

SAN JACINTO COLLEGESM CareerFocus

Fall 2022 • Volume 3 • Issue 3



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SAN JACINTO COLLEGE

Questions about San Jacinto College programs and services described in this publication should be directed to the Contact Center at 281-998-6150. Comments or questions about the publication can be directed to the San Jacinto College External Relations Department at 281-998-6152.

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Visit San Jacinto College online at sanjac.edu. Call us at 281.998.6150.



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About San Jacinto College

Surrounded by monuments of history, evolving industries, maritime enterprises of today, and the space age of tomorrow, San Jacinto College has served the people of East Harris County, Texas, since 1961. San Jacinto College is among the top five community colleges in the nation, as designated by the Aspen Institute for Community College Excellence in 2021, and was named an Achieving the Dream Leader College of Distinction in 2020. The College spans five campuses, serving approximately 41,000 credit and non-credit students annually, and offers more than 200 degrees and certificates across eight major areas of study that put students on a path to transfer to four-year institutions or enter the workforce. San Jacinto College's impact on the region totals \$1.3 billion in added income, which supports 13,044 jobs.

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NEWS AND NOTES

FROM AROUND THE COLLEGE

WITH NEW FAA DESIGNATION, STUDENTS CAN COUNT ON TOP DRONE TRAINING AT SAN JAC

The San Jacinto College EDGE Center — the official education training partner for the Houston Spaceport — is now a partner for the Federal Aviation Administration's Unmanned Aircraft Systems-Collegiate Training Initiative.

“The College has offered drone classes since 2016, with an increase in course options with the opening of the EDGE Center at Ellington Airport in 2020,” said Janis Fowler, director of aerospace education and workforce training. “This designation from the FAA ensures that our standards for instruction and instructor qualifications are higher than ever, giving our students the very best this region has to offer in training.”

The FAA's UAS-CTI program recognizes institutions that prepare students for careers in unmanned aircraft systems, or drones. To qualify for the initiative, schools must offer a bachelor's or associate degree in UAS or a degree with a minor, concentration, or certificate in UAS. Schools must provide curriculum covering various aspects of UAS training, including hands-on flight practice, maintenance, uses, applications, privacy concerns, safety, and federal policies concerning UAS.

- The EDGE Center offers four 16-hour drone courses and one comprehensive course:
- Drone/sUAS FAA Part 107 Test Prep (\$180)
- Drone Flight Operations (\$285)
- Advanced Flight Operations (\$350)
- Advanced Topics (\$310)
- Comprehensive UAS/Drones (\$1,050)

Among local community colleges, San Jac is unique in offering the flight operations classes and joins only four other Texas institutions in the UAS-CTI program.

► To learn more, visit sanjac.edu/edge-center.



MASS TIMBER BUILDING BOASTS OLD-SCHOOL CONSTRUCTION, MODERN TWIST

San Jacinto College continues to build and update facilities thanks to the 2015 capital improvements bond program.

The Anderson-Ball Classroom Building celebrated its grand opening Aug. 16. Inside its lobby, laminated black spruce columns climb 40 feet to support double beams spanning a planked ceiling. Taking up one-third of the lobby's visible envelope, all this timber gleams amber-gold.

At 122,000 square feet, Anderson-Ball is currently the nation's largest mass timber instructional building. It sits on the foundations of the former Anderson and Ball technical buildings on the Central Campus quadrangle and houses math, pre-engineering, college prep, English, and humanities classes.

While its brick exterior ties it to the campus' other legacy buildings, its structure comprises mass timber — wood layers laminated together in cross-pattern — rather than steel.

Commercial development, building codes, and certification processes matured at the right time for the College to pursue mass timber.

“The market was ready for someone to do what we did, and we just happened to be there first,” said Charles Smith, associate vice chancellor of fiscal initiatives and capital projects.

Besides using old-school but now vogue timber construction, Anderson-Ball showcases innovative technology like solar tubes and panels, graywater/

SAN JAC IS FINALIST FOR 2023 ASPEN PRIZE

The Aspen Institute named San Jacinto College one of the 10 finalists for the 2023 Aspen Prize for Community College Excellence.

This newest honor follows the College's recognition as an Aspen Prize Finalist with Distinction in 2021, Aspen Prize Finalist in 2019, and Aspen Prize Rising Star in 2017.

The \$1 million Aspen Prize is the nation's signature recognition of community colleges that are achieving high and equitable outcomes for students. The 10 finalists represent the amazing potential of more than 1,100 community colleges nationwide as engines of prosperity and social mobility. San Jac has distinguished itself in innovative instructional and student support strategies and leads the nation in Hispanic student degrees, use of data collection and analysis, and workforce and economic development.

Next steps in the Aspen Prize selection include multi-day site visits to each of the 10 finalists to gather insights about effective practices, a review by a distinguished jury to select the Aspen Prize winner, and a late spring 2023 announcement of the winner.

► To learn more about San Jac and the Aspen Prize, visit sanjac.edu/newsroom.

rainwater harvesting systems, and electrochromic windows that tint automatically.

Anderson-Ball's innovative design led Engineering News-Record Texas & Louisiana to name it the 2022 “Best Project, Higher Education/Research.”

Other bond projects completed in 2021-2022 include ...

Central Campus:

- Welcome Center roundabout entry
- McCollum Building renovation

South Campus:

- Jones Building renovation
- Domestic water service upgrade
- New central plant
- Maintenance building renovation

Maritime Campus:

- New lifeboat davits

Generation Park Campus:

- Additional parking on south side of campus

► Learn more at sanjac.edu/bond. ■

TRAFFIC CLASS GOES BEYOND THE BOOKS

| By Neesha Hosein

In traffic law and investigation class, students learn their ABCs — but not in the traditional sense. Theirs is a phonetic alphabet.

The Texas Law Enforcement version begins with Adam, boy, Charles and is used to call out license plates, for example.

“We cover the Texas Transportation Code, which is used as our textbook,” said John White, Central Campus criminal justice professor. “This class has a lab component. Therefore, we learn how to do a traffic stop using the seven-step contact approach. We scaffold this with basics from using the Texas peace officer’s phonetic alphabet, radio protocol, and dealing with cooperative citizens and work our way to a high-risk felony stop.”

Who should register for this course?

Anyone seeking a certificate, Associate of Applied Science degree in criminal

justice, or law enforcement career would benefit from the class.

