

Happy
WINTER

Launch U
January 2024





2024

What to expect...



Student Spotlight



Student Birthdays



Soft Skill



Career Explorers



Meet the Counselor!



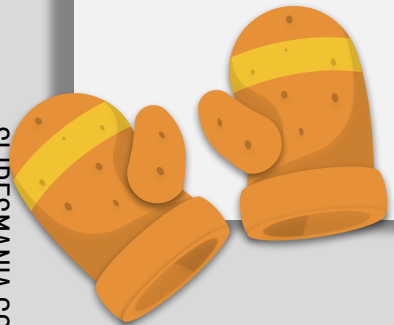
Mental Health Awareness



Special Reminders



ICYMI

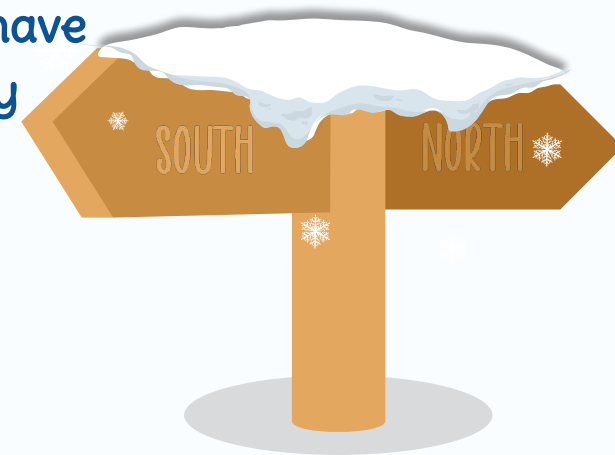


Hello! I'm Rebecca

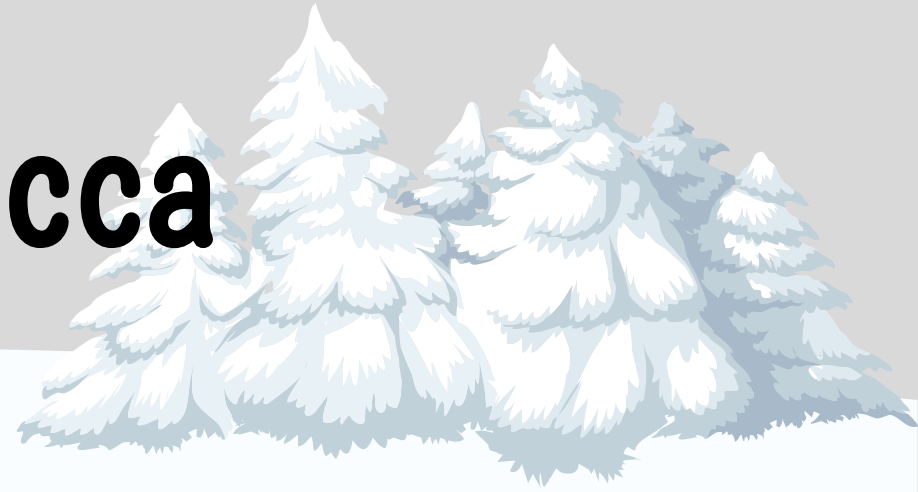


Hi, my name is Rebecca Muzamhindo. This is my first year at Launch U. My current course of study I'm working towards is Intercultural Ministry studies. I plan on attending Bethany Global University, my first and best choice so far. I participate in Marching and concert band, TRIO with GVSU all year round, and Powerlifting in the late fall.

My overall Launch U highlights of this year definitely include a few earlier moments not long after started this program. I remember a few people in our class went into the neighboring classroom after classes were over and drew our entire class. It was so funny, I even have a picture of that because I wanted to make sure I remembered that. Another memory I have is when we played hangman during Kimber's class and he even ended up played along with us. I feel like as a class we've all grown so much together and individual all through this first semester. I truly believe our class has a lot potential and gains even more as we continue into the next semester.



Student Spotlight: Rebecca



Also some advice for the incoming students, “Get to know people.” I believe that through people and connections you make, help you to reach greater heights and discover more opportunities. Connecting with staff in various areas in the building, your classmates, and even your teachers will do some good for you in the long run.

