STANDING TOGETHER
College community stays strong in difficult times

MOVING TOWARD WELLNESS
Make healthy habits part of your daily routine

INTERPRETER PREPARATION
Sign language skills translate to career potential

BECOME REST-ASSURED
Quality sleep benefits both body and mind
Let CCBC help you get back to work.

If you’re out of work, CCBC can help you retool FAST with an impressive selection of job-entry and career-advancing programs you can complete in about a year or less. Most programs offer an industry certification or license.

Classes for our career training certificate programs are starting all the time, and with an expanded array of online learning options.

Get started today at ccbcmd.edu/work
Standing together while remaining apart:
CCBC during the global health crisis

Midway through CCBC’s Spring 2020 semester, our collective worlds were turned upside down by the global coronavirus pandemic. In the months since, we have been living in the midst of something unfamiliar, widely disruptive, and often frightening.

Over the course of two short weeks mid-semester, we took 3,000 on-campus classes and converted them into remote delivery. In the months since, we have continued to educate thousands of students, and have kept 4,000 full- and part-time faculty and staff capably employed.

Thanks to the resiliency, flexibility, dedication and strength of the entire CCBC family, students returned to their studies, faculty continued to deliver instruction, and the wheels of CCBC administrative operations continued to turn.

We are deeply and personally committed to being an anchor and place of focus for students as well as members of our extended college community.

CCBC CARES: Positive news for unsettling times

In the days immediately following the college’s March 16 transition to severely restricted operations, CCBC faculty, staff and students mobilized to offer support to local health care providers, our neighbors, and each other. Here are just a few examples of our CCBC Cares initiative in action:

**Faculty and students and step up to serve**

The CCBC School of Health Professions has made significant contributions during the COVID-19 pandemic. SHP Dean Dr. Shawn McNamara worked with Maryland universities and colleges to create a three-tier structure to guide mobilization of Nursing and Respiratory Care students into the workforce.

More than 40 CCBC Nursing students are registered and awaiting assignments, and 17 full-time SHP faculty are working in area hospitals across Maryland, including Dr. Jennifer Eck-Elliott (Nursing program), who is working at the Baltimore Convention Center in the COVID-19 Field Hospital. Two full-time CCBC Paramedic program faculty are working in the field.

Numerous CCBC Health Professions programs also assisted the local medical community early in the crisis by donating personal protective equipment to Franklin Square Medical Center, Hospice of the Chesapeake, and St. Agnes Hospital.

**Fab Lab aids PPE production effort**

When it became apparent in mid-March that area health care professionals were experiencing a shortage of personal protective equipment, CCBC’s Fab Lab faculty and staff joined forces with Open Works (a large maker space in Baltimore) and other organizations to produce 3D printed face shields.

Utilizing its laser-cutting capabilities, the Fab Lab also created fabric mask kits which were distributed to volunteers for sewing. Finished masks were returned to the lab for final assembly, sterilization and distribution to area medical facilities. The lab has also produced volunteer-sewn face masks for Housing our Neighbors to distribute to residents of homeless shelters.

**Galleries at CCBC offer art online**

If patrons can’t come to campus art galleries, the art will come to patrons! CCBC visual arts faculty worked to create The Galleries at CCBC online venue to host exhibits by student, faculty and community artists.

One online-exclusive exhibition, Images of Perseverance, featured work by photographers documenting their daily lives during the time of the coronavirus pandemic. New images from each of the artists were posted every week for the duration of the show. Members of the public were invited to post their own images of perseverance on Instagram, using #perseverepics.

To enjoy CCBC virtual art exhibits, visit thegalleriesatccbc.com.

CCBC’s Fab Lab joined other area makers in producing critical PPE for health care workers.
Staying job-relevant in a changing economy

With lingering uncertainty surrounding the local and regional employment outlook, it’s difficult to know what jobs will return or remain secure, what skills will be in demand, and to what degree job seekers will need to retool, reevaluate and retrain. Opportunities to become and stay job-ready have never been more important.

CCBC offers more than 100 options for job training and career advancement education. On-campus courses provide classroom instruction and hands-on training; flexible online learning options can be tailored to accommodate your lifestyle and let you learn on your own terms.

Programs include a range of options in Building and Industrial Training, Computers and Information Technology, Health and Human Services, Transportation, Distribution and Logistics and more.

Start strong with financial aid and advising

Baltimore County and Maryland College Promise scholarships are great resources for recent high school graduates. Maryland Workforce Sequence Scholarships provide options to help get you into class and on your way to job readiness.

