



# INSIDE THE DEN

**THE OFFICIAL STUDENT NEWSLETTER OF  
SOUTHEAST COMMUNITY COLLEGE  
(BEATRICE CAMPUS)**

## **SEPTEMBER HIGHLIGHTS: A MONTH OF ACTIVITY AND ENGAGEMENT**

THIS SEPTEMBER, OUR STUDENTS HAVE BEEN ACTIVELY PARTICIPATING IN VARIOUS SPORTS AS THE FALL SEASON KICKS OFF. TEAMS LIKE MEN'S AND WOMEN'S SOCCER, BASEBALL, SOFTBALL, AND TRACK HAVE ALL BEEN COMPETING, SHOWCASING THEIR HARD WORK AND DEDICATION. IT'S INSPIRING TO SEE OUR ATHLETES GIVING THEIR BEST ON THE FIELD!

IN ADDITION TO SPORTS, OUR CAMPUS HAS BEEN BUZZING WITH ENGAGING ACTIVITIES. STUDENTS CAME TOGETHER TO MAKE TEDDY BEARS, SPREADING JOY AND COMFORT, WHILE ALSO RAISING AWARENESS FOR SUICIDE PREVENTION IN HONOR OF SUICIDE AWARENESS MONTH. EVENTS LIKE "PANCAKES WITH THE DEAN" AND CONSTITUTION DAY TRIVIA, WHERE PARTICIPANTS COULD WIN CHOCOLATE, FOSTERED COMMUNITY SPIRIT AND PROVIDED A FUN BREAK FROM ACADEMICS. INTRAMURAL SPORTS ARE ALSO GETTING UNDERWAY, GIVING EVERYONE A CHANCE TO GET INVOLVED AND ENJOY FRIENDLY COMPETITION.

WE ENCOURAGE ALL STUDENTS TO STAY ACTIVE, PARTICIPATE IN CAMPUS EVENTS, AND SUPPORT ONE ANOTHER. LET'S CONTINUE TO BUILD A VIBRANT AND ENGAGED COMMUNITY TOGETHER!

## **GET YOUR WEEKLY UPDATES!**

- 1. SEPTEMBER STUDENT**
- 2. ACTIVITIES UPDATE**
- 3. SCC SCHOLARSHIPS**
- 4. CAPS COUNSELING**
- 5. PROGRAM UPDATES**
- 6. HEALTH AND WELLNESS**
- 7. SPORTS**
- 8. UPCOMING ACTIVITIES**
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## SCHOLARSHIP APPLICATIONS FOR SPRING SEMESTER

### ATTENTION STUDENTS!

WE ARE EXCITED TO ANNOUNCE THAT THE SCHOLARSHIP APPLICATION PERIOD FOR SCC IS OPEN FROM OCTOBER 1 TO OCTOBER 31! THIS IS A FANTASTIC OPPORTUNITY FOR ALL STUDENTS TO APPLY FOR FINANCIAL SUPPORT TO HELP ACHIEVE YOUR EDUCATIONAL GOALS.

### WHY APPLY?

FINANCIAL SUPPORT: SCHOLARSHIPS CAN EASE THE BURDEN OF TUITION AND EDUCATIONAL EXPENSES.

**WHO CAN APPLY?** ALL STUDENTS, REGARDLESS OF YEAR OR MAJOR, ARE ENCOURAGED TO APPLY! WHETHER YOU'RE A FIRST-YEAR STUDENT OR NEARING GRADUATION, YOUR APPLICATION IS WELCOME.

### HOW TO APPLY:

VISIT THE SCC SCHOLARSHIP PORTAL ON OUR WEBSITE. COMPLETE THE ONLINE APPLICATION FORM. SUBMIT ANY REQUIRED DOCUMENTS BY THE DEADLINE.

### IMPORTANT DATES:

APPLICATION PERIOD: OCTOBER 1 - OCTOBER 31

**DEADLINE:** ALL APPLICATIONS MUST BE SUBMITTED BY OCTOBER 31 AT 11:59 PM.

**NEED HELP?** IF YOU HAVE QUESTIONS OR NEED ASSISTANCE WITH YOUR APPLICATION, DON'T HESITATE TO REACH OUT TO THE FINANCIAL AID OFFICE OR ATTEND ONE OF OUR APPLICATION WORKSHOPS. DON'T MISS OUT ON THIS OPPORTUNITY! START PREPARING YOUR APPLICATION TODAY! BEST OF LUCK TO EVERYONE!

