# **CHACHALANI**

CAMPUS HAPPENINGS · PRESIDENT'S MESSAGE · UPCOMING EVENTS

AUGUST



# WELCOME STUDENTS!

New Student Orientation took place on Aug. 12 in the MPA at 9 AM and 1 PM, welcoming a total of 383 new students to GCC. A total of 2,410 students are attending classes at GCC this semester. Some are starting in GCC's new AS in Human Services, and one student is enrolled in our new Certificate in Environmental Technician. Our three Distance Ed courses (MA 110, English 110, and Keyboarding) are filled to capacity, as is our hybrid Keyboarding class. We're also offering a new Criminal Justice concentration: Marine & Terrestrial Law Enforcement. GCC has a great support network for new students, with tutoring and counseling available, our computer lab, student lounge, Learning Resource Center and many other services that can help you to succeed in college. Just log onto guamcc.edu, contact your academic advisor, or ask an instructor to find what you need. Good luck and again, welcome to GCC. We're here to help, and we're glad you are here!

#### HIGHLIGHTS

Culinary Arts program accredited

Summer Work Experience Program

CJ program launches boat

Convocation

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### CONVOCATION

A total of 171 GCC faculty, staff and administrators attended the Fall 2015 Convocation in the MPA on Aug. 17. Aside from Dr. Ray Somera's inspiring Convocation address, "Strengthening our Commitment," we met the new Faculty and Staff Senate officers, our COPSA student leaders, celebrated milestones, and announced our health program winners: Lucille Mayo, Bertha Guerrero, Edwin Limtuatco, and our health coach, Danilo Bilong.

For a wrap-up of Dr. Ray's Convocation address, see his ALO letter on page 4!

















## FROM THE PRESIDENT



DR. MARY A.Y. OKADA

afa Adai and welcome to the 2015-2016 Academic Year at GCC. We start this academic year with three new programs and news of accreditation for an existing program. This fall, we start our Associate of Science in Human Services, which is designed to add on from our Certificate in Family Services, and avail students of the opportunity to continue on to a bachelor's degree in Social Work at the University of Guam. For those of you desiring to help safeguard Guam's environment, we have our Certificate in Environmental Technician program, which trains persons in the use of technical equipment to measure soil and water samples, etc. In our Criminal Justice program, we have the new Marine & Terrestrial Enforcement Concentration, including a brand new boat that will help teach CJ majors how to guard our ocean waters as well as our land. Congratulations to our Culinary Arts program on receiving longawaited accreditation from the American Culinary Federation, and best of luck to our Medical Assisting program, which hosted accreditors this month. All of this activity has one purpose: to provide you, our over 2,400 students enrolled this semester, with the highest quality, student-centered education and job training for Micronesia. I look forward to seeing all of the projects and presentations our students will produce this semester, under the guidance of the best faculty in higher education on the island. Welcome back, everyone, and Biba GCC!

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## POTENTIAL REGIONAL/ INTERNATIONAL PARTNERSHIPS

Dr. Okada and Dr. Somera met with Senator Shelten Neth of Pohnpei and President Dr. Christian Hong of New Tokyo Medical College on Aug. 21 to discuss two potential partnerships: one with Ohwa International Christian Academy in Pohnpei regarding Career & Technical Education; and the other, a medical academic partnership between GCC and New Tokyo Medical College to prepare students for education and skills training in medical careers.





## FLORES RECEIVES GWCC SCHOLARSHIP

GCC student Dayanara Flores impressed a tough audience in summarizing her scholarship-winning essay at the Guam Women's Chamber of Commerce meeting Aug. 27 at the Pacific Star Resort & Spa, including the guest speaker, Hawaii Senator Mazie Hirono, and Guam's Congresswoman Madeleine Bordallo.

Flores spoke eloquently of the challenges facing Guam women today, citing women throughout Guam's recent history that have overcome those challenges. She was awarded a \$1,000 scholarship from the GWCC. The 20-year-old GCC education major plans to transfer to the University of Guam next year and pursue her bachelor's degree in early childhood education.

Students in GCC's Allied Health programs will benefit from a \$100,000 donation to their program on Aug. 18 from TakeCare, through scholarships and state-of-the-art equipment and supplies that allow for more comprehensive medical training.

