

OPPORTUNITY

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NEWS FROM YOUR COLLEGE

San Jac to host College job fair

Want to work for San Jacinto College?

Mark your calendar now for San Jac's job fair Thursday, Feb. 16, from 3 to 7 p.m. at the Center for Petrochemical, Energy, & Technology, 7901 Fairmont Parkway, Pasadena, 77507.

This job fair is open to all community members and will include full-time and part-time faculty and staff positions, including administrative support, director, coordinator, and specialist positions.

Education and experience requirements vary by position. All full-time positions are eligible for benefits, including health care, retirement plan, paid time off, and a generous holiday schedule.

Review positions and apply online in advance at careers.sanjac.edu.

Kids explore a world of STEM opportunities

After two years of virtual experiments, local students returned to hands-on science with San Jacinto College's STEM expos in November.

A team effort with Communities in Schools of Southeast Harris and Brazoria County afterschool programs, the expos sparked elementary and junior high students' interest in science, technology, engineering, and math education and careers. Students also got an inside look at some health science fields, which require STEM classes.



Photo courtesy of Courtney Morris, San Jacinto College

North Campus hosted an expo on Nov. 10, and South Campus on Nov. 17. Together, they welcomed 750 students and their family members.

College STEM and health science faculty and students volunteered to demonstrate robotics, dissections, new Anatomage virtual cadaver tables, and more.

NASA Johnson Space Center representatives also hosted a booth featuring the International Space Station and a Space Loteria game.

"We were excited to be back face to face with our students and families for the STEM Expo," said Cheryl Sellers, community relations director for CIS of Southeast Harris and Brazoria County. "Not only does this event allow students to explore activities that spark their interest in STEM fields, but it also touches on college and career components and STEM enrichment activities we

hold during our after school program hours."

View the event photos at bit.ly/SJCstemexpo22.

Generation Park welcomes families to trot on campus

The San Jac Generation Park Campus welcomed students, staff, and the community to its inaugural Turkey Trot on Saturday, Nov. 12. Participants walked the entirety of the property, including the location of future buildings for the master-planned campus. After, the 'trot' families were treated to lunch and encouraged to engage in yard games, face painting, crafting, and line dancing. To find out more about the Generation Park Campus, visit sanjac.edu/generation-park-campus. To see more photos of the event, visit bit.ly/GenParkTrot.



Photo courtesy of Melissa Trevizo, San Jacinto College

STRESS BUSTING 101

By Courtney Morris
SAN JACINTO COLLEGE

Clammy palms. Racing heart. Upset stomach. These might sound like medication side effects, but they can also be signs of stress.

Does managing stress have you stumped? San Jacinto College licensed professional counselors Gladys Arvizu and Robert Murray share how you can tackle stressful situations in college and beyond.

Arvizu, who has worked in a community agency and private practice, has spent the last 12 of her 15 years in higher education



Photo courtesy of Courtney Morris,
San Jacinto College

at San Jac. Murray, director of mental health counseling, joined the College in 2022 with a background in crisis work, community health, and K-12 counseling.

Q: Is stress always bad?

Arvizu: No, good stress motivates us. Stress is part of excitement in general — like a new job, first date, upcoming project, riding a roller coaster. Bad stress comes from something negative like strain in a relationship, a chronic illness, or losing a job or loved one. You feel anxious or overwhelmed and stop doing daily activities.

Murray: Good stress is our internal notion we need to get something done, that “spidey-sense” that lets us know something is going to happen. It motivates us to not procrastinate. But there’s also overpowering stress where you don’t get anything done.

Q: Most of us shoulder a lot — from managing personal needs to juggling jobs and

relationships. Is feeling overwhelmed normal?

Arvizu: Yes, it’s normal. How you approach the situation and manage your emotions — how you cope — is key.

Murray: It’s part of life to feel overwhelmed. You have family, work ... all these priorities. How do I take care of all of them?

Q: When should I get help?