CCBC can also connect you with Career Coach, a tool that lets you research and evaluate careers based on income potential and expected job growth. Visit ccbcmd.emsicc.com to take a career assessment, build a resume, and connect with area companies that are hiring. CCBC academic and career counselors are always available to help you chart your path.

Advance your current career

If you’re looking to move up the career ladder or expand opportunities in your current job, CCBC offers a wide range of opportunities in areas such as healthcare, information technology, business and more. One of these options, the Clinical Supervision in Human Services Counseling course, is for professional counselors who are already certified or licensed and interested in moving into a supervisory role.

This course is a flexible way to fast-track one’s counseling career. CCBC is the only institution in Maryland that offers the supervisor training course entirely online. This two-credit course has a rolling start date and totals 30 hours of coursework for successful completion.

“Colleges and universities are educating more and more students who become licensed counselors these days; but there’s an urgent need to educate professionals to supervise counselors,” said Ted McCadden, CCBC Human Services Counseling Program Coordinator. “Now, for the first time at CCBC, students can take and complete this course exactly when they need it.”

To explore training and career opportunities in Human Services Counseling, visit ccbcmd.edu/counseling or email tmccadden@ccbcmd.edu

For information about Continuing Education job readiness programs and support services, speak with someone at our Call Center at 443-840-4700 or emailceed@ccbcmd.edu
Moving toward wellness

Maintaining good health has always been an essential part of life. But now, more than ever, it's important to stay active, helping to reduce the anxiety and stress that accompany physical, emotional and financial crises.

Daily movement produces “happy hormones,” naturally improving sleep, concentration, and feelings of well-being. The best part: Fitness is simple. Reaping all those physical and mental health benefits doesn’t require special gear and costly gym memberships.

Theresa LaMotte, director of the CCBC Kinesiology program, offers some tips to help make wellness activities a part of your household’s daily routine:

**Start slowly and be brief.** No need for two-hour workouts, particularly if you are just beginning your fitness journey. Walking is a simple, no-cost way to get moving.

**Incorporate the entire family.** Engage school-age children to help set up and plan active games, challenge teens with social-media fitness competitions, and provide special distractions for small children. Family dance parties can raise both spirits and heart rates!

**Create obstacle courses using household items,** like chairs to walk around, cardboard boxes to crawl through, or a sidewalk-chalk exercise challenge to navigate. Make sure obstacles are sturdy, stable, age-appropriate and safe.

**Explore apps and online exercise programs** to find one that matches your interest and fitness level. Be aware of potential in-app charges or recurring subscriptions before you click!

**Go outdoors and take some deep, calming breaths.** Even a few minutes of mindful breathing can have physical and mental benefits.

*Please consult your physician before undertaking any exercise program.*

CCBC’s Kinesiology program prepares students for professional careers as personal trainers, fitness specialists, or transfer to a four-year Kinesiology degree program. For more information, visit ccbcmd.edu/kinesiology or email tlamotte@ccbc.edu.
CCBC IS HERE FOR YOU.

REGISTER NOW FOR FALL.

GET BACK ON TRACK WITH CCBC.

STAY HOME, BUT KEEP GOING
With more than 60 fully online programs and hundreds of online courses, it’s easy to move forward without leaving home. ccbcmd.edu/online

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Whether you need to knock out a required course or transfer full time, CCBC saves you time and money. ccbcmd.edu/visit

GET TO WORK
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ENROLL NOW
Take the next step and register for Fall 2020 courses. Our multiple start dates and class formats let you learn on your schedule.

FALL SESSIONS BEGIN August 31, September 28 and October 21

CCBCMD.EDU/REGISTER
Akira Tisdale is studying Interpreter Preparation at CCBC Catonsville. Here she is signing "name."
For millions of deaf and hard-of-hearing people in Maryland and across the nation, sign language interpreters bridge a vital communications gap in environments as diverse as education, performing arts, health care, legal settings and crisis situations.

The demand for professional American Sign Language interpreters is high, with employment opportunities “projected to grow 19 percent from 2018 to 2028, much faster than the average for all occupations,” according to the U.S. Bureau of Labor and Statistics.

But what does it take to become a professional American Sign Language interpreter? Specialized education, training, and lots of practice, according to Dr. Rebecca Minor, coordinator of CCBC’s ASL and Interpreter Preparation programs.

Prospective and current CCBC students with little to no prior knowledge of American Sign Language first work toward an associate degree in ASL and Deaf Culture.