“This class is not transferable to four-year colleges because it is within a terminal degree plan,” White said. “However, anyone could just take it to learn more on this topic and see if criminal justice is a track for them.”

Preparing students for the real world

“I remember getting out of college and eventually the police academy and feeling anxious to do the job, but there was so much more I learned on the streets in the field training officer program that I never really had time to dig into, or it just was not covered,” White said. “So I teach this class from that perspective. How to handle traffic stops is the most important thing to learn in this class because there’s no such thing as a routine traffic stop.”



Photo by Neesha Hosein

Students run through various scenarios ranging from simple arrests and applying de-escalation and communication skills to many other extremes. They also learn how to work a crash scene, complete a Texas CRB-3 report and basic diagram, and rehearse problem-solving policing in the field.

“They may have to deal with verbal non-compliance, check someone for warrants, confirm they have one, and have to arrest the person,” White said. “Another possibility is stopping a car with multiple occupants involved in a robbery and precipitating a high-risk felony stop.”

During a typical class day, students practice putting on tactical gear, handling weapons, and role-playing to practice traffic stop verbiage. They gather outside to perform mock traffic stops in specifically positioned vehicles, adding flashing lights for effect. In one scenario, White acts as a traffic law violator who’s been pulled over while a student approaches as the police officer. After a few practice rounds, White discusses the activity with the class, offering kudos and helpful critiques on students’ performances.

Grading and final exam

In the service-learning module of this class, students must finish 10 hours of

service-learning to complete traffic class requirements.

They’re given an opportunity to shadow San Jac police officers around campus to observe and learn about traffic safety. Students present their observations to the College’s police department to help problem-solve identified traffic spots with the three E’s – engineering, enforcement, and education.

“Students keep a weekly journal where they reflect on subject matter learned,” White said. “Also, the ‘practicals’ are critical. They are graded on performance of tasks learned in the hands-on training. They do a traffic law test that resembles one from a police academy, and they must do another traffic stop.”

Kacy Huerta, criminal justice major, calls the class an amazing experience.

“This class is very hands-on and a lot of fun,” Huerta said. “The most important thing I learned was safety. It’s extremely important to be safe and careful when you’re conducting a traffic stop.”

After graduation, Huerta plans to become a police officer and move up the ranks with time and training.

To learn more about the criminal justice program, visit sanjac.edu/program/criminal-justice. ■



Photo by Neesha Hosein

ADVANCED MANUFACTURING, MACHINING JOBS **ARE GROWING** **ALONG GULF COAST**

| By Melissa Trevizo

Careers in advanced manufacturing and machining are in high demand along the Texas Gulf Coast. San Jacinto College Continuing and Professional Development offers courses that lead to Haas Computer Numerical Control mill and lathe certifications and prepare students to meet this demand.

The Gulf Coast Workforce Board has listed machinists and CNC tool operators on its high-skill, high-growth occupations list. High-skill jobs are those that offer the best employment opportunities now and in the immediate future.

“The future of this industry will continue to be in high demand because of the need for precision products of all shapes and sizes,” said Leslie Clark, CPD faculty. “The need to manufacture or develop individual, custom, or mass-produced parts only happens because of skilled machinists in action.”

Manual machinists are skilled professionals who set up and operate a variety of machines by hand, such as lathes, mills, and grinders to fabricate, modify, or repair mechanical instruments and equipment.

CNC machines have revolutionized the machining industry. These machines can perform complex machining operations faster than manual machines with greater accuracy and ease. The higher accuracy and precision of CNC machines also produce lower scrap rates and part costs.

Today, the demand for a skilled workforce requires a hybrid set of technology skills, including CNC machine programming and critical knowledge of part-making inside a machine. According to Jerelyn Glenn, director of CPD IT tech and advanced manufacturing, there is value to learning both.

“Our industry-led advanced manufacturing advisory committee highly recommended that we require the manual machining class as a prerequisite to the CNC courses to gain the basic concept of machining



to better understand the tasks CNC machines were performing automatically,” Glenn said. “There remains a high need for both.”

Clark, a machinist and millwright with 35 years of experience, notes that to be successful in this industry students should have the ability to “troubleshoot effectively and have knowledge of basic mechanics and confidence in repairing machinery.”

One student who has completed the CNC certification and returned to take more courses is 61-year-old Raymond Cuevas.

“I have always had a love for learning,” Cuevas said. “Working as a mechanic in machine shops, I was curious about getting into the industry, but gaining the knowledge was difficult. I looked for training at other institutions, but many of them didn’t have what

Financial assistance is available to qualifying students for these classes:

- Manual Machining
- CNC Lathe Complete
- CNC Mill Complete

I was looking for. I liked that I could get my hands on the machines and see them in person. I don’t think I would get the same education without the face-to-face courses.” ■

► To learn more about advanced manufacturing and machining, visit sanjac.edu/programs-courses/cpd/your-career/manufacturing/advanced-manufacturing-machining.



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sanjac.edu/program/pipefitting

MEASURE OF SUCCESS: VETERAN STUDENT SERVES WHILE CHANGING COURSE

| By Courtney Morris

“Hope for the best and prepare for the worst.”

Jared White chuckles, realizing what he’s said. The 36-year-old Army veteran has been accepted into the Transfer Scholars Network, which connects high-achieving community college students with top universities, including Ivy League schools.

Although the San Jacinto College student hopes to pursue mechanical engineering at Rice (“the best”), he may end up at another local university. OK, not the worst, he admits.

White is no stranger to changing course after best-laid plans.

Correcting course

While some high school peers debated which college they would attend, White mulled over which military branch he would pursue. Instead, he became the third-generation electrician in the family.

In 2014, a construction layoff finally led him to join the Army. Then came another change of plans: After completing an Afghanistan tour, White got medically separated from the Army in 2020 because of a service-related shoulder injury.

In Texas now — no longer able to pursue overhead electrical work — White turned to San Jac for a new career course in summer 2021. Using veteran benefits, he started a general studies associate degree. Goal: Earn mechanical and aerospace engineering degrees and work for NASA.

Taking the plunge

While he has stayed on course at San Jac, White has overcome several challenges along the way. First, almost 20 years had passed since he last cracked a textbook, so he had to relearn how to study. He also took a five-week college algebra class as one of his first classes.

