



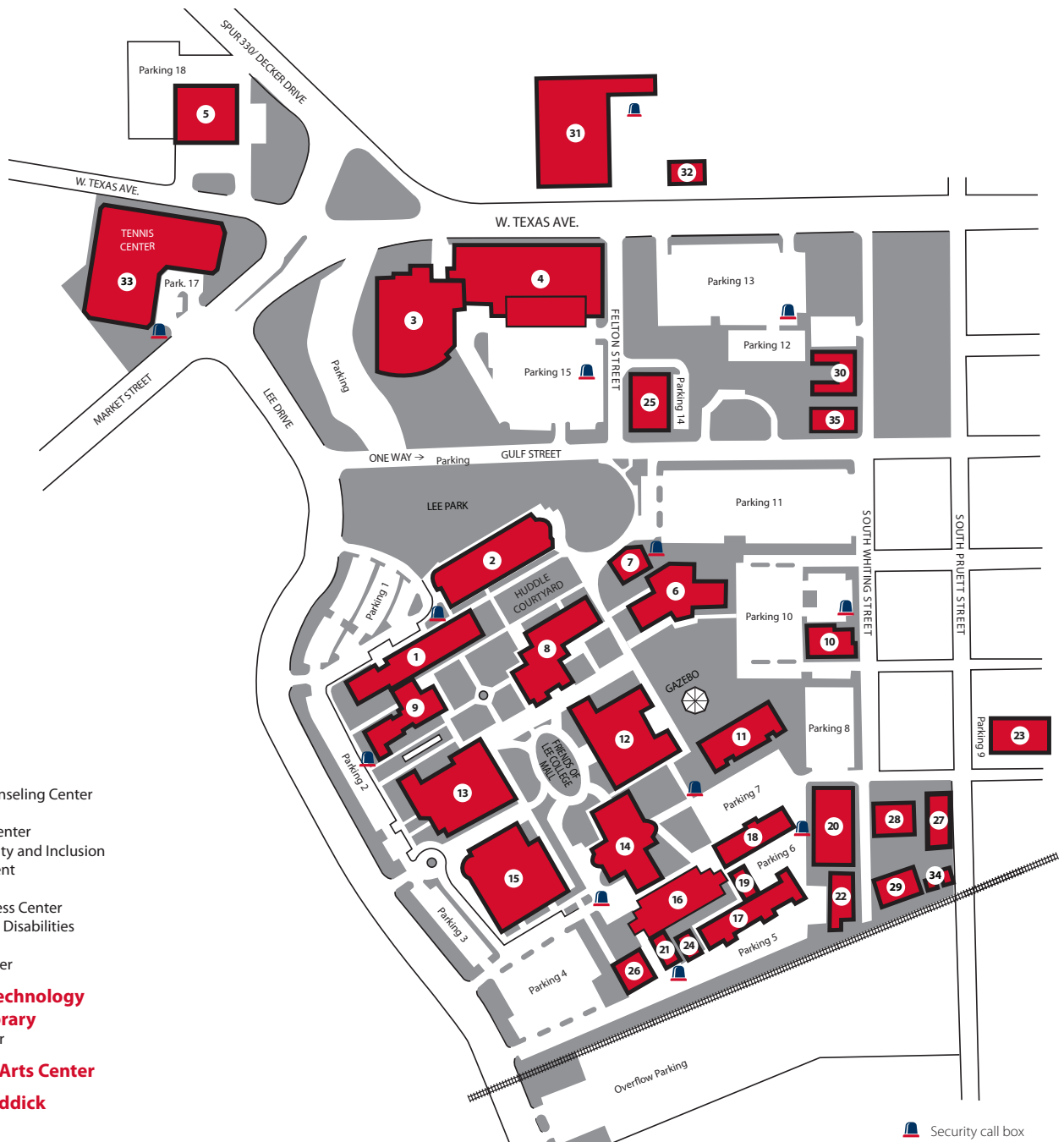
**FIRST YEAR  
EXPERIENCE**

**NAVIGATE  
YOUR FIRST  
YEAR AT LEE  
COLLEGE**

**STUDENT  
PLANNER**



**LEE COLLEGE**



 Security call box

- 1 Rundell Hall**
  - Admissions
  - Advising/Counseling Center
  - Cashier
  - Conference Center
  - Diversity, Equity and Inclusion
  - Dual Enrollment
  - Financial Aid
  - Student Success Center
  - Students with Disabilities
  - Testing
  - Veterans Center

- 2 Advanced Technology Center & Library**
  - Writing Center

- 3 Performing Arts Center**

- 4 McNulty-Haddick**
  - Nursing

- 5 Center for Workforce & Community Development**

- 6 Student Center**
  - First Year Experience
  - Learning Hub
  - Student Engagement
  - Student Resource and Advocacy Center
  - TRiO Student Support Services

- 7 Tucker Hall**

- 8 John Britt Hall**

- 9 Huddle Building**

- 10 Security Facility**

- 11 Bonner Hall**

- 12 Moler Hall**
  - Cafe '34
  - Recruitment & Outreach
  - Student Employment & Career Services

