



November 2024

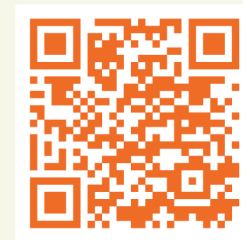
Student Success NEWSLETTER



[For a full list of registration, payment dates, and deadlines click here or scan below:](#)



[For a full list of SPC events in AlamoExperience click here or scan below:](#)



[For the Fall Athletic Schedule click here or scan below:](#)



Greetings SPC Students,

As the days grow shorter and the air turns crisp, November brings a unique rhythm to campus life. We're deep into the semester, and with the season's excitement comes the steady pace of academic deadlines, projects, and the anticipation of the upcoming holiday break. Here at SPC, we're committed to supporting you through every step of this journey—helping you reach your academic goals and build resilience, manage stress, and find balance.

In this month's newsletter, you'll find resources to help you power through the last stretch of the semester. We're covering study strategies, mental health tips, and campus events tailored to keep you energized. As the temperature drops, we hope you'll make the most of the cozy spaces on campus, whether it's joining a study group, participating in wellness workshops, or connecting with a counselor to keep your well-being at the forefront.

Also, don't forget to check out our special features this month:

- Top Tips for Managing End-of-Semester Projects
- Stress-Busting Strategies for Finals Season
- First Generation Student Week
- SPC Food Pop-up Market

Thank you for making St. Philip's College such a vibrant, dynamic community. Whether this is your first semester or your last, we're here to support your success. Let's finish the semester tiger strong, together!

Warm regards,
SPC Student Success Newsletter Staff

NOVEMBER

UPCOMING EVENTS

**FIRST
GENERATION
WEEK
NOV 4-8**



**ELECTION DAY
NOV 5**



**THE BLUE
BLAZER SOCIETY
SECOND ANNUAL
EMPOWERMENT
LUNCHEON
NOV 6**

**TRANSPORTATION &
MANUFACTURING
CAREER FAIR
SWC
NOV 6**

**NOCHE DE
ORGULLO
SWC
SHOWCASE
& MOVIE
NOV 6**

**FYE
PACK THE
STANDS
NIGHT
NOV 7**

**VETERANS
DAY
NOV 11**

**SWC
REGISTRATION
RUMBLE
NOV 11**

**ENROLL-A-PALOOZA
NOV 12**

**SWC
AIRCRAFT
TECHNOLOGY
CAREER FAIR
NOV 12
9-11 AM**

**TIGER TRACKS
AFTER HOURS
INTERNSHIP & STUDENT
EMPLOYMENT
PROGRAMS
NOV 13**

**INTERNATIONAL
EDUCATION
WEEK
NOV 18-21**

**15TH ANNUAL
STEM
SYMPOSIUM
AI: THE NOW AND
HOW IT MAY IMPACT
YOU
NOV 18**

**TACRAO TRANSFER
FAIR
NOV 20**

**TIGER TRACKS
PATHWAY TO
CAREER SUCCESS
LUNCH & LEARN
SESSIONS
NOV 20**

**SAN ANTONIO FOOD BANK
POP-UP MARKET
NOV 23**



10 Tips for Student Success to end the semester strong

The end of the semester can feel overwhelming, but employing effective stress management techniques can keep you calm, focused, and productive. Discover these powerful strategies to help you excel and tackle your finals with renewed confidence and assurance

1. Plan & Prioritize; Make a Schedule:

- List your exams, deadlines, and break times. A clear plan can reduce overload.
- Break Down Tasks: Divide studying into manageable chunks. Focus on one topic at a time to avoid feeling overwhelmed.
- Set Realistic Goals: Instead of cramming, aim to review key topics daily for each subject.

2. Stay Active; Exercise Daily:

- Exercise reduces stress and boosts concentration. A 10-15 minute walk, or a quick dance break can help.
- Stretch Often: Studying for hours can lead to tension. Simple stretches can relieve stiffness and refresh your body.

