If you’re coming back to college or starting for the first time, you could find yourself feeling overwhelmed. You may not know where to start or what to do to prepare yourself for the semester ahead! Below you will find some tips on how to make this semester a healthy and happy one:

1. Check your class schedule and find your classes. It’s easy to let time slip away from you or to fool yourself into thinking you’re familiar enough with the campus not to have problems. The Opening Day event is from 1-4 on August 20, and you can get a tour of campus then if you can’t come to campus before then.

2. Check on your Financial Aid. Start early and know where you are in the process. Understanding the regulations/policies can help you not make costly mistakes. (Be prepared to buy your books and go to class even if your aid is delayed).

3. Buy books. Making sure that you have the tools you need to be successful in college is critical! The Library does house many of the textbooks that are required, and you may use these on site. Having and using your own is the best option.

4. Note important dates and deadlines. You can find the academic calendar online, in the catalog, and in the printed course schedule. Know when you can drop a class with or without a refund, financial aid disbursement dates, and holidays. Also, use a planner to place assignment due dates, test dates, etc., in one easy location.

5. Set academic and personal goals. You will have a great amount of freedom in college, so now is your chance to be your own boss! With this new freedom comes responsibility. Take some time to think about it; then write down your goals for the semester. Later, if you start to procrastinate or if things get overwhelming, your goals will remind you of why you are here.

6. Get connected. Being connected and involved on campus is directly related to your academic achievement. Check out the Organizations Fair; visit the Student Life and TRIO SSS offices; come to Student Support Services; attend Brown Bag lectures; go to the library and learning labs. The more you’re involved, the more successful you’ll be. (Continued on Page 3)
Use Technology Wisely

A couple of weeks ago, my children convinced me that we needed to upgrade our wireless plan, so we each have a new phone to play with. This immediately triggered an idea for a new reality show: Are You Smarter than Your Cell Phone? Currently, I’d have to say I’m not, but I continue to work on it. Given the number of gadgets we play with, work with, and just take for granted on a daily basis, I thought it might be helpful to remind you of how to protect yourself and avoid some of the potential hazards that come with technology.

1. **Smart Phones.** The smart phone is, without a doubt, one of the most useful tools and most fun toys to hit the market. While they can keep us connected and entertained, it’s important to remember that these are wireless devices which means that it can be easy for some unscrupulous person to intercept your messages or steal your stuff. Set a password as soon as you get your phone (a passerby may still be able to call 9-1-1 in an emergency, but not be able to access your contacts or documents). Don’t share your password with others. Someone who is significant and trustworthy today may not be tomorrow. Also, don’t download apps or documents unless you are sure of their safety. It’s also a good idea to keep your old cell phone charged in case of an emergency. Smart phones use a lot of energy depending on the model and the amount of data you use. They may have to be charged daily or even multiple times daily. If there is a power outage, your old standby should keep a charge for a few days.

2. **Social Media.** You may have hundreds of friends on Facebook, but chances are, you have attracted a few enemies, too. You can control who sees what in your account, so investigate those security settings and keep yourself and your loved ones out of sight of those who may be looking for someone to victimize. Also, don’t keep yourself logged in forever. Log out after each use.

3. **Online Transactions.** The Internet can make paying bills, shopping, and other mundane activities much easier. It can also make you vulnerable if you don’t protect your information. Create usernames and passwords that will be difficult for others to guess. Don’t post this information where someone else will have easy access to it and don’t share the information. Look at the screen carefully if you are visiting a site that offers you a “free trial” of some product or service. Even installing upgrades to your programs requires your diligence lest you install other things, too. Look for small square boxes that have a small check mark in them. Uncheck them before you continue unless you want to authorize something installed on your computer or for merchandise to be continually charged to your bank card.

4. **Phishing.** This classic scam involves official-looking email sent to your inbox requesting personal information such as social security numbers, account numbers, etc. Legitimate entities don’t do business this way, so don’t give your identity away. If the email says you’ve won a fortune playing a lottery in another country, but you’ve never played the lottery in that country, just hit delete.