- 13 Gymnasium**
  - Benny Moskowicz Natatorium
  - Fitness Center

- 14 Gray Science Building**

- 15 Sports Arena & Wellness Center**

- 16 Tech-Voc 1**

- 17 Tech-Voc 2**

- 18 Tech-Voc 3**

- 19 Tech-Voc 4**

- 20 Tech-Voc 5, Tech-Voc 6, & Tech-Voc 7**

- 21 Tech-Voc 8**

- 22 Tech-Voc 9**

- 23 Tech-Voc 10**

- 24 Pilot Plant**

- 25 North Central Plant**

- 26 South Central Plant**

- 27 Physical Plant**

- 28 Transportation**

- 29 Shipping & Receiving**

- 30 Adult Learning Center**

- 31 The Lofts @ 700 W. Texas Ave.**

- 32 The Salon @ 650 W. Texas Ave.**

- 33 Tennis Center**

- 34 Warehouses**

- 35 119 Whiting House**

**CAMPUS SECURITY TELEPHONE NUMBERS**

**On Campus**

Campus Security:  
Ext. **6888** or **9.281.425.6888**,  
24 hours

Red phones in each building and emergency poles throughout parking lots. Pick up the receiver or push the button and wait for a security officer to answer.

Local Emergency:  
Dial **9.911** (for fire, police, ambulance)

**Off Campus**

Campus Security:  
**281.425.6888** or  
**281.808.0079**, 24 hours  
Local Emergency: **911**

# Welcome to Lee College

Congratulations on your decision to further your education and career goals at Lee College. I am thrilled to be one of the first to welcome you to our community. We are deeply proud of you for taking the step to attend college, and we are excited and thankful you selected us as your institution of higher education. As a Navigator, you have embarked on an exciting and rewarding experience at Lee College. This is the beginning of a great adventure; a journey of self-discovery that will help shape the pathway of your future.

Lee College has many support services and people available that can help you with homework, registering for classes, and even childcare. In addition, we offer various financial support such as scholarships and financial aid that can help you prioritize your studies. Whatever your interests are and whatever your personal situation is, we stand ready to help make your educational goals a reality!



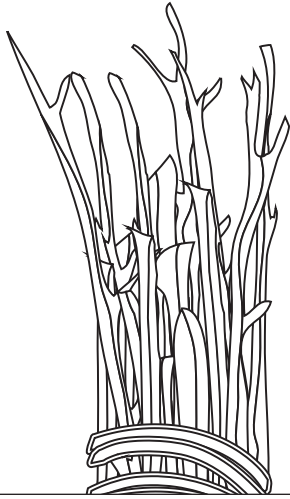
You may be fresh out of high school, or you may be returning to school after years in the workforce. You may be a single parent, a veteran, or you may be the first in your family to attend college. Whatever your background and story is, you belong here at Lee College, and we are honored to be part of your story. We cannot wait to see what is ahead for you and we will be cheering you on all the way!

Sincerely,

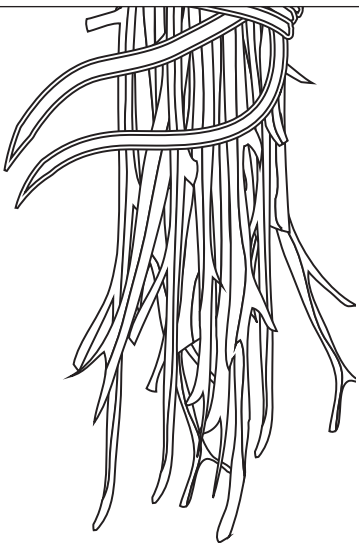
Dr. Lynda Villanueva  
President

# My Success Team

*Many people here at Lee College want you to succeed! Please take a few minutes to write the names of those people and a few family members, friends, or others who are part of your success team below.*



"A single twig breaks,  
but the bundle of  
twigs is strong."  
- Tecumseh



	Name	Phone/Email
My Advisor		
EDUC 1200 Instructor		
Peer Mentor		
Class Buddy		
Instructor in My Pathway		
Professional Contact		
Family/Friend		
Family/Friend		

# College Terminology

**Academic Advisor-** A professional who provides guidance on course enrollment, academic progress, and graduation.

**Associate Degree-** an undergraduate degree awarded after a course of post-secondary study lasting two to three years

**Bachelor's Degree-** an undergraduate academic degree awarded by colleges and universities upon completion of a course of study lasting three to six years.

**Blackboard-** Lee College's online learning management system where you will find your course materials, monitor course grades, and submit course assignments.

**Certificate-** a shorter program that concentrates on a specific field of expertise rather than an entire course of study. Certificates can be anywhere from 12 to 36 credits in length.

**Credit Hour-** the number of hours assigned to a course, which often reflects the approximate time spent in class per week.

**Co-Requisite-** a course that must be taken at the same time as another course.

**Dropping a class-** Unenrolling in a course. Dropping a class will give you a 'w.'

**Full-time Enrollment-** enrollment in a minimum of 12 credits or about four classes per semester.

**Grade Point Average (GPA)-** How well a student is academically performing. Calculate a GPA by dividing the number of grade points by credit hours completed.