“I was doing math from sunup to sundown,” White said.

Even his dreams gave him no rest, conjuring up quadratic equations, exponents, and polynomials.

Although his wife has supported him 100% in his educational goals, their two kids groan as Dad does homework from the moment he gets home until long past their bedtime.

“I try to be a good role model and show them with good grades you can get a good job,” White said. “This is for something better.”

Giving back

Though White has changed course throughout life, what hasn’t changed is his passion for helping and giving back.

While navigating his benefits early on, White camped out in the Central Campus veteran center so much the veteran coordinator asked whether he wanted a work-study position. Today, between classes, White covers the main desk, answering other veterans’ questions and swapping military stories.



Jared White

“We have this branch rivalry where we crack fun of each other’s branch,” he said.

Besides judging FIRST robotics competitions at the Central Campus, White also landed a Louis Stokes Alliance for Minority Participation Bridge to Baccalaureate internship in summer 2022. Under math professor Sharon Sledge’s leadership, he helped move all robotics equipment, including 3D printers, to the artificial intelligence lab in the new Anderson-Ball Classroom Building. He also built cabinets in a new supply closet and arranged everything Tetris-style.

“Jared’s maturity and work ethic made an almost impossible task possible: moving a mountain of items while remaining open for business,” Sledge said. “He is mechanically gifted with craftsman skills that are necessary when trying to fit that round peg in a square hole.”

White also ran logistics for the Roboteers Start Here kids’ summer camp, supplying the materials other

interns needed to teach circuits and 3D modeling.

Beyond San Jac, he and his family have volunteered for Habitat for Humanity and Pasadena’s Thanksgiving food drive.

“I like giving back to the community,” he said. “My parents did that with me.”

Measuring success

From life experience, White knows success comes from planning and adapting.

His advice for others considering starting college as an older adult? Talk to family members about the changes at home. Seek study ideas and technology tips from younger students. Know that San Jac faculty and staff want to help you reach your goal.

“Just do it. It’s never too late,” he said.

Does “hoping for the best, preparing for the worst” apply here too? White thinks so: Expect challenges and face them.

“College can be scary or intimidating,” he said, “but that builds character.” ■

SCIENTIST, EDUCATOR MAKES BIOLOGY MATTER

By Neesha Hosein



Dr. Tyler Olivier

Photo by Neesha Hosein

From biology major to San Jacinto College educator — and a lot in between — Dr. Tyler Olivier brings experience and inspiration to the classroom.

Olivier is the science, technology, engineering, and math department chair at the Generation Park Campus. Starting his San Jac career in 2015, he has taught general biology for science and non-science majors and was part of the honors faculty and service-learning council.

Leading with “GEAUX, Tigers,” Olivier gave away his Louisiana roots — Patterson, to be exact. He majored

in biology at Louisiana State University and went on to earn a Ph.D. in environmental and evolutionary biology from the University of Louisiana Lafayette.

“At ULL, I studied amphidromous shrimp migrations in the Mississippi and Atchafalaya Rivers,” Olivier said. “As a scientist, I’m interested in zoology (inverts) and ecology. As an educator, I advocate for diversity, equity, and inclusion in higher education and service learning.”

Onward to San Jac

Olivier never knew he wanted to be an educator until he began teaching general biology labs at ULL as a teaching assistant. He fell in love with teaching after the first week. From that moment, he aspired to share his passion for biology, and science in general, with everyone.

“San Jac was the perfect place for me,” Olivier said. “Since I interviewed, the people I met welcomed me as family. As an institution, the College provided me with an opportunity to grow as an educator and as a leader. As a lagniappe, Houston is a four-hour drive from my hometown in south Louisiana, so it’s relatively easy for me to get back to a bowl of gumbo or a table full of crawfish.”

As a faculty member, the student interaction was his favorite part of the job because “nothing is better than seeing students grow and learn the material during the semester.” As a department chair, he enjoys problem-solving and affecting learning and student success at the department and program level.

Fondest San Jac memory

“My most noteworthy experience at San Jac happened when I received a text message from a student in my General Biology II class my first semester,” Olivier said. “This student is an African American male, and he was a few weeks away from graduating with his Bachelor of Science in biology. In his text, he told me he appreciated all the help I had given him, and without him seeing me as a professor, he would not have pursued a degree in biology.”

That student is now a middle school science teacher, something Olivier finds “extremely rewarding” because he never had a Black science teacher throughout his entire educational journey. For Olivier, being someone students can see themselves in is an exponential reward.

Classroom overview

Olivier tries to grow his students’ appreciation for life “from microbes

to blue whales.” He approaches his students as partners in the learning experience, expecting all parties to grow throughout the course. This way, he feels less like a gatekeeper and more like a “facilitator of learning.”

“I continually ask my students to think critically about what is being discussed and to explain the practical application of the knowledge we learn,” he said. “As a result, I believe they leave my class with a foundation of skills that can be expanded upon and a working knowledge of general biology.”

Outside the biology lab

Olivier loves to watch and play sports, and he likes to read, mostly history and science. He enjoys a wide variety of music and has a talent for memorizing a ton of song lyrics like a “human jukebox.” He was once a karaoke DJ.

“My dad once told me change is guaranteed,” Olivier said. “This is a simple bit of advice, but it has caused me to appreciate the moments, feelings, and people I experience because our world can be different in an instant. Additionally, it keeps me in a mode of planning and assessing so that when change happens, I can respond accordingly.” ■



Photo by Neesha Hosein



ONLINE EDUCATION CAN BE THE BOSS

| By Neesha Hosein

The business office systems and support program is one of many that can be completed 100% online at San Jacinto College.

BOSS includes three certificate levels and a degree:

- Office assistant, occupational certificate (18 credit hours)
- Administrative assistant, certificate of technology (30 credit hours)
- Executive administrative assistant, Level 2 certificate (45 credit hours)
- Associate of Applied Science degree (60 credit hours)

Students who want to enter the workforce immediately might benefit from pursuing a certificate program. While attending fully online offers more flexibility, students can still choose the face-to-face option or a mix of both.

“This path is for someone who is interested in getting a certificate or associate degree and getting out into the workforce quickly,” said Gabriela Kisner, BOSS professor at the North Campus. “This is a great area. As many companies shift the workforce or even downsize, they always need this position across most industries.”

