

# On Topic

The Official Newsletter of SJSU SOTA  
September 2019

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## Welcome to Fall Semester Spartans!!

WRITTEN BY CYNTHIA NOGOY AND ANA FLORES

First years, welcome to the SJSU family! We are excited to have you in this program and hope you enjoy your first year as much as we did.

Second years, welcome back to school, let's finish this school year strong!! We hope you all had a relaxing summer and engaged in many leisure occupations.

We encourage you both to get involved by coming out to SOTA events, volunteer, and keep in touch with your mentor/mentee throughout the year. Lastly, don't forget to be present and to enjoy every moment of this crazy ride because it goes by fast!

SOTA Meetings are held on the first Wednesday of the month, next meeting is on Oct. 2nd

# I Wish I Knew...

## Second Years' Quick Tips for First Years

Organize your computer files for classes at the BEGINNING of the semester and solely take computer notes that are clear and easily edited.

I wish I had an extra binder with tabs ready to go for Dr. Heidi's professional development binder. Remember to keep all your papers!

You can get a public library card at MLK. This allows you to reserve study rooms for two hours. You reserve the rooms online: first hour is done with SJSU credentials and the second hour is reserved using the public library card #.

Keep a master schedule of some sort with all the assignments and their due dates for the semester so you can stay on top of things.

Download all files from your classes in Canvas so that you can use them as a resource in the future. I was lazy to do so, but now regret it!

Remember that you don't have to be perfect or an expert, take it day by day and breath!

# SOTA Events



## Past Events

- SOTA & AACI Asian Women's Home

## Future Events

- September 9: BLS CPR Workshop
- September 18: Backpack Awareness Day
- September 28: Volunteer at the Vista Technology Education Conference
- September 29: Letter-writing/ advocacy event for Virtual Hill Day

## College of Health and Human Sciences Ice Cream Social



## SOTA & AACI Asian Women's Home Origami Crane Event



# Campus Resources!

## Student Wellness Center

- Get a free 15 minute massage
- Learn how to decrease your stress and anxiety through biofeedback
- Go to a CHEW cooking class and learn how to make delicious and nutritious meals
- Take a break from studying and play some board games

## Spartan Food Pantry

- Walk-in pantry offers non-perishable goods, fresh produce, and refrigerated goods at SJSU.
- Fall 2019  
hours: Monday 1-6PM; Wednesday-Friday 11AM-4PM

## Escort Services

If you ever ever feel unsafe walking on campus, UPD can provide an escort to any location on campus and up to 2 blocks from campus.

The service is available 24 hours a day, 7 days. You can use any Bluelight phone to request services or call UPD 408-924-2222.

## Career Center

- Review your resume with a career counselor
- Get a professional headshot taken during a Friday Photo Booth event
- Looking for a job? Check out Handshake, SJSU's job search engine.
- Need professional clothing? Email [careerhelp@sjsu.edu](mailto:careerhelp@sjsu.edu)