

October 2025



# THE EAGLE NEWSLETTER

*Bringing Campus Life to Your Inbox*

**CHECK EVENTS  
LINEUP INSIDE!**



## WHAT'S INSIDE...

**BIG LOVE OPENS  
AT CENTER THEATRE**

**DIA DE LOS MUERTOS AT MENDO  
COLLEGES, UNIS, CAREERS—OH MY!**

**CLEAN SLATE PROJECT:  
Record Expungement Clinic**

**CYBERSECURITY TIPS & TRICKS**

**LGBTQ+ ICON RODNEY WILSON, & MORE!**

Mendocino College Repertory  
Dance Company  
Fall 2025 Performance

SHINE!

NOV  
13-16



## UPCOMING EVENTS

Urban Introversion: Master Works by Yu Ji | 8/15-10/26

Produce Wednesdays | Every Wednesday

Walking Moai | Every Thursday

Regalia Workshop | Thursdays, 10/09-11/20

FAFSA-Dream Act Application Workshop | 10/16, 11/04...

College & University Day | 10/14

Financial Aid Day | 10/16

Big Love | 10/16-10/27

College & Career Day (Coast) | 10/23

Clothing Closet | 10/27-31

13th Annual Dia de los Muertos Event | 10/29

Vaccine Clinic / Clínica de Vacunas | 10/29

Sonoma State University Tabling | 11/04

Clean Slate Project Clinic | 11/06

Native Now Preview Pop-Up Show | 11/13-11/16

Mendocino College Repertory Dance Co: SHINE! | 11/13-16

MORE EVENTS LISTED ONLINE:

[www.mendocino.edu/events](http://www.mendocino.edu/events)



## STUDENT MFA ROLLOUT BEGINS IN OCTOBER

To help protect student accounts, Mendocino College is rolling out **Multi-Factor Authentication (MFA)** for all students this month. MFA adds an extra layer of security when logging in from off-campus.

### Rollout Schedule by Last Name

Students will have MFA activated based on the first letter of their last name:


- Wednesday, October 1 – A-C
- Wednesday, October 8 – D-H
- Wednesday, October 15 – I-M
- Wednesday, October 22 – N-R
- Wednesday, October 29 – S-Z

MFA is only required when you're not connected to the campus network, so you won't be prompted while on-site.

### Manage Your MFA Settings

Students can customize their MFA preferences—including which second factor to use and updating their phone or email—by visiting:

<https://mendocino.onbio-key.com>

If you have questions or need help, reach out to the [IT Help Desk](#), or visit the library for support. 

# HISPANIC HERITAGE MONTH



MENDOCINO COLLEGE  
— CELEBRATES —  
**HISPANIC**  
HERITAGE MONTH  
SEPT. 15 - OCT. 15

The graphic features a dark blue background with colorful Mexican paper lanterns (papel picado) at the top. In the center is the Mendocino College logo, which depicts a landscape with trees and a bird. Below the logo are stylized orange and yellow floral motifs. The text is arranged in a clean, modern font, with 'HISPANIC' in large yellow letters and 'HERITAGE MONTH' in white letters on a red banner. The dates 'SEPT. 15 - OCT. 15' are at the bottom in white. A decorative border of colorful triangles runs along the bottom edge.

## CELEBRATING HISPANIC HERITAGE MONTH

On behalf of the HSI Retention Team, we want to thank everyone who participated in our mini-Hispanic Heritage Month celebrations across the Ukiah, Coast, Lake, and North County centers.

Students and staff enjoyed traditional Mexican treats such as sweet bread (conchas), aguas frescas, popsicles, and esquite (corn in a cup). We also had fun with creative activities like piñata making and crafting tissue flowers.

Hispanic Heritage Month has been observed from September 15 to October 15 since 1988 as a way to honor and recognize the significant contributions of Hispanic and Latino communities in the United States.

Thank you for making these events special—we look forward to celebrating with you again next year! 🇲🇽➡️





## Día de los Muertos at Mendocino College

Join us for the 13th Annual Día de los Muertos - Day of the Dead Celebration on **Wednesday, October 29, from 4:00-8:00 PM in Pomo Plaza** on the Ukiah campus.


This vibrant tradition, rooted in Mexican and Latin American culture, honors loved ones who have passed. Families create ofrendas—altars adorned with photos, favorite foods, and meaningful items—to celebrate their memory.

Enjoy an evening filled with music, traditional dance, arts and crafts, and delicious food. Altars will be on display in the Lowery Student Center throughout the week of the event.

