



Danville Community College

The Award-Winning DCC KNIGHTLY NEWS • January 2025



# DONATE **BLOOD** & SAVE LIVES.



*Spring Blood Drive*

**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):



**American  
Red Cross**

**All donors receive a free health screening prior to donating.\***

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

# Congratulations



Fall 2024



South Boston



Phlebotomy Students

# Congratulations



Fall 2024  
Danville  
Phlebotomy Students

## Fall 2024 Danville Phlebotomy Students

Congratulations to our students who have successfully completed five phlebotomy classes, MDL 105, and MDL106. They celebrated their achievements with a pinning and certificate ceremony on December 13th, 2024 in Oliver Hall.

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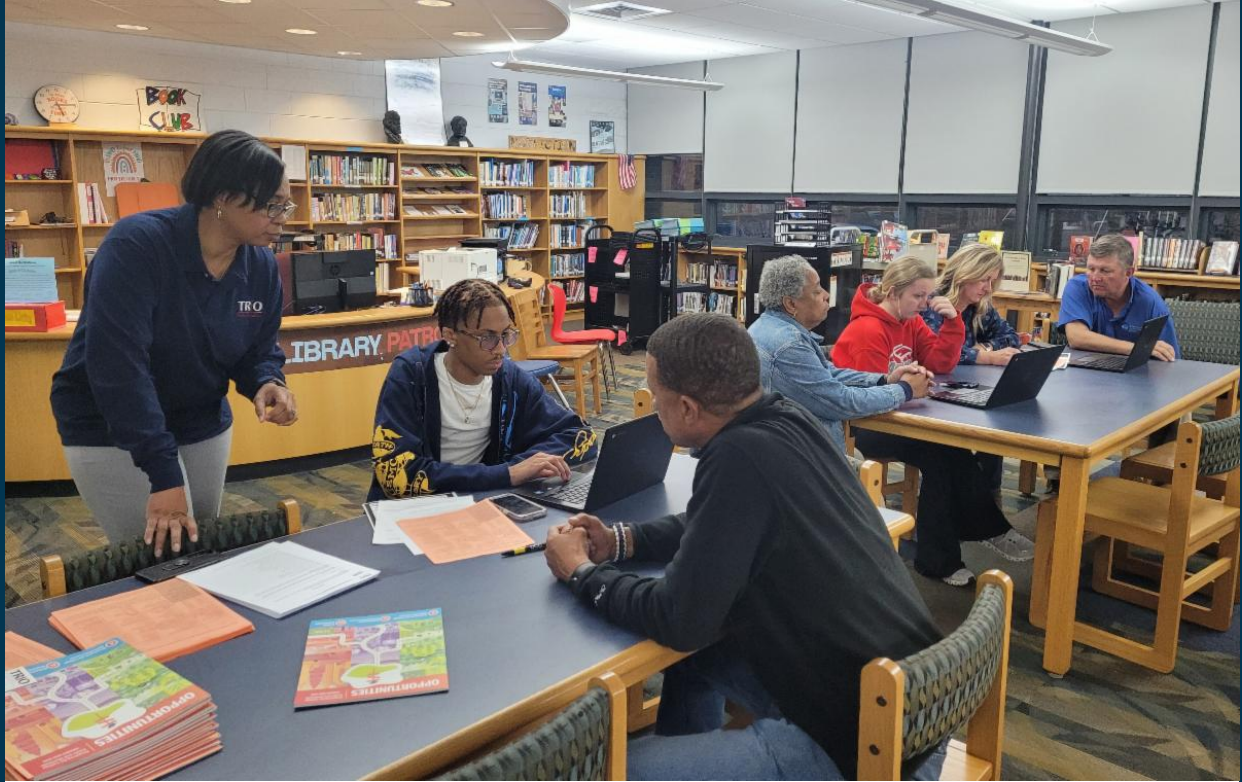
## First-Gen Day 2024

On Thursday, November 22, 2024, at 11:00am, the TRIO EOC Program sponsored a First-Generation Day Celebration in the Shields Student Center on the campus of Danville Community College. An informative panel discussion of higher education experiences, acts of perseverance, and advice from the first-generation student perspective was shared by Kristofer Wanderscheid, Shyheim Towles, Krystal Brooks, Associate Professor of Sociology, J.C. Evans, P&HCC TRIO SSS Academic Advisor/Retention Coach, Dr. Ophelia Griggs, and Jeremy Smith, Assistant Professor of Automation & Robotics.

