

Warsaw Campus
52 Campus Dr.
Warsaw, VA
(804) 333-6800



Rappahannock
Community College

Glenns Campus
12745 College Dr.
Glenns, VA
(804) 758-6800

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Student Engagement Newsletter

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Volume FA22, Issue 5

StudentActivities@rappahannock.edu

December 2022



Get in the holiday spirit with Student Activities!

Festivities begin at 4 pm in the Student Lounge
Wednesday, December 14 on the Warsaw Campus
Thursday, December 15 on the Glenns Campus

Snacks, beverages, and prizes!

Build and decorate a Gingerbread House (contest for partners)

Decorate holiday cookies!

Make your own festive slime!

Create beautiful 3D snowflakes!

Wearing holiday sweaters is encouraged!!



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- Dec. 9th** - *Classes End*
- Dec. 12th-16th** - *Final Exam Week*
- Dec. 14th** - *Polar Express Warsaw Campus—Student Lounge @ 4pm— See page 1*
- Dec. 15th** - *Polar Express Glenns Campus—Student Lounge @ 4pm— See page 1*
- Dec. 31st** - *Fall Graduation (confer only)*
- Jan. 16th** - *Martin Luther King Jr. Holiday (School Closed)*
- Jan. 17th** - *Spring Classes Begin*
- Jan. 17th – Feb. 2nd** - *Bookstore hours extended see page 9*
- Jan. 24th** - *Last Day to Add Classes*
- Feb. 2th** - *Last Day to Drop with Refund*
- Feb. 18th**
Scholarship Application Closes

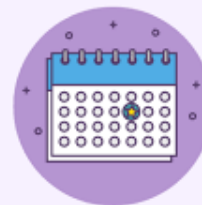


**Just a
reminder...**

Before the semester ends and you go on winter break, talk to your college Navigator about registering for spring classes. Don't leave "free" money on the table— you might be eligible for financial assistance.

Contact your Navigator today.

advisor@rappahannock.edu



Study Tips for exam week

- ◇ **Make flashcards and study them with your classmates**
- ◇ **Take advantage of your professor's office hours**
- ◇ **Make sure to take breaks**
- ◇ **Find a good study spot away from distractions**
- ◇ **Attend your professor's review sessions**
- ◇ **Organize a study plan**
- ◇ **Organize your study area**
- ◇ **Use your old class quizzes to review**
- ◇ **Color code your notes**
- ◇ **Book a library study room to study**

Self Care for exam week

- ◇ **Drink herbal teas**
- ◇ **Breathe deeply**
- ◇ **Get lots of sleep**
- ◇ **Diffuse essential oils**
- ◇ **Exercise/Yoga**
- ◇ **Have a night with friends**
- ◇ **Listen to calming music**
- ◇ **Make a vision board**
- ◇ **Meditation techniques**
- ◇ **Have a positive mind set**
- ◇ **Light a candle**
- ◇ **Reward yourself**
- ◇ **Drink water**
- ◇ **Reflect on your goals**