**Free and Open to students and the community.** We look forward to celebrating with you!

**Location:** Mendocino College Ukiah Campus, 1000 Hensley Creek Rd.










### Questions?




Contact [jvasquez@mendocino.edu](mailto:jvasquez@mendocino.edu) or call (707) 468-3115. 









# LET'S GO MENDO!




## WOMEN'S VOLLEYBALL

## WOMEN'S SOCCER

	Oct 01 (Wed) 6:00 PM PDT <b>AT</b> MARIN *
	Oct 03 (Fri) 6:00 PM PDT <b>VS</b> LOS MEDANOS *
	Oct 08 (Wed) 6:00 PM PDT <b>AT</b> YUBA *
	Oct 10 (Fri) 6:00 PM PDT <b>AT</b> NAPA VALLEY *
	Oct 17 (Fri) 6:00 PM PDT <b>VS</b> SOLANO *
	Oct 22 (Wed) 6:00 PM PDT <b>AT</b> CONTRA COSTA *
	Oct 24 (Fri) 6:00 PM PDT <b>VS</b> MARIN *
	Oct 29 (Wed) 6:00 PM PDT <b>AT</b> LOS MEDANOS *
	Oct 31 (Fri) 6:00 PM PDT <b>VS</b> YUBA *

November	
	Nov 05 (Wed) 6:00 PM PST <b>VS</b> NAPA VALLEY *
	Nov 12 (Wed) 6:00 PM PST <b>AT</b> SOLANO *
	Nov 14 (Fri) 6:00 PM PST <b>VS</b> CONTRA COSTA *

	Oct 03 (Fri) 4:00 PM PDT <b>VS</b> MARIN *
	Oct 07 (Tue) 4:00 PM PDT <b>AT</b> SOLANO *
	Oct 10 (Fri) 2:00 PM PDT <b>AT</b> LOS MEDANOS *
	Oct 14 (Tue) 4:00 PM PDT <b>VS</b> YUBA *
	Oct 17 (Fri) CANCELLED <b>VS</b> NAPA VALLEY *
	Oct 21 (Tue) 4:00 PM PDT <b>VS</b> CONTRA COSTA *
	Oct 24 (Fri) 2:00 PM PDT <b>AT</b> MERRITT *
	Oct 31 (Fri) 1:00 PM PDT <b>VS</b> CONTRA COSTA *

November	
	Nov 04 (Tue) TBA <b>VS</b> TBA
	Nov 07 (Fri) TBA <b>VS</b> TBA
	Nov 11 (Tue) 4:00 PM PST <b>VS</b> TBA

**Event details can be viewed on the [Athletics webpage](#).**

## COLLEGES, CAREERS, &amp; UNIVERSITIES



## COLLEGE & CAREER DAY AT COAST CENTER

Looking for your next step after high school or planning a career change? Join us for College and Career Day at the Mendocino College Coast Center and explore programs, resources, and opportunities to help you succeed.

**Date:** Thursday, October 23, 2025


**Time:** 10:00 AM – 12:00 PM

**Location:** 1211 Del Mar Dr., Fort Bragg, CA

*Lunch will be provided*

Meet faculty & staff from a wide range of majors, including:  
**Agriculture • Ceramics • Culinary Arts • Nursing •  
 Photography • Emergency Medical Services • Child  
 Development • Sustainable Construction • Woodworking •  
 Fire Science • Math • Digital Arts & Media • English •  
 Physical Therapy • Spanish—and more!**


You'll also have the chance to connect with Student Services teams for Admissions, Financial Aid, Counseling, Scholarships, and other resources.

