

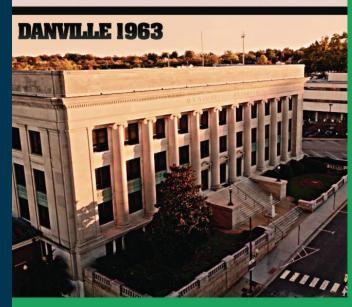
The Award-Winning DCC KNIGHTLY NEWS • February 2025





THE

MOVEMENT



Black History Month 2025 Activity

DCC

Danville Community College

DOCUMENTARY MOVIE SCREENING OF

"THE MOVEMENT"
FEBRUARY 20, 2025

10:00 A.M. | OLIVER HALL FOLLOWED BY A PANEL DISCUSSION AT 11:00 A.M. LUNCH WILL BE PROVIDED.



February 19, 2025 9:00 AM – 1:00 PM Shields Student Center

For more information contact, Ashley Yancey at 434-797-8490 or email ashley.yancey@danville.edu.

Schedule your appointment here (Scan and Scroll to Danville Community College):





All donors receive a free health screening prior to donating.

1-800-RED CROSS | RedCrossBlood.org/OurBlood | #BlackBloodDonorsNeeded





The following topics will be addressed:

Coping and Stress Management, Sexually Transmitted Disease Information, Exercise Promotion, Opioid Epidemic, Food Insecurity, & Mental Health.



SAVE the DATE

March 27, 2025

11:00 a.m. - 2:00 p.m.



For more information contact us at careerservices@danville.edu



Danville Community College
Oliver Hall / Temple Building
1007 Bonner Avenue
Danville, VA 24541



Annual Career Fair

DCC Career Services will be offering support workshops in February and March to help ensure you are career ready. Topics will include resume and cover letter preparation, job search strategies, interview tips and best practices, as well as guidance on how to use Symplicity (our Career Services Management Tool).

For more information contact careerservices@danville.edu



Did you know FEBRUARY is FINANCIAL AID AWARENESS MONTH? #FINAIDFEB

The Financial Aid Office is always available to answer your questions about the Free Application for Federal Student Aid (FAFSA) and the application process. However, during the month of February, we join the nation in celebrating Financial Aid Awareness Month! In an effort to provide important information to students and families about federal, state, and institutional student aid, let's take a minute to answer some frequently asked questions about the FAFSA® process!

Q: How much does it cost to complete the FAFSA form?

A: The FAFSA form is free. The form can be accessed <u>click to view form</u>.

Q: My family makes too much money. I won't qualify for financial aid.

A: There are no income limits and most students qualify for some type of financial aid. Financial aid includes federal and state grants, student loans, and scholarships. In many cases, the FAFSA is required for scholarship applications, so everyone should apply!

Q: What is an FSA ID? Do I need one to complete the FAFSA?

A: The FSA ID is your user account name and password. Starting with the 2024-25 FAFSA, students and contributors (parents or spouses) are required to have a FSA ID to complete the form online. You can create an FSA ID here, <u>Create account</u>.

Q: How long does it take to complete the FAFSA?

A: Most people can complete and submit their first FAFSA form in less than an hour.

Q: How often do I need to complete the FAFSA form?

A: Students must complete a new FAFSA form every year in school to stay eligible for federal student aid. The good news is that filling out the renewal FAFSA® form takes less time.

Q: Where can I get help with the FAFSA?

A: The Financial Aid Office, located in Wyatt 111, is available for assistance with the application and to answer any questions.

NO APPOINTMENTS ARE NEEDED! The Financial Aid Office can be reached by calling **(434) 797-8567** or emailing **DCCFinaid@danville.edu**.

The Trio EOC Office also takes appointments to assist students with the application and can be reached at (434) 797-8577.



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.

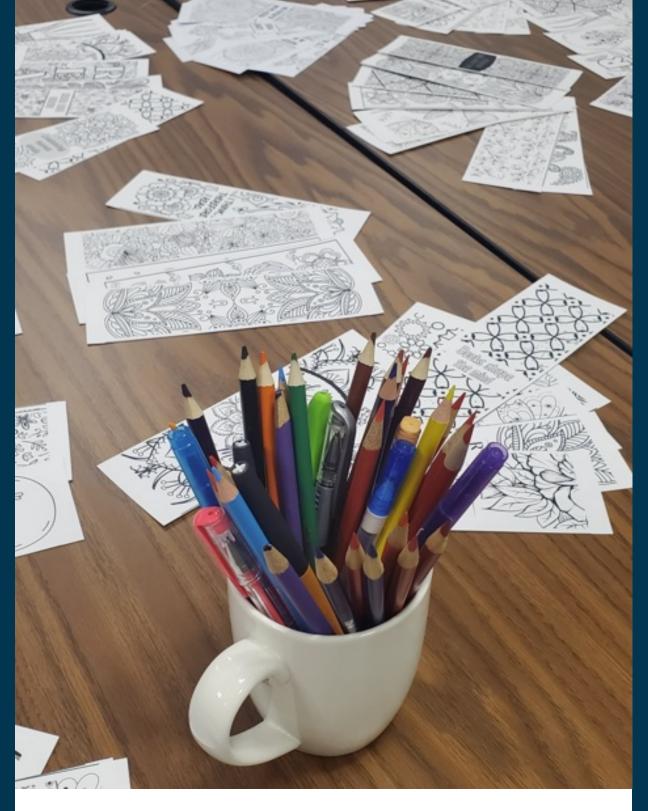
Students are currently looking for volunteers to participate and receive these complementary services. All patients are screened for health conditions before appointments are scheduled to ensure the safety of everyone involved. Completion of

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.

