

SAN DIEGO MIRAMAR COLLEGE

COLLEGE HOUR

One hour, everyday just for students!



College Hour Programming Guide – Fall '22

rev. 8/19/22

This programming guide is only a partial list of College Hour activities. Some events may not appear on this list, and event details are subject to change e.g., date and time or location. For the most updated information for campus events and activities, please, refer to the [Campus Calendar](#) and MyCoach app.

College Hour Theme			
Academic Success Center	Career Services	Dreamers Support Office	Evaluations
Financial Aid and Scholarship Services	Student Health Services & Mental Health Counseling	Student Affairs	Transfer Center

Week 1: Welcome Week

Mindful Monday M, 8/22

Mental Health is now offering a weekly *Mindful Monday* workshop for our Miramar community. Students and employees welcomed. Join us for a variety of mindfulness activity each week to decrease stress and improve focus. Activities will be advertised ahead of time and will change on a weekly basis. We will be partnering with other departments, groups, and clubs to collaborate for these interactive workshops.

- Date & Time: Every Monday, 12:30–1:30 pm **No Workshop: September 5 & November 21*
- Location: K1-107 (some sessions may take place in another location; however, we will always meet in K1-107)

Welcome Week Resource Fair TW, 8/23-24

Greetings to all our new students and welcome back to our returning Jets! Welcome Week at Miramar College is all about our students and their success. We know you all may need different supports navigating college life, so during this two-day Resource Fair, you will have the opportunity to meet representatives from nearly three dozen community organizations and college departments offering many different supports and services to set you up for success from the start. **Incentive:** One lucky student from each day will walk away with a **\$200 gift card**, and all students can grab some Miramar swag from our many department tables. Be sure to pick up a game card to collect Gold Stars from the tables you visit for a special treat. **Welcome to Miramar!**

- Date & Time: 8/23 and 8/24, 12-2 pm
- Location: Compass Point

Note: This series is co-facilitated by multiple departments.

Week 2: Meet Miramar: Explore Departments, Services, & Programs

Mindful Monday: *It's a Mental Health Open House!* M, 8/29

We love practicing selfcare every *Mindful Monday*, but mental health matters certainly matter every day! You are joyfully invited to come check out Mental Health Counseling in our own safe space during this Mental Health Open House! Please join us in the Student Health and Welcome Center (K2 building) and explore the health services available to you.

- Date & Time: 8/29, 12:30–1:30 pm
- Location: K2-102

Red Cross Blood Drive at Miramar

T, 8/30

Open to all students, staff and faculty, the Red Cross will host a blood drive to collect this desperately needed and life-saving medical resource.

- Date & Time: 8/30, 9:30 am – 1 pm
- Location: Health Services, K1-107

Student Affairs Open House

W, 8/31

The Office of Student Affairs provides a variety of services, activities and learning opportunities designed to engage students in the college experience. Our mission is to promote the success of students, enrich the quality of campus life and support classroom instruction through a variety of services. Come join us in the Jet's Refuel Center to learn more during our Student Affairs Open House, including information about student clubs and organizations, basic needs resources, and upcoming events! **Incentive:** Sign in for the chance to win an opportunity prize giveaway!

- Date & Time: 8/31, 12-2 pm
- Location: K1-211

Coffee & Crafts: Water Coloring

W, 8/31

Join the Student Affairs team for Coffee & Crafts, an interactive arts and crafts workshop in the Jet's Refuel Center. On alternating Wednesdays, students are invited to grab a cup of coffee (or tea or hot cocoa), a small snack, and can participate in a guided art or crafting activity with fellow students. This is a great opportunity to explore your creative side, make new friends (or see old ones for returning crafters), and take a needed break from classes. **Incentive:** FREE coffee and snacks and a take-it-with-you art project (supplies always included)!