Helping one another out, cause I can not tell you how many times my classmates have saved me from disaster just by asking a question I haven’t thought of or just working together and correcting something I did wrong.

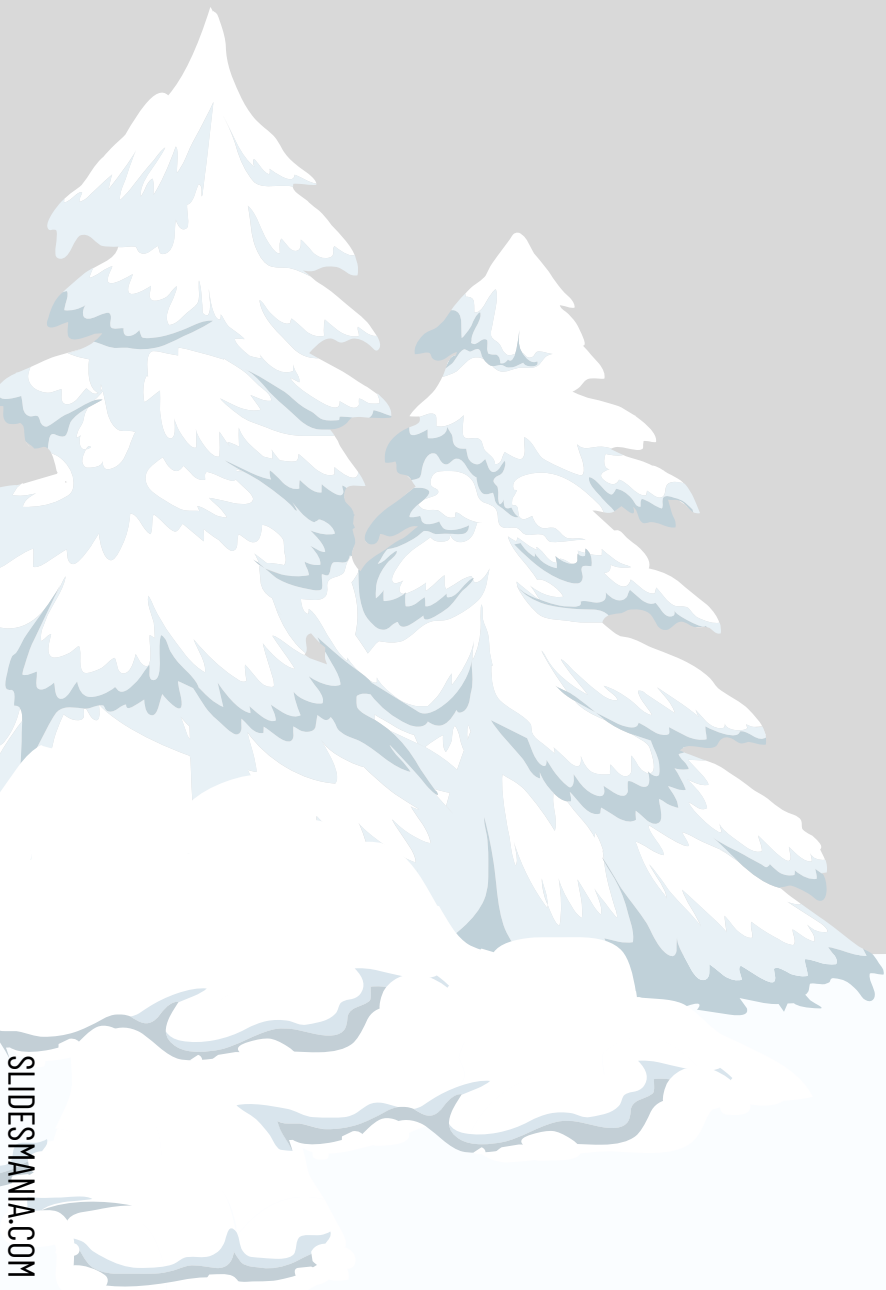


Student Spotlight: Rebecca

Don't be too quick to judge the kind of work given to you and **DON'T PROCRASTINATE**. Some classes might feel easier than others at first, but before you know it, work starts piling up on you. But that's only if you Procrastinate. Don't wait till last minute to complete a series of work all at once. You Will become stressed out and rush to turn stuff in. Which means it'll be sloppy work and sloppy work is never your best work. I learned that the hard way, so please don't be like me. Be motivated to get it done right away and manage your time efficiently.



