



Otter Updates

with Student Life

Winter 2022

Weight Loss Resolutions

Colby Keene

With another new year many of us start to think about our health again. It's that time for New Years' resolutions and setting goals. I'd like to help by giving you some successful tips that you can use while trying to strategize how to go about weight loss and health changes. First, don't wait until Monday or until you have your last cheat meal. Start on Tuesday, or whenever you are ready. If your goal is weight loss, you don't need to go through your fridge or pantry and throw away all your food. Yes, if you have unhealthy foods, you can get rid of those, but keeping what you have will allow you to enjoy those as a cheat meal after hitting certain weight loss or fitness goals. Really make sure you are set up to be successful. This may mean that you may need to add some healthier food options to what you have. Take an accurate starting weight. Weigh yourself for a couple of days, 2-3 times during the day. This way you can get an accurate starting weight. Next determine what the daily caloric intake should be to sustain your current weight. There are formulas you can use to figure this out. Once you are ready to start, remember to give yourself realistic goals.



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Fall Student Leaders

Each quarter staff, faculty, and students can nominate Student Leaders of the Quarter. These students have gone above and beyond to serve the campus community.

Congratulations to our Fall Student Leaders of the Quarter!

- **Fernando Buitron Hernandez**
- **Anne Le**
- **Sara Paez**

Thank you for your dedication to South and your peers.

To read more about them and why they were nominated check out our [Canvas page](#).

To nominate a Student Leader of the Quarter, see our [website](#).

Emergency Funding

Julius Lloyd

Are you in need of emergency assistance while attending school for Winter quarter?

Apply for Emergency Funds today to see if you qualify to receive money to help with unexpected costs including transportation, medical, family/household emergencies, food and childcare expenses. Our program's purpose is to support South Seattle College students through unexpected financial circumstances in order to focus on successfully completing your program of study. Our process involves equity to each student's application. The intention of emergency funds are to help relieve some financial hardship that would prevent a student's academic success.

To apply, click the link [HERE](#).

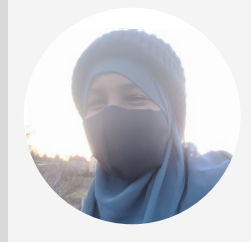
For more information regarding Emergency Funds you can visit the [Emergency Funds site](#) or for questions about the application reach out to southemergencyfunds@seattlecolleges.edu.

You will be notified once your application has been reviewed by the Emergency Funds committee.



Student Article: Being a Student During the Pandemic Ashwak Samatar

Running Start student Ashwak Samatar has shared interest in wanting to write articles about matters important to the student body. We will be sharing them out on our Canvas blog page Otter Be Shared and more. Read Samatar's first piece below.



School has always been challenging, even when it was under normal circumstances. Now, with the pandemic, it can seem almost impossible. I know because I felt this way so many times throughout this crisis.

And I know I'm not alone, a [study](#) from earlier this year has shown that 85% of students surveyed have had the pandemic negatively affect their performance in school. In order to delve into that and come up with ways to help deal with this problem, I interviewed some students from our campus.

The biggest problem I saw reoccur again and again in the students I interviewed had to do with the isolation. A lot of people had to switch to online learning, and some continue to do it today. This took a toll on their mental health, social life, and even their grades.

However, as time went on, a lot of students had developed ways to stay on top of things. In order to get their homework done for the day, I saw that a lot of students planned out their tasks. Having things written down in front of you and having a set time can help you feel that sense of motivation to get things done.

An idea that I really liked was having someone to hold you accountable. Be it a friend, family, acquaintance, someone who's aware of your work and who will follow up with you could be the push you need. A way you could accomplish this if you don't have anyone currently is by joining a club or affinity group at the college. Being more involved on campus has a great deal of benefits, including new friends and staff members that most likely would be willing to be that person for you. [continued pg 4](#)

- Ashwak Samatar is a South Seattle College Running Start student who majors in Psychology. She plans to go to college in pursuit of a PhD, but in the meantime continues to write in hopes that she'll one day release her own book.