**Graduate Student-** When a student is pursuing a master's or doctoral degree.

**Grants-** Free money that you do not have to pay back. It is mostly based on financial needs.

**Part-time Enrollment-** enrollment in less than 12 credits per semester.

**Prerequisite-** A course that must be completed before taking another course.

**Registrar-** An individual or an officer who oversees your academic record at the university.

**Resignation-** Withdrawing from all courses for the semester. No "w" will be given.

**Scholarships-** Free money that students do not need to pay back.

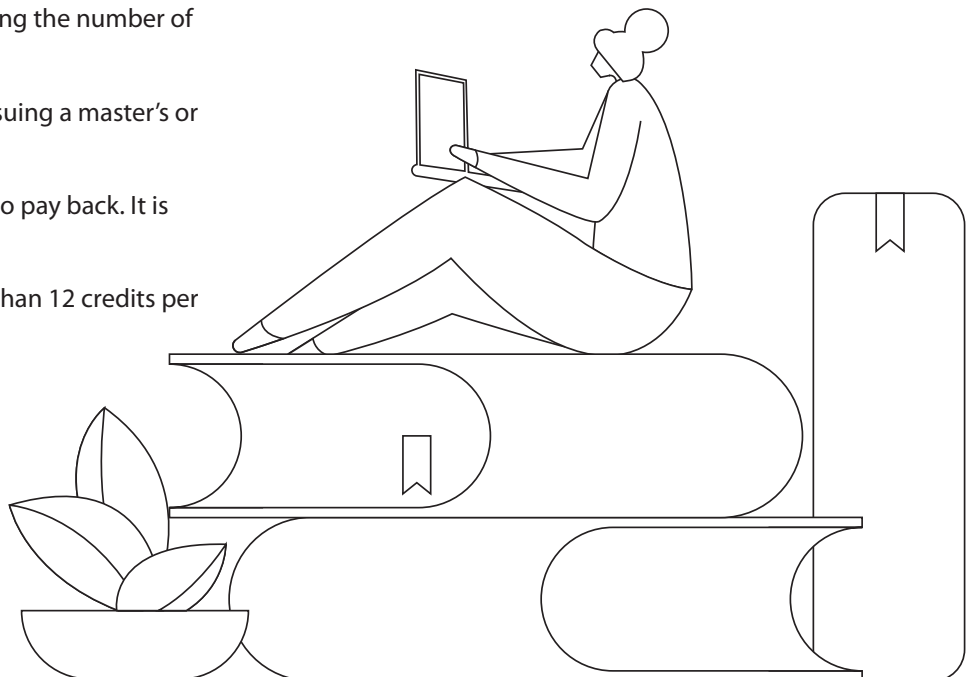
**Student/Office Hours-** Faculty are available in their office to meet with students.

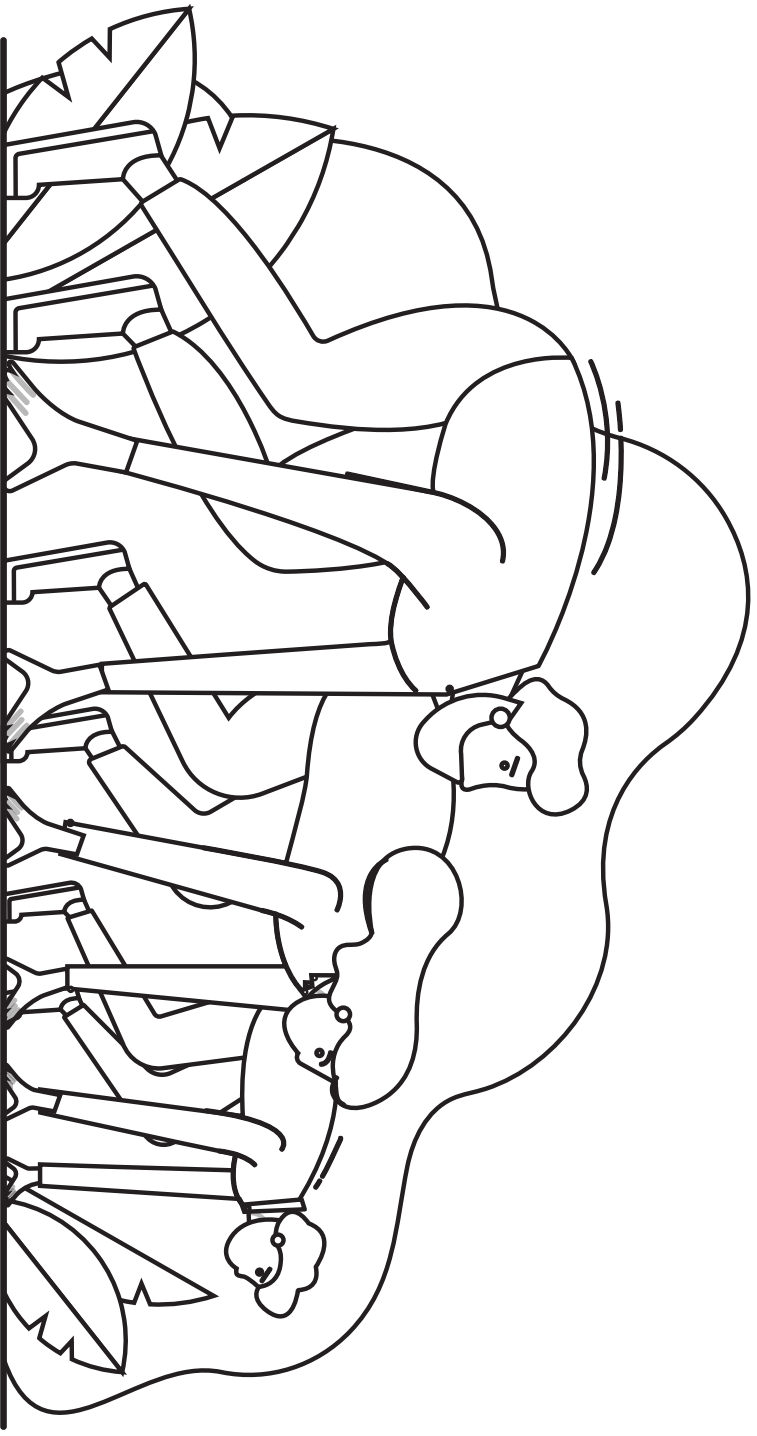
**Subsidized Stafford Loan-** the government will pay the interest until you enter the repayment period.