Lastly Always strive for better and beyond "great". People here at Launch U don't turn to look at those who strive for the bare minimum. But the people who go beyond that. Strive to be above "the bare minimum". But of course, don't stress yourself out about it either. Just give everything you have and give "your all" consistently.



So I promised a list of
New Year's resolutions

Here's the first :

Stop procrastinating so much.

I'll post the rest tomorrow
or maybe the day after .

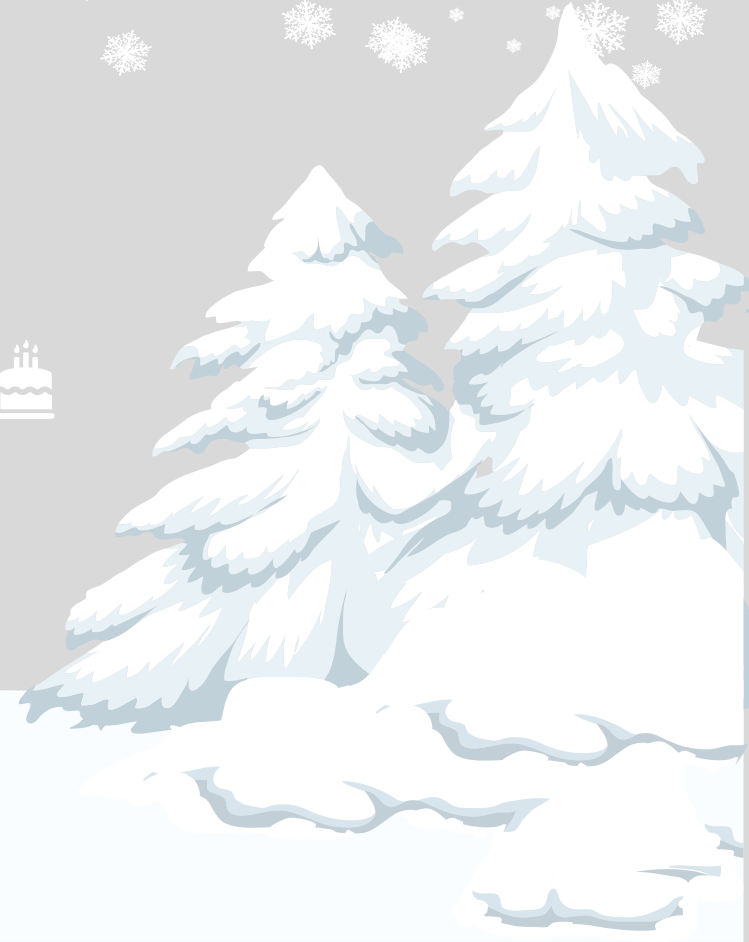


Bittle

Student Birthdays!

❄️ Teagan
❄️ Miah
❄️ Christopher
❄️ Isabelle
❄️ Gabrielle
❄️ Owen
❄️ Carter

❄️ Adam
❄️ Murphy
❄️ Mattie
❄️ Caleb
❄️ Tzitzzi
❄️ Allie



Soft Skill: Emotional Intelligence

Emotional Intelligence

- ★ Ability to manage
 - Your own emotions
 - Understand emotions of people around you
- ★ 5 Key Elements
 - Self-awareness
 - Self-regulation
 - Motivation
 - Empathy
 - Social Skills



Source:

[https://mhanational.org/what-emotional-intelligence-and-how-does-it-apply-workplace#:~:text=Emotional%20Intelligence%20\(EI\)%20is%20the.%2C%20empathy%2C%20and%20social%20skills.](https://mhanational.org/what-emotional-intelligence-and-how-does-it-apply-workplace#:~:text=Emotional%20Intelligence%20(EI)%20is%20the.%2C%20empathy%2C%20and%20social%20skills.)

