

THE CURRENT



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THE STAFF

EDITOR

JULIA BREEN

MANAGING EDITOR

KIERSTEN GALLOWAY

STAFF

SAM BARTOSIAK
BEN COFFING
JESSICA O'BRIEN
SAMANTHA ZOD

ADVISOR

KEVIN AMENTA

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Scott Kelby's World-Wide Photo Walk

A walk to remember
by Kiersten Galloway



Moss growing along a bridge
Image Provided By Kiersten Galloway

The first Saturday of October photographers descended upon scenic towns and trails for the 12th annual World-Wide Photo Walk.

The World-Wide Photo Walk is the brain child of photographer Scott Kelby. Kelby sees the walks as a great way for people to get out take photos and socialize and have the chance to win prizes.

Each year there is a top prize for best photo for participants, leaders, and mobile photographers each. There are also 10 runner up prizes for participants.

While the walk is free to participate, they do encourage donations for that year's charity. This



Tiny mountain
Image Provided by Kiersten Galloway



The Air Line Trail, Colchester, CT
Image Provided By Kiersten Galloway



Photographers trading stories on the trail
Image Provided by Kevin Amenta

year the charity of focus is the Springs Of Hope Kenya Orphanage. 100% of donations go to the charity.

TRCC's own Kevin Amenta, graphic design program head, led his own walk along the picturesque Air Line State Park Trail in Colchester, CT.

Amenta, who has been leading photo walks since 2012, relishes involving his current and former students in the walks. "It's a great way to connect with the people on the walk outside of the classroom. We share stories and have an enjoyable couple of hours shooting some fun photography."



Flowers along the trail
Image Provided by Kiersten Galloway.jpg

House Plants And the Freeze:

How to keep your plants alive over the winter

by Samantha Zod

Many of us plant lover move our house plants outside for the summer season.

When the first frost hits, it is time to bring them back inside.

It is recommend to bring in house plants when night temperature reach below 45 because houseplants are tropical plants that can become damaged in cold weather.

It is important to check you plants for bugs above and below the soil before bring them inside. If you repot your plant be sure to use potting soil compared to garden soil. I recommend using a gnat reduction soil. Repot in a pot that about 2 inches larger to leave room for the roots to spread out.

Plants are sensitive to temperature, light, and humidity changes. Sudden changes in these can cause shock, leaf lose, and browning/yellowing. To avoid this, bring your plants in and leave them in a very sunny area before placing where you want within your home.



A plant sits by a window after being brought in after being outside.
Image provided by Samantha Zod



A flower blooms in early fall.
Image Provided by Samantha Zod

Winter Skin Dryness

How to find the right care for you

By Samantha Zod



Why use facial moisturize?

Moisturizing is the most important step in skin care. Dry skin can't properly heal and repair itself. Just putting on moisturizer can help stop multiple issues from general dryness, cracking and itchiness.

Moisturizer is need for any skin type from dry to oily. Most oily skin types need it the most. Finding the right one for you, can be a very difficult task. Lets break it down.

Humectants

This type is good for any skin, but favored by oily skin. Humectants draw water to the skin and helps bind that water into skin cells. Normally this type is a lightweight feel and absorbs quickly. Look for Honey or Aloe Vera in the ingredients list.

Emollients

This type is good for normal, dry, combination skin. Emollients are space fillers. Because of this smoothing effect if helps aid in the repair of your skins barrier. Normally this is a medium to light cream base. Look for vegetarian squalene (Non-vegetarian squalene is a compound found in shark liver's) or shea butter on the ingredients list.

Occlusive

This type is good for mature and dehydrated skin types. Occlusive are moisture sealers. They block the water in the skin from evaporating. This type is normally a thick cream or balm. Look for beeswax or olive oil in the ingredients list.



Facial Moisturizer is the most important step in anyone's routine.
Image Provided by Samatha Zod

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CBD Oil has a Promising Future in Medicine

The Use of CBD oil in Pain Management

By Ben Coffing

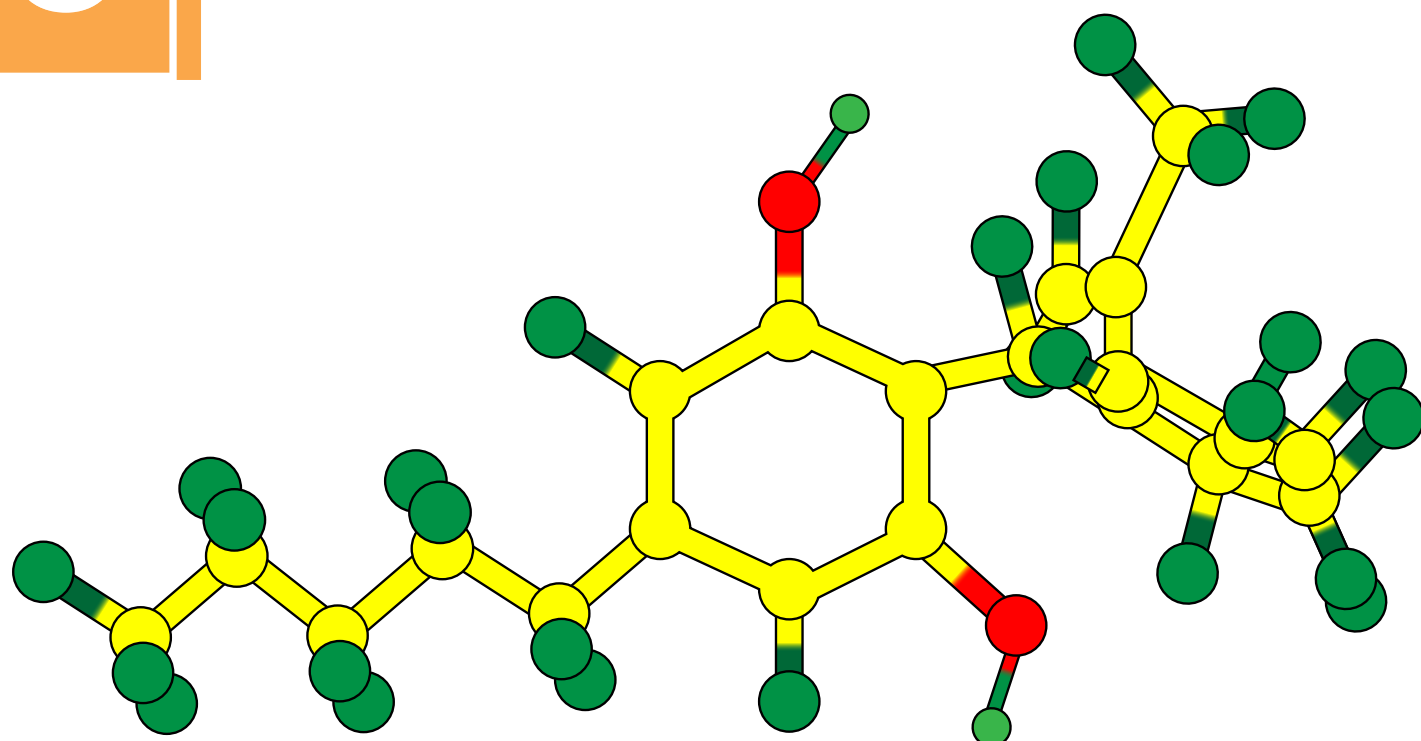
In June of 2012, Connecticut became the 17th to legalize the use of Cannabis oil (CBD) in adults for medicinal purposes. In May 2016, legalization for medicinal purpose was extended to minors. The patient must be a registered user which means that they were certified by both their doctor and the state for medical CBD use. Despite the regulation of CBD use, a lot of citizens are opposed to the legalization of medical cannabis. They picture patients stoned and not able to safely function in daily tasks. The truth is that CBD doesn't make the patient stoned and it can be a great medicine in treating a number of physical illnesses.