**Don't miss this opportunity to learn about college programs and career pathways!** 

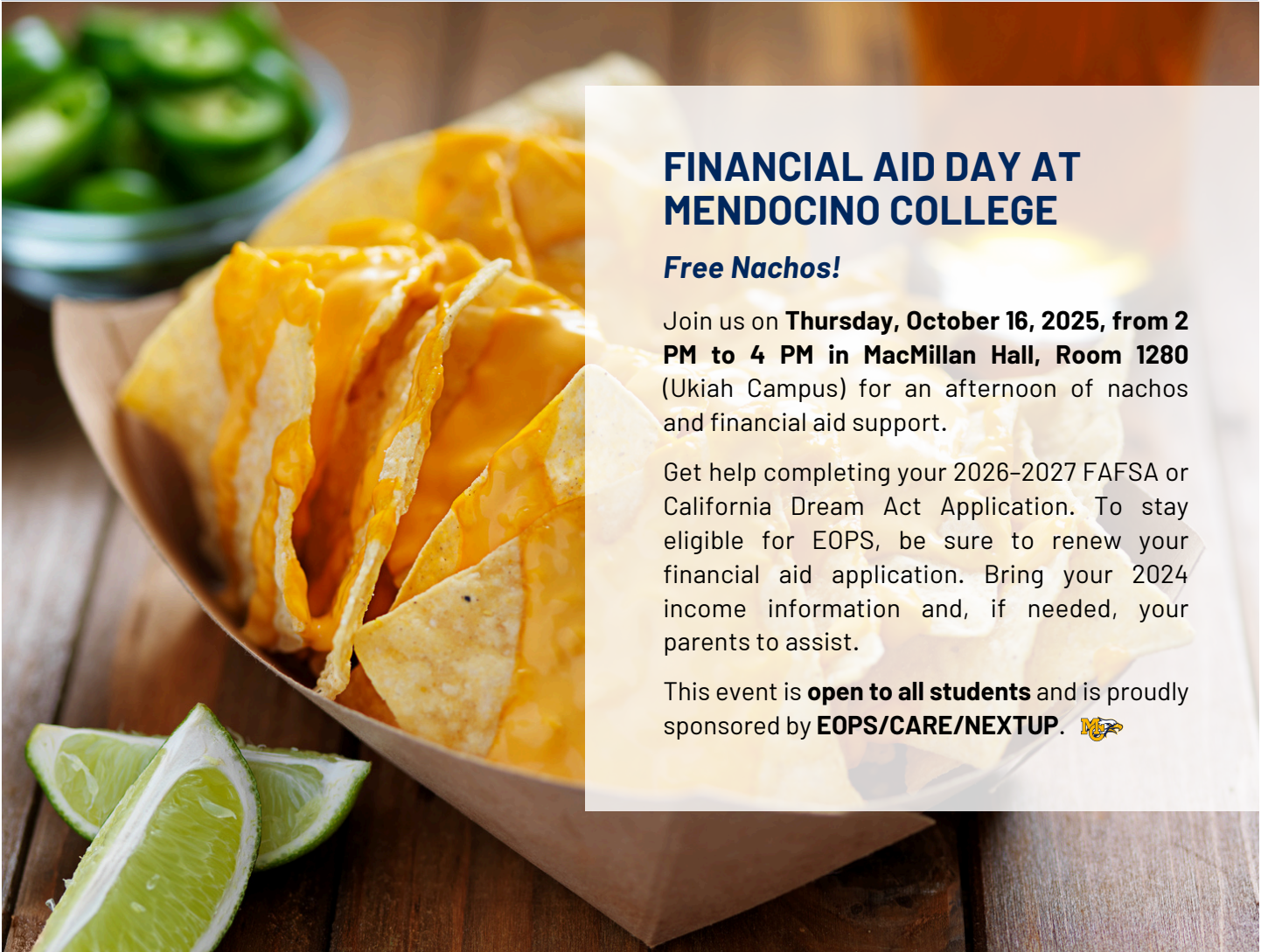
## EXPLORE TRANSFER OPTIONS AT COLLEGE & UNIVERSITY DAY

**Tues., October 14 | 11:30 AM-1:30 PM**  
**Pomo Plaza, Ukiah Campus**

Thinking about transferring to a four-year university? Don't miss College and University Day at Mendocino College. It's your chance to meet with university representatives, ask questions, and get the inside scoop on admissions, majors, and campus life.

**This event is open to all students—no registration required!** Just drop by, explore your options, and start planning your next steps. 






## FINANCIAL AID DAY AT MENDOCINO COLLEGE

### Free Nachos!

Join us on **Thursday, October 16, 2025, from 2 PM to 4 PM** in **MacMillan Hall, Room 1280** (Ukiah Campus) for an afternoon of nachos and financial aid support.

Get help completing your 2026–2027 FAFSA or California Dream Act Application. To stay eligible for EOPS, be sure to renew your financial aid application. Bring your 2024 income information and, if needed, your parents to assist.

This event is **open to all students** and is proudly sponsored by **EOPS/CARE/NEXTUP**. 

## MANDATORY TITLE IX TRAINING FOR STUDENTS

In compliance with California law (AB 2683), Mendocino College **requires all students to complete an annual Title IX training** through Keenan SafeColleges.

### Training Details:

- **Title:** Sexual Violence Awareness: AB 2683
- **Length:** About 48 minutes
- **Deadline:** Complete by **Nov. 21, 2025**
- You can start and pause anytime—no need to finish in one sitting.