Keynote speaker, Dr. Muriel Mickels also spoke of her journey and gave words of wisdom and inspiration to all in attendance. At the conclusion, refreshments, courtesy of the DCC Students Services were enjoyed by all.

New, transfer, and stop-out students who desire college access services are encouraged to see out the TRIO EOC Office, which is in the Wyatt Building, room 109.

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## The 2025-26 FAFSA is open!

The TRIO EOC program partnered with Virginia College Advising Corps College Advisers and Guidance Departments to provide expert guidance in applying for the FSA ID and the 2025-26 Free Application for Federal Student Aid (FAFSA). Pictured are TRIO EOC Education Specialists, Doreen Coleman, Camille Younger, and Shirley Williams at target area high schools. Follow up assistance will also be given to enhance a smooth transition to higher education.

**Call (434) 797-8577 for FAFSA assistance.**

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## January Shields Student Center Movie Showings

Come take a break from classes and catch a movie in the Shields Student Center!

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# FREE DENTAL HYGIENE SERVICES

**DANVILLE COMMUNITY COLLEGE**



**DENTAL EXAMS**



**ORAL CANCER SCREENINGS**



**CLEANINGS / SCALING**



**RADIOGRAPHS**



**BLOOD PRESSURE AND VITAL SIGNS**



**PATIENT EDUCATION**



**PLEASE CALL  
434-797-8424  
TO SCHEDULE AN  
APPOINTMENT!**



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.

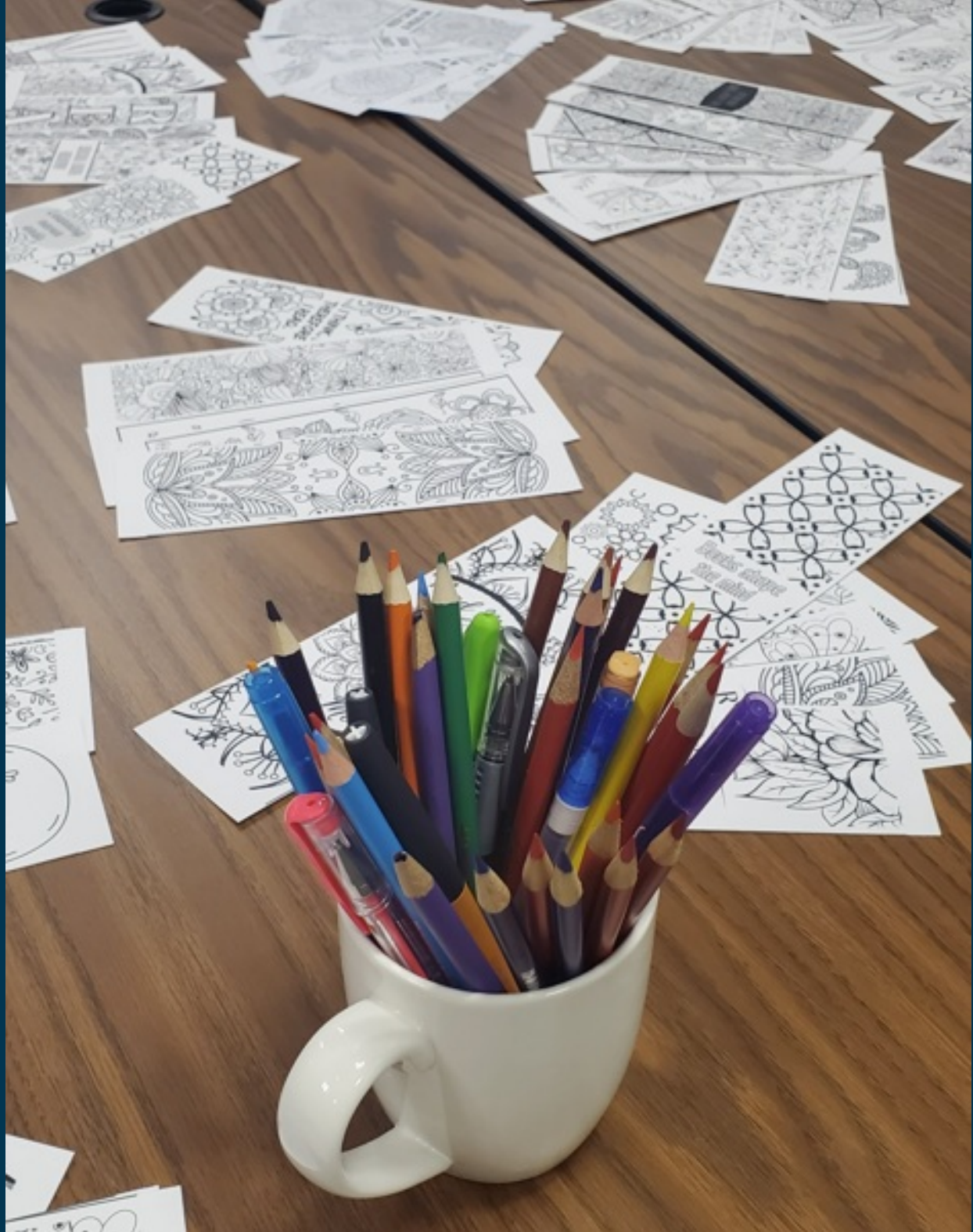
DCC is equipped with a state-of-the-art dental clinic that looks and functions much like a dental office. Located on the corner of South Main Street and Kemper Road in Foundation Hall on the DCC Campus, the dental clinic allows dental hygiene students to practice their skills in a hands-on setting.