Arvizu: If your stress impacts your daily life and everything is overwhelming, you should meet with a counselor.

Murray: When you’re too stressed and you don’t function as you once did. There’s a lack of sleep. Your eating habits have changed. You’re drinking more or always feeling anxious, pressured. It really depends on you as an individual.

Q: Can I change how I respond to stressful situations?

Arvizu: Things happen all around us that we can’t control. But we can control our thoughts and actions. That’s where I

encourage you to talk to a mental health counselor about your situation and learn healthy coping skills.

Murray: Speak to a mental health counselor who can guide you through the stressful situation. Sometimes you need to take a break from whatever is stressing you out. Stop and walk away. Then you can come back with a fresh mindset.

Q: I feel stressed right now. What can I do?

Arvizu: I recommend three things:

1. Take deep breaths.
It’s a simple technique that’s good for managing emotions.
2. Try grounding exercises — five minutes of mindfulness in a comfortable position. Use your senses to observe what’s around you. Do you hear certain sounds? What do you see? This keeps you in the moment and relaxes you.
3. Try positive self-talk: “I’m capable and strong. I can learn from this situation and

grow as a person.”

Murray: Sometimes our bodies are telling us we need self-care. Get together with a friend, go out to dinner, step away. When you get back to the task, make a plan and figure out how you’re going to do it one step at a time.



Photo courtesy of Courtney Morris,
San Jacinto College

Stressed? There’s help.

- **Find Community Resources:** sanjac.edu/mental-health-resources
- **Call National Suicide and Crisis Lifeline:** Dial 988 for free, confidential support from a licensed counselor.

SAN JAC HAPPENINGS

DATE	EVENT	TIME	SITE
Jan. 5	Small Business Workshop Series: Financing Your Business Part 2	7-8:30 p.m.	Free/Generation Park Campus (to register, email centerforentrepreneurship@sjcd.edu)
Jan. 5	Registration payment deadline for Spring 2023 semester		All campuses, online
Jan. 16	Martin Luther King Jr. Holiday	Closed	All campuses, online
Jan. 17	First day of spring 2023 semester		All campuses, online
Jan. 19	Small Business Workshop Series: Financial Plan Review	7-8:30 p.m.	Free/Generation Park Campus (to register, email centerforentrepreneurship@sjcd.edu)
Jan. 31	Pathways to Your Future	4-7 p.m.	Learn about construction, industry, manufacturing, and transportation programs and careers/Central Campus (C26 and C45)
Feb. 2	Small Business Workshop Series: Business Marketing	7-8:30 p.m.	Free/Generation Park Campus (to register, email centerforentrepreneurship@sjcd.edu)
Feb. 16	Deadline to Pledge and Apply for Promise @ San Jac Scholarship		Visit sanjac.edu/promise-student

All times and event schedules listed are subject to change. For more information, visit sanjac.edu.



NURSING STUDENT MAKES PROMISE COUNT

By Neesha Hosein
SAN JACINTO COLLEGE

San Jacinto College nursing student Cynthia Jennings envisions a future full of hope and success, and the Promise @ San Jac Scholarship grants her a future not only as a nurse but also free of student debt.

Jennings will graduate in summer 2023. After taking her licensing exam to become a registered nurse, she plans to launch her career at a hospital, specializing in pediatrics.

“I knew before I even applied to the nursing program at San Jac that I wanted to be a pediatric nurse practitioner,” Jennings said. “Getting the opportunity to perform clinicals in the best children’s hospital in the nation is something difficult to put into words. Every time I step foot into the parking garages, let alone the units, I feel butterflies. This is exactly what I was meant to do.”

A challenge worth taking

Nursing school has been the most difficult thing Jennings has ever done, but developing close friends has made the challenges easier.

“It has tested our patience, willpower, and mind at every turn, but together we’ve been able to complete every course successfully,” Jennings said. “It’s tough to find a balance between studying while prioritizing mental, physical, and social health. Everyone always says to kiss your social life goodbye when you start nursing school, and to some extent, it’s true.”

