



December 2023

THE EAGLE NEWSLETTER

Bringing Campus Life to Your Inbox

SPRING REGISTRATION

Registration is open! Take action now to secure the classes you need. A few steps to get ahead:

1. Make an appointment now with your counselor.
2. Review the schedule of classes online.
3. Mark your calendars to register online via MyMendo or in-person!



JANUARY 22 - Spring Semester Starts

UPCOMING EVENTS

Spring Registration OPEN

NOVEMBER - JANUARY

Holiday Ceramics Sale

December 1, 2023 | 11:00am-4:00pm
Lowery Student Center,
Ukiah Campus

Ukiah Symphony

Dec 2nd and Dec 3rd
Center Theatre

Scholarship Applications Open

December 4 - March 1st
mendocinocollege.awardspring.com

Choral Concert "A Season of Peace"

December 4, 2023 | 7:30PM
Center Theatre

Wellness Workshop:

FINDING YOUR CALM

December 6, 2023 | 12:30-1:20pm
Register online

Auditions - Twelfth Night

December 9, 2023 | 10:00am - 4:00pm
Room 800 & 820, Ukiah Campus

Fall Semester Ends

DECEMBER 15, 2023

Winter Break

DECEMBER 18-31, 2023

MENDOCINO COLLEGE CERAMICS CLUB ANNUAL

Holiday Ceramics Sale

Friday, December 1st, 2023
11am to 4pm



Gifts, Kitchen and Dining Wares, and Collectibles

Holiday wreaths available from the Ag Department

Proceeds benefit Mendocino College Ceramics Club

Ukiah Campus
Lowery Student Center
1000 Hensley Creek Road, Ukiah CA
707-468-3087 facebook.com/ceramicsclub



ASMC INVOLVEMENT WITH SSCCC

Mendocino College is active with the Student Senate for California Community Colleges (SSCCC)- a student-led, non-profit, legislative organization officially recognized by the state of California as the student voice. Our region is seeking to fill all officer roles (other than Regional Affairs Director) for the 23-24 academic year: Vice Chair, Legislative Affairs Director, Treasurer, Communications Officer. Email radregioni@ssccc.org for more information.

ASMC officers to attend SSCCC's Advocacy Academy Dec 1-3 to learn more about advocating for students.

SSCCC will host General Assembly on April 5 - 7, 2024 in Santa Clara, CA. Students wishing to get involved are invited to reach out.

SSCCC is seeking an intern to work approximately 25 hours a week for \$25/hr. More info here: <https://ssccc.org/who-we-are/employment-opportunities.html>

GIVING TUESDAY

On behalf of the Mendocino College Foundation, ASMC is continuing efforts from Giving Tuesday to seek food pantry donations from the community. Please tell your family and friends! *Press Release Attached

ASMC MEETING

ASMC has one final meeting for the 2023 Fall Semester. The meeting is open to members of the public. Room 4135, Friday 12/15/23, 12:30pm - 2:00pm.

2023-24 ASMC REPRESENTATIVES

President: Lisa Baker

Vice President: Anthony Billy

Publicity Director: Thais Springer

Activities Director: Mia Uribe

Ecology Director: Nicholas Lujan

Ukiah Representative: Russell Furlong

ASMC PURPOSE

ASMC represents the student body of Mendocino College in all matters related to our college community.

ASMC BUSINESS

We raise money for student activities and scholarships;

We promote the individual student to take responsibility for their performance, health, well being and education.

ASMC VALUES

- We promote serving students of all ages through our programs and activities.
- We respect the ideas, opinions, contributions, and rights of all students.
- We promote high expectations, ethical and moral standards, positive reinforcement and recognition.
- We promote evaluation and feedback to enhance future learning.
- We promote self knowledge and understanding and independent thinking.



LEARNING CENTER

Congrats! You've made it to the final stretch! We welcome you to come to the Learning Center as finals approach to get that last minute help on Math or Writing assignments and prepping for finals. We offer free tutoring to all students in-person and online. See our schedule online [Welcome to the Learning Center | Mendocino College](#). Tutoring is for ALL students - those who've fallen behind and need support, those who are striving for a higher grade, and those who want to complete their assignments in the most efficient way with a bit of assistance from our wonderful faculty and staff. Whatever your needs are, we are here for you. All tutoring is drop-in, so no appointments are necessary!