For the past seven years, TakeCare has contributed to the GCC Allied Health program, funding scholarships for both students and faculty, and funding the purchase of state-of-the-art technology such as the "Sim-Man" patient simulator manikins. From left: Danilo Bilong, GCC Asst. Director, Development & Alumni Relations; Gerry Cruz, CEO, Community First FCU and GCC Foundation Board of Governors VP; Dr. Mary Okada, GCC President; Jeffrey Larsen, TakeCare President; Lissa Talavera, Sr. Mgr., TakeCare Sales & Marketing; and Corey Roberts, FHP Clinic Administrator.



## From The ALO's Desk

#### DR. RAY SOMERA, AVP

VICE PRESIDENT FOR ACADEMIC AFFAIRS



ur convocation theme this academic year, "Strengthening our Commitment," reflects our desire as an institution to continuously reflect on our mission and bolster our resolve to commit to it, both in our minds and in our hearts. Toward that goal, I am pleased to report that ACCJC accepted our Midterm Report, as is when the Commissioners met last June. We now have less than three years before our next accreditation visit in March 2018. This gives us a chance to do a careful study of the revisions to the Standards, which were officially adopted by ACCJC this year. These new standards will be used when we have our next campus visit.

A critical question we face is: How can we continually ensure commitment to our mission as a college? My call for four-year degree proposals, as allowed by ACCJC guidelines, drew a lot of interest last year. Four departments have officially coursed their interest: Business & Visual Communications, Technology, Tourism and Hospitality, and Education. The critical task this year is for these department proponents to do their research on these programs and engage the campus community in discussing the need and demand for their proposed programs. Also, in keeping with our mandate as a career and technical institution, the Academic Affairs Division took a

significant step in establishing a new School of Career and College Readiness or CCR beginning this academic year. This newly established CCR will lead to gradual shifts in our approach regarding transition processes that impact student success at GCC. Several of our faculty have volunteered to teach developmental English and Math under the SCCR, the structure of which we will refine through further conversations this semester. As I envision it, this new School will coordinate, organize, and implement activities that will promote student success and completion in several critical areas of college preparation.

One specific area of growth that we are piloting this academic year is Distance, or Online Education. We have three online classes and one hybrid class: EN 110 online, MA 110 online, OA101 online, and one OA101 hybrid. All are filled to capacity. One of our team recommendations in our 2012 Evaluation Report was to develop a DE Strategic Plan. Now that we have that plan in place, these four courses will determine the direction we need to go as an institution regarding DE.

Two strategies or pathways that are considered best practices in achieving increased program completion rates are Prior Learning Assessment (PLA) and accelerated learning. A PLA webpage has been created, with guidelines and a fee structure that are also published in Acalog. Accelerated learning models are of two main types: a 16-week semester broken into 2 8-week terms; these sessions run parallel to each other; and 35-week sessions that can run parallel to a 15-week semester. These models may combine both face-to-face and online delivery formats. The availability of online and hybrid courses for these specific programs is critically important. Faculty professional development on accelerated learning models is also a must, as faculty must be made aware of the pedagogical foundations of andragogy, or how adults learn. The accelerated learning model can be applied to adult education, developmental education, and it may be applied at the level of courses or entire programs. However, it requires substantive curriculum work, if implemented at the program level.

As you can see, all of our plates will be full this academic year. Both your contributions and commitment to our collaborative efforts to promote student success are greatly valued and appreciated.

I wish you all a wonderful semester, and si Yu'us ma'ase. Biba GCC!





### PN COMMUNITY SERVICE

Our one program that runs year-long, our Practical Nursing program, has been busy over the summer. PN students took blood pressure and issued PPD skin tests for GFT members at Agana Shopping Center on Aug. 15 as a community service.

#### MEDICAL ASSISTING ACCREDITATION VISIT

GCC's Medical Assisting program was under scrutiny Aug. 20 and 21, when officials from the Commission on Accreditation of Allied Health Education Programs (CAAHEP) visited to review the program. Medical Assisting, under the watchful eyes of program director Barbara Mafnas, BSN, and instructor Kat Uchima, BHA, has been continuously accredited by CAAHEP since 2003. GCC should receive word of the MA program's accreditation status by early October.



# Japanese School of Guam visitors

Teachers and administrators of the Japanese School of Guam in Mangilao visited GCC on August 20. They toured the campus, observed Doreen Blas' Beginning Japanese I class, then met with Blas to discuss GCC and its programs, and to learn about teaching Japanese to non-native speakers.