**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.**

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## 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 de-stress 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!

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# Looking to increase your GPA or just better understand what you are learning? The TUTORING CENTER is your answer.

**Spring Semester 2025** hours:

Tutoring Center: Mon-Thu 8am to 6pm, Friday 8am to 12pm  
(Tel: 434-797-6432) ([tutoring@danville.edu](mailto: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



**Brad Prillaman**  
Coordinator of Academic Advising  
Academic Affairs and Student Services Office  
434-797-8554  
Wyatt Building  
[bradley.prillaman@danville.edu](mailto:bradley.prillaman@danville.edu)



**Michael Howard**  
Academic Advisor  
Academic Affairs and Student Services Office  
434-797-8401  
Wyatt Building  
[michael.howard@danville.edu](mailto:michael.howard@danville.edu)  
Program Focus:  
• Healthcare  
• Early Childhood Education



**Penny Hudson**  
Academic Advisor  
Academic Affairs and Student Services Office  
434-797-8542  
Wyatt Building  
[penny.hudson@danville.edu](mailto: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](mailto: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](mailto:advising@danville.edu)  
Program Focus:  
• Career & Technical Programs

### ADVISING CENTER

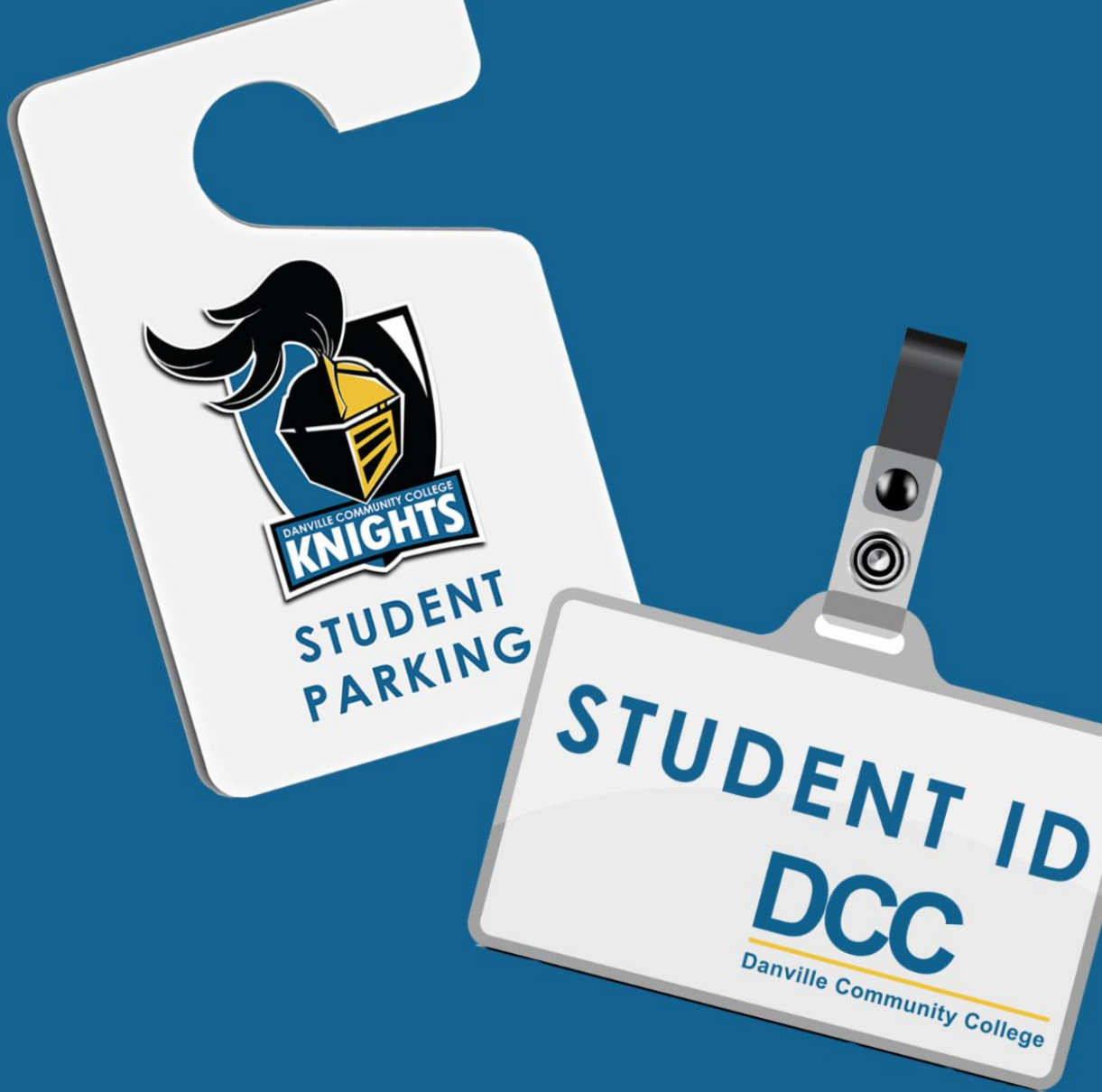
Location: Wyatt 101  
Email: [advising@danville.edu](mailto:advising@danville.edu)  
Phone: 434-797-8420  
Webpage:  
[danville.edu/advising-center](http://danville.edu/advising-center)

## 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](mailto: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](mailto:ashley.yancey@danville.edu)

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LOCATED IN WYATT 108

OPEN  
MONDAY-  
FRIDAY

8:00 a.m. - 5:00 p.m.



# 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](mailto: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



Canvas  
Help

### Need Canvas Assistance?

For support with Canvas, including troubleshooting and technical issues, reach out to the Canvas Help Desk at [canvas@danville.edu](mailto: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!**

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## **SPRING 2025 SCHEDULE LEARNING RESOURCES CENTER**

<b>Mon – Thu</b>	<b>8:00 am – 8:00 pm</b>
<b>Friday</b>	<b>8:00 am – 12:00 noon</b>
<b>Saturday</b>	<b>CLOSED</b>
<b>Sunday</b>	<b>1:00 pm – 5:00 pm</b>

### Holidays and Special Hours:

- January 19 – 20 Closed (MLK Day)
- March 9 Closed (before Spring Break)
- March 10 – 13 8:00 am – 5:00 pm
- March 14 8:00 am – 12:00 pm (Noon)
- April 20 Closed (Easter Sunday)
- 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.