Campus Safety Tips

Jessica Heide

As we return to campus during the darkest months of the year, remember your safety is the most important thing.

Here are a few safety tips:

- Walk in a group
- Be aware of your surroundings
 - Avoid putting headphones in both ears
- Walk with a purpose
- Don't leave valuables in your car (keep them secure while on campus)
- Trust your instincts, if you feel uncomfortable, leave
 - Don't put politeness over your safety
 - It's ok to lie to remove yourself from the situation
- Have your keys out when walking to your car
- Deescalation training available through campus security
- Know [emergency phone](#) locations
- Sign up for [Seattle Colleges alerts](#)
- **Ask for help!**

Security Contact

- Location: LIB 110/112
- Phone: 206-934-0911
- More info can be found on our [website](#).

Winter Qtr Events

Events

- 1/4 - 1/7 - Welcome Week
- 1/14 - Annual MLK Jr. Community Celebration
- 3/2 - 3/4 - Sustainability Conference

Weekly Online Events

- Mon @12:10-12:30pm - Mindful Meditation
- Wed @ 9am - USA weekly meetings

Holidays/No Class

- 1/17 - Martin Luther King Jr. Day
- 2/9 - Faculty Dev. Day
- 2/21 - Presidents Day

Staff Highlight: An Interview

David Westley

Jessica Heide

Publications Coordinator

David: What do you do? How does your role serve students?

Jessica: As the publications coordinator I help with communication between Student Life and students. I maintain and update the Student Life social media pages, Canvas course, webpages, create event flyers, as well as put together our quarterly newsletter and student handbook. My role helps share events and programs happening in Student Life.

David: How long have you been an Otter?

Jessica: I have been an Otter on and off since 2017

David: What do you love about South?

Jessica: Definitely the people, I have had the pleasure of working with or getting to know many amazing people at South. The list of folks is long but I have been lucky enough to work with folks who have supported and challenged me, and watched students learn and grow.

I also love our mascot! Otters are one of my favorite animals, so I am pretty excited to be an otter.

David: What is something that you are enjoying doing right now?

Jessica: I recently moved into a new home, so I am enjoying getting everything put together and spend time in the new space.

David: Could you share something you learned that you wish you knew sooner in your academic career?

Jessica: When I was pursuing my undergraduate degree I struggled with the decision of what to major in. I originally went to college thinking I wanted to become a doctor and when I realized this wasn't for me, I was a bit lost. I eventually found my footing in Biology. You may notice this is quite different from my current position as Publications Coordinator and you would be correct. I wish I knew that the decision of a major does not have to determine where you end up. This has been true for a number of friends of mine – a firefighter who graduated with a construction management degree or a first year programs advisor with a history degree. Having a degree is important, especially these days in getting hired, but the actual degree matters less than you would think. If you have the knowledge, skills, and desire that is what matters most.

Know also that it is ok to change your mind. We are all human and part of going to college and even beyond, is learning about ourselves, what we want, and what we are good at. Try things and if they don't work out, that is ok. Just check it off the list and move onto the next.

David: Could you share a bit about your academic/career journey? [continued pg 4](#)



Connect with Us

Learn about upcoming events and programs:

- Social Media - FB [@SouthStudentLife](#)
- Canvas Course - [SSC Student Life](#)
- Website - [HERE](#)

Have questions?

- Email: SouthStudentLife@seattlecolleges.edu
- Phone: 206-934-5332

Or fill out the [Student Interest Form](#) to be connected with opportunity across campus.

Grab a SLICE of SL

S - Student
L - Life
I - Involvement
C - Community
E - Engagement



About SL:

Student Life is a department made up of centers created to support co-curricular learning and development. We believe that student involvement leads to student engagement, which leads to student success. We want to help you succeed, not just in your academic goals, but also in your personal goals.

Reach out today and to find out how we can support you.