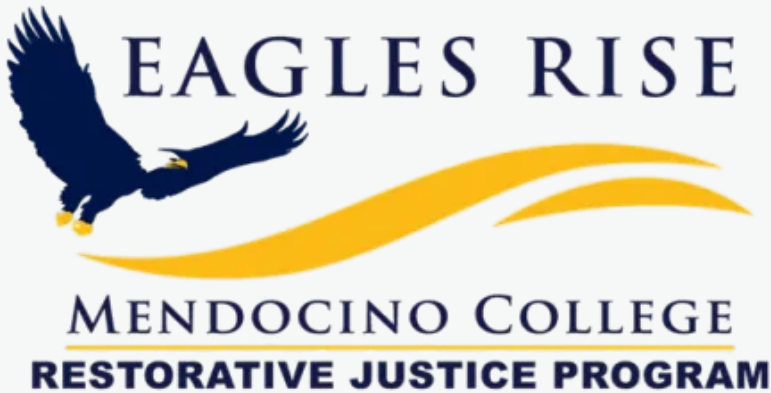
This training covers important topics, including how to identify and report sexual violence, and how to access support resources. **By completing this training, you help create a safer, more respectful campus for everyone.**

### Didn't get the email?

Log in with your student username and access the training here: [Complete Your Title IX Training](#).

### Questions?

Contact [Title IX Office](#) or email [hrdirector@mendocino.edu](mailto:hrdirector@mendocino.edu). 




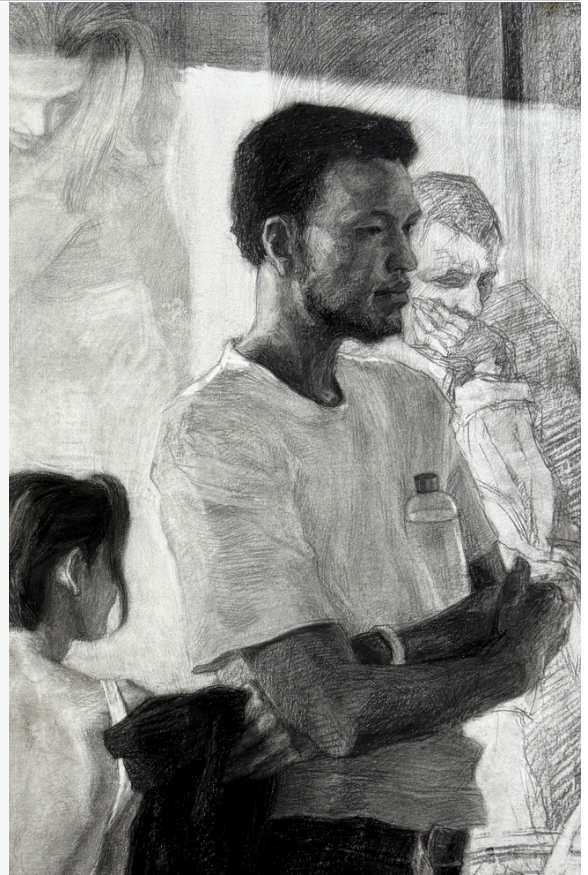
## FREE RECORD EXPUNGEMENT CLINIC

Mendocino College will host a free record expungement clinic in partnership with the Clean Slate Project on Thursday, November 6, from 9:30 AM to 3:30 PM at the Eagles Nest (Ukiah Campus).

This event gives community members the chance to start clearing eligible criminal records—an important step toward improving access to jobs, housing, and education.

***“This clinic is about second chances,”*** said Jimmy Bailon, Restorative Justice Program Manager. ***“We’re committed to supporting our students and community members in building brighter futures.”***

Appointments are required and space is limited. To reserve your spot, call 707-462-1471 or 877-529-7700. 



## URBAN INTROVERSION: MASTER WORKS BY YU JI

**AUGUST 15 - OCTOBER 26, 2025**

FREE | OPEN TO THE PUBLIC  
MENDOCINO COLLEGE GALLERY



## AUTO CLUB SELLS HONDA

The Mendocino College Automotive Club is selling a 1998 Honda Accord with:

- 240,000 miles
- New tires and brakes
- Smog check completed
- Asking Price: \$5,000

All proceeds go directly to the Automotive Club to support hands-on learning and future projects.

### Interested?

Contact Michael Pratt at [mpratt@mendocino.edu](mailto:mpratt@mendocino.edu). 

## THEATRE

**BIG LOVE AT MENDO****By Charles L. Mee****Directed by Lucas Verbrugge**

Get ready for a bold and unforgettable performance! In this reimagining of one of the Western world's oldest plays, fifty brides flee forced marriages to their fifty cousins and seek refuge in a stunning Italian villa. But when the grooms arrive by helicopter, chaos erupts.

Filled with pop songs, slow dances, and feats of physical endurance, the characters fight to the death for their right to exist ... and to love. The question is, who will be left standing at the end?

