

ZOOM TUTORING: March 30-end of semester		
To set up a tutoring appointment via Zoom, please email the tutor below. Type "(Subject name) Tutoring" in subject line, and request a Zoom drop-in session during open hours (M-Th 9am-7pm; Fri 9am-3pm) or suggest times for a future Zoom appointment. If you need assistance, call 402-437-2627.		
Subject	Tutor	Tutor Email
Drop-in Zoom Sessions or Zoom Appointments available		
WRITING/READING	Writing Center	scwritingcenter@southeast.edu
MATH ANATOMY/PHYSIOLOGY BIOLOGY, MICROBIOLOGY CHEM/ORG CHEM, PHYSICS COMPUTER (CIT & Microsoft Apps) SPEECH	Tutoring & Learning Center	scclincolntutoring@southeast.edu
By Appointment via Zoom		
ACCOUNTING 1	Doris Kedou	dkedoungabna@southeast.edu
ACCOUNTING 1&2	Ha Nguyen	hnguyen1@southeast.edu
ACCOUNTING 1&2 & BUSINESS MATH	Doug Radtke	dradtke@southeast.edu
ADN, LPN, CNA COURSES	Carol Penrosa	cpenrosa@southeast.edu
AMERICAN HISTORY	Shane Hunter	shunter@southeast.edu
AMERICAN SIGN LANGUAGE	Brooke Weishelt	brooke.weishelt@my.southeast.edu
AUTO, MOTORCYCLE, WELDING	Zachary Schuppan	zachary.schuppan@southeast.edu
BUSINESS COMMUNICATION	Ha Nguyen	hnguyen1@southeast.edu
CADD	Abby Zachek	abigail.zachek@my.southeast.edu
CADD	Nabeh Alderoubi	nabeh.alderoubi@my.southeast.edu
COMPUTER: All CIT courses	Brianna Williams	bwilliams@southeast.edu
CRIMINAL JUSTICE/ HISTORY	Warren Hale	whale@southeast.edu
CULINARY/HOSPITALITY	Allison Meyer	allison.meyer1@my.southeast.edu
ELECTRONIC/DIGITAL SYSTEMS	Cedric Nimpa	cnimpafondje@southeast.edu
ECONOMICS (Macro & Micro)	Doris Kedou	dkedoungabna@southeast.edu
GEOLOGY/GEOGRAPHY	Terry Tucker	ttucker@southeast.edu
HISTORY	Warren Hale	whale@southeast.edu
MATLAB	Cedric Nimpa	cnimpafondje@southeast.edu
MEDICAL CALCULATIONS	Ha Nguyen	hnguyen1@southeast.edu
MEDICAL TERMINOLOGY	Ha Nguyen	hnguyen1@southeast.edu
MICROSOFT APPS 1 & 2	Brooke Weishelt	brooke.weishelt@my.southeast.edu
NETWORKING: ELEC 2760 & 2865	Caine Olseon	caine.olson@my.southeast.edu
	Aaron Williamson	joshua.kettelhut@my.southeast.edu
PATHOPHYSIOLOGY	Joshua Kettelhut	aaron.williamson@my.southeast.edu
PERSONAL FINANCE	Steph Sander	stephanie.sander@my.southeast.edu
PHILOSOPHY	Doug Radtke	dradtke@southeast.edu
POLITICAL SCIENCE	Terry Tucker	ttucker@southeast.edu
PSYCHOLOGY	Terra Garay	tgaray@southeast.edu
PSYCHOLOGY /SOCIOLOGY	Doug Radtke	dradtke@southeast.edu
PTA / KINESIOLOGY	Steph Sander	stephanie.sander@my.southeast.edu
SOCIOLOGY	Jared Denny	jared.denny@my.southeast.edu
SPANISH	Terra Garay	tgaray@southeast.edu
STUDY SKILLS/TIME MGMT	Doug Radtke	dradtke@southeast.edu

STUDENT SENATE
3:30 p.m. on Mondays via Zoom
If you have any questions, concerns, etc., please contact Rachel Mason at mason@southeast.edu 402-437-2630



RELIEVE STRESS, BE MORE SUCCESSFUL & FEEL CONNECTED. REACH OUT FOR COUNSELING AT SCC

Kalika Jantzen MA LIMHP LADC, Director of CAPS
KJantzen@southeast.edu (402) 437-2286. All CAPS services are being offered through ZOOM. Please go to <https://www.southeast.edu/caps/> for more information.