After getting the routine down and meeting people with a similar mindset, she finds that

it makes “the hardest parts of nursing school more tolerable, even enjoyable, and it gets significantly easier.”

Promise bolsters other perks

The Promise @ San Jac Scholarship has also benefited her family. Jennings was born with spina bifida - a financial challenge all its own - and the pandemic added to her family’s impending financial insecurities.

“Promise helped me and my family feel safe, secure, and in control of at least one aspect of our lives,” she said.

Jennings serves as vice president of the PTK chapter Mu Omicron at Central Campus. She was a guest speaker at the College’s “Step Brightly Into the Future” gala in May 2022, sharing how Promise changed her life and allowed her to pursue her dream career as a nurse.

Promise has opened many doors for Jennings. As she embraces these opportunities and thrives at San Jac, she has some words of wisdom for others who share her career goals.

“Make your credits count,” she said. “If the Promise @ San Jac Scholarship is available to you, take it and make every class count. Every class is a step closer to achieving your dream career.”

A sense of community

Jennings feels that a sense of community means being there for others in both good and bad times.

“When one member is going through it, the whole community is as well,” she said. “In the nursing program, this definitely rings true.

Every loss that each student faces impacts the entire cohort. We have stood together through countless toils and are continuing to do so, but together we stand tall and will walk out into the workforce

hand in hand, making a positive impact in the world regardless of our perils.”

San Jac has been a great experience for Jennings and has allowed her “a sense of security in a world constantly

changing.” Not worrying about how to pay for school allows her to focus on her studies and excel academically.

Learn more about the Promise @ San Jac at sanjac.edu/promise-student.



Photo courtesy of Neesha Hosein, San Jacinto College

ALUMNA GILBERT ADDS SKILLS TO RESUME TO THRIVE IN SECOND CAREER

Melissa Trevizo

SAN JACINTO COLLEGE

Jill Barson Gilbert's career in environment, health, and safety spans more than 20 years. Now, through persistence and with help from San Jacinto College, Gilbert can add a degree in art and design to her resume and list of credentials.

"In my family we expected that we would go to college," she said. "My parents both worked in technical fields. Even though there were four of us kids, we knew we'd pursue college degrees."

She earned her first degree in zoology with minors in chemistry and psychology from Miami University and set out to find a career in a technical field.

An environmental career

Gilbert started working in a chemical company and soon moved to the environmental group, discovering an emerging field within the industry that would eventually become her life's work.

"I really enjoyed working on the environmental side of things," she said. "When I considered going to school for an MBA, my father told me about a new environmental master's program at the University of San Francisco."

Gilbert enrolled and became one of the first graduates from USF's Master of Science in environmental management program.

After years working for the chemical industry and as an environmental health and safety consultant, Gilbert

became the director of product management for EHS applications at the Oracle Corporation.

"I learned a lot during my time at Oracle and software implementation firms and eventually started my own company," Gilbert said. "I used my industry and consulting experience and the knowledge I'd gained about EHS software."

Lexicon Systems LLC started operations in April 2002, focusing on the selection and implementation of environmental health and safety software. Twenty years later, Gilbert has taken a step back from the daily operations.

What to do in retirement?

In 2009, Gilbert decided to challenge herself to learn a new skill she could use in retirement: art.

She signed up for continuing and professional development night courses at San Jac and took a year of drawing, eventually cycling through all CPD's art offerings and registering for credit courses.

"I learned about the art and design technical program, which combines creative and software skills," Gilbert said. "It was a perfect fit for me."

Through years of working toward her degree while running a business full time and traveling nationwide for work, she earned her Associate of Applied Science in art and design from San Jac in 2018.

Today, Gilbert works as a freelance graphic designer and volunteers her talents to nonprofit organizations. Giving back is important to her, not only through her work as a designer but also financially through the San Jacinto College Foundation.

