

## **BEAT the RUSH!**

NOW is the time to schedule a **PACE Counseling** appointment to see what classes you will need for next semester! Registration will start in late October-early November for January classes (Spring classes will start Jan 20, '09). PACE Counselor Julie Machado is available for PACE Counseling appointments on the following dates. Phone appointments are available on request. To schedule an appointment contact Ginger at [griplinger@chabotcollege.edu](mailto:griplinger@chabotcollege.edu) or 510-723-6699 (Ginger is in M-F) or Julie at [jmachado@chabotcollege.edu](mailto:jmachado@chabotcollege.edu) or 510-723-6619 (Julie is only in on M & Th's).

Thurs 10/9 1:30-7pm  
Mon 10/13 1:30-7pm  
Mon 10/20 1:30-7pm  
Thurs 10/23 1:30-7pm  
Mon 10/27 1:30-7pm  
Thurs 10/30 1:30-7pm

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## **CHABOT PACE WEBSITE**

PACE Class info is available at [www.chabotcollege.edu/PACE](http://www.chabotcollege.edu/PACE) . The PACE Spring Class Schedule will be posted there SOON.

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## **EVENING TUTORING AVAILABLE**

As of Monday, September 29, the Chabot Tutorials Center "PATH" (Room 2351) is once again able to offer tutoring in the evenings and on Saturdays. We want to demonstrate that students need these additional hours. Our hours are:

M-TH, 9-8  
F, 9-3  
Sat., 10-2

Math Lab (Rm. 1712) will keep its regular hours from 8:15-6:45 M-Th and 8:15-12:45 on F; WRAC will be open for drop-in tutoring from 9-4 M-Th and 9-2 on F. Math, WRAC (Room 2351 and Library Mezzanine in Bldg 100), and Speech tutors (all trained by math, English, and speech instructors) will be available in PATH when drop-in tutors are not available in Math Lab and WRAC.

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## **NEED HELP with a PRESENTATION?**

The Chabot Communication Coaches (tutors & Communication Studies faculty) are able to assist students with any presentation for any class! They can help with brainstorming topics, developing main ideas, finding supporting examples/information, powerpoint and using visual aids, organization/structure, developing outlines, assistance with delivery and vocal variety. We also have the technology to video tape their speeches and burn them a copy on a DVD so they can see what they look like, too! Students: come get help - you'll be glad you did!

Let's help our students develop as more effective speakers and make our job as audience/critic much more enjoyable!

christine m. warda  
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## **JOB OPPORTUNITIES**

The Office of Student Life has composed a binder filled with local part-time and non-profit employment opportunities. This is a fairly new service we provide. We are not nearly as renounced as the Career Center nor will we even try to compete with their postings. We are simply giving students a quick reference guide to local posted jobs. Please pass on the message as needed. Binder is located in Room 2355 (student Life) on the coffee table.

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## **Transferring? Consider CSUEB's PACE Program!**

CSUEB's PACE is an upper-division bachelor's degree program that is specially designed to meet the needs of working adults. PACE students are highly motivated and eager to take the next step in advancing their careers and increasing their earnings by finishing a bachelor's degree. Their accelerated course structure is designed to work around your schedule and to help you balance the demands of a full time job and family. As a PACE student, you will have priority in registering for PACE classes during the regular registration period. PACE classes are offered one or two nights each week, on Saturdays, or via the Internet. Your classmates are primarily your PACE peers who will form your informal learning community to support you through your academic studies.

The CSUEB PACE program is offered in Hayward, on their Concord Campus on Ygnacio Valley Road in Concord, in San Pablo in partnership with Contra Costa College, and in Redwood City in partnership with Cañada College. CSUEB PACE offers Bachelor of Arts degrees in either **Human Development** or **Liberal Studies** at both the Hayward and Concord campuses. The Human Development major is also available at our site in San Pablo. A Bachelor of Science in **Leadership in Hospitality and Leisure Services** is also available completely online. The Bachelor of Science in **Health Science** is offered mostly online with face-to-face classes being held in Redwood City.

All majors require an option. Human Development majors have an Adult Development/Gerontology option included in the PACE curriculum. The Liberal Studies majors may choose any minor offered by the University or an option in Organizational Leadership. The Leadership in Hospitality and Leisure Services majors may choose from among the Hospitality Management, Leisure Management, or the Recreation Therapy options. The Health Science major includes an option in Administration.

