

THE VALLEY COLLEGE ONLINE GAZETTE

WELCOME TO THE TEAM, ADDISON!

Valley College would like to welcome its new Online Student Success Coach, Addison Carr! Addison is originally from Cincinnati, Ohio but has lived in Manassas, Virginia for the last 15 years. Addison is a graduate and former athlete of Shenandoah University where he finished with a BA in Business Administration. Addison is married with three children which age from 3 months, 5 years and 7 years old. Addison coaches his eldest son's basketball team and loves watching him play football. Addison noted that they have an annual family vacation where they recently visited Disney World and plan on travelling to Hawaii next year. In Addison's free time he enjoys working on his Dodge Charger with his father.

Addison says he was attracted to the culture of Valley College and likes our emphasis on "a high level of integrity for both the staff and students alike". His immediate goal is to stay in line with Valley's goals and that is to "maintain high student retention rates and low student drop rates". Welcome to the Valley team, Addison!!!



"HELP YOURSELF OUT!"

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The interview process is tough! That's why it's a good idea to practice reciting your strengths and qualifications. Making a 30 second commercial about yourself may sound a little silly but this tactic is a great way to ensure you will communicate fluently during an interview when the difficult questions are asked.

Write down three of your strengths that you believe that an employer needs to know about you. Also, reflect on past work experience and write down the top three skills or qualifications learned during that time.

So "help yourself out" and practice your commercial so when its time to perform in the interview you will be more confident and ready for the tough questions!

UPCOMING EVENTS

DEC. 9 - HEALTHCARE
INSURANCE SEMINAR

DEC. 15 - STUDENT
SPEAKER - SEAN GIVENS

DEC. 18 - ANGEL TREE
SANTA CLAUS VISIT!

Jan. 4 - SOUP LUNCHEON

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HAPPY HOLIDAYS

STUDENT OF THE MONTH, CYNTHIA COX

Valley College would like to congratulate, Cynthia Cox for being selected as Student of the Month! Cynthia holds a 4.0 GPA in Medical Front Office Billing and Coding! When asked about how she chose her program Cynthia explained that she took her time and researched different schools that offered a billing and coding program. "Out of all the schools I researched, Valley had by far the best MFOBC curriculum. I was really impressed!" Cynthia added that she has visited both the Beckley and Princeton campuses and "the staff made me feel like "hey, you belong!", which made me feel very welcome." Cynthia also likes "the blend of old and young students at Valley" and the Moodle program that she checks on a daily basis.

When asked about advice for future Valley students Cynthia says, "Have a plan for the future. Take your coursework seriously. Be dedicated to that plan!"

Cynthia is married with one daughter and she and her husband are expecting their first grandchild! Cynthia enjoys traveling with her husband to fish the different rivers and lakes of West Virginia in her free time. Keep up the great work, Cynthia!



MARTINSBURG



PRINCETON



BECKLEY



THE GOODY BOX

French Bread	1 Loaf
Spicy Pork Sausage	1 pound
Celery (chopped)	2 stalks
Onion (chopped)	1 medium
Sage Leaves (opt.)	1 tablespoon
Cranberries (dried)	1/2 cup
Chicken Broth	1 cup
Milk	1 cup
Eggs	2 beaten



*Combine sausage, celery, and onion in skillet and cook until sausage is no longer pink. Then whisk the broth, milk, and eggs. Combine all ingredients and refrigerate for 8 hours. Then set oven to 350 degrees and cook for 40 minutes!