**Syllabus-** A document that describes important information about a course, including; office hours, required books or materials, assignments, due dates, grading scales, procedures, and policies.

**Undergraduate Student-** When a student is pursuing a certificate, associate, or bachelor's degree.

**Unsubsidized Stafford Loans-** The interest starts building the day the loan is taken out; It is not based on financial need.





## Getting Started on the Right Foot

Whether this is your first semester, or you are a returning student, we are proud that you have chosen Lee College to be part of your educational journey. We believe you can succeed at Lee College and are here to help you along the way! Some helpful tips to get started:

- Accessing Blackboard, myLC, and your myLC email account is critical to your success. Check these systems **at least once per day** during the semester. You can access blackboard and your student email through OnLogin.
- Your username and password are the same for all accounts.
- Your username is typically made up of the 1st two letters of your first name + 1st two letters of your last name + your complete student ID number (including leading zeros). Example Username: jado0123456
- Your default password will be the letters Stu# followed by the four-digit year of your birth. During the first login, you will be prompted to reset your password. Example Password: Stu#2000



## Technical Support

**MyLC Helpdesk** - Help logging in or resetting your password:

- helpdesk@lee.edu
- 281.425.6952



**Blackboard Helpline**- Help with Blackboard issues:

- 281.425.6364
- Monday-Thursday: 10 a.m. - 3 p.m.; 6 - 9 p.m.
- Saturday: 10 a.m. - 4 p.m.

## Advising

You can always meet with your advisor and discuss your educational plan.

- Email: counselor@lee.edu
- Call: 281.425.6384
- <https://www.lee.edu/counseling/contact-counselor/>



## Financial Aid

Did you know many students are eligible for financial aid to help pay for classes? It is never too late to try to get financial aid. If you have questions or need assistance, we have many resources to help.

### Financial Aid Office-Rundell Hall

- Email: finaidd@lee.edu
- Call: 281.425.6389



### Educational Opportunity Center

4804 I-10 East, Suite B.,  
Baytown, TX 77521

- Email: eoc@lee.edu
- Call: 832.556.4506



# Important Support for Your Academic Success

Course textbooks and utilizing learning support services, like tutoring, supplemental instruction, and the writing center, are especially important for your success in college.

## MyBooks

MyBooks is an all-access course materials program allowing you to have your materials by the first day of class. The “MyBooks Fee” of \$27.50 **per semester credit hour** will be included on your bill when you register for classes. If you do not wish to participate in myBooks, **you must opt out** for each semester by logging into myLC campus and selecting the appropriate opt-out/back-in link.

**The following supports are already included in your tuition and fees:**

## Writing Center

Writing Center provides tutors that can help you understand writing assignments, brainstorm ideas, resolve grammar issues, and assist with works cited and citations.



## Learning Hub

Peer educator services such as tutoring, Supplemental Instruction, and Peer Mentoring are offered in various courses such as Accounting, Biology, Chemistry, Economics, History, Government, Math, and Process Technology.



- Visit the Student Center  
Call: 832.556.4028  
Email: Learninghub@lee.edu

## Math Lab

The friendly staff of professional and peer tutors provides assistance for all your math needs.



- Visit in Bonner Hall  
Call: 281.425.6238  
Email: mathlab@lee.edu

## Library

Through the Library, you can check out library materials, get help with reference and research questions, retrieve online articles, books, and videos, check out laptops, and access study rooms.



- Visit 1st floor of the ATC  
Email: library@lee.edu  
Call: 281-425-6379 or 800-261-9556 Text: 281-789-6286

## Student Resource and Advocacy Center

The Student Resource and Advocacy Center focuses on providing basic needs to Lee College students. We believe that going to school doesn't have to mean going without life's necessities and crisis doesn't have to mean giving up on your future!

- Student Center  
• 832.556.4447  
• basicneeds@lee.edu

Some of the services we provide are:

- Childcare assistance
- Gas cards
- Food
- Hygiene items
- Baby Items
- Housing information
- On campus & community resources



# First Semester Goals

As you begin your first semester making a few goals can be helpful.

A goal is something desired, yet often challenging to attain. When making goals, it can be helpful to make them **SMART**.