- Date & Time: Alternating Wednesdays, 12:30-1:30 pm
- Location: K1-211

A Disney Pixar-Themed Open House: Third Floor of Student Services

Th, 9/1

Be our Guest! Come tour the third floor of the Student Services building to learn about resources available at the Financial Aid Office, Career Center, Transfer Center, Dreamers Support Office, EOPS / CARE / NextUp & CalWORKs Office. Miramar College offers a variety of student support services, including programs for low-income and first-generation college students, as well as students who identify as current or former foster youth, single parents, undocumented, AB540, DACA recipient, and/or from mixed status families. FREE snacks, games, giveaways and more! All students, staff, faculty, and administrators are welcome.

- Date & Time: 9/1, 12-2 pm
- Location: Student Services Building (K1), third floor

Note: This workshop is co-facilitated by multiple departments.

Week 3: Finding Your Path: Academic Programs & Career Pathways

The Really, Really FREE Farmers Market

W, 9/7

The Really, Really Free Farmer's Market is a program of the Jet Fuel Food Pantry and is a completely **FREE** farmer's market open to students. Who is eligible? **ALL** currently enrolled Miramar College students. Come early to grab some fresh produce and other goodies before it's gone!

- Date & Time: Every 1st and 3rd Wednesday of the month, 9:30 am until the food is gone (about 11 am)
Select dates: 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7
- Location: Compass Point (outside the K1 Student Services Building)

Remembering 9/11

W, 9/7

San Diego Miramar College trains many of our region's heroes. Stop by campus to learn more about the heroes of September 11th, 2001, as we mark this somber occasion.

- Date & Time: 9/7, 11 am-12 pm
- Location: Compass Point (outside the K1 Student Services Building)

Career Services Fall Expo

W, 9/7

We've got you covered with resumes and cover letters, career exploration, job placement, free professional clothing, and much more! Meet our Career Center team members, learn about career services, and sign-up for a free account on our new online job board, *Handshake!*

- Date & Time: 9/7, 12–2 pm
- Location: K1-107

Setting Students Up for Success

Th, 9/8

Did you know you can get **FREE** tutoring at Miramar College through the Academic Success Center? Come check out the ABCs of the ASC, learn about library resources in the LLRC, and discover **FREE** or low-cost tech resources available to you.

- Date & Time: 9/8, 12:30–1:30 pm
- Location: K1-211

Week 4: Building Community at Community College

Building Your Resume through Student Leadership and Involvement

M, 9/12

Joining a student club or organization can be a great way to make friends, explore new interests, and find relevant experiences to build your resume! Come to this workshop to learn about the importance of leadership and involvement for scholarships, transfer applications, and future job opportunities.

- Date & Time: 9/12, 12:30-1:30 pm
- Location: K1-211

Mindful Monday

M, 9/12

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Associated Students Club Rush

T, 9/13

Associated Students Club Rush offers new and returning students an opportunity to learn more about our student organizations and to join a club—or two—explore the campus and make new friends! For more information about the Associated Student Government and other student clubs and organizations visit sdmiramar.edu/services/asg.

- Date & Time: 9/13, 12-2 pm
- Location: Compass Point

Coffee & Crafts: Papel Picado

W, 9/14

Join the Student Affairs team for Coffee & Crafts as we kick off **Hispanic Heritage Month** for a *papel picado* arts and crafts workshop in the Jet's Refuel Center. On alternating Wednesdays, students are invited to grab a cup of coffee (or tea or hot cocoa), a small snack, and can participate in a guided art or crafting activity with fellow students. This is a great opportunity to explore your creative side, make new friends (or see old ones for returning crafters), and take a needed break from classes. **Incentive: FREE** coffee and snacks and a take-it-with-you art project (supplies always included)!