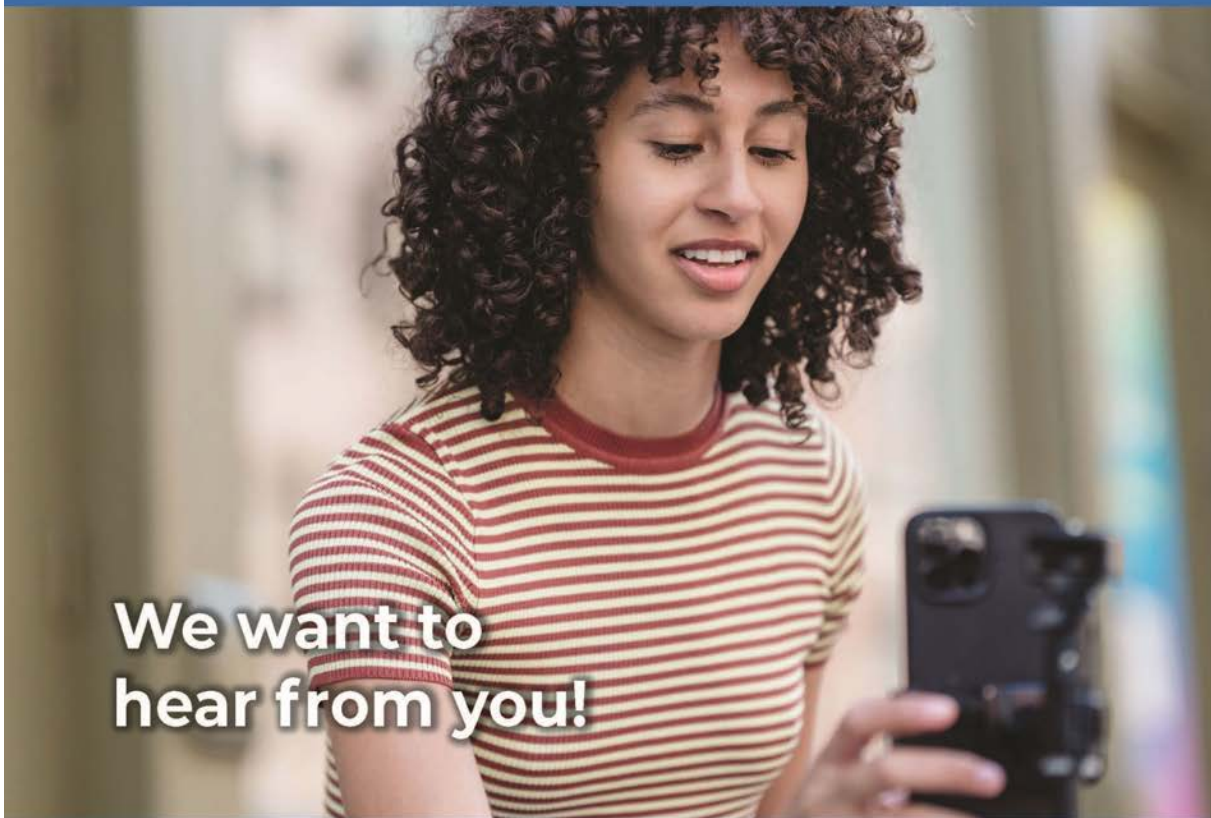
Question of the week

What is something you do to de-stress yourself?

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Hey students! Want a chance to earn some extra cash for the holidays?

Send us a video about why RCC is the best choice!



We want to hear from you!



Take a short video of yourself telling everyone why you chose RCC and scan code/send it to:
<https://www.tribute.co/students-testimonials/>

You'll be entered into a drawing for one of THREE \$100 VISA gift cards. Deadline to submit a video is December 10.



If you're not already following us on TikTok, find us at @rappahannockcc.

StudentActivities@rappahannock.edu



CircleIn

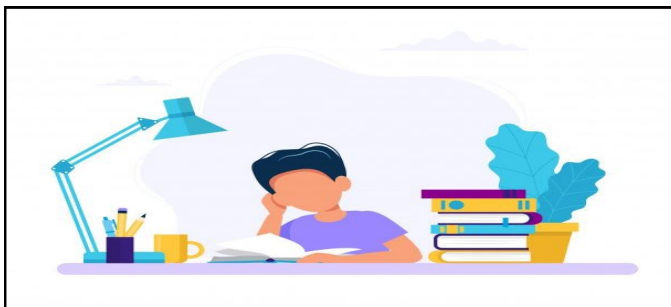
STUDYING IS ALWAYS
BETTER
WHEN IT'S DONE
TOGETHER

Visit app.circleinapp.com
Scan using your phone or tablet to download the app!



CircleIN is a free study app to use for the preparation of homework, quizzes or exams. They also host giveaways where you can get prizes just for using the app. You can chat with other classmates so you can have study sessions.

