As summer break grinds to an end and another fall semester looms ahead of us, it’s important to pause and consider all the things you’ll be taking on for the semester. Staying busy and being productive is the American way, but we lose our productivity, and sometimes our health, when we over-extend ourselves.

**Time.** It often seems as if we never have enough time to get everything done that we plan to do. As the semester begins, sit down with a good calendar/planner (current students can get one free in Student Support Services) and plot out everything that you have committed to for the semester. Include your work schedule, your kids’ practices and dental appointments, class times, when assignments are due, etc. This will allow you to see “your life” at a glance. If looking at your weekly schedule makes you feel tense or overwhelmed, consider places where you might trim things back. This will allow you to see “your life” at a glance. If looking at your weekly schedule makes you feel tense or overwhelmed, consider places where you might trim things back.

Keep lists of things you need to do each day and prioritize it. Organizing yourself at the beginning of the semester will be much easier than trying to pull things back together after they have fallen apart.

**Experience.** Too often, we focus on end results and pay little attention to the experiences involved in getting those results. Even when we achieve a goal, we may be left wondering how or why or if it was even worth it. Giving ourselves time and permission to really experience the process of creating the end product or of achieving the goal enhances our appreciation of what we accomplish. Every person has a story, and we must remember that our story may not play out like someone else’s might. We should live the story that is ours and not worry so much about how others live theirs.

**Happiness.** Happiness is a state of being that involves wanting what we have. Life may never give us everything we want, or even what we think we deserve. However, liking who we are and what we have helps us feel content. This doesn’t mean that we don’t set our sights on bigger and better things. It just puts us in a better position to truly decide what those things mean for us and allows us to work toward them. Each new day gives us the chance to choose to be okay or not.

**Finances.** Managing our money well can be the biggest challenge in our lives, especially while we are in college. Getting a degree is not cheap, but it can be achieved even on a tight budget if we plan and prepare for the costs. If we receive financial aid, or if our parents pay the bill for us, it’s easy to ignore how much money it takes to cover the costs of tuition and fees, books, and other related materials. Even when we pay our own way, we may underestimate how much we spend by eating out too often, by not being strategic when we run errands, and so forth. Honestly looking at mandatory and elective monthly expenses can be a real eye-opener (and a shock to the system), but it’s necessary. Not having enough money is stressful. Learning how to manage money helps reduce that stress.
An Overview of Some Resources

Being successful is often a matter of having the right resources at your disposal. For that reason, it’s important to realize that 1) no student is an island who must exist completely alone, and 2) OCCC has a plethora of resources to help make your academic experience pleasant and rewarding.

1. Learning Labs. Some colleges place their learning resources in one centralized location. Students are able to go in and get somewhat generic help related more to basic skill sets than to specific knowledge. Here, however, we have learning labs all around campus in the various academic divisions. This allows students to get more specialized assistance with content as well as basic skills. A complete listing of all campus labs and centers is located on the drop-down bar at the top of the college homepage. Click on each link to learn more about the services offered and the hours of operation.

2. Library. Besides being a repository for books and periodicals, the library is home to a great staff and lots of technology. The library tab is located just to the right of the labs&centers tab on the homepage.

3. Faculty. By far, the people who best know what is expected of you in your classes are the professors teaching them. They should be your first line of defense if you don’t understand something or experience problems. All faculty keep office hours. If you absolutely cannot meet during their posted office hours, then ask about scheduling an appointment. Then be sure to keep the appointment and be on time. Your time is valuable to you, so treat theirs likewise.

4. Staff. One way to think about the community college is that it’s like a small town. While we all are part of OCCC, each office represents a different kind of “store” with our own regulations and services. You may have to visit many “stores” to get what you need, but that helps insure that you get the very best information and service. Become familiar with the various offices and people on campus even if you don’t need them right now. At some point in time, you probably will.

5. Online Tutoring. As much as we try to be available at a variety of times for students, we sometimes have to go home to eat and sleep. When that happens, you can still access help with homework because OCCC pays for you to have real time virtual tutoring. Go to the login tab on the homepage and click on the online tutoring link. A real person will respond and help you even if we are working on our beauty sleep.