For more info about CSUEB's PACE Program for working adults, see <http://esweb.csueastbay.edu/pace/>

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## **New CSUEB PACE Health Sciences Major**

CSUEB PACE is now offering a Health Sciences B.S. degree with (upper division) classes offered online and at Canada College in Redwood City. I think this may be an option for our Nursing Major students who don't get into the Nursing program (which only accepts about 10% of its applicants). The Lower Division requirements are similar to the Nursing Prerequisites. In my opinion, Chabot should be offering a Health Sciences degree, too. Chabot does offer, however, a Biology AA with Emphasis in Allied Health that only has one additional requirement to the Nursing Prerequisites (Chemistry 30B). See curriculum

here: [http://esweb.csueastbay.edu/pace/files/Canada\\_HSC.pdf](http://esweb.csueastbay.edu/pace/files/Canada_HSC.pdf)

The CSUEB catalog suggests career positions for this major "in both governmental and non-governmental organizations. These include state and county health departments, hospitals, community clinics, health service agencies, nursing homes, environmental health agencies, insurance, and pharmaceutical companies, and many other employment settings." Also, "Graduate study is available in several fields: the clinical health professions, community health education, epidemiology, health administration, planning, and other public health specialties."

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## **FREE MENTAL HEALTH SERVICES AVAILABLE in HEALTH CENTER**

Counseling sessions are 50 minutes long, and can cover a variety of issues, including anxiety, stress, depression, trauma, coping, anger, becoming independent adults, acculturation, etc. If you have any questions regarding our counseling services, please contact the Student Health Center at 510-723-7625, in Bldg. 100, Rm. 120. The student will need to schedule an appointment with our Nurse Practitioner FIRST prior to being seen by our Mental Health Interns. Drop in mental health services are available for crisis or emergency situation ONLY.

Thank You,

Rosafel Adriano, MSN, FNP, NP-C  
Chabot College Student Health Center  
25555 Hesperian Blvd Bldg 100 Rm 120  
Hayward, CA 95454  
(510) 723-7625 Fax (510) 723-7129

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## **CHABOT SPORTS UPDATE for 9/30**

The week started off with the Women soccer team hosting Cabrillo college for a conference opener. The game was equally matched until cabrillo put two goals in the net. Chabot battled to try and tie it up, but only managed to score one goal for an upsetting conference opener. Goal scored by Natali Arteaga.

Wednesday 9/24/2008

Volleyball hosted Merced College. After easily winning the first two sets, the lady gladiators found themselves struggling in finishing off Merced. Merced climbs back to win two straight sets and then edges out Chabot for the match. (25-20, 25-20, 22-25, 27-29, 13-15). Irene Takahashi-Coker had 21 digs, 3 kills, and an ace while Christa Hick had a double double tallying 18 kills, 13 digs, and 5 aces.

Saturday 9/27/2008

Both the men and women soccer traveled to Monterey Peninsula College (MPC) for a double header. The women faced MPC first and found themselves down a goal early in the second half. The lady Gladiators found poise and confidence to take the game from MPC 3 goals to 1 goal. Natali Arteaga scores another two goals with one assist while Adeline Puga scores one goal. The men followed with the same performance a taking a win from MPC. After the men scored to goals, they found themselves cruising, but were rude awakened when MPC managed to score 3 goals to take the lead in the second half. The Chabot men soccer defined what a Gladitaor is all about: Battle to the end, until the last man is standing and teh men soccer team battled till the end putting in two more goals to win the game. Top performers were Andres Ponce with 2 goals, Nick Arredondo, and Patrick Nemah both score one goal. Eder Guzman had three assists.

Football hosted # 2 in Norcal Foothill College. The gladiators fought hard scoring first with a fieldgoal giving Chabot a 3-0 lead in the first quarter. After that it was a deadlock until midway through the second quarter when Foothill manages its way down field a score a touchdown on a 9 yard pass. Foothill then manages again to score a touchdown on a 14 yard pass giving them the lead 14-3. Halftime score Chabot 3 Foothill 28. 3rd quarter Chabot makes a run and scores a touchdown on a 9 yard pass from Nick Spalliero to Lee pinkston Chabot 9 Foothill 28. The second half was back and forth with an end result of Chabot 17 Foothill 42.

Total offense 191 yards

Rushing yards 91

Brandon Williams had 12 carries for 48 yards, Dwayne Holland 11 carries for 26 yards.

Passing 100

Markus Roberson went 9 completions of 21 attempts with 1 interception for 85 yards

Recieving

Lee Pinkston had 4 catches for 26 yards with one touchdown

Tyler Mason had 2 catches for 22 yards

Total Defense 372 yards allowed

Rushing yards allowed 197

Passing yards allowed 175

Darryl Hughes had the only interception on defense.

Both Cyle Coatney and Patrick harris each had a sack

Travis Stansbury had 6.5 tackles and Daryl Pasut had 6 tackles.

Next Home events:

Wrestling vs West Hills @ 7pm in Gym

Friday 10/03/2008

Volleyball vs City College of San Francisco @ 6:30pm in Gym

**Come support your Student-Athletes!**

Jose Lopez, MS, ATC

PE/Athletics Assistance

510-723-6940

[jlopez@chabotcollege.edu](mailto:jlopez@chabotcollege.edu)

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To be removed from this list, hit Reply and ask.

Julie Machado  
PACE Counselor  
Chabot College  
Counseling Center  
Room 158  
510-723-6619

*"Tell me, what is it you plan to do with your one wild and precious life?"*  
--Poet Mary Oliver