“We can’t teach you to interpret two languages until you are fluent in both languages, so students need to first be fluent in ASL,” Minor explained. ASL degree program graduates can then apply to CCBC’s competitive Interpreter Preparation program.

(continued on page 8)
Sign language skills translate to career potential
(continued from page 7)

“Interpreting is fun, but it is also very serious,” said Minor. “We impact the lives of deaf people every day with the decisions we make as interpreters. It’s a great career where you can really make a difference.”

CCBC Catonsville student Akira Tisdale earned her associate degree in ASL and Deaf Culture in Fall 2019 and entered the Interpreter Preparation program in Spring 2020.

“I took an American Sign Language class and fell in love with it from the beginning,” said Tisdale. “I was a business major but changed my focus to ASL. After I graduate I want to start as a freelancer, because I can work anywhere.”

Aspiring professional interpreters who already have a bachelor’s degree and are fluent in ASL can work toward earning an Interpreter Preparation Certificate. And for those who would like to learn how to better communicate with friends or family who are deaf or hard-of-hearing, CCBC offers Continuing Education classes in ASL.

For information on degree programs in ASL and Deaf Culture or Interpreter Preparation, visit ccbcmd.edu/ASL. For Continuing Education courses, visit ccbcmd.edu/ConEd.

Learning the American Sign Language alphabet is a communication basic. Here Akira is fingerspelling "ASL."
Become rest-assured

Getting a good night’s sleep is often treated like a luxury, when actually it’s essential to good physical and mental health. The lack of proper rest can lead to weight gain, increased accidents, a risk of weakened immunity, heart disease and memory issues, and much more.

For those juggling work and family responsibilities, it’s not easy to get the 7–9 hours of daily sleep recommended for the average adult. To help make the most of your nightly rest, try these simple, no-cost tips:

**Stick to a sleep schedule.** Maintain the same bedtime and wake-up time every day, even on weekends.

**Limit use of electronic devices.** Cell phones, tablets, laptops and TVs emit a type of light that can disrupt sleep.

**Nix the naps.** Avoid daytime dozing, even short catnaps, especially in the afternoon.

**Avoid alcohol, cigarettes and heavy meals.** These items can make it difficult to fall and stay asleep.

**Optimize your sleep environment.** A cool (60–68°F), dark, quiet room is conducive to good sleep.

But sometimes even the best bedtime routines don’t result in adequate sleep. According to the National Sleep Foundation, 45 percent of Americans say they experience poor quality of sleep; approximately 25 percent have sleep apnea, which often goes unreported. Consulting a doctor or sleep specialist can be helpful in discovering—and treating—a medical sleep disorder.

CCBC is a leader in sleep technology education, and now offers a Polysomnographic (Sleep) Technologist online certification program. It’s one of the only places in the country where you can complete a certificate option online, with clinical experiences completed locally, in person.

For more information on this and other health-related career training opportunities, visit [ccbcmd.edu/hhs](http://ccbcmd.edu/hhs) or email CEHealth@ccbcmd.edu.
YOU’VE GOT A LOT TO BALANCE. 

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*Apply today at ccbcmd.edu/online.*
After becoming a teen mom, Nikki waited 18 years for her chance to get back to school. Now she’s making the most of it. “I’m 36,” she laughs, “and if I can do it, anyone can!”

NIKKI SINGLETON

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ENROLLED IN
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- Biking
- Boating
- Golf
- Handgun Safety
- Hiking
- Scuba Diving
- Swimming and Aqua Fitness
- Tennis

CRAFTS, FIBER ARTS, JEWELRY AND INTERIOR DECORATING
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- Jewelry Making
- Quilting
- Sewing

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- Circuit and Weight Training
- Pilates
- Red Cross/CPR
- Reiki/Reflexology
- Self Defense
- Tai Chi and Yoga
- Wellness-Holistic Health
- Wellness for Animals

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- Home Improvement
- Public Speaking
- Woodworking
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Kids @ CCBC
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- Homeschool Destinations
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- Self-Development
- Theatre

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- Day Trips
- Multi-Day Trips
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World Languages
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- Arabic
- Chinese-Mandarin
- French
- German
- Hebrew
- Igbo
- Italian
- Japanese
- Korean
- Polish
- Portuguese
- Russian
- Spanish
- Tagalog
- Urdu

†These disciplines have options that qualify for IN-COUNTY TUITION for ALL Maryland residents. Go to ccbcmd.edu/statewide to find out more.

College Promise funding is available for ALL credit degree and certificate programs. Go to ccbcmd.edu/promise to apply.

#College Promise funding is also available for these workforce training programs.

Options listed are subject to change.

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