- Date & Time: Alternating Wednesdays, 12:30-1:30 pm
- Location: K1-211

Undocu-Ally Training

Th, 9/15

The term 'undocu-ally' refers to any person who is an ally to the undocumented, DACA-mented, immigrant, and refugee communities. Undocu-Allies create safe, affirming spaces for the undocumented, immigrant, and refugee communities and advocate for the advancement of policies to support those communities. This virtual, one-hour training session will provide you the basics to becoming an Undocu-Ally. This workshop is FREE and OPEN to all including students, college staff and faculty members, administrators, and all members of our community wishing to create a safe space for our Undocu-students. **Incentive:** Attend Undocu-Ally training and receive a high-quality leather and chrome, cork-backed coaster with the beautiful *Miramar Dreamers* butterfly logo!

- Date & Time: 9/15, 12:30-1:30 pm
- Location: Via Zoom (registration link coming soon)

Week 5: Financial Aid Awareness Week & a Celebration of Constitution Day

Constitution Day Celebration

M, 9/19

Come out to Compass Point on September 19th to celebrate Constitution Day with **FREE ROOT BEER FLOATS IN COMMEMORATIVE MUGS!** Walk away with a sense of civic pride and your very own pocket Constitution. And for our history buff students and staff, be sure to check out Miramar's Constitution LibGuide: a fun and functional library guide curated by our very own Professor Mary Hart, Public Services Librarian. If you can't wait until the Constitution Day Celebration to let your learning adventure begin, visit sdmiramar.libguides.com then search for *Constitution Day*.

- Date & Time: 9/19, 12:30-1:30 pm
- Location: Compass Point

Note: This workshop is co-facilitated by Student Affairs.

Mindful Monday

M, 9/19

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The Really, Really FREE Farmers Market

W, 9/21

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Select dates: 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7
- Location: Compass Point (outside the K1 Student Services Building)

Career Possibili-TEAS!

W, 9/21

Join the Career Center as industry professionals "spill the tea" on all your future career possibilities!

- Select dates: 9/21, 10/5, 11/9, 12/7, 12:30-1:30 pm
- Location: K1-211

Week 6: Mental Health Awareness Week

Avoiding Burnout: How to Achieve College-Work-Life Balance

M, 9/26

It's all about balance; join our Career Services professionals in a discussion on avoiding burnout as a working college student.

- Date & Time: 9/26, 12:30-1:30pm
- Location: K1-211

Mindful Monday M, 9/26

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- Date & Time: Every Monday, 12:30–1:30 pm **No Workshop: September 5 & November 21*
- Location: K1-107 (some sessions may take place in another location; however, we will always meet in K1-107)

Financial Wellness Workshop Series (1/3): Understanding Mental Health Challenges T, 9/27

Every student's mental health journey is different, and many factors offer challenges that can cause anxiety and stress. From dealing with a new learning environment, preparing for exams, or getting ready to transfer, the Miramar Mental Health department is here to help you learn how to cope with common stressors at school. **An incentive for attending:** A \$10-15 lunch voucher will be provided for use at the Miramar cafeteria.

- Date & Time: 9/27, 12-1 pm
- Location: Financial Aid Conference Room, K1-312
- **Note:** Students will be required to RSVP (link to be provided).
- **Grand Prize Raffle:** Students who attend and stay for all 3 presentations will be entered for a raffle to win an iPad or Laptop.

Note: This workshop is co-facilitated by Mental Health Counseling.

Miramar College's Fall '22 Annual Transfer Day Fair W, 9/28

You're invited to join the Miramar College Transfer Center to meet with admissions representatives from over 40 colleges and universities at the annual Transfer Day Fair.

- Date & Time: 9/28, 10 am–1 pm
- Location: Compass Point

Coffee & Crafts: Mindful Doodles W, 9/28

Join the Student Affairs team for Coffee & Crafts, an interactive arts and crafts workshop in the Jet's Refuel Center. On alternating Wednesdays, students are invited to grab a cup of coffee (or tea or hot cocoa), a small snack, and can participate in a guided art or crafting activity with fellow students. This is a great opportunity to explore your creative side, make new friends (or see old ones for returning crafters), and take a needed break from classes. **Incentive: FREE** coffee and snacks and a take-it-with-you art project (supplies always included)!

