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President's Corner: Congratulations to Our Dental Assisting Program

On February 19, 2019, CoA received communication from the Commission on Dental Accreditation (CODA) granting the dental assisting program the accreditation status of "approval without reporting requirements". The next site visit for the program is scheduled for 2025. Accreditation documentation and site visit preparation are huge efforts of time and dedication. **Carla Pegues** was phenomenal in organizing and guiding us through this endeavor. If you see Carla or other dental faculty on campus, please congratulate them. We are proud of our Dental Assisting Program!

Below, you will read an inspiring testimonial by CoA student **Rachel Finn**, who was the first CoA Student Maker in Residence (MiR) in our FabLab. She has been a regular presence in the FabLab since its inception. It is great news that Rachel has been recently hired as Visual Merchandiser for the world renown clothing company **Patagonia**. Dean of Science, Technology, Engineering, Art, and Mathematics **Ana McClanahan** shares with us that Patagonia is so impressed with Rachel's talents and skills that they are working around her schedule until she graduates. Congratulations Rachel and thank you for sharing your inspirational journey with us!

Sincerely,

Timothy Karas, Ed.D.
President



Rachel Finn is a second-year student in the Apparel Design and Merchandising major at College of Alameda, was the first CoA Student Maker in Residence (MiR) in the FabLab.

Student Testimonial: Rachel Finn Says that the CoA FabLab Has Had an Immensely Positive Effect in Her Life

My name is **Rachel Finn**, and I am a second-year student in the Apparel Design and Merchandising major at College of Alameda, and will graduate in Spring with my Associate of Arts degree. Before starting at CoA in Fall 2017, I completed a bachelor's degree at UC Santa Cruz with a double major in Art and Politics. I've always known I want to work in the arts, and after graduating I realized what I have always been most passionate about is fashion, and so pursued a hands-on education in apparel design and merchandising.

I found out about the [FabLab](#) early on in my time at CoA, because one of my teachers, **Derek Piazza**, has been incredibly supportive of the space since its inception. He told us about the possibilities for printing on fabric and 3-d printed dress forms, and that alone immediately sparked my interest. My focus and favorite thing in art school was always sculpture, and to me this space sounded like the perfect opportunity to combine art and fashion in ways I'd be imagining. When I found out there was an opportunity to work in the

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space, I applied right away. A space devoted solely to creative endeavors, making, and collaboration? And it's free?! It was a no-brainer.

Before starting my position as a Student Technician for the lab, and/or embarking on personal projects, my experience in making was primarily in sculpture (welding, bronze-casting, mold-making, public art), graphic design, and more recently apparel design and construction, though I've always been a general maker of sorts. At the end of my semester on the job, I was skilled on the laser cutter, dye sublimation printer and vinyl cutter, and was teaching workshops on all three on a weekly basis. Whereas 6 months before I had been in an introductory sewing class, I was now teaching students, staff, and faculty how to operate industrial sewing machines and start their first sewing projects. The FabLab gives me the opportunity to learn and master equipment that would be inaccessible to me otherwise, and in numerous ways has helped me advance both my professional and academic careers.

Academically speaking, the FabLab opens the avenue for me to create fashion in the realm I am most passionate about - the avant garde, the at times unwearable, the makes you wonder how it was made fashion. Already, I have used the dye sublimation machine to engineer an entirely unique printed fabric and complete a dress from design to construction. I have used the open work areas to perfect my sewing patterns, and access to the industrial sewing machines allowed me to complete critical construction on a unique outfit made mostly from vinyl. This semester, I hope to complete a garment made almost entirely from laser-cut acrylic.

In terms of my career, the FabLab has been extremely helpful. The additional skills I have gained while on the job, and the responsibilities given to me as a Student Technician, are valuable assets to both my general skill set and resume. The fashion industry is incredibly competitive, so having unique skills related to my field, like dye-sublimation printing and laser cutting, is what will help me stand out amongst a stack of similar resumes, and did recently when I applied for and was offered the position of Visual Merchandiser at Patagonia in San Francisco.

