

# We're so great, it even makes me blush

This time last week, our college was buzzing at the Research & Service Leadership Symposium. I was live-tweeting and found every moment, Twitter-worthy moments. Check out the 20 post-highlights via @FoothillPrez.



Packed Hearthside Lounge (with people standing outside the door) at the Opening Ceremony





Traffic jam on a few occasions during the poster board sessions in the Dining Hall.

The one common remark made by many people who attended the Opening Ceremony, visited the poster board presentations, or attended the student talks: "Our students are amazing!" Some of the projects are jaw-dropping impressive. One could tell the students were both nervous and excited.

- I interviewed a few students in the Dining Hall as to which poster boards they found interesting, and many mentioned the school-shooting one.
- · There was a lively debate between two students about a climate-change poster.
- Students who did a poster board on homelessness quizzed me about any concerns I may have regarding overnight parking on campus.
- The last presentation I attended was by an Enactus Club student who did a sociologyresearch presentation on "social entrepreneurship" and self-reflection on the pros and cons of such endeavor including dangers of possible implicit bias.

There were projects from every category of Service Leadership.



Thank you to all those who came to support the students: Patti Chan, Scott Lankford, Donna Frankel, Baba Kofi Weusijana, Eta Lin, Brian Evans, Sam Connell, Kathryn Mauer, April Henderson, Kai Chang, Allison Herman, Che Meneses, John Fox, Bob Cormia, Michael McCusker, Adrienne Hypolite, Eric Reed, Julie Ceballos, Melissa Cervantes, Lene Whitley-Putz, and Simon Pennington – to name the ones I can remember seeing. Some of the aforementioned faculty members presented. The program was so packed that I didn't get to catch other faculty such as Patricia Gibbs, Alexis Aguilar, and Falk Cammin who also presented. Thank you to the faculty members who offered extra credit for students who attended. We will work on a way to live-stream next year so that online & off-campus students could participate. If you have videos of the symposium, please send to me as we are doing a video-collage.

The one person to recognize for this phenomenal success is Professor **Ben Stefonik**, founder and coordinator of the symposium. When you see **Ben**, please tell him how much you appreciate this herculean effort to bring a sense of community to our college through student engagement and employee participation.

Economics Professor **Brian Evans** this past Saturday, along with students from Fund the Future Club held a global poverty summit this past Saturday. Despite the rain, approximately 40 people participated including five nonprofit organizations such as Amnesty International. Wouldn't it be great to start a student Amnesty International chapter to work on the family separation issues happening along the southern border?

How do faculty and staff start a student club? I've asked the Community & Communications Council to explore "how can we better utilize PGA and other professional development funds to increase service on campus for students and employees." Maybe through such mechanism (or other ideas), we could get more student clubs that do Service Leadership projects. Already, there is a record number of 80 student clubs this year, and some do Service Leadership projects.



Picture from Marketing Professor **Natasha Mancuso** who brought 20 marketing students to Facebook to learn about digital marketing using social media platforms, and a group of Foothill students won the marketing plan competition.

We have less than six weeks left! Let's be like the Golden State Warriors: our best is the second half. Keep going, and save the date for the End-of-Year Celebration. We are bringing karaoke back, so practice a song or two to serenade our retirees.



Yes, I just compared Foothill to the Golden State Warriors. You really are a great team. Earlier this week, another national organization ranked Foothill College.

Foothill College Ranked Number One for Large Community Colleges by Education Reference Desk Education Reference Desk has released new rankings on the top community colleges in California based on graduation and transfer rates and Foothill College has been named number one for large schools.

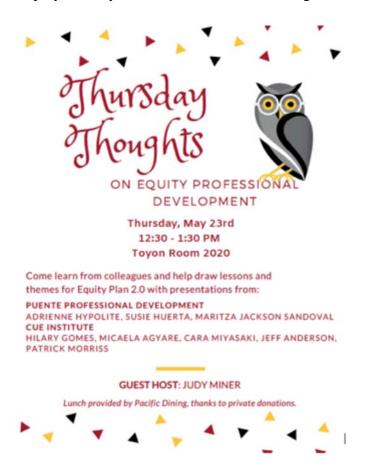
I don't know this organization, but reading its accolades of Foothill actually made me blush.