Top 10 Future-Proof Skills You'll Need in 2023 (koolstories.com)



“People with well-developed emotional skills are also more likely to be content and effective in their lives, mastering the habits of mind that foster their own productivity; people who cannot marshal some control over their emotional life fight inner battles that sabotage their ability for focused work and clear thought.” –Daniel Goleman, author of *Emotional Intelligence: Why it Can Matter More than IQ*

Goleman, D., & Intelligence, E. (1995). Why it can matter more than IQ. *Emotional intelligence*.

Improve EI Skills:

- ☒ Slow down reactions to emotions
- ☒ Consider your strengths and weaknesses. Ask for help when needed
- ☒ Pay attention to non-verbal communication
- ☒ Communicate effectively, openly, and give full attention when someone is speaking



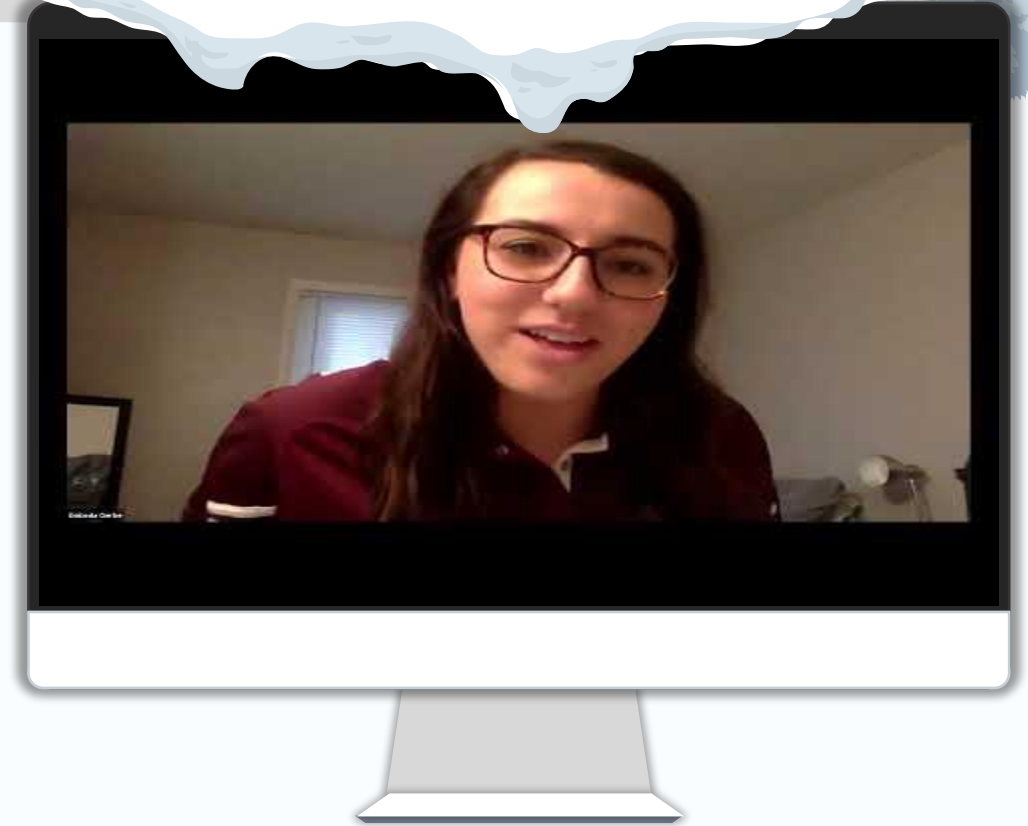
Career Explorers

[Career Explorers](#) is a flexible virtual career exploration experience to help students learn about occupations in a variety of pathways.

In this episode:

Hear how Dakota Gerke's intentional choices in high school provided opportunities for her to become a Medical Examiner Investigator while still in college.

This Career Pathway includes Government and Public Administration, Human Services, Law, Public Safety, Corrections and Security, STEM



Meet the Counselor

Lisa Schantz, School Counselor
Myschool@Kent



Hello!