- Date & Time: Alternating Wednesdays, 12:30-1:30 pm
- Location: K1-211

Mid-Semester Study Tips Th, 9/29

Mid-terms got you down? Finish the semester strong with less stress. Come hang out in the Jet's Refuel Center with the Academic Success Center tutors for a check-in with your study habits to see what's working and what could be improved to stave off study stress!

- Date & Time: 9/29, 12:30–1:30 pm
- Location: K1-211

Week 7: LGBTQ History Month Kick-Off Week

Mindful Monday M, 10/3

Mental Health is now offering a weekly *Mindful Monday* workshop for our Miramar community. Students and employees welcomed. Join us for a variety of mindfulness activity each week to decrease stress and improve focus. Activities will be advertised ahead of time and will change on a weekly basis. We will be partnering with other departments, groups, and clubs to collaborate for these interactive workshops.

- Date & Time: Every Monday, 12:30–1:30 pm **No Workshop: September 5 & November 21*
- Location: K1-107 (some sessions may take place in another location; however, we will always meet in K1-107)

SUNDANCE: a Miramar College Diversity Film Screening

M, 10/3

SUNDANCE: So U Need Diverse And New Campus Experiences at Miramar? Well, we've got you covered! Join the Student Affairs Office and Club Spectrum as we kick off LGBTQ History Month with a documentary film screening celebrating the queer community. This totally **FREE** popcorn and a movie event is open to students and college employees through a registration link.

- Date & Time: 10/3, 2:30-4 pm
- Location: On campus. To get your ticket with location info, register here: (link to be provided)

The Really, Really FREE Farmers Market

W, 10/5

The Really, Really Free Farmer's Market is a program of the Jet Fuel Food Pantry and is a completely **FREE** farmer's market open to students. Who is eligible? **ALL** currently enrolled Miramar College students. Come early to grab some fresh produce and other goodies before it's gone!

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Select dates: 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7
- Location: Compass Point (outside the K1 Student Services Building)

Career Possibili-TEAS!

W, 10/5

Join the Career Center as industry professionals "spill the tea" on all your future career possibilities!

- Select dates: 9/21, 10/5, 11/9, 12/7, 12:30-1:30 pm
- Location: K1-211

Drag Story Time

W, 10/5

Don't be a drag; be a drag queen! Please, join the Student Affairs Office and Club Spectrum as we welcome an amazing Drag Story Time performer to Miramar College as we celebrate the beginning of LGBTQ History Month.

- Date & Time: 10/5, 12:30-1:30 pm
- Location: On campus. To get your ticket with location info, register here: (link to be provided)

Week 8: Apply to Transfer or Graduate

Indigenous Peoples Day Celebration

M, 10/10

Humans have called the San Diego region home for millennia, albeit by many different names. Stop by campus to learn more about the indigenous and First-Nations' people of Southern California as we honor and celebrate their ongoing legacy.

- Date & Time: 10/10, 12-2 pm
- Location: Compass Point

Mindful Monday

M, 10/10

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Financial Wellness Workshop Series (2/3): Finding Financial Resources on Campus T, 10/11

Paying for college can be expensive. Learn the many resources available for students here on campus. Information will be provided by the Financial Aid, EOPS, Outreach, and the DSPS Departments to ensure that students are able to maximize their resources to help pay for their journey here at Miramar College. **An incentive for attending:** A \$10-15 lunch voucher will be provided for use at the Miramar cafeteria.

- Date & Time: 10/11, 12-1 pm
- Location: Financial Aid Conference Room, K1-312
- **Note:** Students will be required to RSVP (link to be provided).
- **Grand Prize Raffle:** Students who attend and stay for all 3 presentations will be entered for a raffle to win an iPad or Laptop

Ready to Graduate? Check This Out! T, 10/11

Are you planning to graduate after the Fall 2022 semester? If so, join this virtual info-session and Q&A with our Evaluations Office to learn the steps you need to take to get that degree or certificate! There are specific steps all students need to take to graduate and by specific deadlines. We're here to make sure you understand the process.

