



ARVADA JOHN LETTER

Student Activities for the Week of May 7th - May 13th, 2018

All events listed in the John Letter are open and FREE for current students unless otherwise noted!
E-mail your items to Mika.Matzen@rrcc.edu. Deadline is Wednesday at Noon prior to the week of publication.

Please don't take me with you! If you would like a copy of this week's John Letter please visit the Arvada Student Life Office

Student Activities

Leaving Red Rocks at the end of this Semester? Need support and a place to talk about what's next? Come to a free support group open to all students.
Friday
9:30am-11:00am
Mt. Evans.
Starting Friday, April 20th.

RRCC Student Tech Advice Club
We aim to help all staff, faculty and students with any questions or issues they encounter on their personal devices, such as smartphones, tablets, laptops, etc.

We are setup on the Bridge every Thursday from 12pm to 1pm on the Lakewood Campus.

Physician Assistant Information Session
Thursday, May 10th
5:30pm - 7:00pm
Room 8320
No registration or RSVP required

Integrated Nursing Pathways Information Session

Red Rocks Community College and the University of Colorado's College of Nursing offer a unique, integrated pathway to earn a Bachelor of Science degree in Nursing. The Integrated Nursing Pathway (INP) program provides outstanding preparation for professional nursing practice. Designed to increase access for community college students to a B.S. degree in Nursing, it emphasizes the value of a diverse student population as a way to achieving excellence in practice that is reflective of the cultural diversity of health care recipients.
Tuesday, May 8th
5:00pm - 6:00pm
Room 7102

Graduation Ceremony



Saturday, May 12th
10:00am
Lakewood Pavilion



RED ROCKS REC

HEALTHY BODY. HEALTHY MIND.

Studies have shown that rock climbing relieves symptoms of anxiety. Start climbing today at the SRC!

Sweat the Stress. The FIT-WELL Group Fitness Program is still offering free classes, from Yoga and Meditation to Zumba and Pilates. Sweat the stress of finals away and join us for one of our engaging classes. Group Fitness classes for the Spring 2018 semester ends on Friday May 4th, 2018.

Fitness Facts 101: Did you know that exercise boosts brainpower? Research supports that college students who are physically active and who exercise regularly are much more productive in their studies inside and outside of the classroom. Boost your brainpower by visiting the Student Recreation Center (SRC). We're happy to serve your fitness needs!

Student Food Bank

Up to 4 free items with current student ID. Open to all students, no need to prove financial hardship to access the food bank. Campus Life Office
Tuesday and Wednesday from 11:00am - 1:00pm

Internship Opportunities

- **Designer / Drafter with Harris Group** - \$15/hour
- **Associate Project Coordinator with Sun Run** - \$17/hour
- **Wastewater Sampling Intern with South Adams Water & Sanitation District** - \$14/hour
- **Accounting Data Entry Intern with ATBS** - \$11-\$13/hour
- **IT Service Desk Technician with AddOns, Inc.** - \$19/hour

For more information about these and many other internships contact Melissa English at melissa.english@rrcc.edu, 303-914-6361 or stop by room 1264 in the Learning Commons.

Arvada Tutoring:

Biology
Saturdays
10:00am – 2:00pm
Chemistry
Thursdays
3:00pm – 5:00pm
Writing Center
Monday
1:30pm – 6:00pm
Math Lab
Tues. & Thurs.
10:30am - 2:30pm

For the latest schedule:
<http://www.rrcc.edu/learning-commons/tutoring>

Getting To Know You!

If you would like to be featured in the John Letter please come to the Student Life Office and ask for a questionnaire! Turn it in to the Student Life Office and email your favorite photo of yourself to mika.matzen@rrcc.edu with the Subject line as the JNL/GTK and see yourself in next weeks John Letter

TALK 24/7 | 303-322-7273
SEXUAL ASSAULT HOTLINE

Campus Information

Arvada Hours of Operation

Arvada Health Clinic

Wednesdays
9:00am-12:00pm

Fridays
9:00am-4:00pm

Behavioral Health

Wednesdays
9:00am-4:00pm

Fridays
9:00am-4:00pm

Assessment Hours

Monday – Friday
9:00am-5:00pm

Bookstore Hours

Monday - Friday
11:00am-3:00pm

Campus Life Office

Monday - Friday
11:00am-3:00pm

Learning Commons

Open during campus hours

Welcome Desk Hours

Monday – Friday
8:00am-7:00pm

Saturday
8:00am – 5:00pm

Coffee Shop Hours

Monday – Thursday
7:30am-6:00pm

Friday
8:00am-3:00pm

Saturday
8:00am - 1:00pm

Advising Hours

Monday-Friday
by Appointment

Walk-In:

Monday & Wednesday

Financial Aid Hours

Monday – Friday
8:00am-5:00pm



Need help navigating the ups and downs of college life?

Let **YOU** help you.

YOU.rrcc.edu

All Public Notices can be found at <http://www.rrcc.edu/about-us/disclaimers-and-legal-notices>

ATTENTION STUDENTS!
Activate and use your student email account. RRCC communicates with students via email ONLY through the student email address.



RED ROCKS
COMMUNITY COLLEGE