

# THE CENTER FOR ACADEMIC PLANNING & SUPPORT



## THE TASSEL



ESTABLISHED  
2003

CAPS NEWSLETTER - SPRING 2016

### CAPS FEATURED STUDENT FOLLOW UP SERIES

#### *Where Are They Now?*

CAPS is adding a new feature to The Tassel called, “Where are they now?” Each edition will update us about one of our alumni and what they’ve been doing since they left GBCC. This time we are featuring Ryan Gagne, who was a GBCC student from Spring 2010 to 2012. Ryan started in our adult college transition program. He was unsure of his ability to succeed in college and this program helped him to build confidence and begin working on academic skills. Ryan came from a troubled background of substance abuse and incarcerations, but he had been sober for about two years and wanted to change the world! Ryan’s goal was to change the model of rehabilitation in the prison system. He knew he would need some education to do that. Ryan quickly moved through his developmental classes into college level, consistently earning above-average grades. He changed his major to Criminal Justice to help support his goals, and says he “lived in CAPS” to help him to be successful. In Fall 2011 Ryan was our “Featured Student” in The Tassel, where his hard work and dedication were highlighted.

After Spring 2012, Ryan was hired by a NH substance abuse program. His background made him an excellent candidate for this type of work. Over the years he worked at several agencies, moving up from support staff to case manager, site manager, and CFO. Ryan’s goals shifted from the prison system to the rehabilitation of substance abuse; he recognizes the two are closely connected and that his new field would also impact his previous goal. In June 2015, Ryan decided to open his own structured living program for those struggling with substance abuse issues who are truly motivated to change. He purchased a beautiful Victorian home, renovated it, and the doors of Live Free Structured Sober Living opened on November 23<sup>rd</sup>.

The 18 beds at the home are quickly filling, and the men are creating an important community of support. One phase of their recovery process includes service, and the home is currently working on a project to provide backpacks filled with food, warm clothes, and other essential items to homeless people in the area. The CAPS team wanted to help with this and gathered materials, which were presented to Ryan at Great Bay Community College on February 10, 2016. We are so proud of Ryan and all that he has accomplished – he truly is changing the world!



For more information about Live Free visit <http://livefreesl.com/>



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## Meet CAPS New Student Success Mentor

By Sarah Boddy-Snee, Student Success Mentor

Sarah joined the CAPS team in September of 2015. Her role is to work with students who have documented disabilities and are on a Career and Technical educational pathway. She loves working with students and has over 10 years of professional experience in Higher Education. Sarah has an adult sibling living with disabilities and has first-hand experience as to the powerful role that personal encouragement and support can have in helping others achieve their most-optimum life. This strongly motivates her work here at GBCC!

How does this translate to Higher Education, you ask, and what is the role of a Student Support Mentor? Sarah works one on one with students to help them become leaders in their own lives. She helps students work on challenges such as time management, study skills, management of stress and test anxiety, to name a few.

The quote that she believes guides her life and interactions with others is by Dr. Seuss. “Unless someone like you cares a whole awful lot, nothing is going to get better. It’s Not.”



## ATAC Update

By Jenna Anand, Enrollment and Academic Support Counselor

On October 20, 2016 at 7:35PM Jenna Anand, ATAC’s Enrollment and Academic Support Counselor, gave birth to a baby boy. Kartik James Anand joined the world weighing a whopping 9lbs and measuring 19 inches long. Even though he’s only four months old he’s already been on a plane twice—flying to Buffalo, New York and New Delhi, India to visit both sets of his grandparents! He’s a particularly happy baby and loves coming to visit all of his friends at the Rochester Campus!

This means Jenna is back from maternity leave and ready to help you with all of your academic advising and support needs! If you find yourself struggling with a class, stop by her office or schedule an appointment at the front desk. Registration for the summer and fall opens for returning students on March 28<sup>th</sup> and ATAC is anticipating very robust course offerings.



