doing the right thing, even when no one is watching. -C. S. Lewis

You should always have pride in the work you do and should take ownership in your own learning! We understand that with tools like Google search, it's easy to find immediate answers to your questions. However, you are responsible for understanding the difference between using the web for help and support of your learning, versus using the web to cheat. Academic dishonesty/Cheating jeopardizes your success, your integrity and has consequences.

#### **Student Expectations:**

- Be honest at all times
- Actively encourage academic integrity in your friends and classmates
- Discourage any forms of cheating or dishonesty
- Inform your teacher, counselor, administrator, or someone you trust if you have a reasonable belief and/or evidence that academic dishonesty has occurred

#### Some examples of academic dishonesty are, but not limited to:

- Using unauthorized materials and/or resources
- Copying work from another student, or from the web
- Using a technological/communication tool and/or resource during an assessment
- Having anyone else but you complete any part of your coursework for you
- Using online searches to find answers to your assessment questions
- Posting answers to assessment questions online



Click It or Ticket November Campaign: November 23 - December 1, 2024

Highway Safety partner,

November 23 to December 1, 2024, marks the start of the November Click It or Ticket campaign, urging everyone to buckle up for safety. This campaign aims to enlighten communities about the importance of wearing seat belts.

The DMV's Highway Safety Office encourages our partners to utilize the provided resources on their social media accounts to amplify the message of seat belt safety.

- NHTSA Thanksgiving CIOT Assets: <u>Click It or Ticket | Traffic Safety Marketing</u>
- CIOT Yard Signs (For Law Enforcement Only): <u>Store DRIVE SMART Virginia</u> (<u>drivesmartva.org</u>)
- IIHS: IIHS Unbelted Rear-seat Passenger Crash Test YouTube

We further encourage our partners to collaborate with local businesses to display buckle-up messages in storefronts, restaurants, schools, and other relevant locations, including marquee boards.



**SOAR Above Test Anxiety** 

#### Strategies to manage test anxiety:

- 1. Approach the exam with confidence.
- 2. Be well prepared and include as much self-testing in your review as possible.
- 3. Focus on healthy eating, exercise and rest habits prior to testing.
- 4. Simulate the exam to better manage test anxiety.
- 5. Challenge negative thoughts.
- 6. Get a good night's sleep.

#### On Test Day:

- 1. Be on time.
- 2. Go to the bathroom prior to being seated.
- 3. Take a break if exam permits.
- 4. Anticipate some physical distress symptoms, such as headaches, nausea, feelings of hot or too cold, etc. Remain calm and take deep breaths until it passes.
- 5. Sit in a location where you will be less distracted.
- 6. Bring a small snack to replenish energy and help take your mind off your anxiety.

#### During the Exam:

- 1. Read the directions and entire questions carefully.
- 2. Take a minute to organize your ideas.
- 3. If you feel very anxious in the test, change positions to help you relax. Stretch your arms and legs and take a few slow deep breaths to relax. Then return where you left off.
- 4. Manage your time effectively. Many exams include a countdown timer.
- 5. Focus on the present, not the past or future or what other students are doing.
- 6. If the exam is more difficult than you anticipated, remain positive and do your best to achieve the goal of a passing grade.
- 7. Stay focused when others finish early. There's no reward for finishing first.

8. Proofread when finished.

#### After the Exam:

- 1. Treat yourself. Go to see a movie with a friend, grab a special drink or your favorite meal.
- 2. Make a list of which strategies worked, no matter how small, as they are building blocks to success.
- 3. Create a specific plan for improvement (e.g. tutoring, a study group, or workshops on the subject area).

Don't forget the Tutoring Center is there to help with test anxiety and study skills. And TimelyCare Counseling Services, a free 24 hour counseling service is there to help you overcome obstacles that may interfere with your wellbeing or academic success.



#### **Exam Appointments Are Filling Up...SCHEDULE NOW!**

#### A few things to think about:

- Don't let failure get you down for more than a day.
- Don't allow yourself to build an inflated ego after a success.
- Maintain a sense of humility and gratitude for each success and failure you experience.

If your grades are not where you want, email tutoring@danville.com

#### The Testing Center is open for computer and paper and pencil testing:

Monday-Thursday 8:00 A.M. to 8:00 P.M.

Friday 8:00 A.M. to 12:00 P.M.