The skills I acquired while in the FabLab strengthened my application, and not just the hard skills I learned on the machines. When working as a student tech, one of the trickiest things to manage is multitasking in a fast-paced environment where you must manage many different projects happening at the same time and helping students, staff and faculty who are working at various levels to strengthen their own skill sets. For example, I might be working on my own project for the lab, be pausing every ten or so minutes to help with student project or software questions, go back to the project, pause to teach an hour-long workshop, go back to the project, etc., all while being productive on my project and helpful to others. This soft skill is highly translatable to my new position, where I might be working on an installation, only to be pulled away by a customer in need of help, or merchandising an area of the floor, and be the only person available to pick up a phone call. I value this skill a lot, and talked about in my interview.

The FabLab has been an asset to me and my new job even after being hired. One of the things I am responsible for in my position as Visual Merchandiser is monthly installations at the front of our store. These installations require the use of power tools, which I hadn't used much since being in school at UC Santa

Cruz. So, a week after getting the job but before my first install, **Miguel Vega** at the FabLab brought me through a two-day refresher in the FabLab's woodshop that included learning multiple skills using a drill and impact drill, a miter saw, and a circular saw. He created a small project for me to practice and make sure I was comfortable using these tools. It was incredibly helpful and made me feel so much more prepared when we did our first installation at Patagonia a couple weeks later.

Overall, the FabLab has had an immensely positive effect in my life. My experience there has been a catalyst for new skills, new connections in creative industries, getting a competitive job in my industry, and embarking on exciting creative endeavors. The staff at the FabLab (**Miguel, Vince, Danny & Justin**) have been kind and supportive, and have helped me overcome mental blocks about what I can and cannot do. (If you can dream it, you can make it!) I'm looking forward to what will be made there this semester and, in the future, by myself and by my community at CoA.

Kudos

CoA Music Professor **Glen Pearson** and his trio were invited to perform at Stanford University's Campbell Recital Hall on December 15 and 16, 2018.

Submitted by Dean of Science, Technology, Engineering, Art, and Mathematics Ana McClanahan, amcclanahan@peralta.edu

Health Services held a record number of mental health counseling sessions during Fall Semester 2018, providing services to 85 students over 452 sessions. CoA Health Services provides free mental health counseling, nursing, health workshops, and other services to CoA students. Kudos to all Health Services counselors and staff for their good work!

Submitted by Health Services Coordinator Evan Schloss, eschloss@peralta.edu

Free Breakfast Program Addresses Food Insecurity

During the fall 2018 semester the Office of Student Activities piloted a free breakfast program to address food insecurity among College of Alameda students. The program was funded by the Hunger Free Campus grant. Over 200 meals were provided to CoA students. To expand on the success of the pilot program, the Office of Student Activities is providing free breakfasts every Tuesday starting February 5 through May 20, 2019. Every Tuesday from 9:00 a.m. to 10:00 a.m. in the Quad, department staff and student volunteers distribute 30 free breakfast meals to students. Food offerings reflect a balanced breakfast and include a mix of hot and cold items. Meals are served buffet style and are convenient for on-the-go eating.

In addition to providing free breakfast, the department has partnered with Alameda County Food Bank to host a community free produce market. Every second and fourth Tuesday. To help improve students' eating habits, Alameda County Food Bank will be offering two nutrition workshops on campus. Topics include: Shopping on a Budget and Rethink Your Drink. Information about the workshops is available on the Student Activities website <http://alameda.peralta.edu/student-leadership-office/>.

Submitted by Director of Student Activities and Campus Life Aja Butler, abutler@peralta.edu



CoA Art Encounters participants find inspiration in a group art setting

Art Encounters Events Inspire Creativity and Participation

Drew Burgess and **Gabe Navar** have hosted CoA's recent Art Encounters and they have been inspiring events. Because of the sense of welcome and facilitation of doing art that CoA art faculty established, participation was immediate and intense. This open studio was originally set up to support our ASTI partners in discovering what CoA offers their students but was expanded to include the entire campus. Look for upcoming events to relax and explore your creativity through art.

Submitted by Dean of Science, Technology, Engineering, Art, and Mathematics Ana McClanahan, amcclanahan@peralta.edu



Come as You Are, Celebrate Expression No. 4

The College of Alameda Art Room will be open from 11:00 a.m. to 1:00 p.m. on Friday, March 1, 2019, to offer space for creativity, a community work of art, study, and conversation. All are welcome!