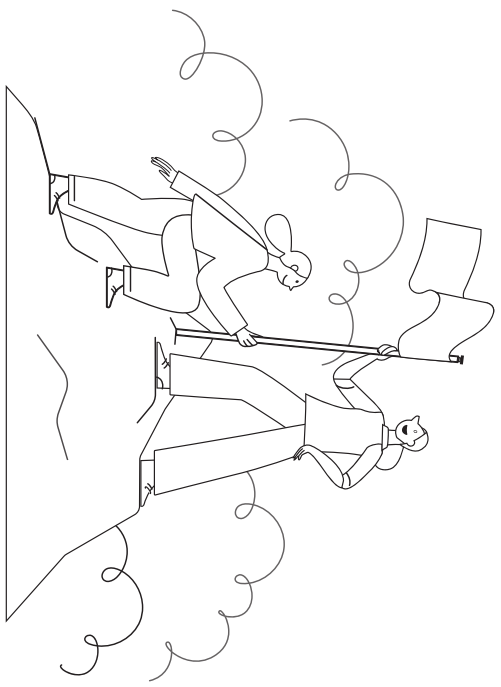
**Specific:** An effective goal should be specific, leaving no room for confusion.

**Measurable:** Your goal should be easy to track, so you know when you hit a benchmark or the finish line.

**Achievable:** You must be realistic and determine if your specific goal is truly achievable, or an unrealistic ask.

**Relevant:** Does the goal you're setting contribute to your bigger overarching goals? Ensure you're setting goals that contribute to what you want in life.

**Time-bound:** SMART objective goals should have defined start and end times.



What would a successful semester look like for you?

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What is one school-related goal you would like to meet before the end of the semester?

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What is one personal goal you would like to meet before the end of the semester?

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**Month:** \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday	

Year: \_\_\_\_\_

Friday		Saturday		Sunday		Important This Month:
						<hr/> <p>"Dreams are lovely but they are just dreams. Fleeting, ephemeral, pretty. But dreams do not come true just because you dream them. It's hard work that makes things happen. It's hard work that creates change."</p> <p>- Shonda Rhimes</p> <hr/>

# Week 1: \_\_\_\_\_

As a student, it is very important that you stay up to date with your class schedule and maintain regular communication with your faculty members.

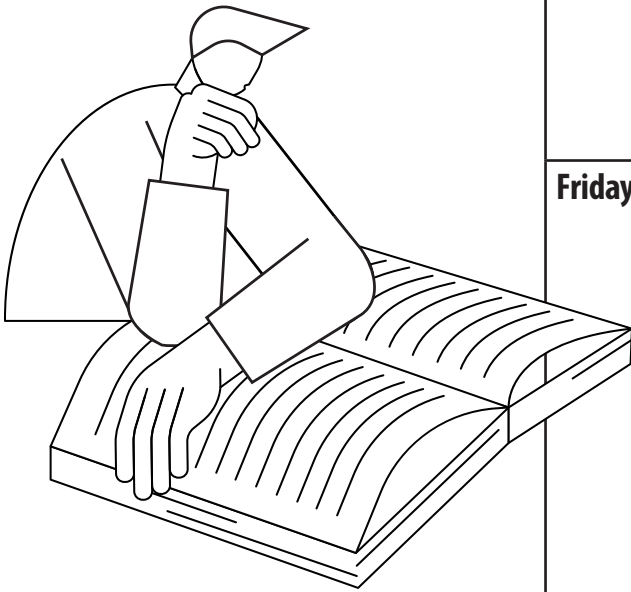
## Class Schedules

Your current class schedule can be found in your MyLC account. Your schedule provides important information on the date and time of your classes, class location, and your assigned faculty.

## Syllabi

Did you know that your course syllabi include your course schedule, course expectations, and contact information for your faculty members? Your syllabi can be found in Blackboard and on the Lee College webpage.

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



**Week 2:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Communication with Faculty**

Many people at Lee College, including your faculty, are invested in your well-being and success. It is very important to stay in communication with your instructors and to reach out to them with any questions or concerns. Here are several ways you can contact them, and they do like to hear from you:

- MyLC email (be sure to identify yourself by name in the email)
- Blackboard messaging
- Other contact information that is listed on the course syllabus

Remember, we are here for you and encourage you to reach out if you have any questions, concerns, or needs!

## Week 3:

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### Payment Plans

Lee College offers a tuition payment plan that allows you to pay tuition and fees over time, which makes college more affordable.



All payment plan payments are automatically processed on the 5th of each month and will continue until the balance is paid in full.

### Cost to Participate

Log in to your myLC Campus account, click the Financial Account tile, click on Account Services, and then click Enroll in Payment Plan.

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Week 4:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Navigator Alerts**

Lee College has a state-of-the-art notification system. This system is set up to send you vital information: emergency alerts such as campus closings and weather advisories, as well as urgent messages regarding registration and financial aid.