Types of jobs for graduates

With the associate degree, a student qualifies to be an executive assistant or office manager, according to Kisner. Each level of the program designates the career level for which students will train.

“The curriculum for the associate degree has a vast range of classes to help students learn the basics for most areas of the office,” Kisner said. “The

courses teach skills from accounting and QuickBooks to PowerPoint and record retention.”

Flexibility is the dealmaker

All coursework can be completed online. One semester includes a practicum, similar to an internship, where the student trains at a job site, but the classwork is all online via Blackboard.

“Every class, online and in-person options, has a Blackboard site that is loaded with class information that includes everything from overall class information and textbook access to a schedule of assignments for the course,” Kisner said.

Some classes meet via Zoom while others do not formally meet online



San Jac offers online and in-person classes to meet your learning needs. Spring registration is open now, and classes start Jan. 17.

Get started at sanjac.edu.

at all. However, the instructor can be available via email, in person, or on Zoom to accommodate and answer student questions or offer help. Each class varies, and instructors control the method of learning, but a variety of options makes it flexible and convenient for students. The learning tools include interactive textbooks, online assignments, group assignments, Zoom classes, and helpful videos. Students

who opt for fully online education also have access to tutoring and campus resources.

Remote yet hands-on

“The program includes in-person training called practicums,” Kisner said. “This is completed in the final semester of the associate degree. Students must work 20 hours a week in a place of business assisting with the office work and special projects.”

During this time, the student and professor touch base weekly, either by phone or Zoom.

Kisner explained that many students who are currently employed can get an approval to use their job for the practicum credit. For students who do not already have jobs, the program helps place them in local businesses. The practicum course is one full semester.

“Having a program that can be 100% online helps busy students who need to manage their time around family, jobs, and other commitments,” Kisner said. “Assignments are always available for a few days, so students can look at their schedules and figure out when they can do their schoolwork in that time window. It offers the most flexibility while still allowing students to earn degrees.” ■

► For more information about the BOSS program, visit sanjac.edu/program/business-office-systems-and-support.



San Jacinto Instrumentation

Besides an associate degree in instrumentation, San Jacinto College offers an **enhanced skills certificate** in analyzer technology. Students work with state-of-the-art Siemens models of continuous emissions monitors and gas chromatographs to monitor and regulate air quality in plants.

Learn more about this program and other offerings at the **LyondellBasell Center for Petrochemical, Energy, & Technology**.

sanjac.edu/CPET | 281-476-1806

PROMISE @ SAN JAC SCHOLARSHIP

Q&A: WHAT YOU NEED TO KNOW

| By Melissa Trevizo

The Promise @ San Jac Scholarship is a last-dollar scholarship that covers up to three years of tuition, books, and supplies at San Jacinto College for in-district high school graduates.

Roberto Mendez, Promise coordinator, offers insight into the scholarship and important things to remember when making the pledge.

Q: Who is eligible for the Promise @ San Jac Scholarship?

A: Promise is for students who live in San Jac's taxing district at the time of high school graduation. To find detailed information on requirements and maintaining eligibility, visit sanjac.edu/promise-san-jac-requirements.

Q: What is a last-dollar scholarship?

A: It covers the gap that financial aid, other scholarships, and grants do not. If a student receives financial aid, other scholarships, or grants but they are not enough, then Promise will cover the remaining balance. If the student doesn't qualify for any other assistance, then Promise will cover the full in-district tuition.

Q: How long will the Promise @ San Jac Scholarship provide financial support?

A: Promise will cover students for up to three years or until they earn their first associate degree or reach 72 college credit hours, whichever comes first.

Q: The 3-Peat Rule, charging students attempting to take a course for the third time a \$100 fee, was passed by Texas to discourage students from repeating courses. Are 3-peat charges covered by Promise?



Promise graduate at spring commencement

Photo by Courtney Morris

A: Promise covers the in-district tuition but not additional charges such as a 3-peat fee.

Q: Is there a limit to books and supplies covered by the scholarship?

A: Yes. Promise covers up to \$600 in books and supplies per semester.

Q: How do students use their Promise money to buy books?

A: Promise will cover books from the San Jac bookstore only. Students must bring a photo ID, show their class schedule, and let the staff know they are using the Promise @ San Jac Scholarship to purchase books.

Q: Is there a minimum or maximum number of credit hours a student can take in a semester?

A: Promise does make an exception to the full-time (12 hours) requirement but only if you are in your last semester and require less than a full-time load

to graduate. The maximum number of credit hours placed by the institution is 18 for fall and spring and 14 for summer. Promise Scholars are held to this same restriction.

Q: What if a student fails or drops a class?

A: To keep eligibility, Promise Scholars must maintain a 75% pass rate. Before deciding to drop a class or if they are having difficulty in a class, they should speak to an educational planner.

Q: Can Promise Scholars take classes online or attend multiple campuses?

A: Yes, they can! San Jac has five locations, but we are one college. Promise covers all instructional methods, including face-to-face, online on a schedule, and online anytime.

Q: Does the scholarship cover winter and summer minis or part-of-term courses, like eight-week terms?

A: Yes, we do. We look at the credit hours enrolled per semester, not by part of term. Summer terms are optional, but if students are taking them, they have to be enrolled in at least six credit hours.

Q: Why should eligible students make the Promise pledge?

A: Completing the steps to become a Promise Scholar helps students relieve the financial burden on their families and creates a pathway for students where college is attainable for everyone. A debt-free education allows the scholars to focus on their studies without stressing about the bottom line. ■

► To learn more about the Promise @ San Jac Scholarship, visit sanjac.edu/promise.



How to become a Promise Scholar

By Feb. 16, 2023, complete the online Promise pledge and apply to San Jac through ApplyTexas.

By April 20, 2023, submit a FAFSA or TASFA to be eligible for financial aid.

By July 13, 2023, enroll and register for full-time classes at San Jac:

- Complete all enrollment steps, including any financial aid verification, and register for classes.
- Fall 2023 registration for all students opens April 17.

Serina Guerra



**PROMISE
SCHOLAR
SPOTLIGHT**

Serina Guerra has entered her second year at San Jac, pursuing a degree in psychology. Thanks to the Promise @ San Jac Scholarship, she can pursue both her career goals and her passion for music.