One of the main oppositions of medical CBD use is that it is not regulated by the FDA like other

prescription drugs. It is true that CBD oil doesn't has not gone through the rigors of clinical trials and FDA oversight. It is true that there are unknowns about the long-term safety of CBD oil but that can be said for a lot of prescription drugs. After all clinical trials don't go on for years and years to test other drugs. Consistent CBD concentrations in medicinal products is another concern. Patients should be wary of buying CBD oil products from any place except a licensed dispensary to ensure that they are getting a product with a known amount of CBD oil.



CBD Oil
Image Provided by Pixabay.com



CBD Structure
Image Provided by Ben Coffing

The medicinal use of the Cannabis plant can be traced back to 4000 B.C. and throughout many different cultures. The Chinese used Cannabis to treat malaria, menstrual problems, gout and constipation. People in the medieval ages used Cannabis for pain epilepsy, nausea and vomiting. Cannabis was even used by doctors in the United States for several illnesses until its use was finally stopped in the 1970's when it was deemed illegal with no medicinal value. It is strange how so many people could have been wrong for thousands of years.

In recent years, pre-clinical studies have been conducted on the effectiveness of CBD in the treatment of pain, seizures, anxiety, multiple sclerosis, psychotic symptoms, to name a few. Up until 2012 there was only 9 published studies on the use of CBD for pain. By 2017 there have been 30 more articles published indicating the scientific community's interest in the medicinal use of CBD.

Chronic pain including neuropathic pain is a leading health problem in the world today and is the most reported use of CBD by patients. In a 2018 survey conducted by the Helfgott Research Institute and San Diego State University, almost half of the participants (2409) indicated that they used CBD for treatment of either chronic pain or arthritis pain, followed by anxiety (24%) and depression (16%). A 2007 study conducted at University of California at San Diego showed that CBD decreased pain by 34-40% compared to the placebo group.

Anxiety is another disorder where CBD treatment is effective. A 2019 study conducted by the Department of Psychiatry at the University of Colorado demonstrated that for the majority of patients with diagnosed anxiety disorder a dose of 25 mg per day for 3 months, significantly decreased their anxiety and was well tolerated with fatigue being the main complaint.

CBD Oil has a Promising Future in Medicine Continued

Other studies conducted point to CBD use as having no to very little side effects. CBD has been reported to have no side effects up to a dose of 1500 mg/day. Another study conducted for 10 weeks using 200 mg/day of CBD demonstrated that CBD was well tolerated with no side effects both during or after the completion of the study. However, there was significant decreases in depressive and psychotic-like

symptoms in the patient population which suffered from such disorders.

Medical use of CBD is making strides with the FDA. In June 2018, the drug Epidiolex was approved by the FDA for treatment of Lennox-Gastaut syndrome and Dravet syndrome both serious forms of epilepsy that don't respond well to other types of treatments. It has been shown that Epidiolex reduces or stops completely the number of seizures.

CBD can be a life saver to someone with a chronic pain, anxiety, epilepsy and other serious diseases and disorders. As someone who witnesses daily the effects of chronic pain on a loved one, CBD could be a life changer. How can those of us who don't suffer from these horrible ailments tell those that do, that they don't have a right to use available medication to make their life better? Get the facts about CBD oil before condemning someone to a life that is far from full.



CBD Oil and Dropper
Image Provided by Pixabay.com

You May Want to Hold Back on the CBD

The Possible Negatives in using CBD Oil

By Julia Breen

The possession, selling, and use of recreational marijuana are still illegal in Connecticut, however it is available for medical use in the form of CBD oil.

CBD oil is derived from two sources marijuana and hemp, though the legality of the two sources vary state to state and require research to see if it is legal in your residential state and if you qualify for use.

The type of CBD oil that is available for sale in Connecticut is high in CBD, which is high in cannabidiol, which is CBD, and low in delta-9 tetrahydrocannabinol, or THC. THC is what produces the high of marijuana.

While the likelihood of getting high is low with CBD oil there are other things you should consider.

There is very little regulation in regards to CBD products. In an investigation by NBC Connecticut, they found that some CBD products did not match their labels. Over half of the products tested had less than advertised. Without regulation over the counter CBD is not reliable.

The only FDA-approved use of CBD oil is for epilepsy, the effects that CBD could cause the body, like how it affects the liver, is just starting to be known. The FDA has acknowledged that there is a potential for liver injury.

With CBD being in many different products like in

food, skin cream, and in other products, the cumulative effects are unknown.

It is not known how CBD affects the elderly, children, adolescents, pregnant and lactating women or pets.

As there is only one FDA-approved treatment using CBD, how effective CBD is or how much that needs to be taken is unknown for any particular disease.

CBD can also affect medication. Some research suggests that CBD blocks the liver enzymes P450 and CYP450. These enzymes are what break down CBD and coincidentally around 60% of medications are metabolized by these enzymes too. This can cause a dangerous hemorrhage in those who take blood thinners.



CBD Oil Medicine Bottle
Image Provided by Pixabay.com

You May Want to Hold Back on the CBD Continued

of the study. However, there was significant decreases in depressive and psychotic-like symptoms in the patient population which suffered from such disorders.

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other serious diseases and disorders. As someone who witnesses daily the effects of chronic pain on a loved one, CBD could be a life changer. How can those of us who don't suffer from these horrible ailments tell those that do, that they don't have a right to use available medication to make their life better? Get the facts about CBD oil before condemning someone to a life that is far from full.



Hemp Field
Image Provided by Pixabay.com



Close up of Hemp plant
Image Provided by Pixabay.com

CBD Body Balm
Image Provided by Pixabay.com

Emotions Matter

Emotional Communication in Relationships

Written by Sam Bartosiak

Intimate relationships are often a taboo subject to speak about in public spaces. Often, it's not the intimacy part of the relationship that is the uncomfortable to speak about, but instead, it's actually the emotional part. I don't think it's a stretch to say that many people, including myself, have difficulty being vulnerable enough to talk about our emotions to others. However, the truth is that everyone has emotions and those emotions are both valid and should be spoken about more openly to friends, family, and our partner(s) as well. The importance of communicating what you want or what you need in an effective way

is a crucial part of any relationship, our relationship with our partner(s) included.

Disagreements are never something that you can avoid with a friend, and especially not with a partner(s). The ability to understand why you have this disagreement and how to move past it is an important factor that could make or break a relationship. Often times, you or your partner(s) want to know that their feelings are cared about and by proxy, that they are cared about. Even the attempt to understand how one's partner(s) are feeling is a step in the right direction.



Communication is crucial to any relationship
Image provided by Sam Bartosiak



Your heart is in your hands
Image Provided by Sam Bartosiak

A large part of a relationship is also consideration for the other person and in turn, that person considering how you feel about a certain matter. Considering how one's actions may affect others is a valuable lesson that can be taught many times over. Consideration is often not present without emotional communication. If someone does not know that you don't appreciate something, they can't know how to be considerate of that thing. Being able to communicate that you may be needing more consideration in a calm way will travel miles. Communicating when you do feel appreciated or that your partner is considerate of you is also important. Negative feedback in and of itself should

not be present without positive feedback. Pointing out when someone does something that you like or appreciate is equally, if not more important, than expressing when you dislike something. That way, you and your partner(s) can know what does and does not work for both of you. Without expressing these things, how would you know what they like or dislike?

A Brief History of Jack O' Lanterns

Everything You Ever Wanted to Know about Pumpkins!

by Jessica O'Brien



Toothless and Bowzer lighting up the night
Image Provided by Jessica O'Brien

For a lot of people, one of the traditions of the Fall season is heading out to the pumpkin patch to pick the perfect pumpkin to carve into a jack o' lantern. Did you know the first jack o' lantern wasn't a pumpkin at all? It was a turnip!

version has the people of his town carving scary faces into turnips and potatoes, lighting them and setting them outside to keep wandering Jack, now known as Jack of the Lantern and other spirits away from their doorsteps.