Final Exam Week Begins
December 12th - 16th



SINGLE STOP CONNECTS YOU WITH THE RESOURCES YOU NEED.

Virginia's Community Colleges know that in order to succeed in the classroom, your needs must be met outside of the classroom.

Single Stop is an online screening tool that can estimate what supplemental resources you might be eligible to receive, like:

- ✓ Government Benefits (SNAP, WIC, etc.)
- ✓ Educational Resources
- ✓ Community Support
- ✓ Health Insurance Options

It's available to all students, whether you take classes full-time, part-time, in-person or remotely.



Scan this code or visit
app.singlestop.org/vccs/rappahannockcc



Set yourself up for success this semester

- ◇ Set goals for the semester
- ◇ Use our planner to mark important dates
- ◇ Find an accountability buddy
- ◇ Connect with your professors and advisors

Relax and remember this is for you!

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Take Virtual Care with you anywhere.

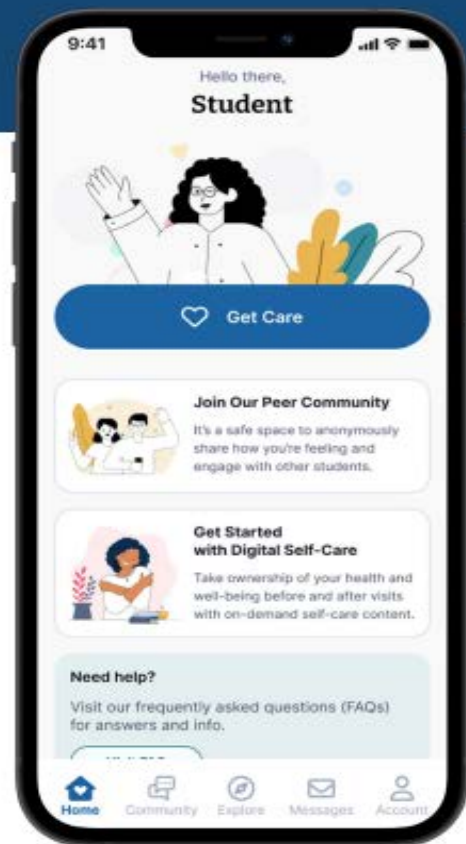


Enter to win a \$20 bookstore gift card!

- Simply download the TimelyCare app and show your app and registration at the Welcome Desk in Warsaw or Glenss.
- Pick up some TimelyCare swag and get entered into the drawing for a \$20 bookstore gift card.
- Get FREE access to mental healthcare providers 24/7!

No matter what life throws at you, TimelyCare's 24/7 virtual health and well-being services are available.

Contest ends January 3.




Download the TimelyCare app to get started.

It's for Students.

FOR FREE.

©TimelyMD 2022

 @timelycare

 @timelycare

 @timely_care

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GET INVOLVED!

Students! Are you Interested in joining clubs at RCC?

If so please fill out the link below to show any interest

OR

If you have your own idea of what you would like to have at RCC.

https://docs.google.com/forms/d/19UiZXOn1U-sjVwyyKYPIdaQl0_qBkqCPmIz-24VIN5M/edit?usp=drivesdk



Are you interested in writing and editing?

Want to add to your resume? RCC is looking for volunteer editors to help run a student academic journal.

On campus students and online students are welcome!

Duties that would potentially include:

- ◇ **Contacting student writers and working with them to edit their submissions**
- ◇ **Designing the journal layout**
- ◇ **Promoting the journal for submissions**

If you are interested, please contact: Professor Amber Dinkel

adinquel@rappahannock.edu

We are aiming for a late Spring 2023 release for our first edition



StudentActivities@rappahannock.edu



2023-2024 Virginia Space Grant Consortium Community College STEM Scholarships

The Virginia Space Grant Consortium (VSGC) is a coalition of five Virginia colleges and universities, NASA, state educational agencies and other institutions representing diverse STEM education and research. VSGC offers a wide range of student opportunities including fellowships, scholarships, internships, research experiences, and student flight projects.