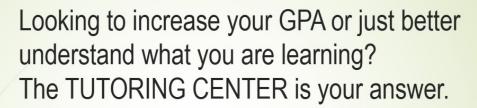
Individuals who are interested may call the clinic at 434.797.8424 and leave a message.

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!



Spring Semester 2025 hours:

Tutoring Center: Mon-Thu 8am to 6pm, Friday 8am to 12pm

(Tel: 434-797-6432) (tutoring@danville.edu)

Math Lab: Mon-Thu 9am to 5pm (Tel: 434-797-6431)

Drop-In Times:

Tutoring Center: Mon&Wed 8am-12pm and Tue&Thu 12pm-6pm

Math Lab: All Drop-In

Scan the QR code below to sign up today!





DCC Advising Center



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



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





Penny Hudson Academic Advisor 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 frederick.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: Shields Student Center

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!

SPRING 2025 SCHEDULE LEARNING RESOURCES CENTER

Mon – Thu 8:00 am - 8:00 pm

Friday 8:00 am - 12:00 noon

Saturday **CLOSED**

Sunday 1:00 pm - 5:00 pm

Holidays and Special Hours:

January 19 - 20 Closed (MLK Day)

Closed (before Spring Break) 8:00 am - 5:00 pm March 9

March 10 - 13

8:00 am - 12:00 pm (Noon) March 14

Closed (Easter Sunday) April 20

 May 13 – 15 8:00 am - 5:00 pm

 May 16 8:00 am - 12:00 pm (Noon)

NOTE: The LRC will be closed whenever the college is closed.



Testing Center Frequently Asked Questions

Where Is the Testing Center located?

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

What are your hours?

- Monday-Thursday from 8 a.m. to 8 p.m.
- Friday 8 a.m. to noon
- Sunday 1 p.m. to 5 p.m.

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?

- If Your Test Is On Computer, Phones May Be Used For Multifactor Identification. Once logged-in all testers are required to turn their phone off and store it in a locker or book-Bag.
- A valid (unexpired), original picture ID (not a photocopy or digital).
 - 1. Such as a: Government-issued driver's license or non-driver ID card
 - 2. Official school-produced student ID card from the school you currently attend
 - 3. Government-issued military or national identification card
 - 4. Government-issued passport
- Your Canvas username, password, and phone for Multifactor Identification for online testing.

Is there anything else I need to know?

- We offer paper and pencil testing, computer testing, and accommodated testing.
- 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 or desk 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



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.



DCC's Testing Center Welcomes New and Returning Students

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 from 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. (see LRC Hours)

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.

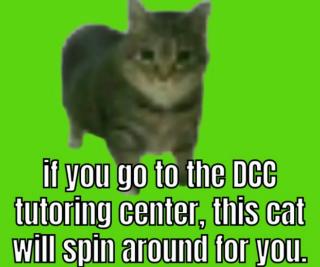
Executive meetings are on the **1st Thursday of each month.**

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

PTK will hold its executive meeting on Thursday, 2/6/2025, 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, 2/20/2025, 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 2025 Semester

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

Drop-In Times:

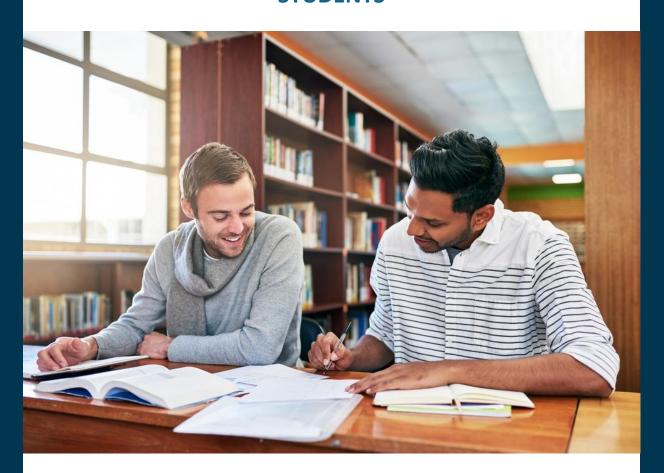
Monday and Wednesday 8 AM-12 PM Tuesday and Thursday 12 PM - 7 PM

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 DCC's Facebook
page: www.facebook.com/dccpr



Upcoming Dates

Phi Theta Kappa Executive Meeting | February 6

Blood Drive | February 19

Phi Theta Kappa General Meeting | February 20

Documentary Movie "The Movement" | February 20

Nursing Community Health Education Fair | February 24

Annual Career Fair | March 27

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











Danville Community College promotes and maintains educational and employment opportunities without regard to race, color, sex, ethnicity, religion, gender, age (except when age is a bona fide occupational qualification), disability, national origin, or other non-merit factors. Danville Community College prohibits sexual harassment including sexual violence.

Member, Virginia's Community Colleges

Danville Community College | 1008 South Main Street | Danville, VA 24541 US

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