Image Credit:

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Share your work:

We are always looking for student contributions to our newsletter. Apply today!

- Application - Link [HERE](#)

Weight Loss Cont.

Colby Keene

Depending on your total weight loss goal you should give yourself a reasonable amount of time to lose the weight. A healthy weight loss should be 1 or 2 pounds per week. It took you time to gain the weight so be patient taking it off. If you plateau, don't worry. This is actually a good thing as your body is resetting a new static weight for you. As you lose weight your body doesn't know what you are doing, but don't worry it will get on board. Your body thinks something is going on and there aren't any food sources for you to eat. If you fall off at this point you will gain all your weight back and add some. So, it is fine to stay at this new weight for a couple or few weeks. Let your body adjust to a new set weight. After a few weeks push on. You may at this time also readjust how many calories you are taking in daily or increase activity. Remember all foods are ok in moderation. Try to avoid foods that are high in sugars, preservatives or don't offer much nutritional value. For long term success it's best to keep a diet that is realistic and that you can sustain long term. Diet fads or extreme fitness workouts don't help if you can sustain them. It's about making realistic long-term goals that you can maintain. Treating yourself to that slice of chocolate cake or cheeseburger is ok. Giving yourself foods that you enjoy spaced out will help you keep to your overall goal.

If your goals are fitness or health related, apply similar steps. For example, if you are wanting to increase flexibility or cardio health measure where you are starting at, establish exercises that will help you achieve these goals, and give yourself a reasonable timeline. Then figure out ways to keep these new ways of living so that you can maintain them long term.

Weight loss or health goals can seem overwhelming. There is a lot to know about nutrition, supplementing, and exercise science. If this is too overwhelming for you to try alone there are classes offered at South. Look into taking a P.E. or nutrition course. If you are going to join a gym or start a new activity, make sure they are realistic. Having support will definitely help you to keep yourself going. So, find a friend or relative that you can check in with or even have them join you.

Also keep an eye out for our new Health and Wellness center scheduled to open this Spring quarter of 2022.

Staff Highlight Cont.

Jessica: As I mentioned I got my BS in Biology. After graduation I went onto work in a lab doing cancer research. I did this for several years and found myself looking for more. I have always loved to draw and found myself missing being creative. I was considering what I might want to transition to and remembered a conversation I had with a college advisor about career paths. She mentioned scientific illustration as an option. At the time I dismissed it, but found myself considering it again. UW had a certification course which I took and began working as a Freelance Illustrator. Working in freelance can be challenging as work can ebb and flow, so over the years I have also taken on other part-time work. These have included working in art galleries, teaching, and Publications Coordinator.

David: Anything else you would like to share about yourself?

Jessica: You know already that I am an artist, but I am also an avid climber and enjoy crocheting. Beyond that I love sharing knowledge and helping to support others in their goals. I hope that if you have questions during your time here at South, that you reach out to myself or the Student Life team.

Being a Student Cont.

Ashwak Samatar

If the isolation is still kicking your butt, I'd suggest a campus job. You'd be working with your peers and connecting with others while also gaining experiences needed for future jobs. I would guess our student government officers would also say finding a campus job decreases their isolation because of that priceless feeling of being part of a community. You're working towards something, and along the way, participating in fun events that bring your efforts to fruition.

Find what works best for you. Don't force yourself into anything you don't like. This is a new situation that all of us are finding ways to work through, so don't stress. Do what you can and remember to take breaks. There are countless resources from our campus, so don't be scared to ask for help when you need it.

If you're having trouble getting those resources or have no idea where to start, South Seattle College has counselors on staff to guide you through personal struggles. To make an appointment with the counseling department, email southcounseling@seattlecolleges.edu. Or to learn more about South's counseling services visit <https://southseattle.edu/counseling>.

If you are currently experiencing a crisis situation, please call 911 or contact Crisis Connections: 1-866-427-4747 (24-hour Crisis Line).