**Performance Dates:**

- **Thu, Oct 16 at 7:30 PM** - *Pay-What-You-Wish Preview*
- **Fri, Oct 17 at 7:30 PM** - *Gala Opening Night with food & wine included!*
- **Sat, Oct 18 at 7:30 PM**
- **Thu, Oct 23 at 7:30 PM** - *Special Discount Night - all tickets \$10*
- **Fri, Oct 24 at 7:30 PM**
- **Sat, Oct 25 at 7:30 PM**
- **Sun, Oct 26 at 2:00 PM** - *Matinee*

**Location:**

Mendocino College Center Theatre  
Center for the Visual & Performing Arts,  
1000 Hensley Creek Road, Ukiah

**Tickets:**

- \$20 General | \$15 Students & Seniors
- Pay-What-You-Wish Preview: Thu, Oct 16
- Special Discount Night: Thu, 10/23 - all tickets \$10
- Advance tickets available at Mendocino Book Company in Ukiah and online at [ArtsMendocino.org](https://www.ArtsMendocino.org).
- For more info, call (707) 468-3172.

Photographs by Thomas Delgado. 2025. 



## NEWS



## Meet Rodney Wilson Founder of LGBTQ+ Month

We're thrilled to host a special virtual conversation with Rodney Wilson, founder of LGBTQ+ History Month!

**Date:** Monday, October 21

**Time:** Gathering begins at 12:00 PM, conversation starts at 12:30 PM sharp


**Location:** LLRC Room 4210

**Format:** Live Zoom from St. Louis, Missouri

Rodney's work as an educator and activist continues to inspire, especially in times when community and solidarity matter most. This is a unique opportunity to hear directly from someone who helped shape LGBTQ+ history.

If you're interested in helping organize this event or want to be part of launching the new Pride Program, please reach out—I'd love to collaborate with you!

### Learn More About Rodney Wilson:

- [2019 documentary short - Rodney's experience as an openly gay teacher in the 1990s](#)
- [2024 PBS NewsHour story - Celebrating 30 years of LGBTQ+ History Month](#)
- [2023 profile article](#)
- [International Committee on LGBTQ+ History Months website](#) 

## NEED TECH HELP? TRY THE 24/7 SUPPORT BOT

Mendocino College's Tech Support Bot is available 24/7 to help students with common tech issues. Whether you're locked out of your account or having trouble with Wi-Fi, the bot is ready to assist.

### Contact Info

707-468-3210

support@mendocino.arkproject.com


### Now Available in 6 Languages

You can choose your preferred language by pressing the corresponding number when you call:

1. English
2. Spanish
3. Chinese (Mandarin)
4. Portuguese
5. Ukrainian
6. Vietnamese

### What It Can Help With

- Password resets
- Wi-Fi onboarding
- Google account conflicts
- Other common tech support issues

If the bot can't resolve your issue, it will automatically open a Help Desk ticket so a technician can follow up with you. 





# Financial Aid

## Application Workshops

### FAFSA & DREAM ACT APPLICATION WORKSHOP


Need help completing your financial aid application? Join us for a hands-on workshop to get personalized assistance with the FAFSA or California Dream Act Application.

**Date:** Tuesday, November 4, 2025

**Time:** 2:00 PM – 4:00 PM

**Location:** Room 1290, MacMillan Hall, Ukiah

Continuing community college students have until September 2 for the secondary deadline for Cal Grant consideration. Don't miss out on financial aid opportunities—get your application submitted on time!

For more information about paying for college, [visit our Financial Aid webpage](#) or call 707-468-3110. 

### AUTOMOTIVE TECHNOLOGY PROGRAM CELEBRATES GRAND RE-OPENING


Mendocino College recently celebrated the grand re-opening of its Automotive Technology Program after a \$3 million remodel that positions the program at the forefront of industry trends.

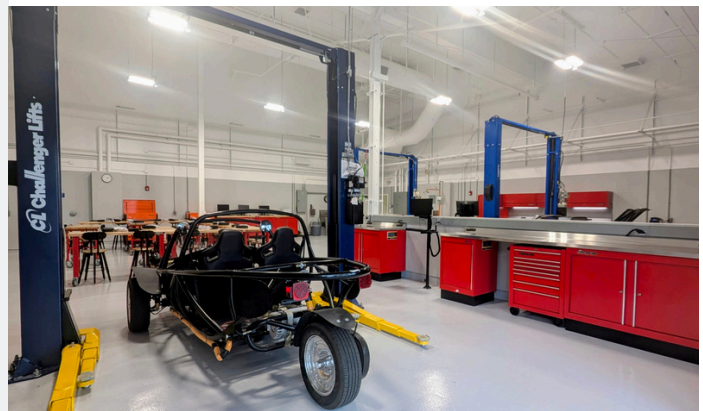
The upgraded facility now features expanded shop space, advanced equipment for electric and hybrid vehicles, and a new **Electric Vehicle Certificate program**. Students can also pursue associate degrees and stackable certificates in areas like chassis, smog, and engine diagnostics.