3. Practice Deep Breathing & Mindfulness; Deep Breathing Exercises:

- Try breathing exercises to lower stress.
- Mindfulness Meditation: Apps like Calm offer short, guided sessions to calm your mind.
- Visualization Techniques: Imagine a successful test-taking experience to build confidence and ease anxiety.

4. Focus on Healthy, Fuel Balanced Meals:

- Focus on protein, whole grains, and fruits for sustained energy. Avoid heavy foods that make you sluggish.
- Hydrate: Dehydration can impact concentration, so drink water regularly.
- Smart Snacking: Nuts, fruits, and dark chocolate can boost energy and focus better than sugary or processed snacks.

5. Prioritize Sleep :

- Consistent Sleep Schedule: Aim for 7-8 hours. Pulling all-nighters can lead to burnout and poor retention.
- Power Naps: A 15-20 minute nap during the day can refresh you if you're tired.

6. Leverage Study Techniques :

- Test yourself on the material regularly instead of just rereading your notes.
- Take Regular Breaks: Use the Pomodoro Technique (25 minutes focused work, followed by a 5-minute break.) to avoid burnout.
- Change Your Environment: A fresh study spot, like a library or quiet café, can boost focus.

7. Connect with Peers & Ask for Help :

- Join a study group to discuss the material and gain clarification on challenging topics.
- Reach out to professors or tutors if you're struggling. A little guidance can make a big difference.

8. Stay Positive & Use Self-Compassion:

- Avoid Negative Self-Talk: Replace thoughts like “I can’t do this” with “I’ll do my best.”
- Reward Yourself: Set mini-rewards after finishing tasks to stay motivated.
- Celebrate Progress: Recognize what you’ve achieved, no matter how small—it builds momentum.

9. Limit Distractions

- Minimize Phone Time: Stay off social media while studying.
- Set Boundaries: Let family and friends know your study hours to prevent interruptions.

10. Focus on the Big Picture; Remember Your “Why”:

- Finals are tough, but they're a step toward your goals.
- Keeping your bigger aspirations in mind can help you stay motivated.
-

Quick Takeaways:

Creating a balanced study routine that includes movement, rest, nutritious foods, and positive thinking can make finals season far more manageable. With these strategies, you'll be in a much better place to face the end of the semester and exams with calm and confidence.

BACKPACK

GIVEAWAY

How to Claim

- 1) Snap a photo sharing your college story.**
- 2) Email your photos to: SPC-ESS@alamo.edu
or
Come by building #4 on the MLK Campus and
show us your photos.**
- 3) Pick up your new backpack full of supplies.**

****Giveaway valid while supplies last**



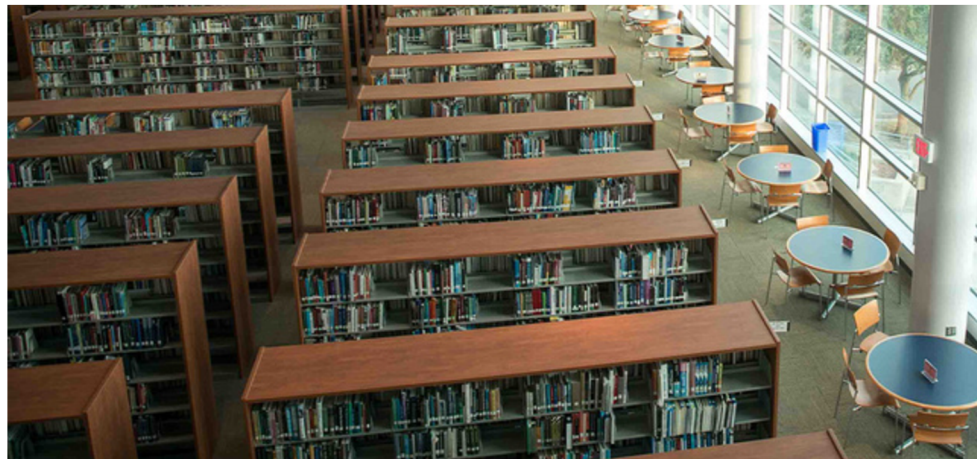


ST. PHILIP'S COLLEGE **ENROLL-A-PALOOZA**

EnRoll-A-Palooza is our one-stop enrollment shop where students can complete all steps needed to get registered for classes.