“I felt really lucky that Promise covered my tuition and freed up my time,” Guerra said. “I was able to enroll in classes for the steel band program at San Jac, and I truly found my community. I didn’t qualify for any other financial aid, so if I were taking my full load and steel band, it would be expensive for me. Promise relieves a huge financial burden for my family and allows me to pursue what I love.”

After San Jac, Guerra plans to transfer to the University of Houston-Clear Lake and become a pediatric cognitive behavioral psychologist. ■



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CLASSES START JANUARY 17



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Patient Care Technician

CONTINUING EDUCATION COURSE

The course is offered to licensed **Certified Nursing Assistants** to enhance their direct patient care skills. The course focuses on advanced nursing skills, including wound care, tracheotomy and ostomy care, catheterizations, EKGs, and phlebotomy tasks.

REQUIREMENTS

Must have Certified Nurse Aide license and must have completed phlebotomy course. EKG course must be taken concurrently with Patient Care Technician.

COURSE DATES

Oct. 4 -
Nov. 22, 2022

Call 281-542-2020 for more information or to register.



Photo by Melissa Trevizo

FUTURE OF EDUCATION IS IN GOOD HANDS WITH PATHWAY TO TEACHING CAREERS

| By Melissa Trevizo

San Jacinto College education student Karina Zuniga has wanted to be a teacher since she was a child. Completing the Pathway to Teaching Careers internship with Channelview ISD validated her dream.

“I didn’t know if teaching was the right career path for me, and I thought it was too soon for me to go into the classroom,” she said.

In only her second semester, Zuniga stepped foot into a kindergarten

classroom at Hamblen Elementary and became “Ms. Karina.”

Dr. Mia Young, Channelview ISD director of career and technical education, believes these early internships “empower students to better understand what it means to work in education and create those important aha moments and connections with children.”

Although Zuniga felt shy in the beginning, her confidence grew as she

worked with the kindergartners in the classroom.

“I felt like a second teacher in the room, walking them to lunch and recess and working in small groups,” she said.

This experience is exactly what Caresal Bolds, San Jac program director of child development, and Dr. Randy Snyder, San Jac fine arts department chair, had in mind when they developed the program in spring 2019.

“This creates an opportunity for students to work in education and gain practical experience while still in school,” Bolds said. “The students are hands-on in the classroom with an experienced teacher to mentor them and offer immediate feedback. They can also try different grade levels until they find their niche.”

With a nationwide teacher shortage in public schools and child care centers, the Pathway to Teaching Careers internship gives students a behind-

the-scenes look before they enter the profession.

“We want students to get that ‘I can do this’ feeling,” said Bolds. “But it’s also an opportunity early on for them to recognize if teaching isn’t the right career for them.”

To qualify, students must maintain a 2.5 GPA and work at least 19.5 hours a week, though they can choose their schedule. These qualifications also meet the requirements for the Federal Work-Study Program, which compensates students for their internship.

“Because it was a paid internship, I was able to quit my waitressing job and pay my bills while working in my major,” Zuniga said.

Pathway to Teaching Careers offers internships through two degree tracks: the Associate of Arts in teaching and the Associate of Applied Science in child development/early childhood education.

Child development student Zenita Sanders has been through the internship twice – once with the North Campus Lab School and then with Purpose Kids Early Childhood Learning Center.

“The internship gave me experience that I wouldn’t have had until after graduation,” Sanders said. “I saw the concepts I was learning in the classroom right in front of me. I learned in real time about classroom management, how to deal with a difficult child, how to engage, and in some cases what not to do.”

Sanders decided to pursue an early childhood development career after experiencing issues with securing child care for her children.

“After taking in my sister’s children and raising three kids of my own, I saw the struggle of finding good child care,” she said. “One day I’d love to open my own center to serve my community and show kids a positive role model.”



Zenita Sanders

Recently, Sanders was hired by the Bezos Academy, which will bring a tuition-free, Montessori-inspired preschool to the College’s North Campus in 2023.

“The real-life experience I gained through the internship helped me get the job,” she said. “I talked about specific examples instead of hypotheticals in my interview, and it gave me an advantage.”

Bolds only sees the program growing, with six more students submitting applications this semester.

“One of our goals is student success, and this program works toward that end,” she said. “In a larger way, we are also ensuring the retention and completion

“I felt like a second teacher in the room, walking them to lunch and recess and working in small groups.”

Karina Zuniga,
San Jacinto student



Karina Zuniga



“The real-life experience I gained through the internship helped me get the job. I talked about specific examples instead of hypotheticals in my interview, and it gave me an advantage.”

Zenita Sanders,
San Jacinto student



Photo by Courtney Morris

McKenna Sprinkle

ACCIDENT-PRONE DAD INSPIRES STUDENT TO PURSUE PHYSICAL THERAPY

| By Courtney Morris

Mckenna Sprinkle got the news and did a facepalm: Her dad was in urgent care again after another surfing accident. Wasn't he too old for this?

Although tempted to roll her eyes, Sprinkle had to admit the rehabilitation exercises intrigued her.

"I'm amazed at the little ways we can fix our bodies," she said.

Most high schoolers don't take anatomy and physiology or shadow physical therapists. Sprinkle did both. Those experiences — combined with having an accident-prone dad — pushed her to pursue the perfect career and training ground: San Jacinto College's physical therapist assistant program.

Mover and baker

For a season, Sprinkle wasn't sure when she'd pursue her dream field. In 2017, she dropped out of one physical therapist assistant program after marrying her husband, who soon transferred to Hawaii with the Coast Guard.

"At that time, he was in training and moving around a lot, so it was better for me to put my career on the back burner," she said.

The desire persisted, though. When they transferred to Houston for his new post at Ellington Field, Sprinkle found the South Campus program. In fall 2021, she started with a year of physical

therapy technician work already under her belt.

Program instructor Dr. Kendall Gill and director Dr. Susan Hinson both appreciate her grasp of physical therapy and the lingo, but it is Sprinkle herself who impresses them most. Not only does she exude confidence and ask thought-provoking questions, but she also cares about her classmates — from explaining complicated theories to baking toffee cookies to share before exams.

As the student class president, she also helped raise more than \$3,000 for study materials, conference fees, and licensing exam expenses. And, yes, she does all this while maintaining a 4.0.

"McKenna's leadership skills are some of the greatest I have seen in the program," Gill said.

