Important Dates

Nov. 23rd - All Campuses Close at 12:00pm (noon) for Thanksgiving Holiday NO CLASSES

Nov. 24th-26th - All Campuses Closed for Holiday

Dec. 9th - Classes End

Dec. 12th-16th - Final Exam Week

Dec. 31st - Fall Graduation (confer only)

Jan. 16th - Martin Luther King Jr. Holiday (All Campuses Closed)

Jan. 17th - Spring Classes Begin

Jan. 24th - Last day to drop classes with refund

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.

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!
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 12\textsuperscript{th} - 16\textsuperscript{th}

**Question of the week**

How do you prepare for your exams?
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
First Generation Day was celebrated on November 8, 2022 is a day to Celebrate first-generation college students on their college and university campuses. RCC was closed for Election Day on November 8, 2022.

The Student Support Services (SSS) program will be celebrating first generation students on RCC campus on Monday, November 28, 2022 from 3:30 – 5:00pm by hosting an “Open Mic” forum to honor and discuss being a first generation student. During this time, you will have an opportunity to request a song by DJ Just-Ice, recite a poem, share a story about being a first generation student, etc. Students will have an opportunity to win some RCC Swag.

Here is the Zoom link:
Join Zoom Meeting

https://vccs.zoom.us/j/3509055993
Meeting ID: 350 905 5993
Dial in 312-626-6799

If you have any questions, please contact Lorraine Justice, Director of TRIO Programs at ljustice@rappahannock.edu or 804-333-6737. To learn more about how to support first generations college students, check out the Center for First Generation Student Success website https://firstgen.naspa.org/

This event is open to all!
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 Dinquel adinquell@rappahannock.edu

We are aiming for a late Spring 2023 release for our first edition
Wellness Warriors meetings are back!

Wellness Warriors

Each month there will be two opportunities for group support in a judgement-free zone. The meetings will be held on Zoom and led by April Martinez, mental health professional.

And it’s FREE!

We know that life can be overwhelming especially when you’re going to school, trying to organize your school work, going to work, and having fun.

Wellness Warrior meetings are here to support you and all of our students. At each meeting there will be introductions of attendees and discussion about the format of the group.

A topic of interest will be shared and discussed and you will be given coping mechanisms for handling stress, organization, or whatever is the monthly topic. Attend whichever meeting times work for you.

Meeting Schedule

Tuesday, September 28, 2 – 3:30 pm
Zoom: https://vccs.zoom.us/j/87811561446
Phone: 646-931-3860
Meeting ID: 878 1156 1446

Wednesday, September 29, 3:30 – 5 pm
Zoom: https://vccs.zoom.us/j/82715611433
Phone: 301-715-8592
Meeting ID: 827 1561 1433

Tuesday, October 25, 2 – 3:30 pm
Zoom: https://vccs.zoom.us/j/87811561446
Phone: 646-931-3860
Meeting ID: 878 1156 1446

Wednesday, October 26, 3:30 – 5 pm
Zoom: https://vccs.zoom.us/j/82715611433
Phone: 301-715-8592
Meeting ID: 827 1561 1433

Tuesday, November 29, 2 – 3:30 pm
Zoom: https://vccs.zoom.us/j/87811561446
Phone: 646-931-3860
Meeting ID: 878 1156 1446

Thursday, December 1, 3:30 – 5 pm
Zoom: https://vccs.zoom.us/j/82715611433
Phone: 301-715-8592
Meeting ID: 827 1561 1433

If you have any questions, please contact Lorraine Justice, Director of the Student Support Services program at ljustice@rappahannock.edu.
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 Glenns.

- 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, Timely Care’s 24/7 virtual health and well-being services are available.

Contest ends November 30.

Download the TimelyCare app to get started.

It’s for Students. FOR FREE.

@timelycare
@timelycare
@timely_care

©TimelyMD 2022
The Affordable Connectivity Program

Provides eligible households with a discount on broadband service and connected devices. Anyone receiving a Federal Pell Grant during the current award year qualifies. Call 877-384-2575

https://www.fcc.gov/acp

The Benefit provides:

⇒ Up to $30/month discount for internet service
⇒ Up to $75/month discount for households on qualifying tribal lands
⇒ A one-time discount of up to $100 for a laptop, desktop computer, or tablet purchased through a participating provider.