The ribbon-cutting event on October 3 included remarks from faculty and industry partners, along with tours of the renovated space. ***“This remodel is a leap into the future,”*** said lead automotive faculty Michael Pratt, emphasizing the program's commitment to preparing students for careers in EV and hybrid technology.

With these enhancements, **Mendocino College is now one of the few institutions in the region offering hands-on EV training**—an essential step as California moves toward clean transportation.

**Interested in exploring a career pathway in EV or hybrid automotive technology?**

Visit [mendocino.edu/auto](https://mendocino.edu/auto) to learn more. 



Welcome to  
**CYBERSECURITY**  
 AWARENESS MONTH 2025

**October is Cybersecurity Awareness Month!**

Staying safe online starts with small habits that make a big difference. Protect your accounts with strong, unique passwords, think twice before clicking on unexpected links or attachments, and keep your devices updated. Cyber threats are real, but by practicing these simple steps, you can help protect yourself and our campus community.

**Remember: Security is everyone's responsibility.** 🛡️

**Power Up Your Passwords**

Level 1: Beginner



- Uses simple passwords like "password123"
- Uses the same password for every account
- Includes personal information in passwords

Defense Rating:  
**Low**

Level 2: Apprentice



- Mixes uppercase and lowercase
- Adds numbers and special characters
- Uses different passwords for main accounts

Defense Rating:  
**Moderate**

Level 3: Legendary



- Creates long, unique phrases
- Uses different passwords for every account
- Always uses additional authentication such as a one-time code

Defense Rating:  
**Maximum**

# Stay Alert for Messaging Scams

Scammers use messaging apps to send dangerous links and malicious attachments. They may try to install malicious software on your device or steal sensitive information about you or your organization.



## Protect Your Privacy

Update your privacy settings so that only trusted contacts can see profile details such as your photo, information, and activity status. Be mindful of the information you share on your profile, and avoid including information related to your job, such as your job title and the names and titles of people you work closely with.



## Verify Senders

If you receive a message from someone who isn't in your contact list, verify the sender before responding or taking any action. Never open links or download attachments that come from unknown contacts.



## Block and Report

Take action against scammers by blocking their numbers and reporting their accounts to the messaging platform so they can't continue to contact you. If you receive a suspicious message impersonating someone at work or requesting organizational details, report it to your organization immediately.

## AI FOR STUDENTS: BEYOND THE PROMPT

Mendocino College students are invited to attend one of two Student AI Training sessions this semester, led by Robert Parmenter, Head Librarian, and Dave Johnston, Director of IT. These sessions are designed to help students use AI tools effectively and ethically in their academic work.

### Training Dates

#### **In-Person Session**


- Date: Wednesday, November 6
- Time: 12:30 PM – 1:30 PM
- Location: Room 4210

#### **Zoom Session**

- Date: Tuesday, December 2
- Time: 12:30 PM – 1:30 PM
- Zoom (link will be shared closer to the date)

### What You'll Learn

- How to use tools like ChatGPT, Microsoft Copilot, and Notebook LM
- How to write smarter prompts (not just “do my homework”)
- When it’s appropriate to use AI, and when it’s not
- How to cite AI-generated content in academic papers
- Ethical and effective strategies for using AI in college

Whether you're just getting started or already experimenting with AI, this training will help you make informed, responsible choices in your academic journey. 



## SONOMA STATE UNIVERSITY AT MENDO, NOVEMBER 4TH

**Thinking about Sonoma State? Stop by and chat with a rep on Tuesday, November 4th!**

If Sonoma State University is on your transfer radar—or even if you're just curious—this is a great chance to learn more. Cassandra Garcia, SSU’s transfer representative, will be on campus to answer questions and share info about admissions, majors, campus life, and more.

**Date:** Tuesday, November 4, 2025

**Time:** 12:00 PM – 2:00 PM

**Location:** Lowery Student Center, Ukiah

No appointment needed! Just stop by the table, grab some materials, and get your questions answered. Whether you're planning to transfer soon or just exploring options, this is a great place to start.

### Event Contact Information

Mark Osea, [mosea@mendocino.edu](mailto:mosea@mendocino.edu) 

## WI-FI ASSISTANCE

We want you to stay connected, whether you're on or off-campus. If you're having Wi-Fi troubles, we're here to help!