"My goal is to give back at least the amount I was given in art and design scholarships," she said. "I'm fortunate that I have the means to give back to the College. We see firsthand how



Photo courtesy of Melissa Trevizo, San Jacinto College

important it is to continue supporting education in our community."

As a non-traditional student, Gilbert has wisdom to share with those looking to enroll in college later in life.

"Pick a program that aligns with your interests and don't be intimidated because of your age," she said. "Some of the best students I've worked with in class were dual credit students 50 years younger than me. We can learn from each other and find common ground."

Now Gilbert is focused on merging her talents and business acumen in a new endeavor — Iconic Design — offering consulting, design, and marketing services to a range of clients.

"One day I will retire ... but not today," she said.

To view San Jac's lifelong learning courses, visit sanjac.edu/cpd.

Fulfill Life's Promise!

With the **Promise @ San Jac** scholarship, high school seniors who live in district are eligible for money to **fully cover** tuition and course materials at San Jacinto College!

Qualifying students can follow these steps:

- **PLEDGE AND APPLY TO SAN JAC by 2/16/23**
Scan the QR code or visit sanjac.edu/promise-student to pledge. Then complete our free admission application at goapplytexas.org.
- **APPLY FOR FINANCIAL AID by 4/20/23**
You must submit a FAFSA or TASFA application to qualify for Promise @ San Jac.
- **REGISTER FOR CLASSES by 7/13/23**
You must complete all enrollment steps before registering.



SAN JACINTO COLLEGESM
PROMISE @ SAN JAC

An Equal Opportunity Institution

ADVANCED MANUFACTURING, MACHINING JOBS ARE GROWING ALONG GULF COAST

By **Melissa Trevizo**
SAN JACINTO COLLEGE

Advanced manufacturing and machining careers are in high demand along the Texas Gulf Coast. San Jacinto College Continuing and Professional Development offers courses that lead to Haas Computer Numerical Control mill and lathe certifications and prepare students to meet this demand.

The Gulf Coast Workforce Board lists machinists and CNC tool operators on its high-skill, high-growth occupations list. High-skill jobs offer the best employment opportunities now and in the immediate future.

“The future of this industry will continue to be in high demand because of the need for precision products of all shapes and sizes,” said Leslie Clark, CPD faculty. “Developing and manufacturing individual, custom, or mass-produced parts happens only because of skilled machinists in action.”

Manual machinists set up and operate a variety of machines by hand, such as lathes, mills, and grinders to fabricate, modify, or repair mechanical instruments and equipment.

CNC machines have revolutionized the machining industry. These machines can perform complex machining operations faster than manual machines with greater accuracy and ease. The higher accuracy and precision of CNC machines also produce lower scrap rates and part costs.

Today, the demand for a skilled workforce requires a hybrid set of technology skills, including CNC machine programming and critical knowledge of part-making inside a machine. According to Jerelyn Glenn, director of CPD IT tech and advanced manufacturing, there is value to learning both.

“Our industry-led advanced manufacturing advisory committee highly recommended that we require



Photo courtesy of San Jacinto College

the manual machining class as a prerequisite to the CNC courses to gain the basic concept of machining to better understand the tasks CNC machines were performing automatically,” Glenn said. “There remains a high need for both.”

Clark, a machinist and millwright with 35 years of experience, says students must learn to “troubleshoot effectively and have knowledge of basic mechanics and confidence in repairing machinery.”

One student who has completed the CNC certification and returned to

take more courses is 61-year-old Raymond Cuevas.

“I have always had a love for learning,” Cuevas said. “Working as a mechanic in machine shops, I was curious about getting into the industry, but gaining the knowledge was difficult. I looked for training at other institutions, but many of them didn’t have what I was looking for. I liked that I could get my hands on the machines and see them in person. I don’t think I would get the same education without the face-to-

face courses.”

To learn more about advanced manufacturing and machining, visit sanjac.edu/programs-courses/cpd/your-career/manufacturing/advanced-manufacturing-machining.