Please Join a safeTALK training with Dr. Dave Keel
Friday Dec. 2nd 9:00am-1:30pm
At the Glenns Campus

LivingWorks safeTalk provides in-depth skills to recognize signs of suicide, engage someone, and ensure a connection to safety.

The in-person format includes powerful audiovisuals and live practice. This class is designed for anyone who wants to help make sure their campus and community is safer and that people who are considering suicide are connected to resources to help them.

To register please visit:
https://docs.google.com/forms/d/1h8azMEFS7S6gP7pAGBMaTsaaqiLd9K-JlsNAXoW_eU/edit
**Lactation Stations**

Are you a nursing mother? We now have clean, private areas for breastfeeding moms to pump. All lactation spaces have access to refrigeration.

**On the Warsaw campus,**
The lactation station is in room W114C and refrigeration is available in the workforce area kitchen.

**On the Glenns campus,**
The lactation station is in room G133, and refrigeration is on site.

Spaces can be used by students, staff, and faculty.

For more information contact:
Dr. Dave Keel, 804-333-6731 dkeel@rappahannock.edu

Staff and faculty please contact Human Resources.

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**the haven**

Provides shelter and services

The haven is committed to preventing and eliminating all types of domestic violence and sexual violence. Support is available in the following counties:

Westmoreland, Richmond, Essex, Lancaster, and Northumberland

For more information visit https://www.havenshelter.org

24/7 Confidential Hotline: 1-800-22HAVEN(4236)
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=ef8vww33EKB3eDKvN1uL5fNyjtS3FMKqP65t3dRUNUVJSU9VWFl3NVJTVVGEtMVVdTT01DWC4
If you need food assistance, please visit one of the pantries listed below.