- Check out our handy Wi-Fi FAQ page at [Mendocino College IT Help Desk](#).
- For in-person help, visit Thiem Tran in the Library.
- Need more assistance? Call the IT Help Desk at 707-468-3210 or email at [it-help@mendocino.edu](mailto:it-help@mendocino.edu).

## HEALTH & WELLNESS AT MENDO

### Diabetes Support Group

Are you living with diabetes or supporting someone who is? A new diabetes support group **meets on the 1st and 3rd Tuesday of every month at 4:00 p.m. in the Native American Student Resource Center** (Lowery 760). For more information, please reach out to Lisa at [wellness@mendocino.edu](mailto:wellness@mendocino.edu).



### Active Minds Student Club Launch

Join the movement to change the conversation around mental health! The Active Minds Student Club is now forming. This club **focuses on mental health advocacy and suicide prevention**, aiming to shift the culture around wellness in classrooms and across campus through outreach and campaigns. Interested in joining? Email [wellness@mendocino.edu](mailto:wellness@mendocino.edu) to get involved!



### Domestic Violence Awareness Month

October is National Domestic Violence Awareness Month. **Project Sanctuary will be on campus Wednesday, October 15, from 11:30 AM to 1:00 PM at Pomo Plaza**, offering information and support services. Stop by to participate in the Denim Art Project, a creative way to raise awareness and show solidarity.




### Go Purple Day – October 16

**Wear purple on Thursday, October 16**, to honor survivors and raise awareness about domestic violence. Show your support and help spark conversations that promote safety, healing, and prevention.

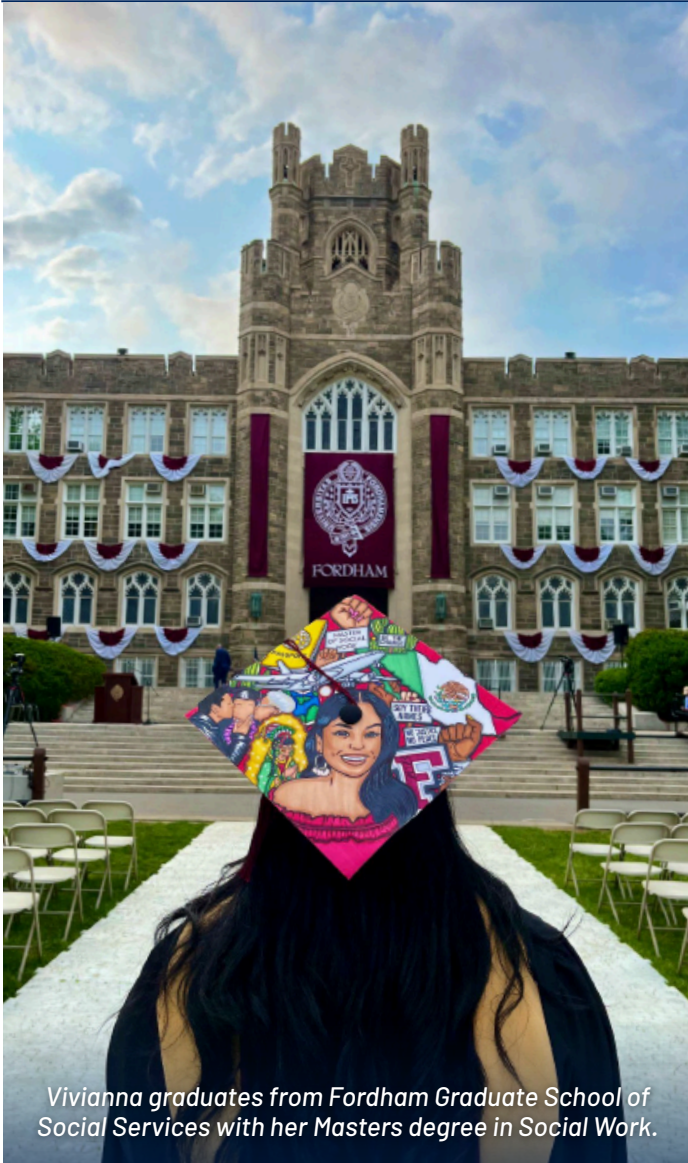


### Free Vaccine Clinic

Stay healthy this season! Mendocino County Public Health will host a **free vaccine clinic on Wednesday, October 29, from 11:00 AM to 2:00 PM at the Transfer Center in Lowery 783** (Ukiah Campus). Open to all students. Visit the [MyTurn website](https://www.myturn.org) and select October 29th to see available appointment times. 