Sprinkle also praises her instructors, whose open-door policy means she can find a compassionate ear during a family crisis or get help with tough concepts. This doesn't mean they answer every question, though.

"If it's in the book, you'd better know it," she said, laughing.

D.C. delegate

From June 22-23, Sprinkle had the rare opportunity to visit Washington, D.C., to advocate for physical therapy. The Texas Physical Therapy Association chose her from dozens of student candidates statewide.

"I knew the search party would choose her," Gill said. "She researched the project and purpose behind it before

her interview and spoke eloquently about the importance of advocacy in the physical therapy field."

First, Sprinkle met with the American Physical Therapy Association's political action committee to understand legislation that would help physical therapists better care for patients. Then she spoke with Rep. Troy Nehls and Sen. Ted Cruz's legislative aides.

While at Capitol Hill, she networked with many physical therapy professionals and decided to apply for APTA's student board of directors.

"It was encouraging to be part of a community like APTA," she said. "It opened my eyes to the fact that as students we need to volunteer and get involved in organizations that are advocating for us."

Finish line ahead

With her husband gearing up for another move soon, Sprinkle will stay

put this time until she finishes her program. Then she will apply for a compact physical therapist assistant license, which would let her work in many other states.

Eventually, Sprinkle plans to pursue higher physical therapy degrees. She leans toward pediatrics, excited about the critical thinking and creativity involved in motivating kids.

"You have to entertain them while activating the right muscles," she said.

At home, Sprinkle uses her training to help her husband manage his job's physical demands. Will her dad consult with her after his next stunt?

"My dad says he is glad to have a PTA in the family so he can keep surfing into his old age," Sprinkle said. ■

► Learn more at sanjac.edu/program/physical-therapist-assistant.



Photo Courtesy of McKenna Sprinkle

McKenna Sprinkle as delegate in D.C.

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sanjac.edu/program/fire-protection-technology.



STRESS BUSTING 101

| By Courtney Morris

Clammy palms. Racing heart. Upset stomach.

These might sound like medication side effects, but they can actually be signs of stress. Does managing stress have you stumped? San Jacinto College licensed professional counselors Gladys Arvizu and Robert Murray share how you can tackle the stressful situations you face in college and beyond.

Arvizu, who has worked in both a community agency and private practice, has spent the last 12 of her 15 years in higher education at San Jac. Murray joined the College this May with a background in crisis work, community health, and K-12 counseling.

Q: Is stress always bad?

Arvizu: No, good stress motivates us. Stress is part of excitement in general — like a new job, first date, upcoming project, riding a roller coaster. Bad stress comes from something negative like strain in a relationship, a chronic illness, or losing a job or loved one. You feel anxious or overwhelmed and stop doing daily activities.



Stressed? There's help.

As a San Jac student, you have access to short-term counseling with one of the College's licensed counselors. We can also refer you to outside agencies for community resources:

General Resources:

sanjac.edu/mental-health-resources

Appointments:

appointments.sanjac.edu (click Student Support Services > In-Person or Virtual > Mental Health Counseling)

National Suicide and Crisis Lifeline:

Dial 988 for free, confidential support from a licensed counselor. ■

Murray: Good stress is our internal notion we need to get something done, that “spidey-sense” that lets us know something is going to happen. It motivates us to not procrastinate. But there's also overpowering stress where you don't get anything done.

Q: What do college students tend to stress about? Is feeling overwhelmed normal?

Arvizu: Finances, time management, an increase in responsibilities, juggling academic and personal demands. It's normal to feel overwhelmed. It all depends on how you approach the situation and manage your emotions. Knowing how to cope is key.

Murray: Sometimes it's lack of direction — meeting your basic needs and managing others' expectations. What am I going to do at college? What will I study? It's part of life to feel overwhelmed, especially in college. You have family, work ... all these priorities. How do I take care of all of them?

Q: Can I change how I respond to stressful situations?

Arvizu: Things happen all around us that we can't control. But we can control our thoughts and actions — how we react. That's where I encourage you to talk to a mental health counselor about your situation and learn healthy coping skills.

Murray: Speak to a mental health counselor who is not judgmental and can guide you through the stressful situation. Sometimes you need to take a break from whatever is stressing you out. Stop and walk away. Then you can come back with a fresh mindset.

Q: When should I get help?

Arvizu: Your stress impacts your daily life, and everything is overwhelming. If you're a San Jac student, mental health counselors are available here to assist with personal counseling. You can meet with a counselor anytime you're experiencing a personal challenge and need someone to talk to.

Murray: There's a lack of sleep. Your eating habits have changed. You're drinking more or always feeling anxious, pressured. It really depends on you as an individual. When you're too stressed, you won't function as you once did. Come to student support services, or schedule an appointment on the College website. We will listen in a non-judgmental way and help you problem-solve.

Q: I feel stressed right now. What can I do?

Arvizu: Take deep breaths. It's a simple technique that's good for managing emotions. Try grounding exercises — five minutes of mindfulness in a comfortable position. Use your senses to observe what's around you. Do you hear certain sounds? What do you see? This keeps you in the moment and relaxes you. Try positive self-talk: “I'm capable and strong. I can learn from this situation and grow as a person.”

Sometimes our bodies are telling us we need self-care. Get together with a friend, go out to dinner, step away. When you get back to the task, make a plan and figure out how you're going to do it one step at a time. ■



Gladys Arvizu (Photo by Courtney Morris)



Robert Murray (Photo by Courtney Morris)

CHOOSE YOUR PATH

At San Jacinto College, we empower you to achieve your goals, redefine expectations, and explore new opportunities. With our 200-plus degrees and certificates across eight areas of study, you can get the training and tools to find a rewarding career and pursue the life you've always wanted.