6. Khanacademy.org. Oh, just check it out! It has saved the academic lives of many, many students!

7. TRIO SSS. Funded by a federal grant, this office functions as a part of the greater Student Support Services office to provide more personal assistance to students who qualify to participate.

8. SSS. Student Support Services, located near SEM Entry 3, is home to our licensed counselors, learning specialists, and our disability services staff who serve students who qualify for accommodations per ADA guidelines. Our website also contains a community resource list.
The pressures of life can sometimes be overwhelming for people. We are inundated with news of terrible life events; we feel rushed; we feel pressured to keep doing more even when we’re doing all we can. After a while, it can all build up and tear us down. It should not be surprising, then, that mental health issues such as depression and anxiety are at an all-time high among college students.

Experiencing chronic stress, anxiety, or depression can lead us into a downward spiral to a point where daily self-care and other activities slowly fall by the wayside. We can feel so zapped and overwhelmed that we simply do not have the energy to think about our hygiene or appearance.

Not attending to these tasks, however, means that we risk sliding into a deeper state of depression or anxiety, so life becomes a self-perpetuating cycle of unhappiness and pain. Seeking professional help (licensed counselors are available in Student Support Services) is certainly an important step toward feeling better. Other smaller steps can enhance that benefit.

With all of the discount stores and community resources spread throughout the OKC metro, accessing person hygiene products doesn’t have to be a huge expense. Something as simple as changing the fragrance of soap or lotion can help perk up our outlook on things.

Getting a new haircut has also been shown to help improve one’s outlook on life. Again, this doesn’t have to be expensive. Supercuts has a training facility in Midwest City that offers free haircuts year round. They hire people who have already been trained and licensed, and then put them through corporate training specifically for Supercuts. They are always looking for models of every age and with every hair type. The facility is located at 140 S. Midwest Blvd, Suite C. If interested, call 736-1251 for more information.

Don’t forget to mark your calendars and break in your shoes for the annual 5K and 1 mile Fun Run on Saturday, October 6. Proceeds provide scholarships to students in the Nursing, PTA, and EMS programs and also funds an emergency reserve for students in these programs. It’s not too late to prepare yourself for it.

5K Training Schedule for Beginners

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<th>Week</th>
<th>Mon</th>
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<td>20-30 min run or CT</td>
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<td>2 mi</td>
<td>Rest</td>
<td>Rest</td>
<td>5K Race!</td>
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CT = Cross Train
Honey Soy Grilled Salmon

Preheat the grill over medium-high direct heat. Oil the grill grates. Finely chop the cilantro and scallion and mix in the oil and ginger. Season with salt and pepper.

Cut two 3-inch long slits through the skin lengthwise on the bottom of the salmon fillets, going about halfway into the salmon. Evenly stuff the slits with the herb mixture. Season the fish with salt and pepper.

Stir together the lime juice, soy, and honey until smooth. Place the salmon, skin side up, on the grill and cook about 3 to 4 minutes. Turn the salmon over and brush tops with the sauce. Cook until fish is cooked through, about 3 or 4 more minutes. Transfer to a serving plate and sprinkle the tops with the sesame seeds. Serve with edamame and lime wedges.

345 calories
15 grams total fat
39 grams protein
10 grams carbohydrates
3 grams fiber
93.5 milligrams cholesterol
306 milligrams sodium

1/4 cup packed cilantro leaves
2 scallions
2 teaspoons vegetable oil
1 teaspoon grated ginger
Kosher salt and freshly ground pepper
4 center cut skin-on wild salmon fillets, about 6 ounces each
2 teaspoons fresh lime juice
2 teaspoons honey
1/4 teaspoon black sesame seeds
1 1/3 cups cooked edamame
Lime wedges, garnish

He can get dinner from the grill to the table in under ten minutes with this tasty and healthful recipe.

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, including providing accommodations for documented disabilities, 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 first generation college students learn more about college before they arrive and 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.