Scholarships

The Virginia Space Grant Consortium (VSGC) offers \$2,000 scholarships to community college students majoring in STEM disciplines (Science, Technology, Engineering and Math).

How to apply

For more information, and to complete the online application for 2023-2024 please contact Joyce Kuberek at: jkuberek@odu.edu or visit: <https://vsgc.odu.edu/communitycollegescholarships/>

Eligibility

- U.S. citizen
- Enrolled full-time during the award period in a Virginia Community College
- Have completed at least one semester of coursework (minimum 9 credit hours) at the time of application
- Must be majoring in a STEM program
- Grade point average of at least 3.0
- Must be graduating in May of 2024 or later

* Allied Health Science majors are not eligible for this scholarship

Deadline

**March 10,
2023**



Virginia Space Grant Consortium · 600 Butler Farm Road, Suite 2253
Hampton, Virginia 23666 · vsgc.odu.edu · Phone: 757.766.5210

Follett Bookstore at RCC | Jan. 17 - Feb. 2, 2023

Glenns Campus 804-758-6726
Monday: 9:00am – 6:00pm
Tuesday: 9:00am – 6:00pm
Wednesday: 9:00am – 6:00pm
Thursday: 9:00am – 6:00pm
Friday: 9:00am – 12:00pm

Warsaw Campus 804-333-6794
Monday: 2:00pm – 6:00pm
Tuesday: 9:00am – 2:00pm
Wednesday: 2:00pm - 6:00pm
Thursday: 9:00am – 2:00pm
Friday: Closed

Using Financial Aid in the Bookstore

SPRING 2023

15 week and 8 week (1):
January 4 - February 2
Last day for refund is
January 26

Computer Order Dates:
No later than January 26

8 week (2):
March 9 - March 20
Last day for refund is March 20
No computer orders.

HOW TO ORDER BOOKS ONLINE

- Go to www.rappahannockshop.com
- Fastest Delivery is direct home delivery
- May have orders shipped to campus
- **MUST** note the preferred campus location pick-up in the Customer Comment section of your online order
- **NOTE:** If preferred campus pick-up location is not listed in customer comment ALL items will be shipped to the Glenns Campus.

Once your order has been placed, please allow 48 hours for processing wait for confirmation that your order is ready for pickup before coming to the campus.

WARSAW STUDENTS: Please call before coming to pickup package. 804-333-6794

REFUNDS: ONLY AVAILABLE through the last date to drop classes with a refund from the college. Consult your packing slip that will be received with your order for more details about the return policy.

Consult the packing slip received with our order for return policy.

WEB ORDER QUESTIONS TO:

ROBIN CHARNICK,
BOOKSTORE MANAGER 804-758-2099

Nursing Students

Place Web Orders for Kaplan when they are ready for purchasing. Instructors/Advisors will let you know when. Please make sure you are ordering the correct Kaplan.
Place order at: rappahannockshop.com

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Thrive Virginia will be providing supplemental meals during spring, summer, winter, and Thanksgiving breaks. You may know persons who may benefit with additional access to food for their families.

Please share the following link to those who may benefit from this service:

https://customervoice.microsoft.com/Pages/ResponsePage.aspx?id=ef_1vww33EKB3eDKYN1ufLsNfyhf53FMiKqPo5sIqdRUNUVJSU9VWFI3NVJTUVVGNEtMVVdTT01DWC4u



NOW OPEN

SQUALL'S STALL

RCC Food Pantry

WARSAW & GLENNS CAMPUSES

Open to RCC students, faculty and employees.

Fresh, frozen, non-perishable food items and personal hygiene items are available.



To schedule a food pantry request, email foodpantry@rappahannock.edu or scan code.

Include:

- Name, phone#, ID# (if applicable)
- Number of persons in your household (adults and children)
- Known food allergies
- Preferred campus (Warsaw or Glenns)

NO PERSONAL INFORMATION IS RETAINED

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If you need food assistance, please visit one of the pantries listed below.