My name is Lisa Schantz. I am a school counselor for Myschool@Kent and I work with the students of Launch U when social-emotional needs arise.

I spent 27 years at Grand Rapids Public schools where I started my career as a Teacher for students with Emotional Impairments and then transferred to the role of School Counselor. Six years ago, I transitioned to Kent ISD as a Teacher Consultant and then as a School Counselor for KIH High School, Myschool@Kent, and Launch U. I LOVE my job!

In my free time I love to attend sporting events. I am a band, swim, and water polo mom. I also love to search for treasures at old antique shops.

Mental Health Awareness: Sleep!

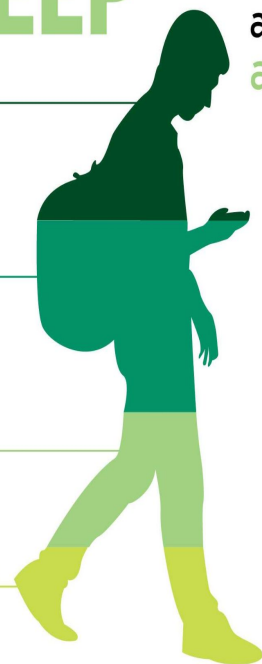
SLEEP is the **THIRD LARGEST FACTOR** affecting college student's academic performance

Stress
33.2%

Anxiety
26.5%

Sleep Difficulties
21.8%

Depression
18.7%



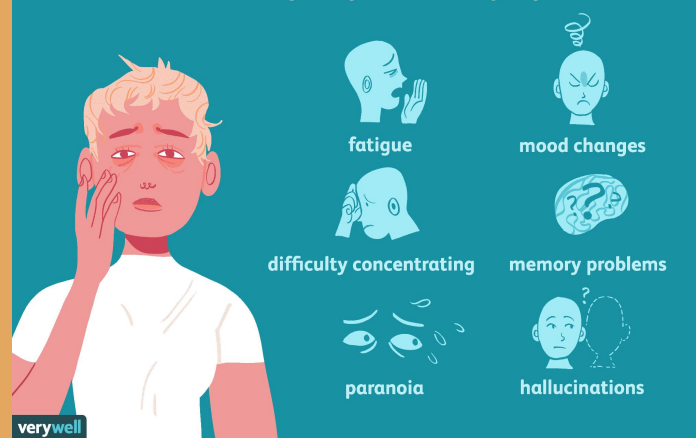
5 out of 10 college students reported having "more than average stress" in the last 12 months



8.7 out of 10 college students felt overwhelmed by all they had to do in the last 12 months

Source: <https://www.sleepline.com/college-student/>

Common Sleep Deprivation Symptoms



Source: [Very Well](https://www.verywell.com/)



10 sleep tips for teens

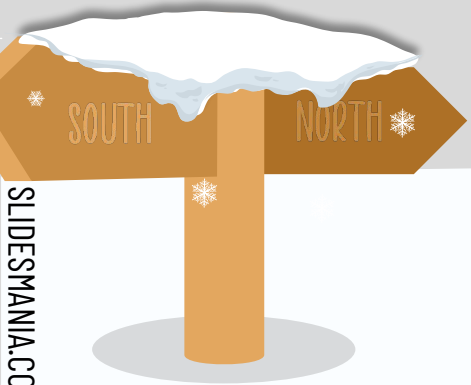
- 1 Only use your bed for sleep. Don't lie on your bed outside sleep times
- 2 Try to go to bed and get up at about the same time every day
- 3 Don't consume caffeinated drinks after 2pm
- 4 Eat at least two hours before bed
- 5 Have a relaxing pre-bed routine. Clear your thoughts, meditate
- 6 Take a hot bath or shower (more than 20 minutes before bedtime)
- 7 Try drinking a milky drink or chamomile tea before bed
- 8 Make your bedroom a quiet place
- 9 Make sure your bedroom is not too hot
- 10 Turn your computer off. Leave your phone out of the bedroom

WOOLCOCK
LEADERS IN BREATHING & SLEEP RESEARCH
Dr Chris Seton, Paediatric and Adolescent Sleep Physician
www.woolcock.org.au

Source: [Woolcock.org](https://www.woolcock.org)

Special Reminders

- January 19: Sophomore CCR Friday - Tech Tools
- January 26: Sophomore CCR Friday - Motivational Speaker
- February 2: Junior CCR Friday - Pathway Project
- February 9: No school; PD



Resources

❄️ Study Help

- [Quizlet](#)
- [GRCC Virtual Tutorial Labs](#)

❄️ Connect to campus events

- [@Raider Connect](#)

❄️ [Career Exploration](#)

❄️ [Exercise at the Field House](#)

❄️ Interested in playing a sport at GRCC in your 13th year?

