

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

> Tuesday, May 8th 5:00pm - 6:00pm Room 7102

diversity of health care recipients.

Graduation Ceremony



Saturday, May 12th 10:00am Lakewood Pavilion





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/learningcommons/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 questionaire! 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 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

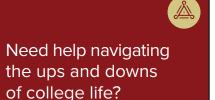
Monday - Thursday 7:30am-6:00pm Friday 8:00am-3:00pm Saturday 8:00am - 1:00pm

Advising Hours Monday-Friday

Monday-Friday by Appointment Walk-In:

Monday & Wednesday Financial Aid Hours

Monday - Friday 8:00am-5:00pm



Let **YOU** help you.

YOU.rrcc.edu

ATTENTION STUDENTS!

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