<table>
<thead>
<tr>
<th>Pantry</th>
<th>Service Area</th>
<th>Address</th>
<th>Number</th>
<th>Distribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tappahannock 7th Day Adventist</td>
<td>ESSEX</td>
<td>1683 Tappahannock Blvd, Tappahannock, VA</td>
<td>443-5085</td>
<td>Wednesdays 12-3PM</td>
</tr>
<tr>
<td>Holy Tabernacle of God</td>
<td>LANCASTER</td>
<td>2445 Merry Point Rd, Lancaster, VA</td>
<td>462-0056</td>
<td>3rd Tuesday 1-3PM</td>
</tr>
<tr>
<td>Upper Lancaster Community Food Pantry</td>
<td>LANCASTER</td>
<td>8484 Mary Ball Rd, Lancaster, VA</td>
<td>462-5908</td>
<td>2nd Thursday 2-6PM</td>
</tr>
<tr>
<td>White Stone Baptist</td>
<td>LANCASTER</td>
<td>549 Chesapeake Dr, White Stone, VA</td>
<td>435-1413</td>
<td>Tuesdays 1-3PM (only one visit per month)</td>
</tr>
<tr>
<td>Kilmarnock Baptist</td>
<td>LANCASTER &amp; NORTHERMLAN</td>
<td>65 E. Church St, Kilmarnock, VA</td>
<td>435-1703</td>
<td>3rd Wednesday 1-4PM</td>
</tr>
<tr>
<td>White Stone Church of the Nazarene</td>
<td>LANCASTER &amp; NORTHERMLAN</td>
<td>57 Whisk Dr, White Stone, VA</td>
<td>435-9886</td>
<td>2nd Saturday 8-10AM</td>
</tr>
<tr>
<td>Wicomico United Methodist</td>
<td>LANCASTER &amp; NORTHERMLAN</td>
<td>5680 Jessie DuPont Memorial Hwy, Wicomico Church, VA</td>
<td>436-4252</td>
<td>3rd Wednesday 3-5PM</td>
</tr>
<tr>
<td>Clarksbury United Methodist</td>
<td>MIDDLESEX</td>
<td>15924 Gen. Puller Hwy, Delaville, VA</td>
<td>776-6060</td>
<td>1st Saturday 9-11AM</td>
</tr>
<tr>
<td>Hands Across Middlesex</td>
<td>MIDDLESEX</td>
<td>7485 Gen. Puller Hwy, Locust Hill, VA</td>
<td>758-2044</td>
<td>2nd Tuesday 10AM-4PM 3rd Saturday 9AM-12PM 4th Tuesday 10AM-7PM</td>
</tr>
<tr>
<td>Union Shiloh Baptist</td>
<td>MIDDLESEX</td>
<td>Rt. 17, Jamaica, VA</td>
<td>758-4865</td>
<td>1st Tuesday 8:30-10:30AM</td>
</tr>
<tr>
<td>Gleamers and Blenders</td>
<td>NORTHERMLAN</td>
<td>16097 Nbland Hwy, Burgess, VA</td>
<td>761-7783</td>
<td>2nd, 3rd &amp; 4th Thursday 10AM-12PM</td>
</tr>
<tr>
<td>Melrose United Methodist</td>
<td>NORTHERMLAN</td>
<td>1317 Lewissett Rd, Lottsburg, VA</td>
<td>529-6344</td>
<td>3rd Saturday 9-11AM</td>
</tr>
<tr>
<td>Callao Rescue Squad</td>
<td>NORTHERMLAN</td>
<td>1348 Northumberland Hwy, Callao, VA</td>
<td>529-6630</td>
<td>4th Sunday 2-4PM</td>
</tr>
<tr>
<td>Bethany Baptist</td>
<td>RICHMOND</td>
<td>16256 Richmond Rd, Callao, VA</td>
<td>529-6690</td>
<td>3rd Friday 9-11AM</td>
</tr>
<tr>
<td>Farnham Baptist</td>
<td>RICHMOND &amp; UPPER LANCaster</td>
<td>4632 Farnham Creek Rd., Farnham VA</td>
<td>394-9630</td>
<td>2nd Tuesday 1-3PM</td>
</tr>
<tr>
<td>Emmanuel Christian Fellowship</td>
<td>RICHMOND &amp; WESTMORELAND</td>
<td>440 Emmanuel Church Rd, Warsaw, VA</td>
<td>313-2022</td>
<td>4th Saturday 9:30-11:30 AM</td>
</tr>
<tr>
<td>Warsaw United Methodist</td>
<td>RICHMOND &amp; WESTMORELAND</td>
<td>287 Main St, Warsaw, VA</td>
<td>333-3220</td>
<td>The Friday after the 1st Thursday 8AM-12PM</td>
</tr>
<tr>
<td>Colonial Beach Baptist</td>
<td>WESTMORELAND</td>
<td>10 Garfield Avenue</td>
<td>224-7555</td>
<td>Every Thursday 10AM-12PM</td>
</tr>
<tr>
<td>Ebenezer Church</td>
<td>WESTMORELAND</td>
<td>144 Ebenezer Church Rd, Oldhams, VA</td>
<td>472-4642</td>
<td>3rd Saturday 9-11AM</td>
</tr>
<tr>
<td>Little Zion Baptist Food Pantry</td>
<td>WESTMORELAND</td>
<td>7748 Leedstown Rd, Oak Grove, VA</td>
<td>224-0418</td>
<td>3rd Saturday 9-10:30AM</td>
</tr>
<tr>
<td>Oak Grove Baptist Church</td>
<td>WESTMORELAND</td>
<td>8096 Leedstown Rd, Colonial Beach, VA</td>
<td>224-9695</td>
<td>1st Sunday 1-3PM</td>
</tr>
<tr>
<td>St. James Episcopal</td>
<td>WESTMORELAND</td>
<td>15870 King’s Hwy, Montross, VA</td>
<td>493-6285</td>
<td>2nd Saturday 9-12PM</td>
</tr>
<tr>
<td>St. Mary’s Episcopal</td>
<td>WESTMORELAND</td>
<td>203 Dennison St, Colonial Beach, VA</td>
<td>224-7186</td>
<td>2nd &amp; 4th Monday 10AM-12PM</td>
</tr>
</tbody>
</table>