

# PROGRAM

8:30 - 9:00 a.m. - Smithwick Theatre Plaza

## **Morning Refreshments & Check-in**

9:00 - 11:00 a.m. - Smithwick Theatre

## **Welcome**

Skye Bridges, ASFC President;  
Bernadine Chuck Fong, Foothill College President

## **Mindfulness Exercise**

Dr. Tiffany Redeaux, Instructor of Psychology

## **Associated Students of Foothill College (ASFC)**

### **Tips for Success at Foothill College**

ASFC Vice Presidents

## **Keynote**

Ahmed Mustafa, Former Foothill Student & ASFC Member,  
Global Policy Lead; Google

## **Mindfulness Exercise**

Dr. Tiffany Redeaux, Instructor of Psychology

## **Performance**

Fountainetta Coleman, Assessment Specialist Testing & Assessment

## **The Club Experience - Student Engagement for Social Impact**

Lawrence Lew and Students

# PROGRAM

## **Title IX**

Leticia Maldonado, Dean of Student Services

## **Psychological Services**

Alexis Donato, Psychological Services Department Chair

## **Closing Exercise**

Dr. Tiffany Redeaux, Instructor of Psychology

11:00 - 12:00 p.m.

## **Campus Tour with Orientation Leaders**

12:00 - 12:30 p.m. - Library Quad

## **Lunch and Q&A**

12:30 - 1:30 p.m. - Library Quad

## **Resource Fair and Music**

1:30 - 3:30 p.m.

Student IDs, Get books, get questions answered

# Your mental health is our priority

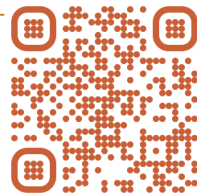
## Timely Care

- Free 24/7 therapy on demand, anytime, anywhere
- Speak right away with a mental health professional including nights, weekends, holidays & afterhours
- Crisis support
- Requires @fhda.edu email address



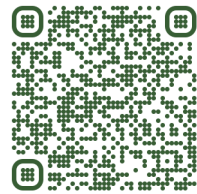
## tbh/

- Individual & group life coaching on wellness, academics, stress, relationships
- Proactively manage your mental fitness
- Flexible scheduling
- Find a community of peers that will help you grow
- Make real connections & conversations with rockstar coaches
- Library of video resources



## togetherall

- 24/7 online support peer-to-peer support community moderated by licensed therapists
- A safe place to connect with others experiencing similar feelings. Plus, there are trained professionals on hand 24/7.
- Additional resources: short course, journal, self reflection exercises, articles, & videos



## Foothill Psychological Services

In person Counseling Services  
Available Monday through Friday, business hours  
Student Resource Building (5400)  
fhpsychservices@foothill.edu  
650-949-7910