**SCC FINANCIAL AID OFFICE**



## SCC FOUNDATION SCHOLARSHIPS

Your online application will be considered and cross-referenced for **ALL** scholarships for which you qualify!! You do not have to preselect your scholarships of interest.

Applications are accepted during the following periods:

### Current and New SCC Students:

**May 1-May 31** for Fall Semester

**Oct. 1-Oct. 31** for Spring Semester

### High School Seniors:

**Dec. 1-March 1** (apply during your senior year for awards in the next academic year.)



Please note: There are a small number of external scholarships that are not funded by the SCC Foundation and have their own application. For more information about these opportunities, please visit: [southeast.edu/scholarships](https://southeast.edu/scholarships)

A0430 SCCEF (09/23)



## CAPS COUNSELING

### ATTENTION STUDENTS!

THE COUNSELING ASSISTANCE PROGRAM (CAP) IS DESIGNED TO PROVIDE COLLEGE STUDENTS WITH ACCESSIBLE MENTAL HEALTH RESOURCES AND SUPPORT SERVICES TO ENHANCE THEIR OVERALL WELL-BEING AND ACADEMIC SUCCESS. RECOGNIZING THE UNIQUE CHALLENGES FACED BY STUDENTS, THE PROGRAM AIMS TO CREATE A SAFE AND SUPPORTIVE ENVIRONMENT FOR PERSONAL GROWTH AND DEVELOPMENT.

### CAPS OFFERS:

- FLEXIBLE APPOINTMENTS: DAY AND EVENING TIMES AVAILABLE
- CONFIDENTIAL
- ACCESSIBLE SERVICES
- FREE FOR SCC STUDENTS

### WHO CAN USE CAPS?

- THE COUNSELING ASSISTANCE PROGRAM IS AVAILABLE TO ALL SCC STUDENTS ENROLLED IN A CREDIT COURSE.

### HOW MUCH DOES COUNSELING COST AT SCC?

- GREAT NEWS! THERE IS NO ADDITIONAL COST FOR COUNSELING SERVICES AT SCC.
- EACH STUDENT CAN RECEIVE UP TO:
  - 15 INDIVIDUAL COUNSELING SESSIONS
  - 10 GROUP COUNSELING SESSIONS
  - EACH ACADEMIC YEAR.

### WHAT SERVICES ARE OFFERED?

CAPS PROVIDES SUPPORT FOR A VARIETY OF CONCERNS, INCLUDING BUT NOT LIMITED TO:

- ACADEMIC STRESS
- ANXIETY AND DEPRESSION
- RELATIONSHIP ISSUES
- PERSONAL GROWTH

FOR MORE DETAILS ABOUT OUR SERVICES OR TO SCHEDULE AN APPOINTMENT, VISIT OUR SCC WEBSITE!

**TAKE THE FIRST STEP TOWARD YOUR WELL-BEING TODAY!**

**SOUTHEAST COMMUNITY COLLEGE**

## WELLNESS WEDNESDAYS GROUP


Come learn about self, coping, relationships and wellness all while enjoying the company of other students interested in discovery and exploration. Share your experiences, ask questions, and provide support to one another in this FREE group.