- Date & Time: 10/11, 12:30–1:30 pm
- Location: Via Zoom (link to be provided soon)

Coffee & Crafts: Butterfly Origami with the Dreamers Support Team W, 10/12

Join the Miramar Dream Team for Coffee & Crafts: an interactive arts and crafts workshop in the Jet's Refuel Center. This session we will be learning how to make butterfly origami! For decades, butterflies have long been associated with the Dreamers Movement and the wider undocumented community. Coffee & Crafts is a series where, on alternating Wednesdays, students are invited to grab a cup of coffee (or tea or hot cocoa), a small snack, and to participate in a guided art or crafting activity with fellow students. This is a great opportunity to explore your creative side, make new friends (or see old ones for returning crafters), and take a needed break from classes! **Incentive: FREE** coffee and snacks and a take-it-with-you art project (supplies always included)!

- Date & Time: 10/12, 12:30-1:30 pm
- Location: K1-211

Note: This session is co-facilitated by the Dreamers Support Office.

Week 9: Undocumented Student Week of Action

Mindful Monday M, 10/17

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Becoming an Undocu-preneur: Making Money While Undocumented M, 10/17

All individuals have the right to earn money, even if they are undocumented. You're invited to join the Miramar Dreamers Support Office and our friends from the Career Center for a fun and informative, **interactive** workshop to find ways you can get your *Undocu-Hustle* on as an undocumented entrepreneur. No formal experience necessary and beginners are highly welcomed in this safe space to learn about income-generating ideas for those without work authorization.

- Date & Time: 10/17, 12-1:30 pm
- Location: K1-202

Note: This workshop is co-facilitated by Career Services.

Dream Act 101: Financial Aid for Undocu-Students

T, 10/18

Undocumented students in California are eligible for state-funded financial aid through the California Dream Act. Join Edward and Florencia from the Miramar Dream Team for a virtual explainer on the California Dream Act Application, eligibility requirements, submission and deadline info, and next steps.

- Date & Time: 10/18, 12:30-1:30 pm
- Location: Via Zoom (registration link coming soon)

Note: This workshop is co-facilitated by Financial Aid.

Undocumented Student Action Week Mixer

W, 10/19

Juntos Podemos (Together, We Can): Collaborative Ecosystems that Support Undocumented Student. Please, join us for our 2022 USAW Mixer. This reception is open to students, their families, and college employees. In this space, we will create an affirming environment for undocu-students to share their experiences openly with each other and college employees.

- Date & Time: October 19, 2022, from 12:30-1:30 pm
- Location: On Campus, location to be provided upon registration.
- Save Your Seat: (Registration link coming soon)

The Really, Really FREE Farmers Market

W, 10/19

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Select dates: 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7
- Location: Compass Point (outside the K1 Student Services Building)

NextUp: DREAMERS! Resources for Undocumented Foster Youth

Th, 10/20

Undocumented foster youths face unique challenges, but resources are available! The Miramar Dreamers Support Team is here to create an affirming space and connect you to our NextUp counselors during this virtual session.

- Date & Time: 10/20, 12:30-1:30 pm
- Location: Via Zoom (registration link coming soon)

"I'm graduating... now what?" Career Prep for Fall Grads

Th, 10/20

Graduating soon? Discuss with our Career Counselor and Job Placement Coordinator your options for post-graduation employment, internships, fellowships, and much more!

- Date & Time: 10/20, 12:30-1:30 pm
- Location: K1-211

Week 10: Transfer Week

Diwali: Celebration of Lights

M, 10/24

Diwali, or Dipawali, is one of the most widely celebrated holidays around the globe. Join us as we explore cultural diversity through this special celebration of light.