## HSI ALUMNI SUCCESS



Vivianna graduates from Fordham Graduate School of Social Services with her Masters degree in Social Work.

## HISPANIC/LATINX ALUMNI SUCCESS STORIES

### Alumni Spotlight: Viviana Morfin

#### Breaking Barriers and Finding Community

Did you know that only about 7% of Hispanic/Latinx individuals in the U.S. hold a master's degree? Mendocino College alum **Viviana Morfin** is part of that small but powerful group. In May 2023, she earned her Master's in Social Work—a huge milestone that started right here at Mendocino College.

#### Overcoming Challenges & Creating Community

Vivianna was a first-generation college student. She admits her early college days felt intimidating and lonely. Without role models to guide her through finances, coursework, and career planning, she faced challenges that many students can relate to. But she didn't give up—she looked for community and support.


She connected with other students from diverse backgrounds and found mentors among faculty who understood her experiences. Seeing Spanish-language materials and cultural celebrations on campus helped her feel valued. When mental health struggles hit, Vivianna leaned on friends, family, and faculty—especially instructor **Ginny Buccelli**, who encouraged her to seek help from the **Health and Wellness Office**. That support made all the difference.

#### From Mendocino College to Big Achievements

After graduating from Mendocino College, Vivianna transferred to **Sonoma State University** and earned her B.A. in Business Administration in 2019. She later completed her Master's at **Fordham University** in 2023. Today, she's worked as a social worker, therapist, and mental health clinician—and even became a **published author in *Latinx in Social Work, Volume 3***. She was honored with the **Future of Social Work Award** and featured in **BOLD Journey** magazine.

#### Her Advice for You

"Have fun," Vivianna says. College is demanding, but making time for joy matters. She learned that students who balance hard work with fun tend to succeed. Her other tip? Find your people. Whether online or in person, connecting with others who understand your experiences can make college easier—and more rewarding.

**Keep going, have fun, & find your community. You've got this!** 

## NOW HIRING: STUDENT AMBASSADOR AT THE COAST CENTER

Looking for a flexible, part-time job? The Mendocino College Coast Center is hiring a **Student Ambassador**! This is a great opportunity to boost your résumé, develop leadership skills, and gain real-world experience while supporting your campus community.

- **Hours:** About 5 hours per week
- **Pay:** \$16.50/hour
- **Apply by:** January 15, 2026

### What You'll Do:

- Greet visitors and assist with directions to campus buildings and departments
- Help set up events at the Coast Center
- Represent Mendocino College with professionalism and Eagle pride


### How to Apply:

Visit [Handshake](#), then click the "Log in" button at the top right corner of the main webpage. From there, select Mendocino College as the school and select the Single Sign-On (SSO) option. Your login credentials are the same as logging into MyMendo or Canvas.

Once you have activated your Handshake profile, go to the job tab to look for on-campus employment. Click the "All filters" button at the top of the webpage and then click the "On-Campus Student Employment" button. All current on-campus job applications will be displayed.

**Questions about the job?** Call 707-961-2200.

**Questions about Handshake?** Call the Career Hub at 707-468-3044.

**Take the next step in building your skills—apply today!** 



**MENDOCINO COLLEGE**  
**FOOD PANTRY**  
**FREE FOOD FOR ALL STUDENTS**



**MENDOCINO COLLEGE**  
**CAREER HUB**

**MONDAY - FRIDAY, 10 AM-6 PM**

Ukiah Campus, Room 1250 in MacMillian Hall  
*Virtual Appointments Available*

**CAREER ASSESSMENT | INTERVIEW COACHING  
EMPLOYMENT CONNECTIONS | CAREER WORKSHOPS  
RESUME/COVER LETTER GUIDANCE | & MORE**

[www.mendocino.edu/career-hub](http://www.mendocino.edu/career-hub)  
[careerhub@mendocino.edu](mailto:careerhub@mendocino.edu) | 707-468-3044



THESE  
THREE DIGITS  
COULD  
**SAVE A LIFE**

**988**  
SUICIDE  
& CRISIS  
LIFELINE

No matter where you live in the U.S., you can easily access 24/7 emotional support.

Call or text 988 or visit [988lifeline.org/chat](http://988lifeline.org/chat) to chat with a caring counselor.

We're here for you.

**CALL, TEXT, CHAT**



**Produce**   
**Wednesdays**

**Free for Students!**

**Every Wednesday from 11:30 AM to 1:00 PM**  
(or until supplies run out) at the Lowery Student Center on the Ukiah Campus.

Additional dates at our other Centers TBA.

*\*Excludes holidays or other school closures.*