**WEDNESDAYS**  
OCTOBER & NOVEMBER

**TIME:**  
2:15-3:30P

**KENNEDY CENTER**  
K504

**PT CAPS Therapist**  
**Jessica Anderson**  
SCC Beatrice location  
402-413-8753  
J.Anderson@southeast.edu




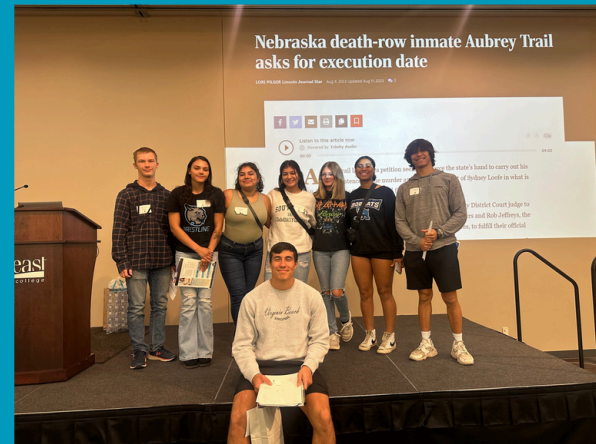


## CRIMINAL JUSTICE COMES TO LIFE: INSIGHTS FROM THE COPS PROGRAM!

THE CRIMINAL JUSTICE STUDENTS ON AN EXCITING FIELD TRIP TO NORFOLK, WHERE THEY PARTICIPATED IN THE COPS PROGRAM. DURING THIS EXPERIENCE, THEY HAD THE OPPORTUNITY TO LISTEN TO INSIGHTFUL PRESENTATIONS FROM VARIOUS FEDERAL LAW ENFORCEMENT AGENCIES, ENHANCING THEIR UNDERSTANDING OF THE FIELD AND ITS REAL-WORLD APPLICATIONS. IT WAS A FANTASTIC LEARNING OPPORTUNITY FOR EVERYONE INVOLVED!

## NEW CLUB ANNOUNCEMENT: JUSTICE LEAGUE - CRIMINAL JUSTICE ORGANIZATION

WE'RE EXCITED TO ANNOUNCE THE FORMATION OF THE JUSTICE LEAGUE, A NEW CLUB DEDICATED TO STUDENTS INTERESTED IN CRIMINAL JUSTICE! THIS ORGANIZATION AIMS TO FOSTER DISCUSSIONS AROUND LAW ENFORCEMENT, LEGAL STUDIES, AND SOCIAL JUSTICE ISSUES. MEMBERS WILL HAVE THE OPPORTUNITY TO PARTICIPATE IN GUEST SPEAKER EVENTS, WORKSHOPS, AND COMMUNITY SERVICE PROJECTS. WHETHER YOU'RE LOOKING TO PURSUE A CAREER IN CRIMINAL JUSTICE OR SIMPLY WANT TO LEARN MORE ABOUT THE FIELD, THE JUSTICE LEAGUE IS THE PERFECT PLACE FOR YOU. JOIN US AS WE WORK TOWARDS MAKING A POSITIVE IMPACT AND ENHANCING OUR UNDERSTANDING OF THE JUSTICE SYSTEM! STAY TUNED FOR OUR FIRST MEETING DETAILS!



**Students!  
Your creativity  
is needed.  
Submit your  
poster entry  
today!**

**SCC SPOTLIGHT ON  
ACADEMIC  
INTEGRITY IS  
OCTOBER 16-18.**

**STUDENTS ARE ENCOURAGED  
TO SUBMIT THEIR POSTER  
DESIGNS TO HELP US PROMOTE  
ACADEMIC INTEGRITY AT SCC!**

**Submissions are due by Wednesday, October 8th  
at 5pm.** Please submit your entry in an electronic  
format to Theresa Webster, Dean of Students, at  
[twebster@southeast.edu](mailto:twebster@southeast.edu).

Entries will be displayed on all SCC campuses; and  
students, faculty & staff will vote on their favorites.  
Prizes for the top 4 entries will be awarded.



## HEALTH AND WELLNESS

### NEW TRUMAN CENTER WEIGHT ROOM AND CARDIO HOURS:

- WEEKDAYS: 6 AM - 8 AM & 7 PM - 10 PM
- SATURDAYS: 1 PM - 4 PM
- SUNDAYS: 6 PM - 9 PM

MAXIMIZE YOUR WORKOUTS WITH STRENGTH TRAINING IN THE WEIGHT ROOM AND ENHANCE YOUR ENDURANCE WITH CARDIO MACHINES. TAILOR YOUR ROUTINE TO ACHIEVE YOUR FITNESS GOALS!

### KENNEDY STUDENT CENTER HOURS:

- WEEKDAYS: 7 PM - 10 PM

UNWIND WITH FRIENDS BY PLAYING FOOSBALL, POOL, OR PING PONG. IT'S A GREAT WAY TO RELAX AND STAY ACTIVE IN A FUN ENVIRONMENT!

EMBRACE YOUR WELLNESS JOURNEY AND ENJOY ALL THESE ULTIMATE ACTIVITIES!