Immigration to America brought the jack o' lantern tradition here, where the native pumpkin became the medium of choice to carry on the tradition.

The population of pumpkin carving can be seen throughout New England during the Fall, especially closer to Halloween. There are several large pumpkin displays in our area, including the Jack O' Lantern spectacular which has thousands of pumpkins on display and takes place at Roger Williams Zoo in Providence, Rhode Island. Another popular pumpkin-themed event takes place in the spooky town of Salem, Massachusetts with their Great Salem Pumpkin Walk. Further north, in New Hampshire, is the New Hampshire Pumpkin Festival.

If you have the chance to visit any of these events, or your own local pumpkin patch keep Jack in mind as you search for the perfect pumpkin to carve!

Pumpkin Fun Facts:

-One of the first literary references to jack o' lanterns was in 1820. The Headless Horseman in Washington Irving's "The Legend of Sleepy Hollow"

-Massachusetts native John Greenleaf White pens the poem "The Pumpkin" in 1850

-30,128 pumpkins are lit simultaneously on Boston Commons on October 21, 2006

-30,581 pumpkins are lit in Keene, New Hampshire on October 19, 2013 and they go on to break their own record 8 times (wikipedia.com)

-The current record for the largest pumpkin in America is a 2,528 bund pumpkin grown in New Hampshire (mashable.com)

-According to guinnessworldrecords.com, the largest jack o' lantern was carved in 2010 in the Bronx, NY. It weighed 1810.5 pounds.

-Pumpkins are grown on every continent except Antarctic

-The largest pumpkin pie ever baked weighed 3,699 pounds (goodhousekeeping.com)

- Over 1.5 billion pounds of pumpkin are produced each year in the U.S and the top pumpkin-producing states are Illinois, Indiana, Ohio, Pennsylvania and California.



Pumpkins ready to Carve
Image Provided by Jessica O'Brien

Happy 5th Birthday

A look into the Graphic Design Program

By Julia Breen



Kevin Amenta with his Amazing
Graphic Design Tutors
Image Provided by Julia Breen

Milestones are a big thing, and this year the Graphic Design Program turns 5.

The Graphic Design Program was designed to provide students with a comprehensive general education in graphic design concepts, give them the communication skills and technical skills needed, provide them with the aesthetics, terminology, vocabulary used, and give them an awareness of the practical application of acquired technical skills. In the few short years the program has existed, it has become the 9th largest degree program at Three Rivers Community College.

The program was started by Kevin Amenta, the Associate Professor of Graphic Design and Communication here at Three Rivers. In an interview, Amenta has stated why he started the degree program.

"I started the program because there was a lot of students interested in graphic design and there was not a degree program here at Three Rivers or in

this part of the state that students could pursue," Amenta said "So I wanted to start it so that there was an affordable way for students to get their associate degree in something that they were interested in."

The program offers a variety of classes like Photography, Graphic Design, Digital Imaging, Video Film Making and Intro Mass Communication, the later two were added when the program started.

he classes are fun and informative, students can gain an understanding of what's expected in the field. The teachers are always open to talk and the TAs are always ready to help.

There is a lot of work in starting a new program, lots of research, lots of paperwork, and many layers of approval that has to go up to the state level, before a new degree program can be implemented. Amenta also had to find multiple adjunct professors to teach the need material. All this work, just for students who wanted to pursue a degree in Graphic Design.

The enrollment in the Graphic Design grown greatly since it has been founded in fall 2015, with more and more students graduating every year.

In the future, Amenta hopes to offer the Graphic Design program fully online. Currently the program is only a few classes away from being offered fully online. If it all goes well, the goal of being fully online will be achieved by Fall 2020.

"The program would not have been successful without all of the amazing and creative students that have gone through the program," Amenta said, "That is why I started the program, for them!"

"I am truly impressed with the work they do and their work ethic and I know they will be successful with their respected careers!"

As the interview with Amenta ended there was one thing that he wanted to add.

"A big thank you goes out to all that were involved and that helped me start and maintain this program," Amenta said "including three separate academic deans and the entire Humanities department. They have been very supportive all these years and have continued to be supportive of this program."



A Camera that can be Used in the Graphic Design Program
Image Provided by Julia Breen

The “Fun” Wing

Take a Tour of TRCC's F-Wing

Written by Sam Bartosiak



The Billiards Table in the Game Room
Image Provided by Sam Bartosiak

Three Rivers Community College has a myriad of different academic degrees, educational opportunities, and a host of amazing faculty and staff that teach classes to hundreds of students a day. If you've been here a while, you might be aware that each wing seems to have a particular theme to it. For example, the downstairs E-Wing features many computer labs, the Current office, and is known by many in the graphic design field as home. The upstairs A-Wing is often home to many nursing students during their time at TRCC, and the C-Wing is used for faculty offices, conference rooms, and administration. The D wing primarily is composed of classrooms; thus, many students spend the majority of their time in this wing. Where does that leave the F-Wing?

Of course, in the downstairs F-Wing you can find the Cafeteria, multipurpose room, mail room, and purchasing, but unless you're exploring, you may not have seen too much of the upstairs F-Wing

which features many fun things to do and is the home of club leaders and many features of club life.

Did you know that students who are involved in club life and extracurricular activities are more likely to succeed in their college experience? Between making relationships and finding ways to enjoy your time here on campus that's beyond just taking classes, there are lots of things that the F-Wing offers.

Beginning at the end of the hallway is the Student Lounge (known as room F202) where many students gather just to hang out, play games, or watch TV. Any student is welcome to come and relax in the Student Lounge.

Slightly down the hallway from the lounge is the Veteran's Oasis (Room F203) where veterans and their family members are welcome to sit and enjoy a quiet space to do work, talk to other veterans, or just relax. The room is staffed by a student worker from the Student Programs Office and even features a mess where veterans can buy snacks or donate to the Veteran's Organization.

If you turn around and take a right, you'll see the rest of the F-Wing. Before turning towards Student Programs, you'll notice a room with a pool table, foosball table, and a tv. This is the Game Room (Room F217). Like the lounge, any student is welcome to come into this room (usually to play billiards). You can rent a pool cue from Student Programs down the hall (for free of course) and utilize the table or foosball table whenever you wish as long as it's during SPO open hours.

Down the hallway is room F205, which is a conference room often used by clubs. Next to F205 you'll see room F207, otherwise known as the Student

The Veteran's Oasis
Image Provided by Sam Bartosiak



Student Programs Office Resources
Image Provided by Sam Bartosiak

The “Fun” Wing Continued

Organizations Office. This office is open to club members to work on any club-related work such as creating purchase requests, event requests, flyers, and more. You can also find the club mailboxes in this room.

At the end of the hallway you’ll see the Student Government Office (room F209). Student Government oversees the clubs on campus and can approve their requests for funds, promote their events, and represent the students to faculty and staff. If you ever have any questions or comments about the state of the college, classes, etc., any Student Government Officer is open to speaking with you and addressing any

issues. You can read more information about Student Government in the first issue of this semester’s Current.

Lastly, Student Programs (Room F211) is the go-to place for all your club and extracurricular needs. Student Programs has a plethora of information regarding events happening around the college, how to start a club, student discount brochures, and more! SPO is open from 10am to 8pm Monday through Thursday and is open from 10am to 5pm on Fridays.



