

# SSHA UPDATE

September 18, 2017





# How to Handle Stress

## Tip #1

Keep a planner or a calendar with dates and deadlines to always stay on track.

## Tip #2

Practice self-care!  
Treat yourself to a movie or dinner downtown.

## Tip #3

Get enough, and a consistent amount of sleep every night!

## Tip #4

Stay active to release stress! Go to the gym or a walk around Lake Yosemite.



# Upcoming Center for Career & Professional Advancement Workshops

**Resume and Cover Letter Workshops**

**September 13** SSB 250  
10 AM - 11 AM

**November 1** SSB 250  
3 PM - 4 PM

Learn how to attract an employer's attention with a targeted resume and cover letter.

**UCMERCED**  
Center for Career & Professional Advancement

@hireucmerced

  

**EXPLORING THE CLIFTON STRENGTHS DOMAINS**



**EXECUTE**  
**INFLUENCE**  
**BUILD RELATIONSHIPS**  
**IDEAS WITH VISION**

OCTOBER 5, 2017  
2:00 PM - 4:00 PM  
SSB 250

LIGHT REFRESHMENTS WILL BE SERVED

Presented by Lezly Juergenson

**UCMERCED**  
Center for Career & Professional Advancement

 **GALLUP CERTIFIED Strengths Coach**

**Student Optimum Series (SOS)**



**EVERY WEDNESDAY**  
Sept 13 - Oct 11  
3pm - 4pm  
SSB 250

**Don't guess, KNOW!**

SOS is a five week, interactive series to providing direction and exploration for declaring your major, strategies for success, and discovering what you are MEANT to do!

Name and Claim your natural talents, and Aim to make them your Strengths for Success!

The SOS Series is provided by The Center for Career and Professional Advancement and Strengthening Talents & Exploring Pathways (STEP).

**STEP**  
STRENGTHENING TALENTS & EXPLORING PATHWAYS

**UCMERCED**  
Center for Career & Professional Advancement

To sign up: <http://learning.ucmerced.edu/form/SOS>

For any questions please contact: Lezly Juergenson at [ljuergenson@ucmerced.edu](mailto:ljuergenson@ucmerced.edu)

For more information on events by the CCPA,  
visit: [hire.ucmerced.edu](http://hire.ucmerced.edu)



# Events Around Campus

## Know Your Rights!

PRESENTED BY CESAR MONTROYA  
UC IMMIGRANT LEGAL SERVICES CENTER ATTORNEY

### Dates:

September 15th  
September 16th  
October 6th  
November 3rd  
December 1st

### Topics:

Policy Updates & DACA  
Renewal Clinic  
Family Preparedness  
Immigration Enforcement  
Community Organizing

Location: SSM 104  
from 10am - 11am.

For more information e-mail us at  
[undoc@ucmerced.edu](mailto:undoc@ucmerced.edu).



## UC MERCED FOOD PANTRY

Location: Tri-College  
Time: 10am to 2pm

Need a Ride? Want to  
volunteer? Have any  
questions? E-mail us at:  
[foodpantry@ucmerced.edu](mailto:foodpantry@ucmerced.edu)

Sign up: <http://studentlife.ucmerced.edu/content/uc-merced-food-pantry>

UPCOMING 2017  
Dates:

SEPTEMBER 15TH  
OCTOBER 20TH  
NOVEMBER 17TH

## BUILD YOUR CREDIT 101 WORKSHOP



WHEN: THURSDAY 9/21

WHERE: SSB 160

WHEN: 5:30PM - 6:30PM

Come join the STEP Scholars Program in this  
informative session where you will learn  
how to build a good credit, avoid bad credit  
mistakes, and how your student loans  
impact your score.



Questions?  
Contact [STEP@ucmerced.edu](mailto:STEP@ucmerced.edu)

For more information about events around campus,  
visit: [catlife.ucmerced.edu/events](http://catlife.ucmerced.edu/events)



# SSHA Advising Peer Mentors

## Peer Mentor Walk-ins

\*First and Second year students are required to have an audit printed (within 24 hours) in order to be seen by a Peer Mentor.

## Fall 2017 Semester

**Mondays:** 9:00AM-12:00PM; 1:00PM-4:00PM

**Tuesdays:** 9:00AM-12:00PM; 1:00PM-4:00PM

**Wednesdays:** 9:00AM-12:00PM; 1:00PM-4:00PM

**Thursdays:** 9:00AM-12:00PM; 1:00PM-4:00PM

**Fridays:** 9:00AM-12:00PM; 1:00PM-4:00PM

## Contact Peer Mentors

Chrissy Langston | Annabel Vu | Joselyn Lopez | Amandip Singh

[sshapeermentor@ucmerced.edu](mailto:sshapeermentor@ucmerced.edu)



The Peer Mentors will provide guidance and insight for a wide variety of subjects including, but not limited to:

- Answering registration questions
- Semester planning
- Understanding Major and Minor requirements
- Reading your audit and MyDegreePath
- Filling out forms
- Knowing important dates and deadlines
- Finding useful and relevant campus resources
- Assisting with the transition from high school to college



# NEW! SSHA Advising Appointment System



**Brenda Maldonado-Rosas**

ANTH, COGS ENG, HIST, SPAN, CRS (MINOR)



**Armando Contreras**

ECON, MGMT, MBE



**Cristina Esquivel**

GASP, PH, Undeclared SSHA, American Studies (minor), Arts (minor), Chicano/a Studies (minor), PHIL (minor), WRI (minor)



**Kou Her**

CRES, POLI, SOC



**Danielle Quiroga**

PSY Major and Minor

## What Appointments are generally for:

- Next semester scheduling
- Updating Audit
- Other immediate or long term concerns
- Academic hold or other academic difficulties
- Declaring major/minor in senior standing

For more information on our Appointment Policy please visit:  
[sshadvising.ucmerced.edu/appointment-policy](https://sshadvising.ucmerced.edu/appointment-policy)

\*To schedule an appointment please visit: [sshadvising.ucmerced.edu/Contact Us](https://sshadvising.ucmerced.edu/Contact_Us)





### **Contact Academic Advisors**

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**Cristina Esquivel**

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**Danielle Quiroga**

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**Kou Her**

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	<b>September 18, 2017– October 6, 2017</b>
<b>Monday</b>	<b>Appointments:</b> 10-12 <b>Walk-ins:</b> 2-4
<b>Tuesday</b>	<b>Appointments:</b> 10-12 <b>Walk-ins:</b> 2-4
<b>Wednesday</b>	<b>Walk-ins:</b> 10-12 <b>Appointments:</b> 2-4
<b>Thursday</b>	<b>Walk-ins:</b> 10-12 <b>Appointments:</b> 2-4
<b>Friday</b>	CLOSED