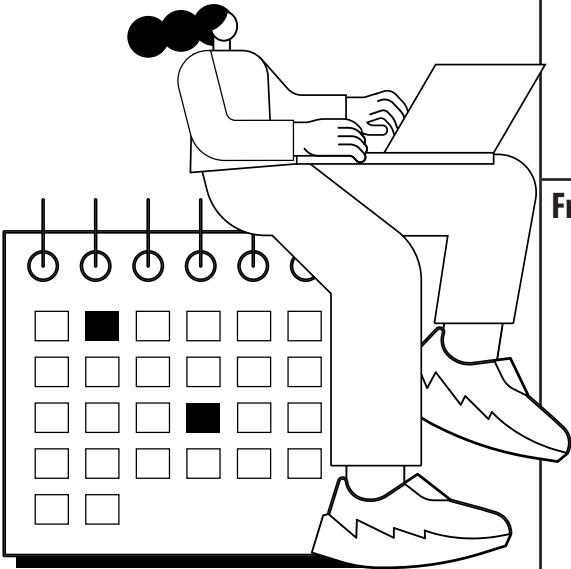
These messages are important. Please take the time to register. Simply sign up using the link in the QR code. You will need to have your cell phone turned on to complete the process.

# Week 5: \_\_\_\_\_

## Time Management

Are you feeling exhausted thinking about the lectures, assignments, tests, and homework piling up?

You may be feeling academic burnout. Academic burnout is a feeling of being overwhelmed with work which may result in anxiety and exhaustion and can lead to a decrease in motivation. It is typically caused by a mixture of personal and school life pressures. Often as students, we have pressure to prove we are enough and therefore will take on more than our plate can handle. Proper time management and a healthy work-life balance is one way to prevent academic burnout.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

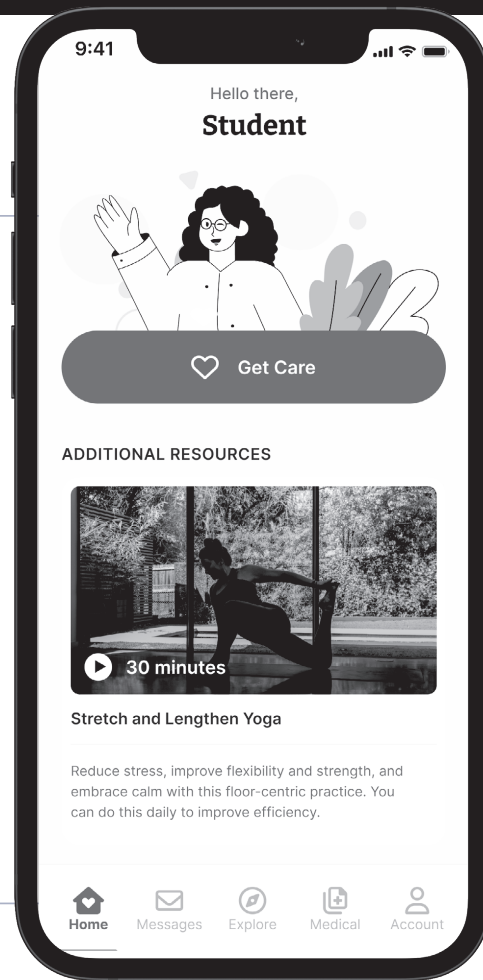




# How to Access Free, 24/7 Virtual Care from Anywhere

It's simple! Follow these steps and you'll be connected to virtual health and well-being services in no time.

1. Access TimelyCare. Scan this QR code.
2. Log in with your school email address. Use the one that ends in .edu.
3. Fill out some information. Nothing too complicated! TimelyCare is confidential, secure, and HIPAA compliant.
4. Click "Get Care." Well, you get it.
5. Don't need a visit right away? Check out our Explore page. It's self-care at your fingertips.



©TimelyMD 2022

Having trouble logging in? Email [help@timely.md](mailto:help@timely.md) or call **1-833-4-TIMELY** for assistance. We've got you covered!

[timelycare.com/lee](https://timelycare.com/lee)

## FREE for Lee College Students!

*Funded by Student Fees.*

 @timelycare

 @timelycare

 @timely\_care



aa/eoo

# Self-Reflection

Remember what you have learned about self-regulated learning, which is a cyclical process, wherein you prepare for a task, monitor your performance, and then reflect on the outcome. The cycle then repeats as you reflect and adjust for the next task. Take a few minutes and reflect on your classes for the last month.

What was one success you had?

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What is one thing that is still challenging you?

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Who/What is a resource you used to help you be successful?

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What is something you are going to do differently to see if it works for you?

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Did you participate in any college activities this month?

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# We are educators!

At Lee College, we believe everyone on campus is an educator. This includes the Faculty, Staff, and Administrators, but also you as a student. Below are our priorities as a college.

1



## Safety

When we become aware of an unsafe situation, we will immediately apply procedures and training to take action to resolve the situation.

2



## Courtesy

At every touchpoint, we will demonstrate respect, make others feel welcome, and guide others to appropriate resources.

3



## Wellbeing

We care about each other as people, so we are empathetic to everyone's needs and purposes by reading their social cues, being active listeners, and responding in an appropriate manner to help them when they are in need.

4



## Growth

We help each other grow intellectually, professionally and personally by breaking barriers and equipping them with the necessary tools.

5



## Efficiency

We seek to integrate policies and procedures that maximize productivity and the use of available resources.