The Student Lounge
Image Provided by Sam Bartosiak



Students in the Student Organizations Office
Image Provided by Sam Bartosiak



The F-Wing at TRCC
Image Provided by Sam Bartosiak

The Family Educational Rights and Privacy Act: What There is to Know About Our Rights

A Student's Rights to Protect Their TRCC Records

By Ben Coffing



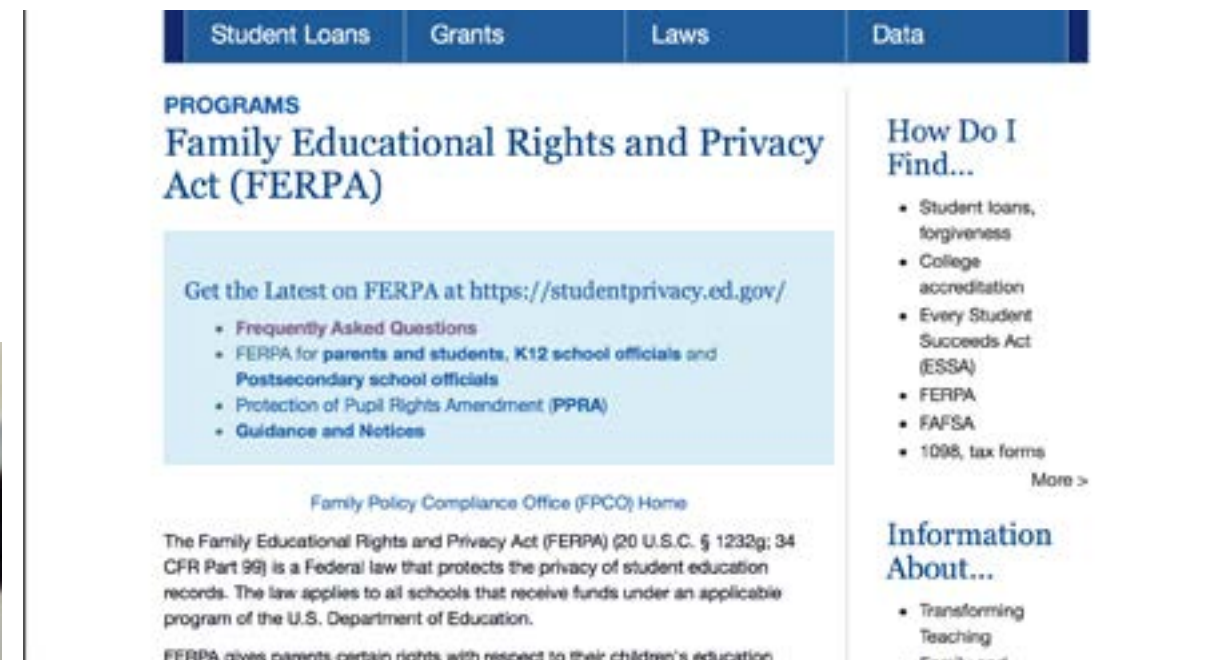
A Bunch of Records
Image Provided by Pixabay

The Family Educational Rights and Privacy Act, known as FERPA, is a federal law that protects students' rights concerning their educational record. FERPA covers students from the time they enter Kindergarten until they finish college. However, any previous student of an educational institution is protected regardless of how old they are.

The 1974 Department of Education act gives students the right to see and inspect their education records plus it gives them the right to limit the disclosure of those records by Three Rivers Community College (TRCC) or any school they attended or will attend. The FERPA act only applies to those schools that receive federal aid

from the Department of Education.

Under FERPA, a student has the right to review their records within 45 days of requesting access from the college. They have a right to ask for an amendment to the records if the student believes that the records contain an error. The student has the right to give consent of disclosure of those records except in those instances covered under the act. For example, TRCC cannot give students' parents information contained in their records unless the student has given TRCC written permission. The student has a right to file a complaint with the Department of Education when they believe there has been a failure of the school to comply with FERPA.



A Screenshot of the FERPA information page
Image Provided by Julia Breen

Even though a student has to give written consent for disclosure, there are instances when written consent is not needed according to the act. TRCC can disclose information to legitimate school officials, federal; to state and local authorities involved in an educational compliance audit; in connection with financial aid, and to parents of students defined as a dependent by the IRS. TRCC may also disclose records when subpoenaed, in a health or safety emergency, or as a result of a disciplinary hearing in a case of a violent crime.

What exactly are education records? An education record is any record in which a student can be identified that is maintained by the school. These records can be in the form of hand-written notes, email, film etc. and are in the possession of any school official. However, education records do not include records kept by one school official that are not accessible to other school personnel. It doesn't include records maintained by campus security for law enforcement purpose. Education records are not records relating to people employed by the school or doctors' records related to treatment.

TRCC may also release student information without consent if that information is considered directory information. Directory information includes name, address, date of attendance, enrollment status, awards and graduation date. However, if a student doesn't wish for this information to be released, they can use the opt-

out form in the student handbook.

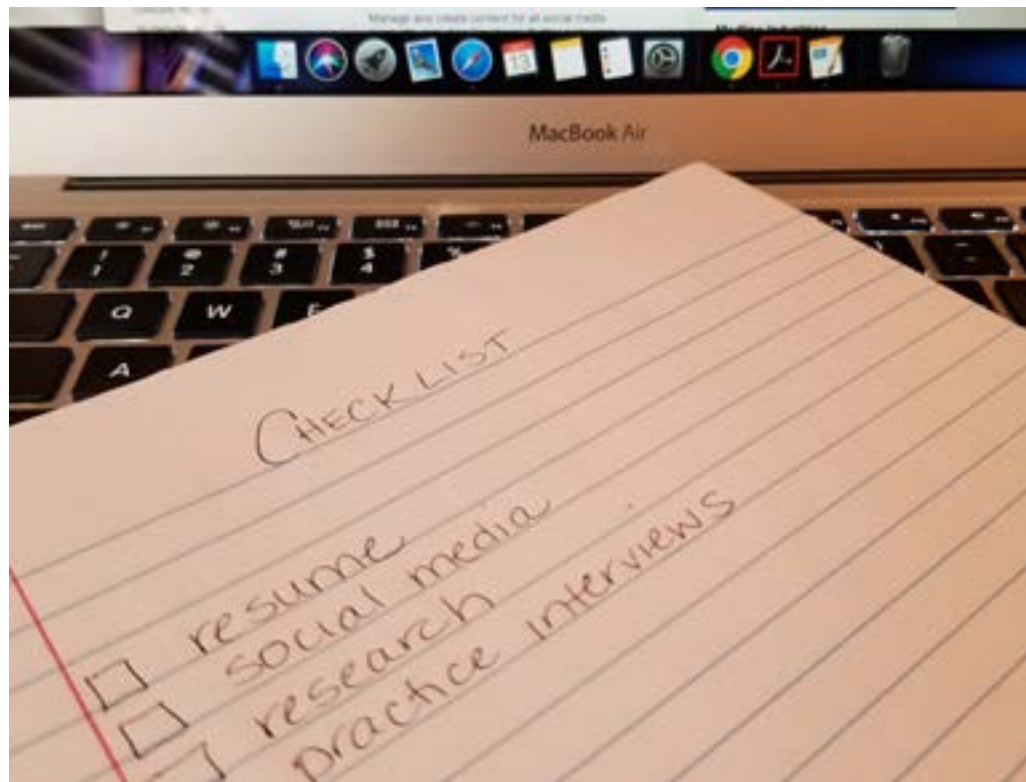
TRCC faculty and staff have guidelines they need to follow to help protect student information. They are not allowed to share a student's grades or GPA with other faculty members unless they have a legitimate educational interest. Faculty are not allowed to disclose grades or other aspects of a student's record with parents or outside schools unless there is written consent by the student. They should not display students' grades, graded papers, lab reports or exams in public when such records can be identified by the student's name or identification or Social Security number.

For more information students can go to the FERPA website at <https://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html?src=rn> There is a section for frequently asked questions as well as other guidance for both parents and students. For students interested in giving written consent for their parents to view their records, they can go to the Registrar's office to fill out the FERPA Consent for the Disclosure of Education Records form. The opt-out form for disclosing directory information can be found in the student handbook or under the Student Services tab on the TRCC website.

Time to Find a Job?