- Date & Time: 10/24, 12:30-1:30 pm
- Location: K1-211

Mindful Monday

M, 10/24

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Undocu-Transfers Meet-n-Greet

T, 10/25

Undocu-friendly colleges and universities are institutions that provide academic, emotional, career and other resource-based support to Dreamers and other undocumented students and their families. Miramar College is one of these schools, but we know many of our students will go on to transfer to a four-year university. Whether you've decided on a transfer path or are still weighing your university options, come join us for our Fall Undocu-Transfers Meet-n-Greet with local university undocu-reps to learn which school is right for you!

- Date & Time: 10/25, 12:30-1:30 pm
- Location: Via Zoom (registration link coming soon)

Financial Wellness Workshop Series (3/3): Are you Credit Worthy?

T, 10/25

Learn what it means to have a high credit score, how to manage credit and debt, and other financial advice. A representative from CalCoast Credit Union will be presenting information regarding basic financial management and what students will need to prepare as they build their credit history moving forward. **An incentive for attending:** A \$10-15 lunch voucher will be provided for use at the Miramar cafeteria.

- Date & Time: 10/25, 12-1pm
- Location: Financial Aid Conference Room, K1-312
- **Note:** Students will be required to RSVP (link to be provided).
- **Grand Prize Raffle:** Students who attend and stay for all 3 presentations will be entered for a raffle to win an iPad or Laptop

Coffee & Crafts: Paint-a-Pumpkin

W, 10/26

Join the Student Affairs team for Coffee & Crafts as we get ready for Halloween with our *Paint-a-Pumpkin* event in the Jet's Refuel Center. On alternating Wednesdays, students are invited to grab a cup of coffee (or tea or hot cocoa), a small snack, and can participate in a guided art or crafting activity with fellow students. This is a great opportunity to explore your creative side, make new friends (or see old ones for returning crafters), and take a needed break from classes. **Incentive: FREE** coffee and snacks and a take-it-with-you art project (supplies always included)!

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- Location: K1-211

"Okay, You've PIQed My Interest"

Th, 10/27

Get tips from the Academic Success Center on your Personal Insight Questions (PIQs) for the UC Application during this essay review and brainstorming session.

- Date & Time: 10/27, 12:30-1:30 pm
- Location: Academic Success Center, L-101

Week 11: Frightful Fun and Cultural Awareness Week

Halloween Haunts

M, 10/31

Join the Student Affairs Team and your fellow students as we close out Global Diversity Awareness Month (October) and mark the beginning of Native American Heritage Month (November) with some frightful fun and cultural awareness events on campus! First up: **Happy Halloween!** Come out to campus dressed in your favorite, school-appropriate costume for a hauntingly good time. More info to come.

- Date & Time: 10/31, 12:30-1:30 pm
- Location: Compass Point

Mindful Monday

M, 10/31

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Celebración de Día de Muertos

TW, 11/1-2

Día de Muertos, or Day of the Dead, is an important holiday in Mexico that is celebrated in many other places, too, by people of Mexican heritage, including here in Southern California. Día de Muertos has a rich history of symbolism and ceremony. Join us as we mark this fascinating holiday over two days. On November 1st, we will prepare an *ofrenda*, or altar, in the K1 Student Services Building lobby and discuss the history and importance of the occasion. Then on November 2nd, we will really get the celebration going out on Compass Point with music, performances, food, and lots of fun!

Day One

- Date & Time: 11/1, 12:30-1:30 pm
- Location: K1 Student Services Building Lobby (in front of the bookstore)

Day Two

- Date & Time: 11/2, 12-2 pm
- Location: Compass Point

The Really, Really FREE Farmers Market

W, 11/2

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Week 12: Veterans Appreciation Week

Mindful Monday

M, 11/7

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Coffee & Crafts: Gratitude Tree

W, 11/9

Join the Student Affairs team for Coffee & Crafts as we show our gratitude with a group arts and craft activity in the Jet's Refuel Center. On alternating Wednesdays, students are invited to grab a cup of coffee (or tea or hot cocoa), a small snack, and can participate in a guided art or crafting activity with fellow students. This is a great opportunity to explore your creative side, make new friends (or see old ones for returning crafters), and take a needed break from classes. **Incentive: FREE** coffee and snacks and a take-it-with-you art project (supplies always included)!