### WEEKLY HEALTH TIP: STAY HYDRATED!

DRINKING ENOUGH WATER IS ESSENTIAL FOR YOUR OVERALL HEALTH. AIM FOR AT LEAST 8 GLASSES A DAY TO KEEP YOUR BODY FUNCTIONING OPTIMALLY. HYDRATION HELPS WITH CONCENTRATION, ENERGY LEVELS, AND RECOVERY AFTER WORKOUTS. CARRY A REUSABLE WATER BOTTLE WITH YOU TO MAKE IT EASIER TO SIP THROUGHOUT THE DAY!

**RUN AROUND THE WORLD**  
SOUTHEAST COMMUNITY COLLEGE GLOBAL EDUCATION

**5K & 1 MILE RUN**

REGISTRATION  
\$35 FOR 2  
OR \$20 FOR ONE

SCC STUDENT PRICE:  
\$15 FOR 2  
OR  
\$10 FOR ONE

SATURDAY  
**OCT. 19TH, 2024**  
START 08:30 AM

**SOUTHEAST COMMUNITY COLLEGE**  
4771 W. SCOTT STREET HEARNICE, NE 68310

REGISTRATION LINK T-SHIRTS SNACKS & BEVERAGES

ALL PROCEEDS BENEFIT STUDENTS STUDYING ABROAD  
FOR MORE INFORMATION CONTACT KMEYER@SOUTHEAST.EDU

**GET YOUR FLU SHOT**

Wednesday,  
October 2nd

1:00pm - 3:00pm  
AEC BUILDING  
ROOM: 217

Protect Yourself and Your Loved Ones

Flu season is here. Don't wait, get vaccinated! Free flu shots to all SCC Students & Employees. Walk-ins welcome.  
\*Please bring a copy of your insurance card

Public Health



## UPCOMING SPORTING EVENTS

**SATURDAY, SEPTEMBER 28TH, 2024**

### **MEN'S CROSS COUNTRY**

LOCATION: TBA

EVENT: CHILE PEPPER, FAYETTEVILLE, AR

### **WOMEN'S CROSS COUNTRY**

LOCATION: TBA

EVENT: CHILE PEPPER, FAYETTEVILLE, AR

### **CO-ED RODEO**

LOCATION: DICKINSON CC

TIME: 5:00 PM

### **WOMEN'S VOLLEYBALL**

VS. HIGHLAND COMMUNITY COLLEGE (KAN.)

LOCATION: LINCOLN, NE

**MONDAY, SEPTEMBER 30TH, 2024**

### **CO-ED RODEO**

LOCATION: DICKINSON CC

TIME: TBA

### **WOMEN'S CROSS COUNTRY**

LOCATION: TBA

EVENT: CHILE PEPPER, FAYETTEVILLE, AR

### **MEN'S CROSS COUNTRY**

LOCATION: TBA

EVENT: CHILE PEPPER, FAYETTEVILLE, AR

### **WOMEN'S SOCCER**

VS. ALLEN COUNTY COMMUNITY COLLEGE

LOCATION: BEATRICE, NE

TIME: 1:00 PM

### **MEN'S SOCCER**

VS. ALLEN COUNTY COMMUNITY COLLEGE

LOCATION: BEATRICE, NE

TIME: 3:30 PM

### **WOMEN'S VOLLEYBALL**

VS. NORTH PLATTE COMMUNITY COLLEGE

LOCATION: LINCOLN, NE

TIME: 6:00 PM



#### **LOOKING AHEAD:**

WITH NATIONAL RANKINGS, SCHOOL RECORDS IN SIGHT, AND A TEAM THAT IS GAINING CONFIDENCE EVERY DAY, THE SCC CROSS COUNTRY PROGRAM IS SETTING THE BAR HIGH. THE MEN'S TEAM IS WORKING TOGETHER SEAMLESSLY, AND KAREN KIRATU IS ON A PATH TOWARD POTENTIAL NATIONAL HONORS. COACH DUNCAN COULDN'T MORE EXCITED FOR WHAT'S AHEAD. "THIS IS AN INCREDIBLE START FOR US, BUT IT'S ONLY THE BEGINNING. THE ATHLETES ARE PUTTING IN THE WORK, AND I'M CONFIDENT THAT, WITH CONTINUED DEDICATION, WE'LL BE READY FOR A STRONG FINISH AT THE CROSS COUNTRY NATIONAL CHAMPIONSHIPS IN NOVEMBER AS WELL AS THE HALF MARATHON NATIONAL CHAMPIONSHIPS FOR A FEW RUNNERS AS WELL IN RICHMOND!"

