

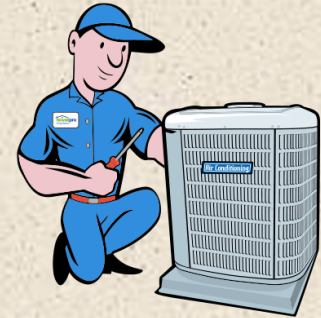
THE VALLEY COLLEGE ONLINE GAZETTE

Valley-Wide Open House: May 11

- Have a friend who is interested in attending Valley? We will be holding an open house at **all campuses** on **Wednesday, May 11, from 2pm-8pm.**



Student Ambassadors will be on site at all locations to give interactive tours of the campuses. Attendees will then have the chance to meet with our admissions representatives. Food and beverages will be available, as well as games and face painting for children. Come on over and say hi!



Above: Student and staff volunteers clean up the Beckley Rail Trail for Earth Day.

Step-Up Scholarships

Congrats to these students on their scholarships!

Jessica Burton	Gloria Patrisso
Chauntia Cartnail	Chad Pommert
Cora Collins	Jessica Skupnick
Hannah Cook	Jamie Small
Elizabeth Gerlock	Jessica Snyder
Ciara Lawrence	Nikita Williams
Dorothy Marin	Madeline Wray

NHA Certifications

Congrats to these students on passing their April NHA Certification Exams!

CMAA

Brian Adkins	Rachel Miller
Jennifer Crane	Jennifer Smith
Stacey Deluna	Rebecca Vest
Amie Hess-Taylor	

CBCS

Hannah Cook
Aaron Cox
Robin Lizama

Note: The next online certification test is June 3!

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Stress Management Tips from Your SSC

1. **Don't Stress about Being Stressed.** The best way to handle stress is not get more stressed about being stressed.
2. **Get Enough Sleep.** Sleep can help your mind refocus, recharge, and re-balance.
3. **Eat well-balanced meals.** You can feel physical stress if you're not fueling your body appropriately.
4. **Exercise Daily.** As little as 20 minutes a day of physical activity can reduce stress levels.
5. **Do your best.** Instead of always aiming for perfection, which isn't possible, be proud of however close you get.
6. **Welcome humor.** A good laugh goes a long way.
7. **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
8. **Talk to someone.** Tell family, friends, and student success coaches you're feeling overwhelmed, and let them know how they can help you.

Introducing: President's Honor and Dean's List



Starting this month, we are recognizing students who have a 4.0 GPA (President's Honor) and 3.0-3.9 GPA (Dean's List) for your hard work and academic success at Valley College Online.

You will receive a certificate in the mail after each block if you make the list.

Congrats to all!

Did you earn an A and receive a congratulations call from us?

Tell us about it at:
mwines@valley.edu
acarr@valley.edu

Community Resource Room!

Extra Credit lecture quizzes are added to the Community Resource Room at the beginning of every block.

You can access the room by clicking on "Community Resource Room" under your "My Courses" page on Moodle.

My courses

 Community Resource Room