- Date & Time: Alternating Wednesdays, 12:30-1:30 pm
- Location: K1-211

Career Possibili-TEAS!

W, 11/9

Join the Career Center as industry professionals "spill the tea" on all your future career possibilities!

- Select dates: 9/21, 10/5, 11/9, 12/7, 12:30-1:30 pm
- Location: K1-211

Veterans Day Celebration

Th, 11/10

Join us on campus in celebrating our Miramar College student, staff, and faculty veterans. **FREE FOOD** for the first 100 veterans! Enjoy some **LIVE MUSIC**, a celebration of the Marine Corps' birthday, a "Then & Now" photograph gallery of Miramar Veterans, a postcard writing campaign for active duty and retired military members, and much more! Join the Student Veterans Organization and find more resources for active duty, veteran, and military-dependent students.

- Date & Time: 11/10, 12:30-1:30 pm
- Location: Compass Point

Week 13: Basic Needs Week

Mindful Monday

M, 11/14

Mental Health is now offering a weekly *Mindful Monday* workshop for our Miramar community. Students and employees welcomed. Join us for a variety of mindfulness activity each week to decrease stress and improve focus. Activities will be advertised ahead of time and will change on a weekly basis. We will be partnering with other departments, groups, and clubs to collaborate for these interactive workshops.

- Date & Time: Every Monday, 12:30–1:30 pm **No Workshop: September 5 & November 21*
- Location: K1-107 (some sessions may take place in another location; however, we will always meet in K1-107)

The Really, Really FREE Farmers Market

W, 11/16

The Really, Really Free Farmer's Market is a program of the Jet Fuel Food Pantry and is a completely **FREE** farmer's market open to students. Who is eligible? **ALL** currently enrolled Miramar College students. Come early to grab some fresh produce and other goodies before it's gone!

- Date & Time: Every 1st and 3rd Wednesday of the month, 9:30 am until the food is gone (about 11 am)
Select dates: 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7
- Location: Compass Point (outside the K1 Student Services Building)

Week 14: Scholarship Week

Mindful Monday

M, 11/28

Mental Health is now offering a weekly *Mindful Monday* workshop for our Miramar community. Students and employees welcomed. Join us for a variety of mindfulness activity each week to decrease stress and improve focus. Activities will be advertised ahead of time and will change on a weekly basis. We will be partnering with other departments, groups, and clubs to collaborate for these interactive workshops.

- Date & Time: Every Monday, 12:30–1:30 pm **No Workshop: September 5 & November 21*
- Location: K1-107 (some sessions may take place in another location; however, we will always meet in K1-107)

How to Request a Letter of Recommendation and Professional References

M, 11/28

Whether for a job search or a scholarship application, asking for a letter of recommendation can be intimidating and maybe you're not sure who counts as a professional reference. The Career Services team has got the answers you're looking for!

- Date & Time: 11/28, 12:30-1:30pm
- Location: K1-211

Study Jam for Finals

T, 11/29

Join the Academic Success Center tutors in the Jet's Refuel Center for a themed study jam. **FREE** tutoring, **FREE** snacks and beverages, and **FREE** study jams to vibe to while you prep for finals. **Incentive:** Sign in for the chance to win an opportunity prize giveaway!

- Date & Time: 11/29, 12:30–4 pm
- Location: K1-211

Note: This event is co-facilitated with Student Affairs.

Finding Scholarships with Financial Aid

W, 11/30

College can be expensive, but it doesn't have to be! Drop into this Zoom session to learn more about scholarship resources available to you as a Miramar College student. You'll discover what scholarships are offered, where to find and submit applications, deadlines, and what happens when you win!