A spokesperson for <u>EduRef.net</u> explained, "<u>Foothill College, ranked #1</u>, has been found to be the very best large community college in California, beating out stiff competition from its rivals. Foothill has an impressive student success scorecard, comprehensive learning and sports facilities, and unbeatable teaching staff. With a broad range of courses available, all of which are geared toward careers in their respective industries, the school is doing all it can to ensure its students go on to be California's leading lights."

## Three events today:

- Thursday's Thoughts with Chancellor Judy Miner
- Softball game (VRC v. CAP)
- Mental Health Awareness Summit

The symposium is one of many efforts to generate more activities on and off campus for students and employees. If you notice an increase in college-wide events, please know that it is intentional.





Let students know about TODAY's <u>Mental Health Awareness Summit</u>: emotional intelligence, wisdom therapy, suicide, artificial intelligence, and many other important topics.

## Foothill College Mental Health Awareness Summit 2019



11:00AM - 3:00PM

#### **BREAK-OUT SESSIONS**

11:00AM - 12:00PM

#### Session 1



"ARTIFICAL INTELLEGENCE & MENTAL HEALTH"

Our society is becoming increasingly intertwined with technology, having both positive and negative influence on our mental health. Come by and listen to Adi Zief-Balteriski PhD & Alon Halevy discuss their project utilizing Artificial Intelligence and wellness practices to improve the mental health of students and educators alike!

Location: Council Chambers (Room #2018)

#### Session 2



"EMOTIONAL INTELLEGENCE" Emotional Intelligence - Do you need it? Do emotions help or hurt your ability to navigate in a world saturated with stress? Find ways to help enhance self-awareness and self-regulation to live a more satisfied life. Speaker: Clifton Der Bing, PsyO Location: Hearthside Lounge (Room #2313)

#### Session 3



FOR STRESS MANAGEMENT"

"STUDENT STORIES Come hear Foothill Students their experiences with mental health and their coping strategies to deal with the college stress.

Location: ASFC Room (Room #2011)

#### Session 4



"HOW DO I LOVE MYSELF?"

How in the world do I love myself? Wisdom Club will be holding an interactive and collaborative activity and discussion focused on the power of beliefs, affirmations, and other wisdom skills, to improve one's relationship

Location: Grass area in front of Compus Center

#### **COMMUNITY ORGANIZATIONS & CLUBS**

12:00PM - 1:00PM

1:00PM - 3:00PM

Associated Students of Foothill College (ASFC) Esting Disorder Resource Center (EDRC) Gordner Family Health Network Cognitive Science and Artificial Intelligence Club Operation Smile Club Psychological Services & Personal Counseling Department

Psychology Club Wisdom Club Gronowski Clinic La Selva/Momentum for Mental Health Latus Collaborative National Alliance for Mental Illness (NAMI)

Asian Americans for Community Involvement (AACI) Bay Area Clinical Associates (BACA) Broin Change to Mind El Camino Hospital Ever Forward

#### Patti Pape



"Mental illness & Criminal Justice System'

**GUEST SPEAKER SERIES** 

Patti Pape, a mother of five and a life long educator, will share her journey in caping with her son's mental illness and the loss of him from suicide. Patti is making legislative changes in the courts and police protocols to improve the services to those with mental illness.

## Dr. Shani Robins



Psychology & Wisdom Therapy"

Location: Hearthside Lounge (Room #2313) Time: 1:00PM - 2:00PM

Learn about the theories, research, and practices of developing hands-on skills such as mindfulness, emotional intelligence, gratitude, empathy, compassion, and humility as a method for reducing anxiety, stress, anger, and depression.

Time: 2:00PM - 3:00PM Location: Hearthside Lounge (Room #2313)

### Of Service.



### Thuy

Thuy Thi Nguyen President Foothill College

650.949.7200

Twitter: @FoothillPrez

pronounced: <a href="https://name-coach.com/thuythinguyen">https://name-coach.com/thuythinguyen</a>

12345 El Monte Road Los Altos Hills, CA 94022