- [Sport Interest Form](#)

❄️ Food Insecurity

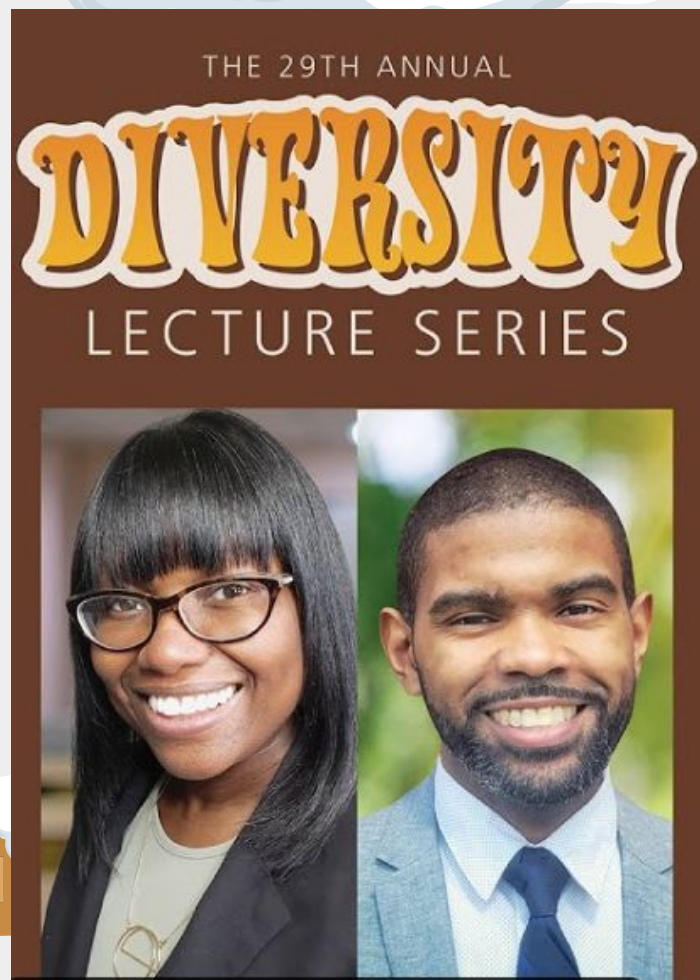
- [Student Food Pantry](#)

❄️ Disability Support

- [Disability Services](#)



GRCC Diversity Lecture Series



Location

Sneden Hall 108
Or
Watch Virtually

Date & Time

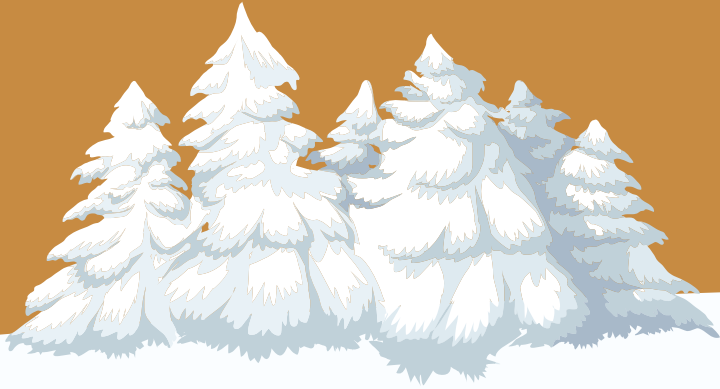
February 22
8:00am - 9:30am
12:00pm - 1:30pm