- Date & Time: 11/30, 12:30-1:30 pm
- Location: Via Zoom (link to be provided soon)

Coffee & Crafts: Mindful Mandalas

W, 11/30

Join the Student Affairs team for Coffee & Crafts with a mindful coloring activity in the Jet's Refuel Center. On alternating Wednesdays, students are invited to grab a cup of coffee (or tea or hot cocoa), a small snack, and can participate in a guided art or crafting activity with fellow students. This is a great opportunity to explore your creative side, make new friends (or see old ones for returning crafters), and take a needed break from classes. **Incentive: FREE** coffee and snacks and a take-it-with-you art project (supplies always included)!

- Date & Time: Alternating Wednesdays, 12:30-1:30 pm
- Location: K1-211

Undocu-Scholarships with the DSO

W, 11/30

College can be expensive, but it doesn't have to be! Drop into this Zoom session to learn more about scholarship resources available to undocumented student. You'll discover what scholarships are offered, where to find and submit applications, deadlines, and what happens when you win! Stay after the presentation for an interactive session for help filling out a college financing worksheet and scholarship search plan.

- Date & Time: 11/30, 2-3 pm
- Location: Via Zoom (registration link coming soon)

Writing Workshop: How to respond to a scholarship prompt

College can be expensive, but it doesn't have to be! Scholarships are a great way to help finance your education, and many award opportunities require an essay submission. This writing workshop will help you choose a topic, teach you proper formatting, and explain what scholarship review boards are looking for in an essay.

- Date & Time: 12/1, 12:30-1:30 pm
- Location: Academic Success Center, L-101

Week 15: Finals Week – Don't Stress!

Mindful Monday

M, 12/5

Mental Health is now offering a weekly *Mindful Monday* workshop for our Miramar community. Students and employees welcomed. Join us for a variety of mindfulness activity each week to decrease stress and improve focus. Activities will be advertised ahead of time and will change on a weekly basis. We will be partnering with other departments, groups, and clubs to collaborate for these interactive workshops.

- Date & Time: Every Monday, 12:30-1:30 pm **No Workshop: September 5 & November 21*
- Location: K1-107 (some sessions may take place in another location; however, we will always meet in K1-107)

The Really, Really FREE Farmers Market

W, 12/7

The Really, Really Free Farmer's Market is a program of the Jet Fuel Food Pantry and is a completely **FREE** farmer's market open to students. Who is eligible? **ALL** currently enrolled Miramar College students. Come early to grab some fresh produce and other goodies before it's gone!

- Date & Time: Every 1st and 3rd Wednesday of the month, 9:30 am until the food is gone (about 11 am)
Select dates: 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7
- Location: Compass Point (outside the K1 Student Services Building)

Career Possibili-TEAS!

W, 12/7

Join the Career Center as industry professionals "spill the tea" on all your future career possibilities!

- Select dates: 9/21, 10/5, 11/9, 12/7, 12:30-1:30 pm
- Location: K1-211

Week 16: Finish Line Celebration

Mindful Monday

M, 12/12

Mental Health is now offering a weekly *Mindful Monday* workshop for our Miramar community. Students and employees welcomed. Join us for a variety of mindfulness activity each week to decrease stress and improve focus. Activities will be advertised ahead of time and will change on a weekly basis. We will be partnering with other departments, groups, and clubs to collaborate for these interactive workshops.

- Date & Time: Every Monday, 12:30–1:30 pm **No Workshop: September 5 & November 21*
- Location: K1-107 (some sessions may take place in another location; however, we will always meet in K1-107)

Coffee & Crafts: Snowflake Garlands

W, 12/14

Join the Student Affairs team for Coffee & Crafts as we welcome winter and the end of the semester with a snowflake cutout activity in the Jet's Refuel Center. On alternating Wednesdays, students are invited to grab a cup of coffee (or tea or hot cocoa), a small snack, and can participate in a guided art or crafting activity with fellow students. This is a great opportunity to explore your creative side, make new friends (or see old ones for returning crafters), and take a needed break from classes. **Incentive: FREE** coffee and snacks and a take-it-with-you art project (supplies always included)!

- Date & Time: Alternating Wednesdays, 12:30-1:30 pm
- Location: K1-211

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