Tips for Making the Job Search Easier

by Jessica O'Brien



Making a list will help you keep you organized during your job search
Image Provided by Jessica O'Brien

When you first set out to find a job, it seems like it would be pretty easy to secure employment, especially with the availability of the internet. In reality, while being to search and apply online

applicant tracking software for online applicants. Listing your skills becomes especially important if a company uses ATS because these become keywords the software looks for when “reading” your application and resume.

-If you are concerned about your resume looking sparse, a lot of companies request a cover letter along with a resume. Use that opportunity to describe why you think you would be a good fit for the position and expand on any personal, educational and professional achievements that may not be covered on your resume.

- Don't be afraid to get creative with your resume, especially if you are applying for a position or with a company that encourages creativity. Include an image, play with spots of color.

- Use easily-readable and properly sized fonts. While creativity is great, you don't want someone struggling to read about you because you used a 10-point swirly font.

- Make sure you include all of your contact

information and any professional social media like LinkedIn. Often, we will put in a lot of time with the major details and forget to include an email address or phone number.

Now that you have drafted a resume, what should you do with it? Now is the time to use the internet to your advantage. If you haven't created a LinkedIn page, it is highly recommended that you do. A large number of employers use LinkedIn to recruit and you as a job seeker can also use it to apply for jobs. It is important to pick a good picture and highlight your skills and education. LinkedIn is also a place where you can get professional and personal recommendations from people you went to school with, professors and former co-workers that will show up on your profile for employers to see.

Internet job boards/websites are especially helpful for job seeking. Some of the more popular websites include:

- indeed.com
- glassdoor.com
- ziprecruiter.com
- careerbuilder.com

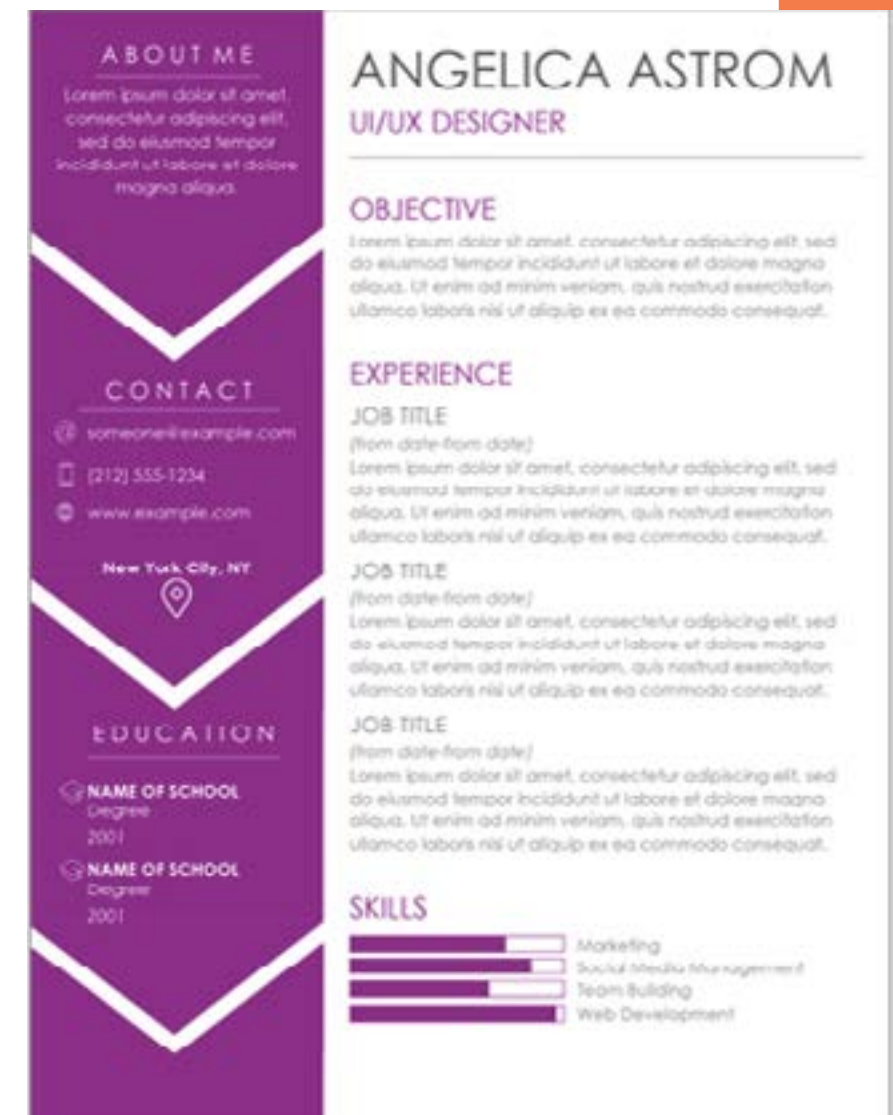
You can upload your resume to several of these sites, which will allow employers to find you and sign up for job posting alerts. If you are looking to get into a particular field, say hospitality or the restaurant industry, you can also find job boards dedicated solely to those positions like snagajob.com. If your local newspaper is online, you can also check their job classified section as well.

On the subject of social media; if you have public social media accounts it is a good idea to have

a glance at them and make sure there is nothing that could harm your chances at employment. Some employers do look so if you would prefer them not to, make your profiles as private as possible.

You have done all the set-up and your resume gets the attention of an employer. Depending on the size of the company, you may be speaking to a hiring manager. The interview process may begin with a brief phone call. If this goes well, then it will lead to an in-person interview.

Phone interviews are becoming popular because it is a casual way to get to know a candidate and explain more about the position than what can be broadcast in a



There are several software programs, including Microsoft Word and Mac Pages, that have resume templates to help you get started
Image Provided by Jessica O'Brien

Time to Find a Job? Continued

A Screenshot of Indeed.com
Image Provided by Julia Breen

job posting. This is also the first chance you get to sell yourself to a potential employer. Here are some tips for that first phone call:

- Make sure you set aside more time than you need for the call. If they schedule you for 11:00am for a 20- minute call, be prepared by 10:45 for at least 30-35 minutes. The call may come late or it may run over and you don't want to cut it short because you have another obligation
- Take the call in a place that is quiet and where you won't be interrupted. If it is on your cell, make sure you have a good signal. You don't want to be having a preliminary interview while you are driving around in your car
- If the interviewer asks if you have any questions for them, now is the opportunity to use those questions to express interest. If they said anything you want further clarification on or if you have a question on the remainder of their hiring process, now is the time to ask.

You have completed the first step. If your telephone interviewer gave you contact info such as an email, you can use it to send them a quick thank you for their time. This is a polite way of keeping you fresh in their mind as interview. A short, professional thank you is another way of selling yourself. Depending on how quickly things move with a potential employer, there can be some time between steps in the hiring process. It can be as short as days or as long as weeks/months. Also, a lot of companies may not let you know if you aren't moving forward in the process. Don't be discouraged, just keep moving forward on your search.

Now, it is time to operate under the assumption you will get an in-person interview request. If you haven't done so already, do a little research on your potential employer. Check their social media pages and website if they have one. A little recon will help you with an in-person interview. If you get nervous in interview situations, practice interviews can help. Grab a list of typical interview questions off the internet and ask someone to "interview" you. This may help boost your confidence.

When interviewing in person, dress appropriately and professionally and leave your cell-phone in the car. It is helpful to bring a few copies of your resume as you may be meeting with one person or several. Providing interviewers with a copy shows that you are prepared which is always a good thing!

Almost every interview has a portion where you are asked if you have any questions. Don't hesitate to ask and engage. If you don't have questions about the position, ask about

the company and the culture. It is always better to ask and be interested than not.

After the interview, if you have their contact info, follow-up with another polite and professional thank you for their time and consideration. This will keep you fresh in their mind as they decide how to move forward.