For students with testing accommodations through the DRC, we offer a distraction-free environment for you to complete your exams. If you qualify, check in with your instructor and make an appointment at the Learning Center.

If you need a place to do your homework or print out your assignments, you are welcome to use our computers, quiet rooms, and printers.

Are you expecting an A or B in your Math or English class? If so, you may be eligible to become a peer tutor! We are currently recruiting students for our Spring 2024 Peer Tutoring program. Stop by the Learning Center to find out more information about how you can become a tutor. It is the best way to solidify what you've learned, connect with others on campus, and earn some extra income!

LIBRARY CORNER

- Students, pay it forward and turn in your library materials by Friday, December 15 for next semester's students. We have a new drop box outside by the parking lot that is available for both books and technology.
- A heads up, past due technology, will be turned off after Dec. 15.
- Spring 2024: Students who are enrolled for the spring semester can start checking out Spring resources from the Lending Library, which includes: Textbooks, Calculators, and Hotspots. Quantities are limited and are on a first-come, first-serve basis. Please bring a copy of your schedule with you to the library.
- Extra Library Hours, December 2-3 and December 9-10 from 10am-2pm.



HEALTH & WELLNESS

CONTROL, INFLUENCE, AND LETTING THINGS BE

Transitions of any kind can be stressful. Whether you are transitioning to standard time, or a new job, or a new assignment, a new ritual or family routine, stress can take its toll if you don't manage it. A helpful frame for life is to understand for yourself how much you believe you have control over your life vs how much of your life is controlled by fate. The American Psychologist Julian Rotter conceptualized Locus of Control as a continuum: Internal control (behavior guided by individual decisions) vs. external control (behavior guided by fate or luck). Launching from this perception, you can then think more about your own personal decision making and where you can influence your life. Mahatma Ghandi expressed this concept in his famous quote: "Be the change you wish to see in the world." If you give what you desire, you promote great influence over your life. Asking yourself "how much control do I have over what is happening in the present moment" is a helpful stress reducing process. Change or influence what you can, let go of those things you cannot change or influence. Sometimes you just have to be the change, and know that change is not going to happen without your active involvement. Change what you can. Influence what you can't directly change. If you cannot change or influence, let it go. Truly, let it go. The quieter your mind, the better you'll be able to distinguish between what you can control, what you can influence, and what you should just let go.

There are many online applications that help promote a calm body and a quiet mind. One application is called Insight Timer. There is a lot of free content on Insight Timer. I particularly like the Palouse Mindfulness Based Stress Reduction material offered by Dave Potter. You can also find guided meditations by Tara Brach. Dedicating 2-5 minutes a day is a great start. Give yourself the gift of a quiet space to see where you can influence your life.

WELLNESS SERVICES

Mendocino College Health & Wellness offers the following services to all students:

- Short-term Therapy (individual, group, family / couple / friendship)
- Connection to College and Community Resources
- Crisis Intervention and Support
- Wellness Workshops

Building resiliency for students is the focus of the wellness services offered at Mendocino College. Learn more and make an appointment at:

www.mendocino.edu/wellness

WELLNESS WORKSHOP

FINDING YOUR CALM

5 Strategies to Reduce Stress

December 6, 2023

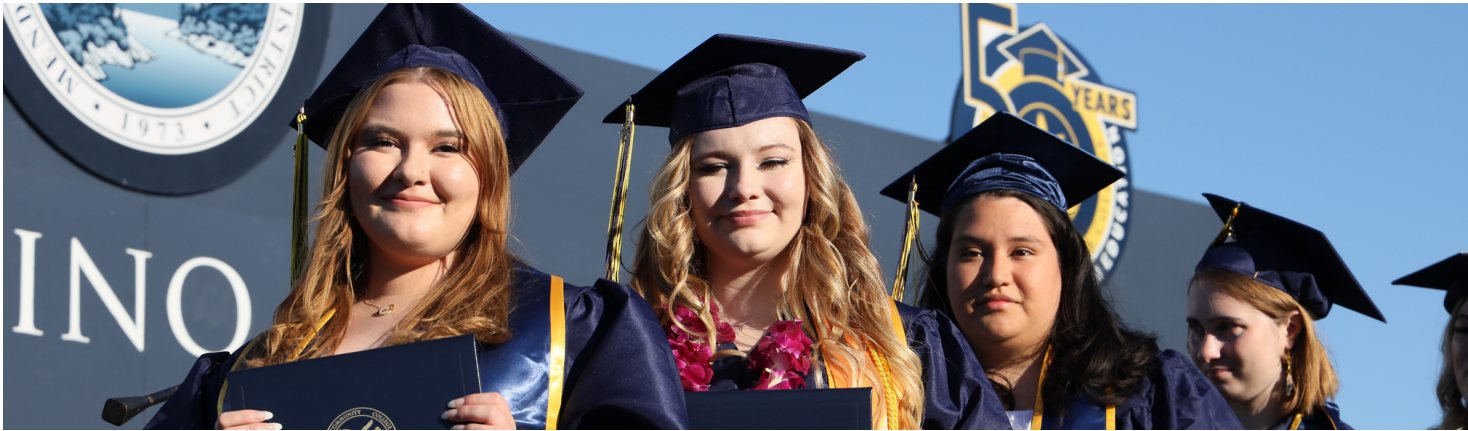
12:30-1:20pm

Ukiah Campus, Lowery 740

and via Zoom at select MC Centers.

Register for an in-person workshop to receive FREE LUNCH.

REGISTER HERE



IT TIPS:

RECOVERING YOUR PASSWORD

Your college username is typically your first name, a period, and your last name. People with very common names may have a number at the end of their username if someone else already had that name.

For students that have completed the PortalGuard Self-Service enrollment, to reset your password, go to <https://mendocino.onbio-key.com/sso/default.aspx> and click on the Unlock/Reset Forgotten Password button. It will ask for your username, which is the same username you use for MyMendo or Canvas, typically your first name, a period, and your last name. Click Continue. Select "Reset Forgotten Password" and click Continue. On the next page, select whether you want to answer your challenge questions or have a one-time password emailed to your personal email address. Answer your challenge questions or enter the one-time passcode and click Continue. You can then set your new password.

If you are unable to reset your password this way, just email it-help@mendocino.edu or call 707-468-3210 and we can reset your password for you. Please provide your full name and college student ID number or date of birth.

MENDOCINO COLLEGE
STUDENT HELP DESK

Computer trouble?
A team of friendly computer science students are standing by to help resolve your technology-related issues!

EMAIL COMPUTER SUPPORT REQUESTS TO:
MENDOSTUDENTHELPDESK@GMAIL.COM

MENDOCINO COLLEGE
FOOD PANTRY

FREE FOOD FOR ALL STUDENTS

VETERANS SERVICES
 707-468-4602
VETERANS@MENDOCINO.EDU
WWW.MENDOCINO.EDU/VETERANS

FREE SUPPORT & SERVICES

VETERANS' SERVICES

SUPPORTING THOSE WHO HAVE SERVED.

- We can help you with the following:
- Assistance with the application and registration process.
 - Eligibility for priority registration.
 - Evaluation of military transcripts and DD-214s for college credit
 - Support with VA education benefits
 - Evaluation of educational progress toward degree and certificate programs
 - Connection with community resources
 - Textbook Lending Library

TWELFTH NIGHT AUDITIONS



Do you love Shakespeare? Do you love musicals? If you answered yes to EITHER of these questions, you are going to FALL IN LOVE with this inclusive & delightful jazz-funk musical adaptation of Shakespeare's best comedy about FALLING IN LOVE!!! ALL are welcome at the auditions Saturday December 9. We need YOU!!!

Performances will be March 7-17, 2024 in the Mendocino College Center Theatre.

Conceived by Kwame Kwei-Armah and Shaina Taub and with music and Lyrics by Shaina Taub, this is a musical adaptation of Shakespeare's classic play on love, gender, and mistaken identities. First presented in 2016 by NYC's Public Theatre's Public Works Shakespeare in Central Park with a cast of over 100 performers, this version runs about 90 minutes long. We are seeking a LARGE cast of singers, dancers, actors and musicians. We also hope to feature various local community and performing groups in cameo or featured roles. The original production featured a hearing impaired dance company, a troupe of taiko drummers, a marching wind ensemble, uniformed members of the US Postal Service and more. If your local group wants to be a part of this production, please contact Reid Edelman at redelman@mendocino.edu!