**Month:** \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday	

Year: \_\_\_\_\_

Friday		Saturday		Sunday		Important This Month:
						<hr/> <p>"The older I get, the more I'm conscious of ways very small things can make a change in the world. Tiny little things, but the world is made up of tiny matters, isn't it?"</p> <p>- Sandra Cisneros</p> <hr/>

# Week 6: \_\_\_\_\_

## Student Engagement

Did you know that students involved in activities outside the classroom are more likely to be successful academically? Lee College offers a variety of ways for you to get involved and connect with peers.

More than 20 student clubs and organizations can be found on campus. These include social, cultural, scholastic, political, and religious gatherings and are organized to provide students with the most visible and accessible path to campus involvement. Have an idea for a club? Gather some friends and visit the Student Activities Office in the Student Center.

<https://www.lee.edu/groups/student-activities/>



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Week 7:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**TRiO SSS Program**

Lee College has a Student Support Services program designed to help increase its participants' college retention and graduation rates and facilitate transfers to four-year universities. Students who fit one or more of the following are invited to visit the TRiO office and learn more.

- Being a first-generation college student (neither of your parents completed a four-year college or university (bachelor's) degree).
- Having financial need.
- Having a disability.
- Academic need includes, but is not limited to, any of the following: low college GPA, low Accuplacer test scores, earned GED, or out of school for five years or more.



# Week 8: \_\_\_\_\_

## Registration

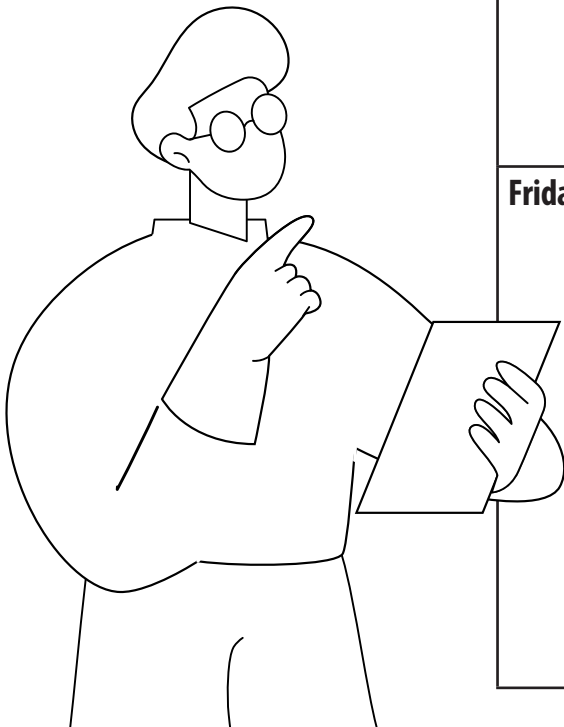
Are you ready for Registration? If not, now is the time to get prepared!

Registration for next semester is right around the corner. Check out the registration schedule at <https://www.lee.edu/calendar/> to find out when you are eligible to register for courses. You can also look at your MyPath to see what courses you still need.

<https://www.lee.edu/mypath/>

- Register online through myLC
- Email: [counselor@lee.edu](mailto:counselor@lee.edu)
- Call: 281.425.6384

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>





**Week 9:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Lee College Mental Health Support**

Balancing college, family, work, and life can sometimes be difficult or even overwhelming. Sometimes talking to someone about your life or struggles you are facing can help! Lee College offers free mental health counseling and support for currently enrolled students with a Licensed Professional Counselor. The link below will allow you to do a self-referral for non-emergency situations. Once you complete a self-referral, you will be contacted within 24 business hours.



# Week 10: \_\_\_\_\_

## Working While in School

For many college students, scholarships are not enough to cover the cost of going to school and living expenses. The reality is that you may have to work a part-time job to help make ends meet. Looking for a job on campus may be a great option. Student worker jobs work well with your academic schedule and understand that you are a student first. It can be difficult to balance work, school, and life all at the same time. The Career and Transfer Services Office provides many resources and programs to assist students in exploring career options and developing effective job search skills, enabling them to represent themselves to prospective employers professionally and ultimately attain their employment goals

<https://www.lee.edu/career-transfer/students-and-alumni/>



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

# NOW HIRING!

**Student Assistant  
Positions Available**

Work at Lee College while you study?

Apply at <https://www.schooljobs.com/careers/lee>  
or complete an application in the Career and Transfer  
Office located in Moler Hall, Bell Suite.

## Eligibility requirements:

- Must be a Lee College Student
- Cumulative 2.0 GPA
- 6 credit hours minimum Enrollment (Fall/Spring)
- Must be 17 years old

### Student Employment & Career Services

Moler Hall  
281.425.6572



## Self-Reflection

Wow!! You have completed another month of your college journey. It may not seem like much right now, but you are getting closer to your goals! Take a few minutes to reflect on the last month.

What was one success you had?

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What is one thing that is still challenging you?

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Who/What is a resource you used to help you be successful?

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What is something you are going to do differently to see if it works for you?

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Did you participate in any college activities this month?

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**Month:** \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday	

Year: \_\_\_\_\_

Friday		Saturday		Sunday		Important This Month:
						<hr/> <p>"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."</p> <p>- Vince Lombardi</p> <hr/>

# Week 11: \_\_\_\_\_

## Scholarships

Did you know there are scholarships available for you every year? Scholarships are available through the Lee College Foundation for both tuition and textbooks, and they are awarded annually to help students cover academic expenses.