AS SCC CONTINUES IT'S CLIMB, THE FUTURE LOOKS BRIGHT FOR BOTH MEN'S AND WOMEN'S TEAMS. STAY TUNED FOR MORE EXCITING UPDATES AS THE SEASON PROGRESSES!

**FOR MORE ATHLETIC  
NEWS & UPDATES  
GO TO [SCCBBCATS.COM](https://sccbobcats.com)**





## SILENT WITNESS CAMPAIGN:

### RAISING AWARENESS FOR DOMESTIC VIOLENCE

WE ARE PROUD TO ANNOUNCE OUR PARTICIPATION IN THE SILENT WITNESS CAMPAIGN, A POWERFUL INITIATIVE AIMED AT RAISING AWARENESS ABOUT DOMESTIC VIOLENCE AND HONORING ITS VICTIMS DURING THE OCTOBER MONTH.

THIS CAMPAIGN FEATURES LIFE-SIZED SILHOUETTE BANNERS REPRESENTING INDIVIDUALS WHO HAVE LOST THEIR LIVES DUE TO DOMESTIC VIOLENCE.

EACH SILHOUETTE TELLS A STORY, BRINGING ATTENTION TO THE IMPACT OF THIS ISSUE IN OUR COMMUNITY.

THROUGHOUT THE MONTH, HOPE CRISIS CENTER WILL HOST EVENTS, DISCUSSIONS, AND EDUCATIONAL SESSIONS TO EMPOWER STUDENTS TO RECOGNIZE THE SIGNS OF DOMESTIC VIOLENCE AND LEARN HOW TO SEEK HELP. WE ENCOURAGE EVERYONE TO ENGAGE WITH THE CAMPAIGN, SHARE RESOURCES, AND SUPPORT THOSE AFFECTED BY DOMESTIC VIOLENCE.

TOGETHER, WE CAN CREATE A SAFER AND MORE SUPPORTIVE ENVIRONMENT FOR ALL. LET'S STAND IN SOLIDARITY AND RAISE OUR VOICES AGAINST DOMESTIC VIOLENCE!

## LET YOUR VOICE BE HEARD! JOIN US FOR STUDENT SENATE MEETINGS



**Southeast**  
COMMUNITY COLLEGE

**STUDENT SENATE**  
*Beatrice Campus*

**BE THE VOICE ON CAMPUS**

LET YOUR VOICE BE HEARD BY HELPING SOLVE PROBLEMS AND PLANNING CAMPUS EVENTS.

Meetings are on  
Wednesday's at Noon  
in the Windmill Grill

Representation is needed from all programs

If interested come to a meeting for more information:  
Jacob Hamilton, K418  
jhamilton1@southeast.edu  
402-228-8152

THIS DEDICATED GROUP OF STUDENT LEADERS IS COMMITTED TO REPRESENTING YOUR VOICES AND ADDRESSING THE ISSUES THAT MATTER MOST TO OUR CAMPUS COMMUNITY. FROM ORGANIZING EVENTS AND IMPROVING CAMPUS FACILITIES TO VOICING STUDENT CONCERNS AND FOSTERING A VIBRANT CAMPUS CULTURE, THE STUDENT SENATE IS HERE TO MAKE A DIFFERENCE. CONSIDER GETTING INVOLVED TO HELP SHAPE THE FUTURE OF OUR COLLEGE EXPERIENCE. YOUR PARTICIPATION AND FEEDBACK ARE CRUCIAL AS WE WORK TOGETHER TO CREATE A THRIVING AND INCLUSIVE CAMPUS ENVIRONMENT.



### MIDTERM WEEK IS AROUND THE CORNER: DE-STRESS TIPS

AS WE APPROACH MIDTERM WEEK (OCTOBER 7TH-11TH), IT'S ESSENTIAL TO TAKE CARE OF YOUR MENTAL AND PHYSICAL WELL-BEING. HERE ARE SOME HELPFUL DE-STRESS TIPS TO HELP YOU NAVIGATE THIS BUSY TIME:

**CREATE A STUDY SCHEDULE:** BREAK YOUR STUDY MATERIAL INTO MANAGEABLE CHUNKS AND SET SPECIFIC TIMES FOR EACH SUBJECT TO STAY ORGANIZED AND REDUCE OVERWHELM.