Pantry	Service Area	Address	Number	Distribution
Tappahannock 7th Day Adventist	ESSEX	1683 Tappahannock Blvd. Tappahannock, VA	443-5085	Wednesdays 12-3PM
Holy Tabernacle of God	LANCASTER	2445 Merry Point Rd. Lancaster, VA	462-0056	3rd Tuesday 1-3PM
Upper Lancaster Community Food Pantry	LANCASTER	8484 Mary Ball Rd. Lancaster, VA	462-5908	2nd Thursday 2-6PM
White Stone Baptist	LANCASTER	549 Chesapeake Dr. White Stone, VA	435-1413	Tuesdays 1-3PM (only one visit per month)
Kilmarnock Baptist	LANCASTER & NORTHUMBERLAND	65 E. Church St. Kilmarnock, VA	435-1703	3rd Wednesday 1-4PM
White Stone Church of the Nazarene	LANCASTER & NORTHUMBERLAND	57 Whisk Dr., White Stone, VA	435-9886	2nd Saturday 8-10AM
Wicomico United Methodist	LANCASTER & NORTHUMBERLAND	5060 Jessie DuPont Memorial Hwy. Wicomico Church, VA	436-4252	3rd Wednesday 3-5PM
Clarksbury United Methodist	MIDDLESEX	15924 Gen. Puller Hwy, Deltaville, VA	776-6060	1st Saturday 9-11AM
Hands Across Middlesex	MIDDLESEX	7485 Gen. Puller Hwy, Locust Hill, VA	758-2044	2nd Tuesday 10AM-4PM 3rd Saturday 9AM-12PM 4th Tuesday 10AM-7PM
Union Shiloh Baptist	MIDDLESEX	Rt. 17, Jamaica, VA	758-4865	1st Tuesday 8:30-10:30AM
Gleamers and Blenders	NORTHUMBERLAND	16097 Nbland Hwy. Burgess, VA	761-7783	2nd, 3rd & 4th Thursday 10AM-12PM
Melrose United Methodist	NORTHUMBERLAND	1317 Lewisetta Rd. Lottsburg, VA	529-6344	3rd Saturday 9-11AM
Callao Rescue Squad	NORTHUMBERLAND	1348 Northumberland Hwy. Callao, VA	529-6630	4th Sunday 2-4PM
Bethany Baptist	RICHMOND WESTMORELAND NORTHUMBERLAND	16256 Richmond Rd. Callao, VA	529-6890	3rd Friday 9-11AM
Farnham Baptist	RICHMOND & UPPER LANCASTER	4632 Farnham Creek Rd., Farnham VA	394-9630	2nd Tuesday 1-3PM
Emmanuel Christian Fellowship	RICHMOND & WESTMORELAND	440 Emmanuel Church Rd. Warsaw, VA	313-2022	4th Saturday 9:30-11:30 AM
Warsaw United Methodist	RICHMOND & WESTMORELAND	287 Main St. Warsaw, VA	333-3220	The Friday after the 1st Thursday 8AM-12PM
Colonial Beach Baptist	WESTMORELAND	10 Garfield Avenue	224-7555	Every Thursday 10AM-12PM
Ebenezer Church	WESTMORELAND	144 Ebenezer Church Rd. Oldhams, VA	472-4642	3rd Saturday 9-11AM
Little Zion Baptist Food Pantry	WESTMORELAND	7748 Leedstown Rd. Oak Grove, VA	224-0418	3rd Saturday 9-10:30AM
Oak Grove Baptist Church	WESTMORELAND	8096 Leedstown Rd. Colonial Beach, VA	224-9695	1st Sunday 1-3PM
St. James Episcopal	WESTMORELAND	15870 King's Hwy. Montross, VA	493-8285	2nd Saturday 9-12PM
St. Mary's Episcopal	WESTMORELAND	203 Dennison St. Colonial Beach, VA	224-7186	2nd & 4th Monday 10AM-12PM