November 13, 2024

Starts at
1:00pm in the
Center for
Learning
Resources (CLR
Library), and
check-in closes
at 5:30pm.



**Please contact Dawn
Lopez if you have any
questions**

210-486-2820
klopez228@alamo.edu



Week

November 4-8

First-generation students often face unique challenges, such as navigating the higher education system without the direct guidance of family members who have been through it. They may also have additional financial or social responsibilities, as well as cultural or emotional pressures. Despite these challenges, many first-generation students demonstrate resilience and resourcefulness in their pursuit of higher education.

Throughout the week **November 4 – 8**, enjoy exciting events, workshops, and activities designed to empower, connect, and inspire our first-gen community. **Don't miss out on the fun – great swag will be available at every event!**

[Click here or Scan below for a full schedule of events](#)



Hear from our First Gen Students!

Discover the inspiring journeys of our St. Philip's College First Gen students as they become the first in their families to attend college. Their powerful stories of perseverance showcase the profound impact of this journey.

[Click here or scan below to watch](#)



Tiger Tracks

LUNCH & LEARN SESSION

- MASTER RESUME SKILLS
- LEVERAGE CAMPUS RESOURCES
- CAREER PLANNING

DATE: November 20, 2024

TIME: 12PM-1PM

LOCATION: SLC 213

After Hours

INTERNSHIP & STUDENT EMPLOYMENT PROGRAMS

Date: Nov 13, 2024

TIME: 5PM-7PM

Location: SLC 213

- Review Employment Programs
- Learn How to Use Handshake
- Maximize Your Work-Based Learning

[Click here or scan QR code to RSVP and learn more about the events.](#)

For questions, email: spc-jobs@alamo.edu



ALAMO COLLEGES DISTRICT

POP-UP MARKETS

St. Philip's College

1801 Martin Luther King Dr.

San Antonio, Texas 78203

Thursday, November 21

3 - 5 p.m.

Behind SLC on St. Philip's Way (aka 401 S. Mittman)

The Alamo Colleges are hosting Pop-up Markets in collaboration with the San Antonio Food Bank to provide healthy food to students, employees, and the community.

To pre-register, please call the **San Antonio Food Bank** at **210-431-8362**.

For more info, visit alamo.edu/advocacy.



ALAMO
COLLEGES
DISTRICT





STEM SYMPOSIUM

AI: THE NOW AND HOW IT MAY IMPACT YOU

SPC 15TH ANNUAL STEM SYMPOSIUM

St. Philip's College presents the 15th Annual STEM Symposium about
“ AI: The Now and How it may Impact You on November 18, 2024.”

The focus of the symposium is to empower students with knowledge of select STEM career paths while celebrating local research efforts. The symposium provides a welcome space to encourage student success, student engagement and pursuit of a STEM degree.

Date: November 18, 2024

Time: 12:00 PM - 2:00 PM

Location: Sutton Learning Center (SLC), 3rd Floor, Bowden Alumni Center

Invited Guest: SPC Students and alumni, Higher Ed and secondary Ed admin & counselors, Community Agencies, and Interested Public Citizens

For more information, contact Katherine De Leon Morua at
kdeleon29@alamo.edu.



ALAMO COLLEGES DISTRICT
St. Philip's College

ST. PHILIP'S COLLEGE FALL 2024 **TACRAO** TRANSFER FAIR



Join us for the Annual Texas Association of Collegiate Registrars and Admissions Officers (TACRAO) Transfer Fair on **Wednesday, November 20, 2024 10 AM - 1 PM, in the Turbon Student Center (TSC) Lobby.** Meet over 25 university representatives to discover your transfer institution.

Date: November 20, 2024

Time: 10:00 AM - 1:00 PM

Location: Turbon Student Center Lobby

Online Tools for Student Success

Click or Scan below:

First Year Experience



Career Services



**Tutoring and
Technology Center**



Advocacy Center