5. **Phone Scams.** One scam began soon after the Wall Street bailouts a few years ago. In this one, someone calls and leaves an “urgent” voice message saying that you must do something about an account right away. They really want you to call back and give them information to get into your accounts. Be wise and don’t fall for it.
Start Your Semester off Right (Continued)

7. **Find your balance.**
   Let’s be real. . .you have a life outside of college. You may work, have a family, or be the person other people rely on. Whatever your situation, you may be adding college to an already hectic life. Every college student has to juggle multiple responsibilities. It can be helpful to plan early, to organize your responsibilities, to prioritize, and to remember to take time for yourself.

8. **College is a transition.**
   College is a major transition for you and your loved ones. While you are learning the college lingo and adjusting to this environment, your loved ones could be feeling left behind or envious of your opportunities. Remember the old saying, “It just takes a little time.” As you continue to figure out how to navigate college, your loved ones will become increasingly more aware of how much time and effort it takes to be successful. It may be helpful for you and them to discuss why you are going to college and how it will benefit you in the long run. College is an investment in your future.

9. **Take time to explore and enjoy.**
   This is your time. You are finally here, so enjoy it! Explore your options for different majors and careers. Visit the Student Employment and Career Service Office. They can help you find a good fit for a future career (and then you can match a major to it), or they can help you confirm that what you’ve been planning to major in is a good fit. Take time to consider what your strengths are and what motivates you to do your best. You are the only person who can truly design the path of your college experience (but lots of us are standing by to help).

10. **ASK QUESTIONS!**
    Some say the biggest mistake any of us can make is not asking a question or not asking for help. I’ll let you in on a little secret: most people who work here do so because they want students to be successful and have a transformational college experience. Therefore, we love it when you ask for help. Be sure to ask questions and seek out information for yourself.

Get Ready to Run!

The Life Saver 5K and 1 Mile Fun Run is just a few short weeks away on September 17, but there’s still time to break in your running shoes and get ready to compete. The race, sponsored by the OCCC Nursing Student Association and the Student Physical Therapy Assistant Organization, is a major fundraiser that provides scholarships for nursing and PTA students.

The Master of Ceremonies will be David Ball, a recent Boston Marathon participant. There will be a Zumba warm-up for all race participants this year. In addition, there will be refreshments and entertainment by Countdown to Reno. For more information, visit: www.occc.edu/lifesaver.

OCCC is a commuter campus, but students who can make time to hang around and be involved outside of class tend to perform more successfully.
Student Support Services houses a variety of services designed to enhance the performance and well-being of students at Oklahoma City Community College.

- Services to Students with Disabilities provides accommodations for documented disabilities, including interpreting and captioning services for deaf and hard of hearing students and assistive technology.
- Professional counseling by licensed providers.
- Learning support specialists to assist with academic needs such as learning styles, study skills, test-taking, and general health and wellness issues.
- TRIO Grant Programs (Upward Bound and Trio Student Support Services) designed to help future first generation college students learn more about college before they arrive and current college students how to be more successful once they are here.

For more information about our services and how to access them, please visit our website at http://www.occc.edu/support/ or call us at 682-7520. We are located on the first floor of the Main Building near SEM Entry 3.

**White Bean and Spinach Pizza**

- 1/2 cup sun-dried tomato halves (not oil packed)
- 1 15 ounce can cannellini (white kidney) beans or 1 15 or 16 ounce can of great northern beans, drained and rinsed
- 2 medium garlic cloves, finely chopped
- 1 package (10 ounces) prebaked thin Italian pizza crust (12 inch)
- 1/4 teaspoon dried oregano leaves
- 1 cup firmly packed washed fresh spinach leaves (10 ounce bag if prepackaged), thinly sliced or torn into small pieces
- 1/2 cup shredded reduced-fat Colby-Monterey Jack cheese blend or Cheddar cheese (2 ounces)

Heat oven to 425º F. Pour enough boiling water over the dried tomatoes to cover; let stand 10 minutes. Drain and cut into thin strips. Set aside.

In a food processor, place beans and garlic. Cover and process until smooth. Spread beans over pizza crust. Sprinkle with oregano, tomatoes, spinach, and cheese.

**Per Serving:**
- 190 calories
- 4 grams total fat (2 grams saturated; 0 grams trans fat)
- 10 milligrams cholesterol
- 310 milligrams sodium
- 30 grams carbohydrates
- 6 grams fiber
- 10 grams protein

Place on ungreased cookie sheet.

Bake about 10 minutes or until cheese is melted.