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## 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](mailto: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 in 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 your tests well in advance before you need them.**

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

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## 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](http://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!**

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## 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.

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## 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](mailto: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](mailto:testingcenter@danville.edu) or call: 434-797-8404.

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

MAKE AN APPOINTMENT

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# PHI THETA KAPPA

## HONOR SOCIETY

### 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, 1/2/2025, 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, 1/16/2025, at 11:00 AM.**

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

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when you're drowning in assignments, but the DCC tutoring center has your back, and you're just a chill person making smart moves



## 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

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# Your Virtual Health and Well-Being Resources

Available on the TimelyCare app or [timelycare.com/vccs](https://www.timelycare.com/vccs)

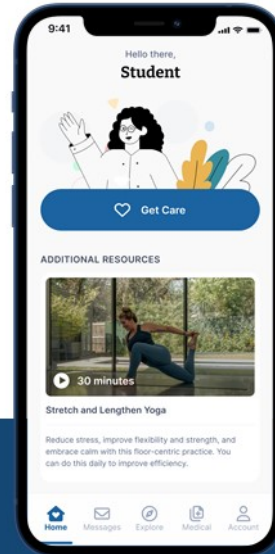


**TalkNow**  
24/7, on-demand emotional support to talk about anything.

**Scheduled Counseling**  
Choose your preferred day, time, and mental health provider.

**Self-Care Content**  
Visit the "Explore" page for guided self-care content.

**Basic Needs Support**  
Access to free or reduced-cost community resources.



Scan the QR Code to access care.

**It's for Students.  
FOR FREE.**

@timelycare

@timelycare

@timely\_care

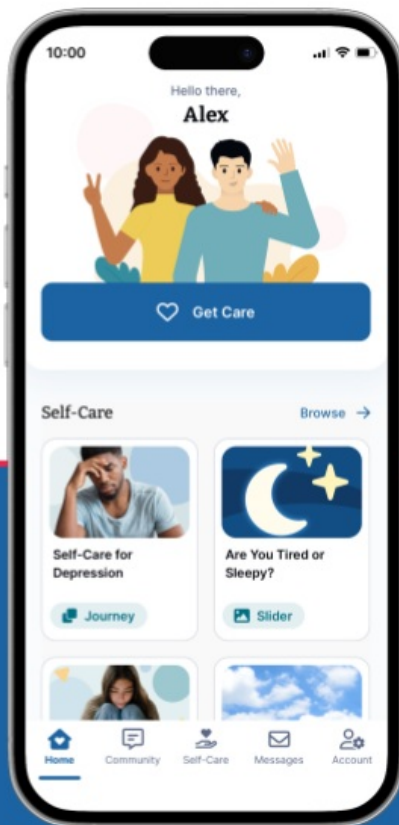




# WIN A \$25 AMAZON GIFT CARD!

1. Download the TimelyCare app.
2. Register via your school email address.

Contest runs January 13-24, 2025



[timelycare.com/vccs](https://timelycare.com/vccs)

©TimelyCare 2024

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## 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.**

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### **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 **DCC Alert**. 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](http://www.facebook.com/dccpr)

## Upcoming Dates

Phi Theta Kappa Executive Meeting | [January 2](#)

Phi Theta Kappa General Meeting | [January 16](#)

Spring Blood Drive | [February 19](#)

Danville Community College | 434-797-2222 | 1008 South Main Street, Danville  
[www.danville.edu](http://www.danville.edu)



Prepared by the **Danville Community College Office of Public Relations & Marketing**

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### Consumer Information

*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.*

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Member, [Virginia's Community Colleges](#)

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

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