Submitted by Drew Burgess, Art Department, dburgess@peralta.edu

The mission of the College of Alameda is to serve the educational needs of its community by providing comprehensive and flexible programs and resources to empower students to achieve their goals.



COLLEGE OF ALAMEDA

March 2019 Events

Art Encounter

3/1/2019
11:00 AM-1:00 PM
D316

A space for creativity, a community work of art, study, and conversation.

Free Breakfast

3/5/2019
9:00 AM-10:00 AM
Quad (F-building Rain Location)

Women's History Experience

3/5/2019
12:00 PM-1:00 PM
Quad (F-building Rain Location)

An interactive event with a photo booth and community mural.



Community Partner Breakfast

3/8/2019
8:00 AM-11:00 AM
F Building- 1st floor
A breakfast in partnership with community educators and organizations.

Free Breakfast

3/12/2019
9:00 AM-10:00 AM
Quad (F-building Rain Location)

Free Produce Market

3/12/2019
12:30 PM-2:00 PM
Quad

Alameda Food Bank Workshop: Rethink Your Drink

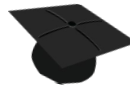
3/12/2019
12:00 PM-1:00 PM
F-building, Pit

Understanding and Supporting LGBTQQA+ Community Workshop

3/13/2019
12:00 PM-1:00 PM
F-building, Pit

Majors Vs Careers Workshop

3/18/2019
12:00 PM-1:00 PM
Counseling Department(A-Building)



Free Breakfast

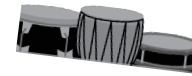
3/19/2019
9:00 AM-10:00 AM
Quad (F-building Rain Location)

Community Drumming Circle

3/19/2019

12:00 PM-1:00 PM
Quad (F-building Rain Location)

Drummm Rhythmic events will provide their OneBEAT Community Drumming program.



Sexual Assault Awareness Workshop

3/26/2019
12:00 PM-1:00 PM
F-building, Pit

Free Breakfast

3/26/2019
9:00 AM-10:00 AM
Quad (F-building Rain Location)

Free Produce Market

3/26/2019
12:30 PM-2:00 PM
Quad

Download the Grad Guru app today! <https://www.gradguru.org/for-students.html>



Visit <http://alameda.peralta.edu/events/> for more information

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COLLEGE OF ALAMEDA

Guided Pathways Free Lunch Series Spring 2019



**4th Mondays
12noon-1p
L-237**

**JANUARY 28th
FEBRUARY 25th
MARCH 25th
APRIL 22nd
MAY 20th**

JANUARY 28: Focus Groups 101 *Listen to Our Students*

Join us to listen to the voices of our students in a moderated student panel as they discuss their experiences at College of Alameda. We will share tools to hold informal focus groups, and let folks know how you can get involved this semester!

FEBRUARY 25: *Moving the Needle*

What problem is Guided Pathways trying to solve? What does the data tell us, and what questions should we be asking to better understand our students' barriers and successes? Engage in the discussion, and learn about how inquiry will drive our path forward.

MARCH 25: *It's All About Equity*

Equity is our driving principle of why we are engaging in the Guided Pathways work. Let's look at disproportionality at CoA and discuss ways we can better address equity gaps.

APRIL 22: *Connecting Student Services & Instruction*

Students are successful when we collaborate to serve and support them. This session will focus on program mapping efforts at CoA, an initial step to better connect student services and instruction.

MAY 20: *Let's celebrate!*

We will use the time to celebrate the work this semester and gather thoughts about to guide CoA's Guided Pathways moving forward.

For more information, email coaguidedpathways@peralta.edu

College Of Alameda
Women's History Experience

Tuesday March 5, 2019
Quad (F-building Rain Location)
11:00 AM - 1:00 PM



Checkout the **Iconic Women
in History Photo Booth**

Pay homage to iconic women in history. Take a photo alone or with friends in our immersive photo booth.



Participate in the **Mural Activity***

Express your creativity and engage with your community by contributing to our Women's History mural.

**Mural Activity will be Tues - Thurs , 11AM - 1PM*



Attend this interactive and educational event. Celebrating the contributions women have made throughout history.