Job-seeking can be stressful and overwhelming. In addition to the tips provided here, a lot of information can be found on employment websites, blogs and at job fairs. Take advantage of

websites like resume.com that will help you craft a basic resume, the abundance of internet job boards and professional social networking sites like LinkedIn. If you are still in school, take advantage of any employment programs your college might offer.

You will get rejected as you search, but it is important to keep trying. The perfect job is out there waiting for you to apply!

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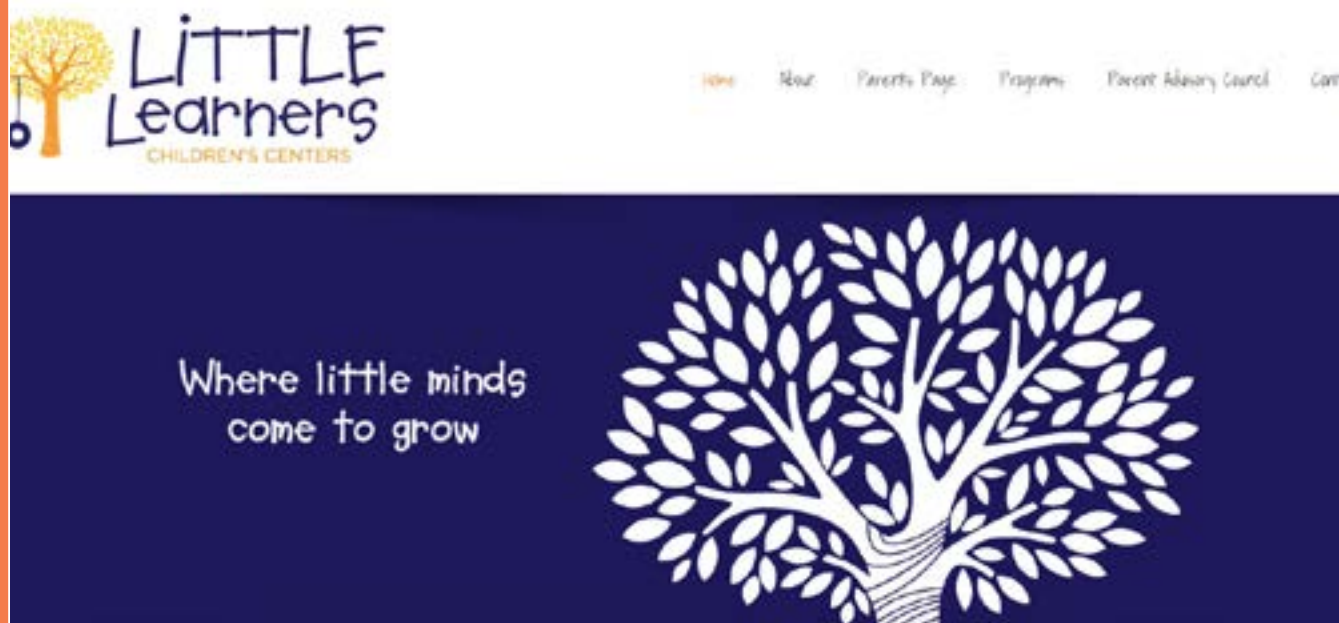
Andrew H. Nollman, AIF®
Managing Member
210 Route 32, Suite #104 Franklin, CT 06254
Phone: (860) 383-6044

Andrew@RoseCityFinancial.com /andrewnollman
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New Student Tips

Things to know from those who've been there

By Kiersten Galloway



The Little Learns Website
Image Provided by Kiersten Galloway

Daycare

Struggling to find childcare while you are in class? Did you know there is a daycare right here on campus?

The daycare is run by Little Learners LLC not by Three Rivers. However, students and professors receive a 10% discount on their child's tuition!



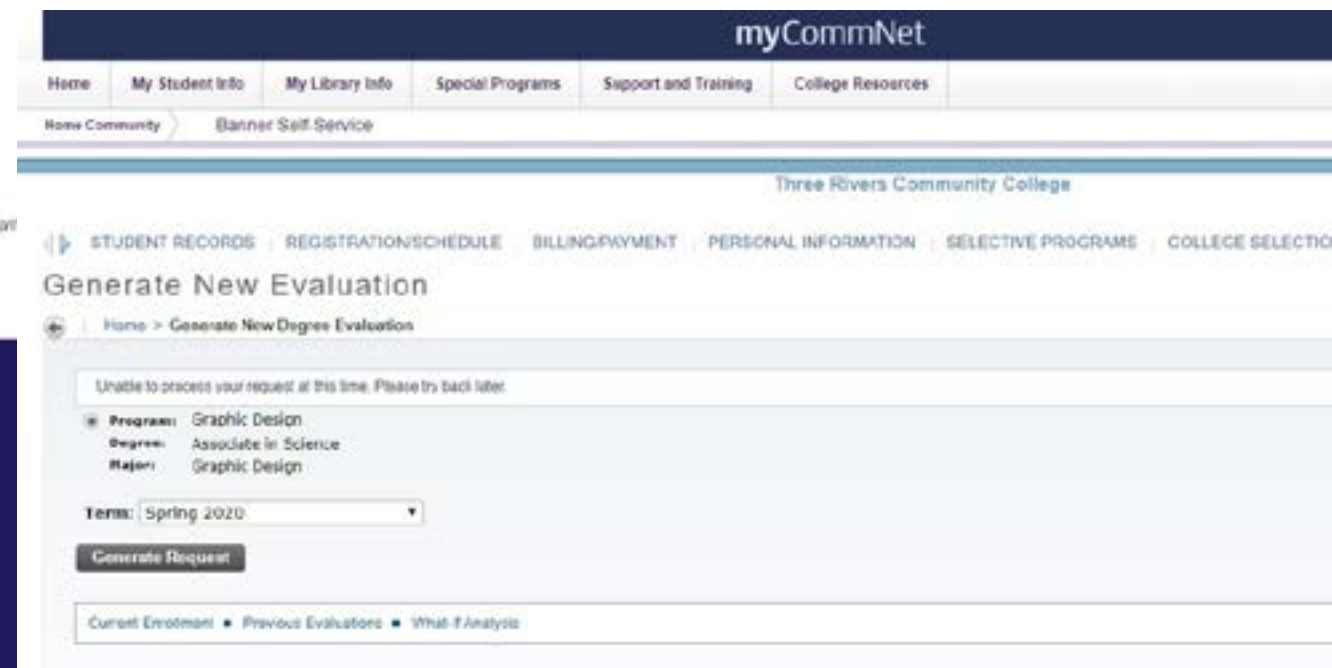
Wooden Building Blocks
Image Provided by Pixabay

Students are welcome to volunteer or apply for a job. They are currently undergoing NAEYC certification and expect to be fully certified this coming fall.

Little Learners is open to the public, not just for faculty and students. As such, space is limited.

Enrollment is ongoing and they often have a waitlist. So as soon as you get your schedule make sure that you enroll your child to get a space!

Nicole Fecteau, the head of Little Learners here at TRCC, said "We try to accommodate everyone's schedules but unfortunately, we are a small center with limited spaces."



You can request a degree evaluation through MyCommnet
Image Provided by Kiersten Galloway

Graduation

Looking forward to graduation? There are a few things you have to do before you walk.

The first step is to meet with your advisor. Together you will check to see if you have everything you need to graduate.

You will need a final degree evaluation signed by both your advisor and you. To get a degree evaluation form go to Registration/Schedule under Banner Self-Service on MyCommnet.

Once you have that attach it to the online graduation form and submit!

A few things to note: applications for graduation are accepted three times a year.

Deadlines:

Spring and Summer (who want to walk in the current year's Spring Ceremony):
February 28

Summer (not walking in current year's Spring Ceremony): June 1

Fall (walk in next Spring's Ceremony): October 1

This is the form you need to fill out and submit in order to graduate!