## Project Success Hosts Effective Communication Speaker

By Jody Mancini,

Project Success Coordinator

Susan Vitale, from Vital Threads Consulting in Greenland, NH will be presenting a workshop for the Project Success group here at GBCC on April 11<sup>th</sup> at 12:00.

As a senior management consultant and educator, Susan brings many years of experience to our single parent group. She is generously donating her time to present a workshop on effective communication. Susan has given multiple workshops around the country, so we are thrilled that she will be presenting to our group this spring!

## Cultural Diversity

by Diana Varga, Diversity Services Coordinator

Did you know that Great Bay Community College has more than 100 non-native students enrolled this year? These students represent almost 50 countries and more than 20 native languages. Come and check out the International Club- we meet on Thursdays at 12:00 in CAPS!

### Our students are from:

Armenia, Aruba, Belarus, Brazil, Canada, Chile, China, Costa Rica, Columbia, Dominican Republic, Ecuador, Egypt, El Salvador, France, Germany, Greece, Haiti, India, Indonesia, Ireland, Italy, Jamaica, Japan, Kazakhstan, Kenya, Laos, Latvia, Lebanon, Mexico, Mongolia, Morocco, Nepal, Netherlands, Niger, Nigeria, Pakistan, Peru, Philippines, Puerto Rico, Romania, Russia, South Korea, Syria, Thailand, Ukraine, United Kingdom, United States, and Vietnam.



### In addition to English, our students speak:

Armenian, Dutch, Portuguese, Spanish, Mandarin, Arabic, Creole, Greek, German, French, Gaelic, Italian, Russian, Korean, Vietnamese, Hausa, Hindi, Punjabi, Kashmiri, Swahili, Latvian, Malay, Javanese, Tagalog, and many more!

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## Nontraditional Scholarship Winners for Spring 2016

by Jody Mancini,

Nontraditional/Gender Equity Coordinator

Each semester the Carl D. Perkins Grant recognizes outstanding GBCC students for excelling in academic programs that are nontraditional to their gender. This semester's awards went to:

*\*A nontraditional career is defined as one where less than 25% of the workforce is of your gender.*

### **Criminal Justice**

Sherri Tibbs

Monica Jimenez

Harlee Felch

Presley Dinardi

Alana Brien

Brittney Whitaker

Nichole Marrero

### **Nursing**

Thomas Boynton

Alfred Pelletier

### **Welding**

Amanda Seale

### **ACM**

Ellen Weist

### **Computer Technology**

Tammy McKay

### **Massage**

Kenneth Bradstreet



## Tutoring Support For Spring 2016

By Carol Despres, Developmental Services Coordinator

**This Spring 2016 semester our support for students' learning includes:**

- A repeat of our popular 7 – week Writing & Research Workshop Series that takes place in the library from 12-12:50pm January 27<sup>th</sup> through March 9<sup>th</sup>. The series covers various topics with an additional benefit of some hands-on work at the end of each workshop to work on class assignments. In the Fall series, we had over 63 students attend one or multiple sessions, with 18 faculty members offering incentives for participation.
- Weekly Grammar Workshops offered in CAPS on Tuesdays and Thursdays from 12-1pm with no advance sign up necessary. We urge anyone who would like to know more about grammar skills to come for one or more sessions.
- Four new peer tutors at the Portsmouth campus and one new peer tutor at the Rochester campus to become part of our tutoring team. Both campuses offer drop-in tutoring and individual sessions can be requested (in Portsmouth). Many students have used these services and seem to find them VERY valuable. Please check us out at CAPS on the second floor in Portsmouth, in the student center in Rochester, and in our GBCC Online Writing Center through Blackboard.

We want to support your efforts in any way we can for a successful and rewarding semester!!

(If you are interested in BECOMING a tutor, please get in touch with CAPS at [greatbaycaps@ccsnh.edu](mailto:greatbaycaps@ccsnh.edu))

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