Diversity Lecture Series

Workshop 2:
Cultivating a
Community of
Belonging

Dr. Antija Allen &
Justin T. Stewart

<https://www.allenivyprep.org/>



The Collegiate

Grand Rapids Community gives access to students, staff, and faculty to needed resources on campus.

by Payton Calati



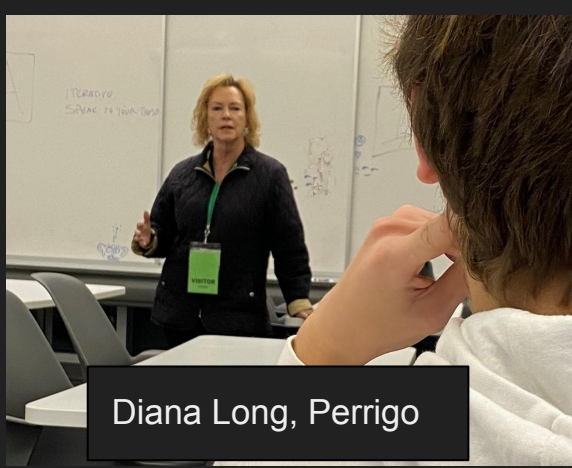
Grand Rapids Community College's only rule to access on-campus resources is that you are a current enrolled student. GRCC makes it easy for people to access needed resources so students don't have to worry about being eligible or not for the program.

Rebecca Lubbers, student resource coordinator, says that GRCC Cares is a collection of resources. "GRCC Cares is a network that our staff and faculty use. It's a collection of resources that are both community focused, things nearby that students can access, as well as resources here on campus," said Lubbers.

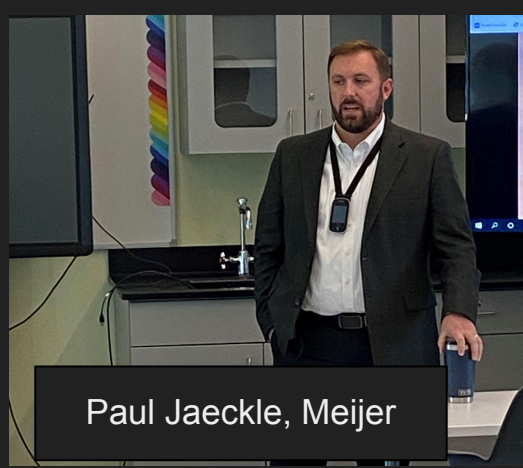
Get Help is connected to the main website for GRCC which has a collection of resources on campus and in the community as well that students can access.

One of the many resources we have on campus is the food pantry...

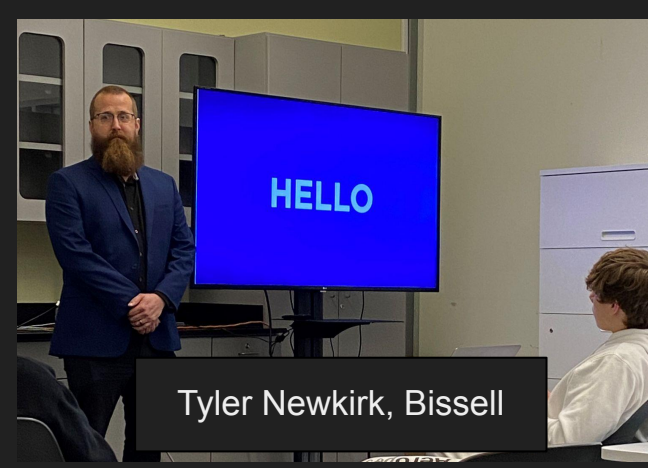
Source: <https://thecollegiatelive.com/2023/11/grand-rapids-community-college-gives-access-to-students-staff-and-faculty-to-needed-resources-on-campus/>



Diana Long, Perrigo



Paul Jaeckle, Meijer



Tyler Newkirk, Bissell



Kayla Owens, GR WhiteCaps

Guest Speakers on November 10th, 2023

Thank You Business & Industry Partners!