Financial assistance is available to qualifying students for these classes:

- Manual Machining
- CNC Lathe Complete
- CNC Mill Complete



1

1 San Jac held its first-ever Turkey Trot at the Generation Park Campus, complete with a parking lot party!



2

2 Our cosmetology students gave one of their classmates a mini makeover to demonstrate their skills.



3

3 We celebrated our incredible softball and baseball teams on NJCAA Day.



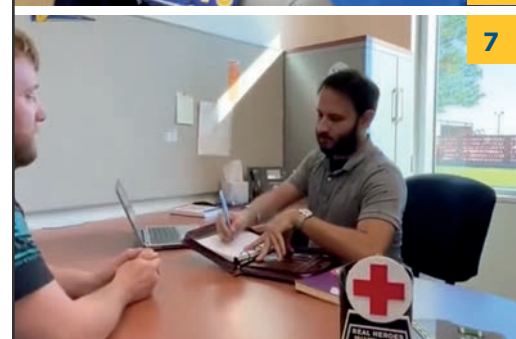
5

4 During National Transfer Student Week, our transfer coordinators featured several former San Jac students who successfully transferred to four-year universities to complete their undergraduate education.



4

5 A group of students found a creative way to promote new San Jac apparel for fall.



7

6 We received a rare tour of the South Campus observatory deck.



6

7 The College highlighted its veteran employees in honor of Veterans Day.

YOUR GOALS. YOUR COLLEGE.



SAN JACINTOSM COLLEGE

NORTH CAMPUS
5800 Uvalde Rd., Houston, TX 77049

CENTRAL CAMPUS
8060 Spencer Hwy., Pasadena, TX 77505

SOUTH CAMPUS
13735 Beamer Rd., Houston, TX 77089

MARITIME CAMPUS
3700 Old Hwy. 146, La Porte, TX 77571

GENERATION PARK CAMPUS
13455 Lockwood Rd., Houston, TX 77044

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sanjac.edu/online

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An Equal Opportunity Institution

VISION & MISSION



Vision — San Jacinto College will advance the social and economic mobility of all members of our community. We will be known for our excellence in teaching and learning, our intentional student-centered support, and our commitment to every student. We will be the preferred workforce and economic development partner in the region and a champion for lifelong learning. San Jacinto College will inspire students to explore opportunities, define their educational and career paths, and achieve their goals and dreams.

Mission — San Jacinto College is focused on student success, academic progress, university transfer, and employment. We are committed to opportunities that enrich the quality of life in the communities we serve.

SUPPORT STUDENT SUCCESS



A gift to the San Jacinto College Foundation transforms lives, enriches our community, and provides tomorrow's community leaders. For more than 25 years, the Foundation has helped thousands of students reach their goals. Our former students and graduates have filled vital roles in hospitals, classrooms, executive offices, manufacturing plants, and laboratories across our region and beyond. They have also won the World Series and NBA championships, starred in major motion pictures, and created major theatrical productions. Help our students today with the gift of education. Contact the San Jacinto College Foundation at 281-998-6104 or visit sanjac.edu/foundation.

COMMUNITY IMPACT



Surrounded by monuments of history, evolving industries, maritime enterprises of today, and the space age of tomorrow, San Jacinto College has served the people of East Harris County, Texas, since 1961. San Jacinto College is among the top five community colleges in the nation, as designated by the Aspen Institute for Community College Excellence in 2021, and was named an Achieving the Dream Leader College of Distinction in 2020. The College is a Hispanic-Serving Institution that spans five campuses, serving approximately 41,000 credit and non-credit students annually. It offers more than 200 degrees and certificates across eight major areas of study that put students on a path to transfer to four-year institutions or enter the workforce. San Jacinto College's impact on the region totals \$1.3 billion in added income, which supports 13,044 jobs. The College is fiscally sound, holding bond ratings of AA and Aa2 by Standard & Poor's and Moody's.