

Warsaw Campus  
52 Campus Drive  
Warsaw, VA  
(804) 333-6800



**Rappahannock**  
Community College

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

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# Student Engagement Newsletter

Volume FA22, Issue 4

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November 2022

## Important Dates

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

Nov. 24<sup>th</sup>-26<sup>th</sup> - All Campuses  
Closed for Holiday

Dec. 9<sup>th</sup> - Classes End

Dec. 12<sup>th</sup>-16<sup>th</sup> - Final Exam Week

Dec. 31<sup>st</sup> - Fall Graduation  
(confer only)

Jan. 16<sup>th</sup> - Martin Luther King Jr.  
Holiday (All Campuses  
Closed)

Jan. 17<sup>th</sup> - Spring Classes Begin

Jan. 24<sup>th</sup> - 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.



Scan this code or visit  
[app.singlestop.org/vccs/rappahannockcc](http://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!

[StudentActivities@rappahannock.edu](mailto:StudentActivities@rappahannock.edu)

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<sup>th</sup> - 16<sup>th</sup>



 **CircleIn**

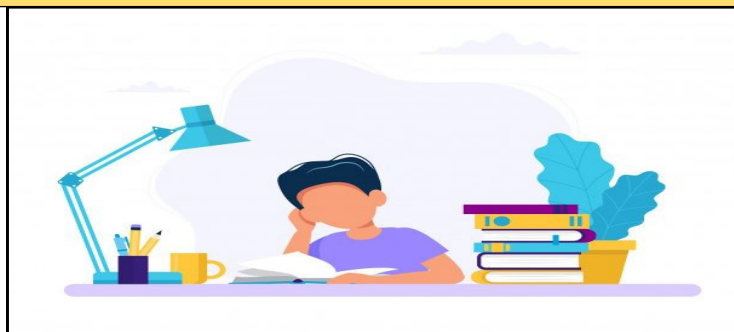
STUDYING IS ALWAYS  
**BETTER**  
WHEN IT'S DONE  
**TOGETHER**

Visit [app.circleinapp.com](http://app.circleinapp.com)  
Scan using your phone or tablet to download the app!



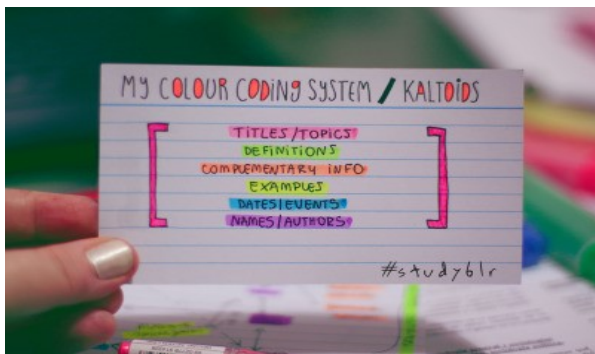
*Question of the week*

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



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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](mailto: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!*

[StudentActivities@rappahannock.edu](mailto:StudentActivities@rappahannock.edu)

# 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-sjVwyyKYPIdaQlO\\_gBkqCPmlZ-24VIN5M/edit?usp=drivesdk](https://docs.google.com/forms/d/19UiZXOn1U-sjVwyyKYPIdaQlO_gBkqCPmlZ-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 Dinquel [adinquel@rappahannock.edu](mailto:adinquel@rappahannock.edu)

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





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](mailto:ljustice@rappahannock.edu).

timelycare

## Take Virtual Care with you anywhere.

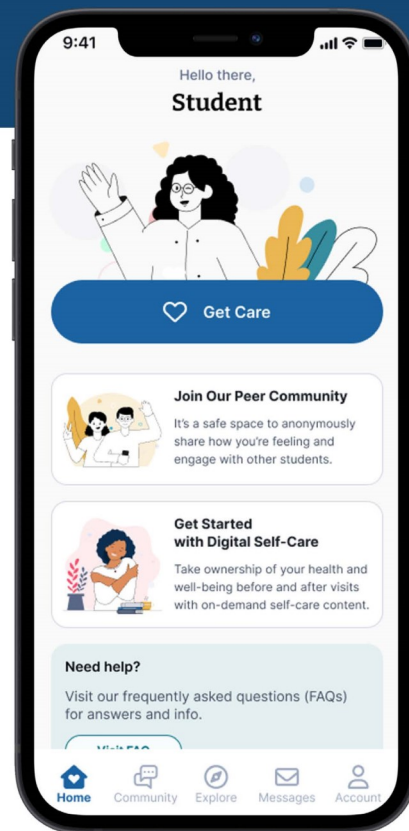


Enter to win a \$20 bookstore gift card!

- 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 November 30.



Download the TimelyCare app to get started.

## It's for Students.

**FOR FREE.**

©TimelyMD 2022

 @timelycare

 @timelycare

 @timely\_care

## 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. 2<sup>nd</sup> 9:00am-1:30pm*  
*At the Glens 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/1h8azMFS7S6gP7pAGBMaTsagakiL  
d9K\\_-JIsNAXoW\\_eU/edit](https://docs.google.com/forms/d/1h8azMFS7S6gP7pAGBMaTsagakiLd9K_-JIsNAXoW_eU/edit)



## **AFFORDABLE CONNECTIVITY PROGRAM**

### WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

### The benefit provides:

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

### WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

### TWO STEPS TO ENROLL

**1**

Go to [AffordableConnectivity.gov](https://www.fcc.gov/acp) to submit an application or print a mail-in application

**2**

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

### LEARN MORE

Call 877-384-2575, or  
visit [fcc.gov/acp](https://www.fcc.gov/acp)





[StudentActivities@rappahannock.edu](mailto:StudentActivities@rappahannock.edu)

RCC students please check your email for an enrollment campaign from the Strategic Enrollment Management Team! Use the link below to set an appointment with personal College Navigator for Spring 2023.

SAP (*Satisfactory Academic Progress*) Appeals and Accommodations request can be emailed to:

[advisor@rappahannock.edu](mailto:advisor@rappahannock.edu)

## 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 Glens 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](mailto:dkeel@rappahannock.edu)

Staff and faculty please contact Human Resources.



## 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)

[StudentActivities@rappahannock.edu](mailto:StudentActivities@rappahannock.edu)

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\\_1vww33EKB3eDKYN1ufLsNfyhf53FMiKaPo5slqdrUNUVJSU9VWFI3NVJTUVVGNtMVVdTT01DWC4](https://customervoice.microsoft.com/Pages/ResponsePage.aspx?id=ef_1vww33EKB3eDKYN1ufLsNfyhf53FMiKaPo5slqdrUNUVJSU9VWFI3NVJTUVVGNtMVVdTT01DWC4)



**NOW OPEN**

**SQUALL'S STALL**

**RCC Food Pantry**

WARSAW & GLENN'S 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](mailto: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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[StudentActivities@rappahannock.edu](mailto:StudentActivities@rappahannock.edu)



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

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