Jordan Hull, Ethan Sizzler, Justin Whisenant,
Cameron Klompstra & Therese Monarrez,
ArtiFlex

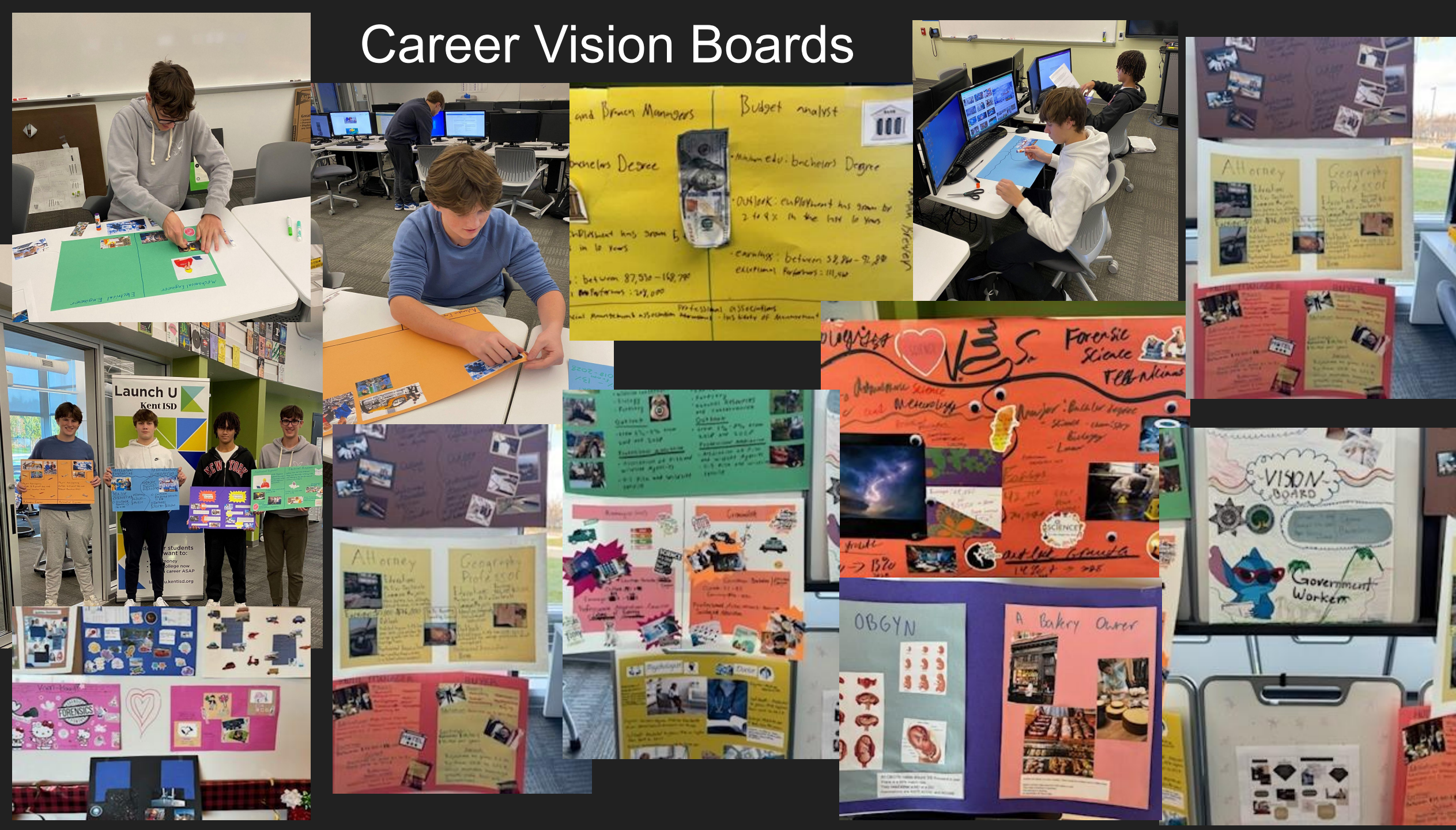


Lauren Groenhof, KCTC Nurse



Cameron Sweers and Willow Biggs, Swoboda

Career Vision Boards



End of Semester Celebration