## CJ Marine Terrestrial

The 24 students that completed GCC's BLEA program on Aug. 15 took the new CJ Marine & Terrestrial Conservation Enforcement boat out for the first time from the Hagatna Boat Basin on Aug. 10. GCC obtained a Carl D. Perkins CTE grant in order to provide CJ students with the means to undergo the necessary training to be able to enforce Guam's conservation laws on both land and sea. The program partners GCC with the Department of Agriculture's Fish & Wildlife Division, with the Guam Police Department, and with the Judiciary of Guam's Special Enforcement Tactics division. The grant funded the purchase of instructional equipment to include the 25-foot vessel, two vehicles, ATVs, jet skis, and corresponding safety gear.

The 26 cadets of the GCC Criminal Justice Academy 13th Cycle joined forces with other law enforcement agencies in a Boot Drive on Aug. 7 to assist in the humanitarian relief efforts for our neighbors in Saipan ravaged by Typhoon Souledor. The cadets completed their cycle on Aug. 14th with a ceremony at LeoPalace Resort.



# From the Continuing Education & Workforce Development Office

On August 3, several GCC employees participated in the "Techniques in Alcohol Management (TAM) - Train the Trainer" session taught by Scott Ellis, Executive Director of Michigan Licensed Beverage Association (MLBA).

From left: Pete Roberto, CJSS Dept. chair; Frank Evangelista, GWHS Culinary Arts instructor; Eric Ji; GPD Captain Stephen Ignacio; Carol Cruz, JFK LMP instructor; Ellis (in back); Eric Chong, SSHS LMP instructor; Vicki Schrage, SSHS ProStart instructor; and Phil Guerrero, CEWD program specialist.





## Summer Work Experience Program

GCC's Career & Technical Education Summer Work Experience program exposed nearly 200 high school students to a unique summer training opportunity this summer. They earned high school credit and can earn the opportunity to graduate with college credit toward a postsecondary program at GCC, depending on their grades.

The program matches interested students in the 10 CTE programs in Guam's public high schools with various jobs in order to give them "handson" experience and high school credit. SSHS junior Viviane Gonzalez spent 180 hours working at the Guam Plaza Hotel and the Westin Resort Guam. "Housekeeping was all back of the house, I rarely interacted with guests. However, at Taste, I interacted with customers all the time. I applied my customer service skills and put my health certificate to use. I definitely got the best of both houses."

Gonzales and the other students in the program worked at a total of 41 companies. Most of the jobs were in the tourism industry, according to Eric Chong, SSHS LMP instructor. Chong and GCC instructors Kathy Chargualaf, Chris Dennis, and Ricky Tyquiengco coordinated the program.



### **AHEC Summer Academy/CPR course**

AHEC offered its annual Summer Academy for high school students interested in careers in the medical field from July 22 – Aug. 5. Six of the students also took the Aug. 8 First Aid/CPR course: Mary Villanueva, 15, Okkodo High School; Jia Jia Zhang, 17, St. John's School; GCC employee and certified Basic Life Support Instructor Tamara Hiura; Corinth Aguon, 16, St. John's School; Cameron Milan, 16, Tiyan High School; Angela Espiritu, 16, Okkodo High School; and Maria Silvestre, 15, Academy of Our Lady of Guam.



# SECONDARY PROGRAMS



#### **CEWD promotes WorkKeys at SSHS**

Janna Fernandez, CEWD program coordinator, spoke to juniors in Eric Chong's SSHS Lodging Management Program on Aug. 19 about the WorkKeys skills assessment program. Chong's LMP students have been with WorkKeys since its inception on Guam three years ago. His class of 2015 graduates had 100% successful completion of their WorkKeys assessments, with all earning National Career Readiness Certificates.

## **Other SSHS Lodging Management Program events**

SSHS LMP students were introduced to the GCC College Access Challenge Grant Program. Chad Palomo in August, and former LMP educator Evon Wong shared stories about her career in the hospitality industry with seniors in the LMP program.





#### HEALTH CENTER NEWS

Emma R. Bataclan, RN

School Health Services Center

helpguide.org

Students' level of stress. What is a normal level of stress? Where do you go for guidance and counseling when feelings of stress or depression start to drag you down? Nurse Emma Bataclan offers this link from www.affordablecollegesonline.org as a resource to help keep your mental health in a positive state:

Welcome to School Year 2015-2016!

Start the year with a SMILE & LAUGHTER!