CAPS Support Group Every Monday 10-11 a.m.
Zoom Meeting: <https://Southeast.zoom.us/j/275522395>

CAPS Support Group Every Friday 2-3 p.m.
Zoom Meeting: <https://Southeast.zoom.us/j/207192038>

SCC COVID-19 AWARENESS INFO

<https://www.southeast.edu/covid-19/>

SCC'S 2020 SPRING SEMESTER GRADUATION CEREMONY CANCELLED

Commencement is a time of celebration for students and their families. At this time, Southeast Community College, in compliance with a Directed Health Measure ordered by the Lincoln-Lancaster County Health Department as it relates to COVID-19, announces the cancellation of its 2020 Spring Semester Commencement ceremony. The ceremony was originally scheduled for May 6. The DHM, effective through May 6, prohibits gatherings for any reason of more than 10 people in single spaces.

Following is additional important information for SCC students:

- Alternatives to the traditional ceremony are being explored. More information will be shared at a later date.
- Degrees will be awarded and diplomas mailed once all requirements have been completed.

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 <http://thehub.southeast.edu/studentsrvs/stuactivity/Pages/default.aspx>

ASK FOR CONSENT

When you want to get close to someone — whether you're hooking up for the first time or in a long-term relationship — it's important to know how to ask for consent.

BEFORE ASKING FOR CONSENT

- ASK YOURSELF** How might my actions make someone feel?
- ASK YOUR PARTNER** About things like protection, previous experiences, preferences, and more through texts or in casual settings.
- ASK YOURSELF** Am I in a clear enough state to respect someone's boundaries or have I had too much to drink?

WHEN ASKING FOR CONSENT

- ASK YOUR PARTNER** What they'd like to do. Be specific about what you're asking. For example, "Do you want to mess around? Like cuddling and making out?"
- ASK YOURSELF** Am I reading it clear from my words, tone, and body language that I'm OK with the answer no matter what it is?

"Do you want to...?"

- IF YOUR PARTNER SAYS NO** Accept their answer. Never try to convince or guilt someone to say yes when they've already said no.
- IF YOUR PARTNER SEEMS UNSURE** Play it safe and don't go further. Instead ask them what they'd like to do.
- IF YOUR PARTNER SAYS YES** You can move forward. Keep checking in to make sure they're enjoying what's happening.

CONSENT IS A SKILL - YOU GET BETTER AS YOU PRACTICE.

NSVRC | Sexual Assault Prevention | NSVRC.ORG/SAAM #SAAM #IAsk

16th PUT YOUR FOOT DOWN AGAINST SEXUAL ASSAULT
10 K / 2 MILE RUN/WALK

WE'RE GOING VIRTUAL!

HERE'S HOW TO DO IT:

1. REGISTER FOR THE VIRTUAL RUN/WALK ONLINE BY VISITING WWW.RACEENTRY.COM AND SEARCH HOPE CRISIS CENTER OR FIND OUR FACEBOOK PAGE FOR THE LINK. COST OF REGISTRATION IS \$20.
2. RUN OR WALK AT YOUR CONVENIENCE ANYWHERE AND ANYTIME ON OR BEFORE SATURDAY, APRIL 25TH.
3. POST YOUR TIME AND A SELFIE ON SOCIAL MEDIA WITH THE HASHTAG #HCCVIRTUALRUN. THIS IS OPTIONAL, BUT IT'S A GREAT WAY TO SPREAD AWARENESS AND STAY CONNECTED TO OTHER RUNNERS IN YOUR COMMUNITY!

HERE'S WHAT YOU GET:

- AN EVENT T-SHIRT MAILED TO YOUR HOME
- ENTRY INTO A DRAWING FOR COOL PRIZES
- AN OPPORTUNITY TO GET OUTSIDE FOR SOME EXERCISE
- THAT WARM FUZZY "I JUST SUPPORTED AN AWESOME CAUSE" FEELING

ALL PROCEEDS WILL SUPPORT HOPE CRISIS CENTER.
FOR MORE REGISTRATION INFORMATION, FIND US ON SOCIAL MEDIA.

HOPE crisis center

Facebook, Twitter, Instagram icons

illuminations

Submission Deadline: May 15, 2020

Submit your creative work for the next volume!

- SHORT STORIES
- POEMS
- ESSAYS
- ARTWORK
- PHOTOGRAPHS
- GRAPHIC DESIGN & ILLUSTRATION

Cash prizes are awarded to top student submissions

HOW TO SUBMIT:
<https://www.southeast.edu/howtosubmittoilluminations/>