Image Provided by Kiersten Galloway

Course Review

A Review of Abnormal Psychology

by Julia Breen

Abnormal Psychology- PSY*K245

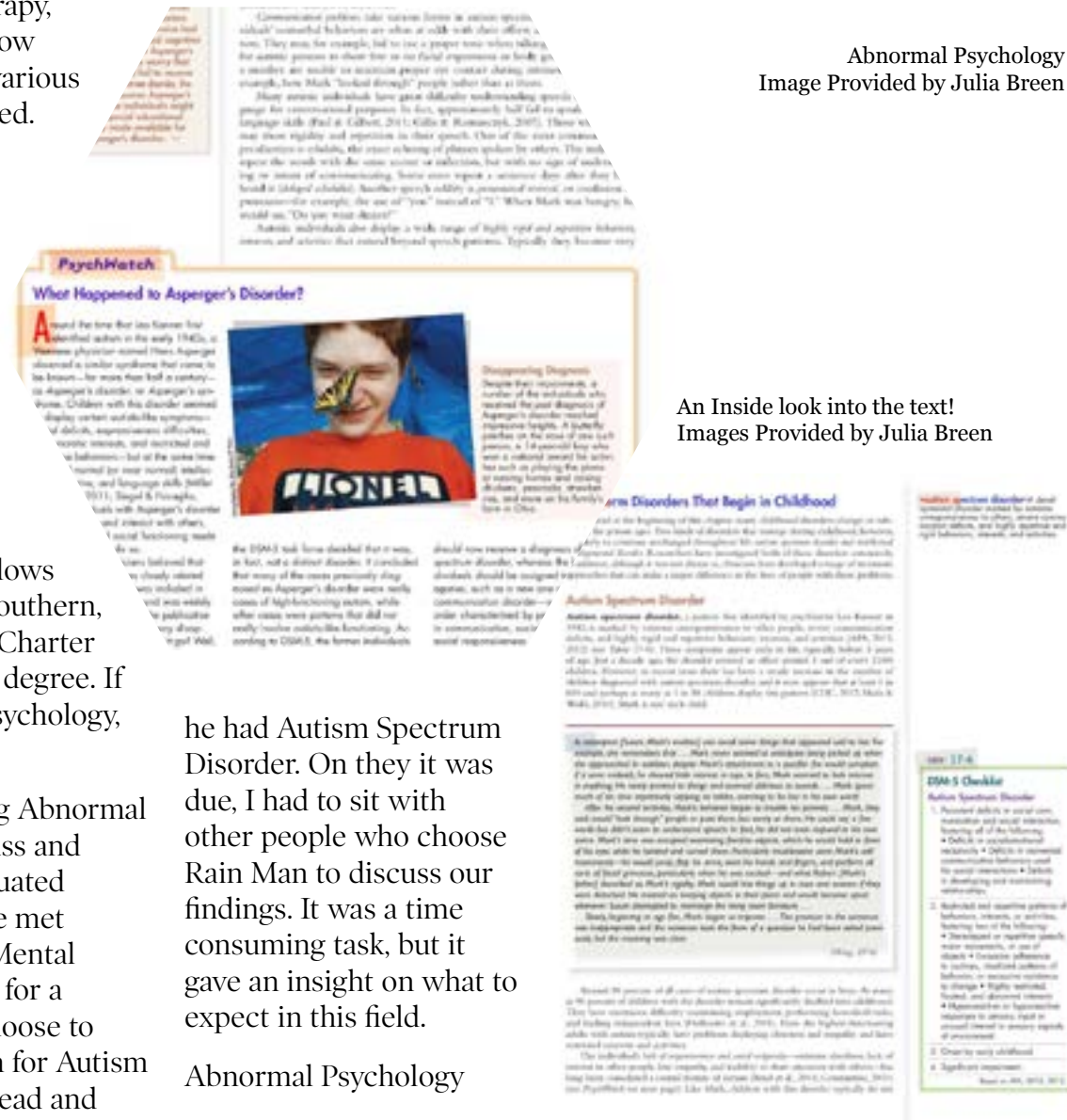
Prerequisites: PSY*K111 or PSY*K112

Available: Online or On Ground Depending on Semester

Abnormal Psychology is a course that gives an introduction to psychopathology and psychotherapy. It goes over neuroses and personality disorders, psychoses, psycho diagnosis, and psychotherapy, placing an emphasis on how disorders began and the various treatments that can be used. Some of the topics of this course are the nature of neurosis, anxiety reactions, obsessive-compulsive reactions, depressive reactions, addictions, and the different types of therapy.

understand the criteria of Autism Spectrum Disorder from the DSM-5 and sit down with a pen and a pad of paper to write down the symptoms Raymond Babbitt showed, and then using the information I gathered evaluate Raymond Babbitt and determine if

Abnormal Psychology
Image Provided by Julia Breen



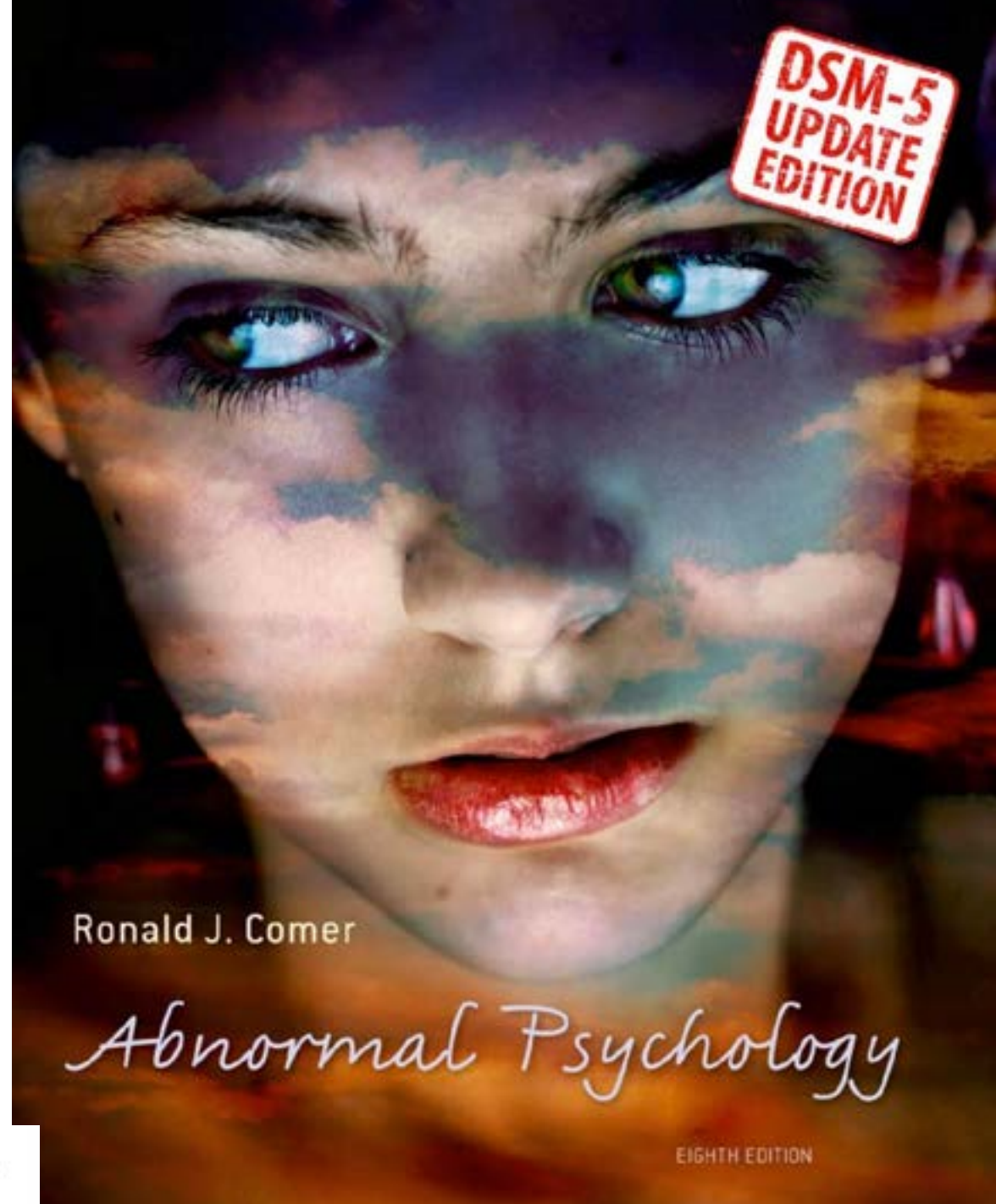
An Inside look into the text!
Images Provided by Julia Breen