Sunday 1:00 P.M. to 5:00 P.M

#### When Taking An Exam On A Computer;

- -Bring Your Username and Password (including those stored on your laptop)
- -Be prepared to reset your password if necessary

#### Be prepared:

- -Bring A Picture Id
- -A driver's license, non-operating identification license or Learners Permit College ID
- -A United States Military ID card (active duty, reserve, and retired)
- -A United States passport

#### Remember:

- -Don't Forget To Schedule Your Paper And Pencil Exam
- -Put Exam Appointments On Your Calendar
- -Discuss Testing Accommodations With Your Instructor

If You Have Not Started To Study – Start Studying And Get A Tutor ASAP

Note: all testing must be completed 15 minutes before closing.

We are located in the Clement Learning Resources Building, in the rear of the Library.

**To make an appointment**, use our Online Scheduler: https://danville.libcal.com/reserve/testing/seats

email: testingcenter@danville.edu or call: 434-797-8404.

or *Click this button* to register for an appointment.

MAKE AN APPOINTMENT



#### **Phi Theta Kappa Honor Society News**

Phi Theta Kappa will hold monthly meetings.

**Executive meetings** are on the **1st Thursday of each month.** 

General meetings are on the 3rd Thursday of each month.

PTK will hold its executive meeting on Thursday, 12/5/2024, at 11:00 AM. Our meeting will be held in Temple 109 ( Middle room of Oliver Hall).

PTK will hold its general meeting on Thursday, 12/19/2024, at 11:00 AM.

Our meeting is open to all. Feel free to drop by and learn more about PTK.



#### The Tutoring Center is here to help!

Make an appointment through Navigate or call the Tutoring Center at 434-797-6432.

#### Hours for Spring 2024 Semester

Mon-Thu 8 AM to 7 PM Friday 8 AM to 12 PM

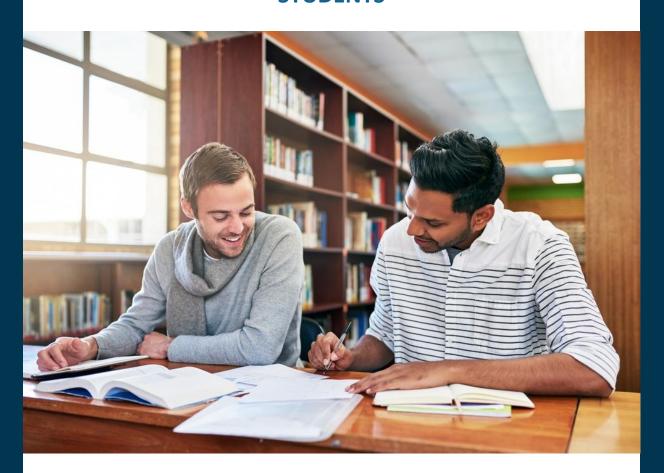
#### **Drop-In Times:**

Monday and Wednesday 8 AM-12 PM Tuesday and Thursday 12 PM - 7 PM MATH LAB

Monday -Thursday 9 AM - 5 PM



## WORK STUDY OPPORTUNITIES AVAILABLE FOR STUDENTS



Would you like to get paid for working on the DCC Campus for 10-15 hours a week?

If you are currently receiving the Federal Pell Grant and are enrolled in at least 6 credits that are eligible for financial aid, we may have a job for you!

Stop by the Financial Aid Office (Wyatt 111) to complete an application.

Please bring a current resume if available.

#### Sign Up for DCC Alert

The safety of our students is at the forefront of our minds as we strive to give you the best experience possible during your time at the college.

To that end, the college would like to take this opportunity to remind you of our policies regarding on-campus emergencies and weather-related closures or delays.

In order to ensure you have the most up-to-date information available, please take a moment to sign up for <u>DCC Alert</u>. This is the college's first line of communication to let you know when something has happened that affects you such as a closing due to a weather event.

You can also keep up with information about the college on <a href="DCC's Facebook">DCC's Facebook</a>
<a href="page: www.facebook.com/dccpr">page: www.facebook.com/dccpr</a>



#### **Upcoming Dates**

**Gingerbread Party | December 3** 

**SOVAH Blood Drive | December 3** 

**Light The Campus | December 3** 

Phi Theta Kappa Executive Meeting | December 5

Phi Theta Kappa General Meeting | December 19

Danville Community College | 434-797-2222 | 1008 South Main Street, Danville www.danville.edu











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