The cast will earn college credit and work with our fantastic faculty directorial team.

OPEN AUDITIONS will be held Saturday December 9, 2023 10 AM-4 PM

- Please prepare to sing a song from this show. Ideally, we are hoping to hear actors sing one of the following songs:

- for females: "Viola's Soliloquy"

- for males: "Tell Her" or "Count Malvolio"

- for any gender: "Play On"

Materials will be available here asap or contact redelman@mendocino.edu for more information).

- We are also looking for band members and some instrument playing character actors! If you play an instrument, please bring your instrument and something to play.

- For the dance portion of the audition, please wear comfortable clothes and be prepared to move!

CALL-BACKS will be scheduled as needed on Sunday December 10 from 10AM-2 PM.

For additional information, call (707) 468-3172 or e-mail redelman@mendocino.edu.

ATHLETICS

pg. 7

MEN'S BASKETBALL



December



Dec 01 (Fri) 7:00 PM PST
AT REDWOODS



Dec 02 (Sat) 2:00 PM PST
VS SOUTHWEST OREGON



Dec 05 (Tue) 7:00 PM PST
AT SANTA ROSA



Dec 08 (Fri) 7:30 PM PST
VS SIMPSON JV



Dec 14 (Thu) 6:00 PM PST
VS PASADENA CITY



Dec 19 (Tue) 5:00 PM PST
VS LOS MEDANOS *



Dec 30 (Sat) 3:00 PM PST
AT CONTRA COSTA *

WOMEN'S BASKETBALL



December



Dec 06 (Wed) 4:00 PM PST
VS LASSEN



Dec 15 (Fri) 5:00 PM PST
VS MISSION



Dec 30 (Sat) 3:00 PM PST
AT CONTRA COSTA *

Hey, incoming & existing MC Students!



APPLY TODAY *for*
SCHOLARSHIP MONEY

MORE THAN **\$200,000** AVAILABLE TO
**ALL GRADUATING
HIGH SCHOOL SENIORS,
INCOMING & EXISTING
MC STUDENTS**

OPEN ENROLLMENT

December 4th, 2023
thru March 1st, 2024

APPLY TODAY!



go to:

MENDOCINOCOLLEGE.AWARDSPRING.COM

Questions? 707-467-1018 OR FOUNDATION.MENDOCINO.EDU



WELLNESS WORKSHOP SERIES

OCTOBER 11, 2023

HEALTHY RELATIONSHIPS

Communication, Self-Expression & Boundaries

NOVEMBER 8, 2023

TIME AND ENERGY MANAGEMENT

Pacing Yourself Through the End of the Semester

NOVEMBER 29, 2023

HEALTHY BODY, HEALTHY MIND

Exploring the Relationship Between Mental
Well-being and Physical Wellness

DECEMBER 6, 2023

FINDING YOUR CALM

5 Strategies to Reduce Stress



Wednesdays from 12:30-1:20pm

Ukiah Campus, Lowery 740,
and via Zoom at select MC Centers

**Register for an in-person workshop to
receive FREE LUNCH!**



REGISTER TODAY!

wellness@mendocino.edu

707-621-6463

www.mendocino.edu/wellness

VISITING ARTIST LECTURE SERIES



Eunkang Koh, Printmaker

Mendocino College Art Gallery Visiting Artist Lecture Series

Eunkang Koh is an Associate Professor of printmaking and drawing in the Art Department at the University of Nevada, Reno. Born and raised in the Korean myth culture, Koh often uses half-animal and half-human figures in her work. These hybrid creatures represent a portrait of us, humans as social animals, and the society that we live in.

Koh will discuss her process and specifically the intaglio prints included in the 'First Person: Explorations in Printmaking' exhibition, on view through February 5th at the Mendocino College Art Gallery on the Ukiah Campus.

DECEMBER 6
11:15-12:15PM

Mendocino College
CVPA #5310
ZOOM Lecture



www.mendocino.edu/gallery



Regular Gallery Hours:

Tues/Thurs 12-3pm & Wed 3-6pm