Abnormal Psychology is a requirement of the CSCU Pathway Transfer Degree: Psychology Studies, A.A. This program allows students to transfer to Central, Eastern, Southern, Western Connecticut State University or Charter Oak State College for Either a B.S. or B.A. degree. If a student plans on pursuing a career in psychology, this is a good place to get started.

There is a lot of work involved with taking Abnormal Psychology. I took the class with Kugelmass and I had to write a diagnostic essay that evaluated whenever or not a character from a movie met the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition or DSM-5 criteria for a disorder. Out of the choices available, I choose to evaluate Raymond Babbitt from Rain Man for Autism Spectrum Disorder. This required me to read and

he had Autism Spectrum Disorder. On they it was due, I had to sit with other people who choose Rain Man to discuss our findings. It was a time consuming task, but it gave an insight on what to expect in this field.

Abnormal Psychology



requires a lot of time and studying. You need to learn multiple different terms like the six models of abnormality, the reasoning behind each model and how the peruse treatment. There are also some class projects like the one I mentioned above. While there is a lot of work involved, Abnormal Psychology does wonders in the understanding of the field of Psychology.

I greatly enjoyed Abnormal Psychology, despite the work involved. Looking back, I would have managed my time better, it would have saved me a lot of stress. If you take this course it is important to note that

while the school's library has copies of the DSM-5 available, they cannot leave the library, so plan accordingly. There is also an ebook version of the textbook available, it is significantly cheaper than the physical version and the there is an app you can download so you can access it anywhere.

Abnormal Normal Psychology can give you a basic understanding of the different mental disorders, but remember just because you took a class does not mean your qualified to diagnose yourself or others.

The Addams Family

The First Family of Halloween Gets a Makeover

by Jessica O'Brien

As a fan of the Addams Family, I grew up watching reruns of the original "The Addams Family" which premiered in 1964 and was based off a cartoon created by Charles Addams for The New Yorker. Since the show, there have been several iterations of Addams' family movies, of which I was a fan, and now we introduce a digitally animated version with the newly released Addams Family.

With the explosion of macabre-themed, yet child focused movies like Hotel Transylvania and the Nightmare Before Christmas, I was pleasantly surprised that moviemakers choose one of my favorites to reboot digitally and the timing of the release, right before Halloween. To help with my review, I brought along my nephews aged 3, 8 and 10 for their opinions as well.

The begins with wedding of Morticia, voiced by Charlize Theron and Gomez, voiced by

Oscar Issac being interrupted by angry villagers. The couple flees to find a place to safely raise their family, ending up in an abandoned asylum in New Jersey. Gomez and Morticia eventually settle in and have two children, Wednesday and Pugsley. The familiar cast of characters show up in the movie including Lurch the butler, who they hit with their car as the flee, Thing, Grandmother and Uncle Fester all play prominent roles as they did in the show and previous films.

Thirteen years pass and in the meantime the Addams' family has acquired new neighbors in the form of a perfectly quaint town called Assimilation created by an a chipper HGTV-like television host named Margaux. Gomez sees Assimilation as a place where his family, which has been separated

for years, can live and they will all be together again. Margaux sees the rundown Addams' house as an obstacle to selling homes in her perfect town. Enter the "conflict" in the movie. If you have seen the other Addams Family films, this conflict theme shows up as well.

The movie has several example of familiar Addams Family references. The intro song is prominent in both the beginning of the movie, when Lurch pounds out the notes on the piano and the end prior to the credits. There are several current pop culture references added as well, including Margaux's daughter Parker and her rampant use of social media and Cousin

It being "voiced" by Snoop Dogg for the newer and younger audiences.

Like a lot of movies trying to engage children, there were several underlying social themes present in the movie including accepting those that are

different from you, bullying and the importance of family. They weren't at the forefront of the movie, but they are there.

The animation is both a delight to watch and very-detailed. From the spiders crawling from under Morticia's gown, to the sharp and bony features of some of the characters, the attention to detail is both interesting and possibly off-putting for some. My three year old nephew wasn't a fan of how "scary" some of the characters looked.

The movie also includes some of the witticisms and coventinal unconventional that fans will associate with the Addams Family. Morticia's headless roses and Pugley and Wednesday trying to harm each other with bombs and burying each other alive. They are given the same lighthearted treatment as other movies making them seem normal, if you are an Addams that it.

Overall, the younger audience I was with enjoyed the movie. The addition of the current pop culture references kept my older nephew engaged while



the silly/scary antics of the Addams Family kept my younger nephews laughing.

As an adult viewer, I wasn't a fan of the animation, but I enjoyed the movie for its nostalgia and how they incorporated a little something for older fans while they attempted to make newer fans. The cast of voices, including Allison Janney as Margaux and Bette Midler as Grandmother added to my enjoyment of the film as well.

If you are going into the movie wanting everything to be perfect and exactly like previous Addams Family iterations, you will very likely be disappointed. This Addams Family is trying to stake its own claim on the popularity of kiddie monster culture and it shows. If you are going to enjoy a bit of your childhood and introduce a new generation to the Addams Family, you will enjoy this take on the First Family of Halloween.

The Addams Family
Movie Poster

Images Provided by
Wikicommons

TRCC Calendar

Your next 3 weeks

Monday Tuesday Wednesday Thursday Friday

<p>28</p> <p>Advising Day Registration Begins Bryant University Visit 10 AM - 1 PM Cafeteria</p> <p>4</p>	<p>SPO Movie: Coco 9 AM TRCC Library</p> <p>29</p>	<p>Haunted Maze & Laser Tag 4 PM - 9 PM Cafeteria Green</p> <p>Krispy Kreme Fundraiser 9 AM - 5 PM Cafeteria Green</p> <p>30</p>	<p>Haunted Maze & Laser Tag 4 PM - 9 PM Cafeteria Green</p> <p>31</p>	<p>1</p>
<p>Advising Day Registration Begins Bryant University Visit 10 AM - 1 PM Cafeteria</p> <p>2</p>	<p>Advising Day LAST DAY TO Withdraw Select Pass/Fail Submit INC Charter Oak State College Visit 11 AM - 1 PM Cafeteria</p> <p>5</p>	<p>TRCC Has Talent! 7 PM Cafeteria</p> <p>6</p>	<p>TRCC Has Talent! 7 PM Cafeteria</p> <p>7</p>	<p>Registration Begins for New Students</p> <p>8</p>
<p>Veteran's Day Breakfast 9:00 AM - 11:30 AM</p> <p>VETERAN'S DAY Classes in session</p> <p>11</p>	<p>United Way Food Pantry 5 PM - 6 PM Parking Lot 4</p> <p>Breakfast with the Brass 9:30 AM - 11:00 AM FI17</p> <p>SPO Movie 10 AM TRCC Library</p> <p>12</p>	<p>Conversation Cafe 12:30 PM - 1:30 PM B214</p> <p>Becker College Visit 10:30 AM - 1 PM Cafeteria</p> <p>13</p>	<p>14</p>	<p>15</p>