Before registering, discuss your career goals with a San Jac educational planner. Whether you pursue workforce training or earn an associate degree to transfer, we'll connect you to the program that's perfect for you. Learn more at sanjac.edu or call us at 281-998-6150. ■



Art, Humanities, Communication, and Design

- Art and Design
- Audio Engineering
- Communications
- Dance
- English
- Interior Design
- Modern Languages
- Music
- Speech
- Theatre and Film

Career Opportunities

*(some may require a bachelor's or master's degree)**

Art, Drama, and Music Teachers (Postsecondary)	\$76,793
Broadcast Technicians	\$40,050
Choreographers	\$50,323
Editors	\$58,786
English Language and Literature Teachers (Postsecondary)	\$78,129
Film and Video Editor	\$51,822
Graphic Designers	\$47,943
Interior Designers	\$60,798
Interpreters/Translators	\$43,179
Lighting Technicians	\$50,000
Media and Communication Equipment Workers.....	\$57,861
Music Directors and Composers	\$78,581
News Analysts, Reporters and Journalists	\$54,920
Producers and Directors	\$57,874
Proofreaders and Copy Markers	\$36,483
Public Relations Specialists	\$59,635
Sound Engineering Technicians	\$61,800
Special Effects Artists and Animators	\$62,244
Technical Writers	\$77,026



Business

- Accounting
- Business Administration
- Business Management
- Business Office Systems and Support
- Economics
- Entrepreneur
- Long Term Care Administration
- Paralegal
- Real Estate

Career Opportunities

*(some may require a bachelor's or master's degree)**

Accountants and Auditors	\$79,540
Bookkeeping, Accounting, and Auditing Clerks	\$46,117
Budget Analysts	\$89,086
Credit Analysts	\$74,966
Executive Secretaries and Executive Administrative Assistants	\$61,638
First-Line Supervisors of Retail Sales Worker ...	\$42,572
Human Resources Specialists	\$61,567
Insurance Underwriter	\$75,191
Paralegals and Legal Assistants	\$59,375
Production, Planning, and Expediting Clerks	\$48,087
Project Management Specialists	\$97,802
Real Estate Brokers	\$58,317
Real Estate Sales Agents	\$38,337



Construction, Industry Manufacturing, and Transportation

- Air Conditioning Technology (HVAC)
- Automotive Technology
- Biomedical Clinical Equipment Technician
- Construction Management Technology
- Diesel Technology
- Electrical Technology
- Electronics Technology
- Environmental Health and Safety Technology
- Global Logistics and Supply Chain Management
- Instrumentation
- Maritime Transportation
- Non-destructive Testing
- Pipefitting
- Process Technology
- Welding Technology

Career Opportunities

*(some may require a bachelor's or master's degree)**

Automotive Body and Related Repairers	\$46,837
Automotive Service Technicians and Mechanics	\$46,706
Bus and Truck Mechanics and Diesel Engine Specialists	\$49,625
Captains, Mates, and Pilots of Water Vessels	\$111,098
Chemical Plant and Systems Operators (Process Technology)	\$81,190
Construction Managers	\$98,969
Electricians	\$52,204
Environmental Science and Protection Technicians (Including Health)	\$49,830
Heating, Air Conditioning, and Refrigeration Mechanics and Installers	\$49,087
Medical Equipment Repairers	\$54,966
NDT Technicians Level I	\$74,392
Occupational Health and Safety Technicians	\$56,766
Plumbers, Pipefitters, and Steamfitters	\$56,182
Sailors and Marine Oilers	\$46,794
Welders, Cutters, Solderers, and Brazers	\$49,118



Education

Child Development / Early Childhood Studies
Teaching

Career Opportunities

*(some may require a bachelor's or master's degree)**

Career/Technical Education Teachers (Secondary)	\$62,424
Child Care Workers	\$22,752
Education and Child Care Administrators, Preschool and Daycare	\$51,458
Elementary School Teachers (Except Special Ed)	\$62,424
Preschool Teachers (Except Special Ed)	\$28,696
Secondary School Teachers (Except Special Ed and CTE)	\$62,424
Substitute Teachers (Short-term)	\$28,558
Teaching Assistants (Except Postsecondary)	\$23,243



Health Sciences

Cancer Data Management
Diagnostic Medical Sonography
Emergency Medical Services
Eye Care Technology
Health Information Management
Medical Assisting
Medical Billing
Medical Coding
Medical Laboratory Technology
Medical Radiography
Mental Health Services
Nursing
Occupational Therapy Assistant
Personal Trainer
Pharmacy Technician
Physical Therapist Assistant
Respiratory Care
Surgical Technician

Career Opportunities

*(some may require a bachelor's or master's degree)**

Certified Ophthalmic Assistants	\$42,500
Certified Tumor Registrars	\$54,049
Clinical Laboratory Technologists and Technicians	\$55,323
Diagnostic Medical Sonographers	\$77,036
Emergency Medical Technicians	\$36,355
Exercise Trainers and Group Fitness Instructors	\$38,635
Health Information Technologists and Medical Registrars	\$74,805
Licensed Practical and Licensed Vocational Nurses	\$50,912
Medical Assistants	\$36,763
Medical Records Specialists	\$43,571
Occupational Therapy Assistants	\$75,737
Ophthalmic Medical Technicians	\$36,156
Paramedics	\$40,495
Pharmacy Technicians	\$37,309
Physical Therapist Assistants	\$71,899
Radiologic Technologists and Technicians	\$62,881
Registered Nurses	\$78,962
Respiratory Therapists	\$64,236
Substance Abuse, Behavioral Disorder, and Mental Health Counselors	\$46,833
Surgical Technologists	\$58,436



Public Safety and Human/Consumer Services

Chef Training
Cosmetology
Criminal Justice
Fire Protection Technology
Massage Therapy
Pastry Chef
Personal Trainer
Restaurant Management

Career Opportunities

*(some may require a bachelor's or master's degree)**

Bakers	\$27,151
Chefs and Head Cooks (Including Pastry Chefs)	\$38,773
Firefighters	\$47,678
Food Service Managers	\$60,453
Hairdressers, Hairstylists, and Cosmetologists	\$26,374
Massage Therapists	\$42,861
Police and Sheriff's Patrol Officers	\$61,968
Private Detectives and Investigators	\$63,841
Probation Officers and Correctional Treatment Specialists	\$48,221
Skin Care Specialists (Estheticians)	\$36,360



Science, Technology, Engineering, and Math

Applications / Programming
 Biology
 Chemistry
 Cloud Computing
 Computer Science
 Computer Simulation and Game Design
 Cyber Security
 Desktop Support and Network Administration
 Engineering
 Engineering Design Graphics (Drafting)
 Environmental Science
 Geology
 Mathematics
 Microsoft and CISCO
 Physics
 Web Design