Office of Student Activities.
College of Alameda Art Dept.

2♀19



510-748-5296, F-217



@coastudentlife

Learn how to help students in **crisis** or how to respond effectively to the needs of **LGBTQQI** students or **Veterans** and **WIN** a **bookstore gift card!**

These FREE online training simulations will assist you to support, and refer these students to get the help they need. Each course can be completed within 20-60 minutes.

Using Kognito's simple **fun** online interactive training you can learn these tools whenever and wherever.

Just go to ccc.kognito.com, create a new account and get started!

Anyone who completes a course will be entered into a COA raffle to win a gift card to the COA bookstore. If you complete all three training programs you will be three times as likely to win.



*Kognito requires Adobe Flash Player.
Contact eschloss@peralta.edu if you have any questions.

Spring 2019 Wellness Workshops

Events are held in the F-building pit at 12:00-
Feel free to bring & eat lunch

Tuesday, February 12th

What is Therapy? – A crash course in therapy for anyone who might be curious or interested, either from a career or personal perspective. Ask questions and learn what actually happens in the therapy process.

Wednesday, February 27th

Stress Management – Learn what stress is, how to make it your friend, and how to manage it.

Wednesday, March 13th

Understanding and Supporting LGBTQQIA+ Communities -
Want to understand what all of those letters mean? Are you curious about the difference between gender identity and sexuality? Come find out and have your questions answered.

Tuesday, March 26th

Sexual Assault Awareness Workshop- Come learn about sexual assault and harassment, and how we can respond to them.

Wednesday, April 10th

Intuitive Eating- Rethinking your relationship with food and unlearning diet culture.

Monday, April 15th

Blood Drive- Come visit the Blood Mobile parked on the quad near the A-building and help save a life. Sign up here: <https://www.bloodheroes.com/>

College of Alameda Office of Student Activities Presents

ONEBEAT COMMUNITY DRUMMING

Tuesday March 19, 2019
Quad (F-building Rain Location)
12:00 P.M to 1:00 P.M.

Join the fun. Be apart of our community drum circle. With Drummm® Rhythmic Events. Student participants receive a FREE lunch!

*Must present student ID card with 2019 College of Alameda sticker. Lunch available while supplies last.



Office of Student Activities 510-748-5296 F-217



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Alameda County Food Bank Workshops

Improve Your Eating Habits

Nutrition Workshops

Eat. Drink. Be Healthy.

Alameda County Food Bank will be presenting two health and nutrition workshops. In the College of Alameda, Student Center. Workshops are free—and open to the public.

Attend these workshops & learn practical tips to:

- Improve your eating habits
- Reduce your sugar intake
- Stretch your food budget

Shopping on a Budget & Eating a Rainbow of Produce

Tuesday February 26th
12:00 p.m. – 1:00 p.m.
F-building, Pit

Rethink Your Drink

Tuesday March 12
12:00 p.m. – 1:00 p.m.
F-building, Pit

Light Refreshments will be provided



Office of Student Activities, 510-748-5296, F-217



ALAMEDA COUNTY
COMMUNITY
FOOD BANK



Make Your *Splash!*

Do you know an outstanding student whose story you would like to share?

Did you attend an interesting workshop or conference?

Do you have unique projects planned for your students this semester?

Is there an upcoming event that we should all know about?

Have you or a colleague been honored with an award, or do have you published an article, book, or chapter recently?

Send us your news, so we can share it with the campus community in the *CoA Splash!*

It is easy – just send us a short article and a good photo or two, and we will take care of the rest. Do not forget to include the name of the writer, the photographer, and anyone who is pictured (if possible). Be sure to email your news and information to: coasplash@peralta.edu.

Past issues of the *CoA Splash* are available at: <http://alameda.peralta.edu/office-of-the-president/coa-splash-newsletters/>

The **deadline** to submit your news for the next *Splash* is March 8, 2019, for publication in the March 14, 2019, edition. The following is the publication schedule for Spring 2019 semester.

Deadline	Publication Date
March 8	March 14
March 22	March 28
March 29	April 11
April 19	April 25
May 3	May 9
May 17	May 23