# The Benefits of Laughter

#### **Physical Health Benefits:**

- · Boosts immunity
- · Lowers stress hormones
- · Decreases pain
- Relaxes your muscles
- · Prevents heart diseases

#### Mental Health Benefits:

- Adds joy and zest to life
- · Eases anxiety and fear
- Relieves stress
- Improves mood
- · Enhances resilience

#### Social Benefits:

- Strengthens relationships
- · Attracts others to us
- Enhances teamwork
- · Helps defuse conflict
- Promotes group bonding

### LAUGHTER IS STRONG MEDICINE

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. Laughter binds people together and increases happiness and intimacy; it strengthens your immune system, boosts your energy, diminishes pain, and protects you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. Nothing works faster or is more dependably to bring your mind and body back into balance than a good laugh.

#### LAUGHTER

Relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. Boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Protects the heart. Laughter improves the function of blood vessels and increases blood flow, and can help protect you against a heart attack and other cardiovascular problems.

### JOIN IN THE FUN!

- Smile. Smiling is the beginning of laughter. When you look at someone or see something even mildly pleasing, practice smiling.
- Count your blessings. Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter.
- When you hear laughter, move toward it. Often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it.
- Spend time with fun, playful people. These are people who laugh easily—both at themselves and at life's absurdities—and who routinely find the humor in everyday events.
- Bring humor into conversations. Ask people, "What's the funniest thing that happened to you today? This week? In your life?"

Laughing is, and will always be, the best form of therapy because people who laugh actually live longer! Here's wishing our students, faculty, staff, & administrators a safe, healthy, and HAPPY school year!



Philip Guerrero,
Vito Calvo,
Joegines Calbang,
Narciso Cosico,
David Dingcong,
Chef Bertrand Haurillon
JooHo Lee,
James Lizama,
Kathryn Maloney,
Kenneth Perez,
Leonard Tenorio,
Rolland Tyquiengco,
Larissa Camacho,
Amanda Castro,
Phillip Delos Santos,
Richard Manglona,

English Instructor
Electronics Asst. Instructor
Tourism Instructor
Tourism Instructor
Tourism Instructor
Tourism Asst. Instructor
VisCom Asst. Instructor
Electronics Instructor
Math Instructor
Marketing Instructor
Construction Trades Instructor
Practical Nursing Asst. Instructor
Admissions Program Coordinator
CEWD Administrative Aide
TSS Dean's Program Coordinator
Facilities Maintenance Worker
Marketing Administrative Aide

## Thank you!

GCC Retired Faculty & Staff held a fundraiser on Aug. 14 at D Joint in Maite to raise \$5000 for the naming of a Faculty/ Staff office in Building E. Thank you GCC retirees!

#### SUSTAINABILITYCORNER

#### BY KIKO PALACIOS

GCC SUSTAINABILITY COORDINATOR

# \$AVING ENERGY WITH DIGITAL TIMERS



# THINGS YOU WILL NEED

- 1. Circulating electric fan
- 2. Digital Timer

(one that you can plug into the wall- for 110-120 volt devices)

Your air conditioner can easily make up 50-70% of your energy bill; therefore the biggest savings on energy can come from using your air-conditioner less. However, we don't want to compromise cool comfort, either. One way to use your AC less while maintaining comfort when you sleep is to utilize digital timers. Most air conditioners come with built-in timers. Utilize this feature to turn off your AC three to four hours before you wake up (your room will still be cool). Utilize a digital timer that you can purchase at your local hardware store and program the device to turn on a circulating fan at the same time your AC shuts off. This will continue to circulate the cool air while you sleep without using as much energy as your AC. This will result in savings between 10-20% on your next power bill. Try it out and start saving today!

## Sinangan Siha para Agostu/Tenhos

Tenhos: "Stormy or Angry" August 2015 Chamorro Phrases



## Håfa tatatmanu hao?

How are you?

Håfa esti?

What is this?

Håfa ilek-mu?

What did you say?

Håfa un chocho'gue?

What are you doing?



# Senmagof Kompli'åños para i Empliao Kulehon Kumunidåt Guahån Siha para i Agostu/Tenhos na mes 2015!

 $Happy\ Birthday\ to\ the\ following\ Guam\ Community\ College\ Employees\ for\ the\ month\ of\ August\ 2015$ 

Hernalin Analista
Terry Barnhart
Vito Calvo
Chris Camacho
Patrick Clymer
Carol Cruz
Gerry Dacanay
Ely Damian

Tressa Dela Cruz
Maria Cecila delos Santos
Gary Hartz
Priscilla Johns
Golder Josha
Rachel Lee
Rosemary Loveridge
Eva Mui

Joann Muna
Bernard Neff
Mary Okada
Kiko Palacios
Richard Reyes
Pete Roberto
Ron Santos
Tishawnna Smith