**TAKE BREAKS:** DON'T FORGET TO TAKE SHORT BREAKS DURING YOUR STUDY SESSIONS. A QUICK WALK, STRETCHING, OR A FEW MINUTES OF MINDFULNESS CAN RECHARGE YOUR MIND.

**STAY ACTIVE:** INCORPORATE SOME PHYSICAL ACTIVITY INTO YOUR DAY, WHETHER IT'S A WORKOUT, YOGA, OR A WALK AROUND CAMPUS. EXERCISE IS A GREAT WAY TO RELIEVE STRESS.

**PRACTICE DEEP BREATHING:** SPEND A FEW MOMENTS FOCUSING ON YOUR BREATH. DEEP BREATHING CAN HELP CALM YOUR NERVES AND IMPROVE CONCENTRATION.

**STAY HYDRATED AND NOURISHED:** DRINK PLENTY OF WATER AND EAT HEALTHY SNACKS. NUTRITIOUS FOODS CAN ENHANCE YOUR FOCUS AND ENERGY LEVELS.

**REACH OUT FOR SUPPORT:** DON'T HESITATE TO TALK TO FRIENDS, FAMILY, OR CAMPUS RESOURCES IF YOU'RE FEELING OVERWHELMED. YOU'RE NOT ALONE!

**GET ENOUGH SLEEP:** AIM FOR A GOOD NIGHT'S SLEEP EACH NIGHT. REST IS CRUCIAL FOR OPTIMAL PERFORMANCE AND FOCUS.

**REMEMBER, IT'S IMPORTANT TO PRIORITIZE YOUR WELL-BEING DURING THIS BUSY TIME. GOOD LUCK WITH YOUR EXAMS, AND TAKE CARE OF YOURSELVES!**

## REGISTRATION INFORMATION

### Chat with Registration

Have a question about registration,  
graduation, or transcripts?

Chat is an easy way to get answers!

- 1 Go to [Southeast.edu](https://Southeast.edu)
- 2 Navigate to **Academics**,  
then **Registration & Records**
- 3 The chat box is in the lower  
right hand corner

#### CONTACTS

Registration & Records Office

402-437-2605

[registration@southeast.edu](mailto:registration@southeast.edu)

Chat with  
Registration





### FREE TUTORING!

Our library offers free tutoring services for all college students! Whether you need help with your coursework, tackling complex subjects, or preparing for exams, our knowledgeable tutors are here to support you. This service is designed to enhance your learning experience and provide personalized assistance to help you succeed academically. Drop by the library to take advantage of this valuable resource, and don't hesitate to reach out for help—your success is our priority! Contact Barb Keating for more information- It's 402-761-8443.

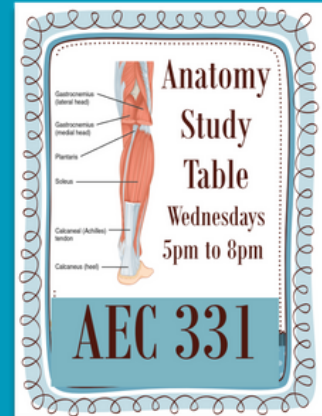
### HELP WANTED: BECOME A TUTOR

#### Math Tutor Wanted

- . Great Pay
- . Flexible hours
- . Must have a "B" or better in the course you want to tutor

Apply online: <https://southeast.peopleadmin.com/postings/7286>

### STUDY TABLES!



#### JOIN US FOR CONVERSATION TABLE

Practice your English!  
Friendly and relaxed atmosphere!  
Conversation about everyday topics!  
Exchange ideas!  
Meet new people!

**Fridays 3:30pm-4:30pm**

Inside the Library/LRC in the Kennedy Center

Contact SCC Tutoring at  
[scctutoring@southeast.edu](mailto:scctutoring@southeast.edu)  
Contact Barb at [bkeating@southeast.edu](mailto:bkeating@southeast.edu)  
or call 402-761-8443