Career Opportunities

*(some may require a bachelor's or master's degree)**

Agricultural Technicians	\$35,334
Architectural and Civil Drafters	\$60,255
Chemical Engineers	\$154,811
Chemical Technicians	\$77,610
Civil Engineers	\$98,025
Computer Network Support Specialists	\$62,457
Computer Programmers	\$93,140
Computer User Support Specialists	\$48,391
Database Administrators	\$94,981
Environmental Engineering Technologists and Technicians	\$40,923
Food Science Technicians	\$39,434
Information Security Analysts	\$101,380
Mechanical Drafters	\$66,209
Software Developers (Applications)	\$102,567
Web and Digital Interface Designers	\$76,515
Web Developers	\$62,458



Social and Behavioral Science

Anthropology
 Government
 History
 Philosophy
 Psychology
 Sociology

Career Opportunities

*(some may require a bachelor's or master's degree)**

Anthropologists and Archeologists	\$60,924
Clergy	\$53,456
Clinical and Counseling Psychologists	\$78,994
Museum Technicians and Conservators	\$43,946
Philosophy and Religion Teachers (Postsecondary)	\$78,015
Political Scientists	\$95,888 ^(statewide)
Psychologists (All Other)	\$109,470
School Psychologists	\$78,749
Social Science Research Assistants	\$44,272
Sociology Teachers (Postsecondary)	\$77,327

* Salary source: texaswages.com, Gulf Coast Region, 2021 Annual WDA Wages
 ** Salary source: U.S. Bureau of Labor Statistics

Noncredit Classes for Professional and Life Long Learners

Whether you're preparing for a career or picking up a new hobby, the San Jacinto College Continuing and Professional Development Division offers a variety of noncredit courses for workforce training and lifelong learning. Workforce courses keep employees up to date on the latest industry technology and are available through contract training, open enrollment, and grant funding. Not only does the division provide vital training for workers, but you can enjoy picking up new skills you've been eager to learn. CPD offers lifelong learning courses to promote leisure learning and to help you extend your horizons. To learn more, visit sanjac.edu/cpd.

Workforce Development and Job Training

Applied Technology and Trades
 Business and Professions
 Computers, IT, CNC, PLC, and Robotics
 Health Occupations
 Maritime

Corporate Training and Consulting

Task/Job/Organizational Performance Analysis
 Training Needs/Gap Analysis
 Measuring Training Effectiveness and ROI
 Implementing Effective On-the-Job Training
 Apprenticeships
 Transitioning Training from a Functional Unit to a Business Unit
 Train-the-Trainer for Regulatory Compliance
 Strategies for Selecting, Training, and Qualifying Shift/Relief Supervisors
 Approaches to Team Training and Diagnostics
 Organizational and Human Performance Needs Assessments

Community Programs

Aerospace Education and Workforce
 Education
 Life Long Learning
 Youth Programs

Grants

Adult Education and Literacy
 Health Career Pathways Partnership Grant
 TPEG
 TWC Business Funding Opportunities

^^ Salary source: PQNDT 2019 Salary Survey
 ^^ Salary source: Payscale, Houston Region

HOUSTON CITY COUNCIL CHIEF OF STAFF **REMAINS SAN JAC PROUD**

| By Neesha Hosein

For Perdita “DiDi” Chavis, determination and perseverance are two key ingredients to success.

Chavis was on a pre-med pathway at Xavier University in New Orleans in the 1980s, following high school graduation. After moving to Houston and working to support herself, she decided to return to college as a biology major.

Chavis took classes at San Jacinto College off and on from 1993 to 2015, determined to earn a degree no matter how long it took. After taking art and Spanish courses to transfer to the University Houston, she learned she’d completed her Associate of Arts in general studies and graduated in fall 2015.

“This was such an exhilarating experience because, at the time, I had no idea how close I was to completion,” she said. “I would encourage anyone to never stop achieving your educational goals — no matter the obstacles, no matter the time, just finish! I cannot think of a better place to earn a degree than San Jac.”



Chavis’ fondest San Jac memory was receiving a scholarship from the biology department. She worked part time while taking classes, and the scholarship helped with books and tuition. Since then, she’s gone on to pursue more than one passion.

From career dreams to reality

Chavis graduated from the University of Houston-Victoria in 2019 with a Bachelor of Arts in English and concentration in creative writing.

Amid the COVID-19 pandemic, Chavis started her job as chief of staff for the City of Houston Vice Mayor Pro Tem and District K Council Member Martha Castex-Tatum in May 2020.

Meeting constituents’ needs and concerns is the most rewarding part of her job, which includes following and maintaining construction and improvement projects in the district, responding to and addressing constituents’ concerns that have not been resolved by city services departments, communicating new and updated city ordinances, and creating and implementing events and strategies that benefit the communities in the district.

“I chose to work for Houston City Council as chief of staff because I wanted to serve the public on a much grander scale than I did in public education administration,” Chavis said. “I love being there for constituents and helping.”

She said “it helps to have a wonderful and dynamic mentor and boss,” and



she loves that every day brings new adventures and matters to address.

Life outside work

“I am proud to have shared the experience of carrying my daughter, Miracle, as one of several stories published in the book ‘Hope Beyond Fibroids,’” she said. “I have written poems and short stories, yet none are published. I was invited by one of my creative writing professors, Diana Lopez, a published author, to present one of my short stories at the University of Houston-Victoria Undergraduate Interdisciplinary Conference in 2016, and I also helped to edit the UHV GROWL, their creative writing journal.”

Chavis enjoys sewing and has even made her own clothing. She makes customized gifts and crafts using her Cricut. She once sang in a local Houston band from 1997 to 2002 and

has performed at weddings and other celebrations.

“I am proud to be an associate member of the Chief of Staff Association, an international organization of professional chiefs of staff,” Chavis said. “This organization allows me to connect, collaborate, and work with influential professionals across the globe!”

Why she is San Jac proud

Chavis believes her experience at San Jac contributed to her accomplishments by allowing her to attend an institution with other nontraditional and traditional students alike.

“The diversity of San Jac was refreshing and encouraging,” she said. “I like the programs San Jac offers individuals who want to gain knowledge and skills to be successful in their careers or explore a different career path, and they can do so affordably.” ■



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- **APPLY FOR FINANCIAL AID by 4/20/23**

You must submit a FAFSA or TASFA application to qualify for Promise @ San Jac.

- **REGISTER FOR CLASSES by 7/13/23**

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