A MESSAGE FROM YOUR DEANS OF STUDENTS

The recent deaths of George Floyd, Breonna Taylor and Ahmaud Arbery is part of an appalling history of racist harassment, assault, and murder that stretches back far too long in the life of our nation. There are too many victims whose experiences never made headlines and whose names will never become public. This is both an individual and collective trauma, and one that we refuse to ignore. These feelings of grief, anger and heartbreak are real and valid and weighing heavily on the hearts and minds of many SCC students, staff and faculty. Racism has no place anywhere in our society and certainly not at SCC.

We make the following commitment to our students:

1) To provide resources and educational opportunities for Student Affairs staff to learn what advocacy and allyship for our black, indigenous and other students of color looks like in action and to empower all to stand up and speak out against injustices.

2) To provide a safe place for black, indigenous and other students of color to give voice to concerns and emotions they are currently experiencing and witnessing.

3) To continue to enforce the SCC Standards of Conduct that expects all students demonstrate respect for others and adhere to the principles of diversity (www.southeast.edu/standardsofconduct).

4) To actively seek out the voices of black, indigenous and other students of color in the development and improvement of Student Affairs programs and services.

You have our commitment to do the work to educate ourselves, to confront our internal and unconscious biases and to broaden our world views so that we do not place that burden on you, the student. It is not the responsibility of black, indigenous and people of color (BIPOC) to school us on the do's and don'ts and why's and why not's. That responsibility is on us, and you have our commitment to protect and strongly advocate for your physical, emotional and academic well-being.

As a reminder, SCC also provides free counseling services available to all students enrolled in credit courses. For more information, visit www.southeast.edu/CAPS or contact Kalika Jantzen, Director of CAPS, at kjantzen@southeast.edu or 402-437-2286.

Our best,

- Toni Landenberger - Dean of Students/Assistant Campus Director-Beatrice
- Stacy Riley - Dean of Students/Assistant Campus Director-Milford
- Theresa Webster – Dean of Students/Assistant Campus Director - Lincoln

There are times when headaches or uncharacteristic migraine symptoms are indications of something that needs medical attention. Some individuals are reluctant to call their doctors or go to an Emergency Department because they don’t want to arrive only to learn that nothing out of the ordinary is wrong. Please, don’t be concerned about that; get medical attention if you think you fit the following criteria.

- You have more than the occasional headache
- Your headaches are severe or come on quickly
- Your headache is accompanied by any of the following:
  - Confusion
  - Dizziness
  - Fever
  - Numbness
  - Persistent vomiting
  - Shortness of breath
  - Slurred speech
  - Stiff neck
  - Unpredicted symptoms affecting your ears, nose, throat or eyes
  - Unrelenting diarrhea
  - Vision loss
  - Weakness

- You have a headache that persists, and continues to get worse or won’t stop
- Your headaches interfere with your normal activities of daily life
- You find yourself taking pain relievers more than two days a week
- You take over-the-counter medications for headache relief but the recommended dosage is not adequate
- Coughing, sneezing, bending over, exercise or sexual activity cause headaches
- You have headaches that continue and that began after a head injury, or other trauma
- The characteristics of your headaches change
- The symptoms of your migraine attacks change

National Headache Foundation
THE SOURCE IS A WEEKLY PUBLICATION FOR SCC STUDENTS
ITEMS MUST BE SUBMITTED TO THE ACTIVITIES OFFICE BY
12 NOON EACH THURSDAY.
THE SOURCE IS ALSO AVAILABLE ONLINE AT

IT’S TIME TO REGISTER FOR FALL SEMESTER!

• Need help? Contact your advisor!
• Not sure who your advisor is? Email: advising@southeast.edu

We’re here for you!

SOCIAL MEDIA-STUDENT LIFE

@SCC.Lincoln.Student.Life
@LincolnScc
@scc.lincoln.student.life/

We will be using these platforms to keep students informed and engaged.

SCC COVID-19 AWARENESS INFO
https://www.southeast.edu/covid-19/

CAREER SERVICES

Employers are hiring, be the first to know!
Visit SCC’s online Job Board www.collegecentral.com/southeast
Questions? Visit Career Services in Rm J-3 or email Heather Wallis, hwaite@southeast.edu

Make an Appointment

ONLINE COUNSELING

Available Now!

Talk with a counselor anywhere you have wifi access!

Reach out to Kalika Jantzen at KJantzen@southeast.edu or (402)413-6375 today!