External scholarships may also be available from different agencies and organizations. These will have a specific deadline and requirements, so be sure to review the application thoroughly.

Lee College Foundation scholarships can be found at <https://www.lee.edu/foundation/scholarships-for-students/>



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Week 12:** \_\_\_\_\_

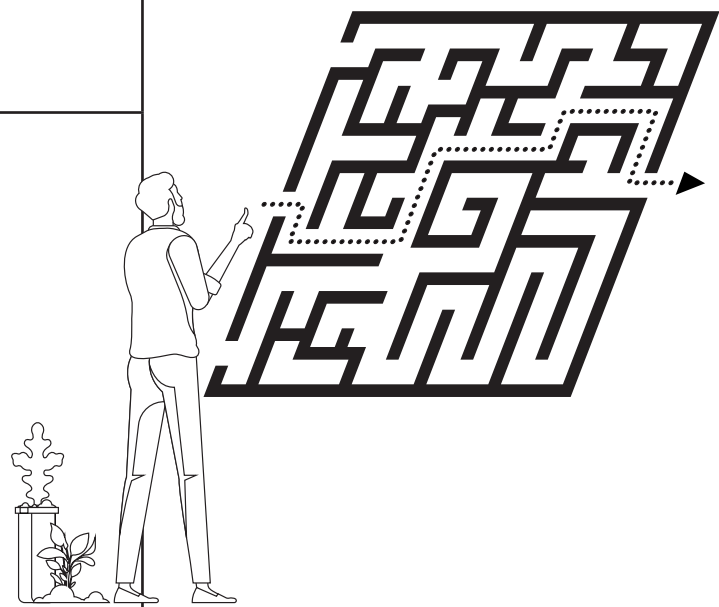
<p><b>Monday</b></p>	<p><b>Tuesday</b></p>
<p><b>Wednesday</b></p>	<p><b>Thursday</b></p>
<p><b>Friday</b></p>	<p><b>Saturday/Sunday</b></p>

**Find your PATHWAY to success!**

Committed to student success, Lee College’s academic programs are structured to provide a clear pathway to help ensure success in the classroom and beyond.

Lee College pathways offer a variety of connections from education to career. Many pathways lead to the completion of certificates and associate’s degrees for immediate employment. Other fields require further education and lead to transfer. Browse the options below for more information about careers and courses. Then talk to an advisor to customize your educational plan.

Can’t find the career or transfer school you are looking for? You are not limited to this list of pathways. Lee College advisors can help you plan for any career field or transfer school.



## Week 13: \_\_\_\_\_

The end of the semester will be here before you know it! Now is a great time to utilize the many academic and learning support services offered at Lee College to prepare for the final stretch of the semester. Look back at page 8 of this book for more information about the Lee College Library, Writing Center, Math Lab, and Learning Hub!

Remember, everyone here at Lee College wants to see you succeed and we are here to support you! If things are stressful, reach out to the members of your success team you listed on page 4, or utilize any of the many resources provided by the college.

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"Ask for help not  
because you're weak,  
but because you want  
to remain strong."  
- Les Brown

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<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



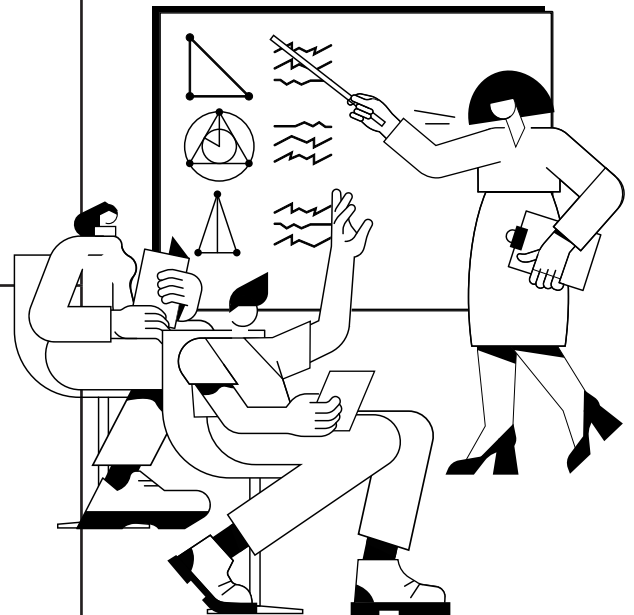
**Week 14:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Student Conduct**

Every student at Lee College has rights and responsibilities to ensure a safe and healthy environment to learn, work, and grow. You are responsible for understanding these rights and responsibilities presented on the Lee College webpage and in annual notices sent each semester via Lee College email.

Attendance at Lee College is a privilege based on students meeting certain academic requirements and conforming to college regulations concerning student behavior on campus and at off-campus activities sponsored by the College or student organizations.



# Week 15: \_\_\_\_\_

## Inspiration

The light at the end of the tunnel just got a bit brighter, and finals are just around the corner! Take the time to find your inspiration as you complete your first semester in college. What has helped motivate you to get to this moment? What inspires you to continue? How can you use this inspiration to keep your momentum? Write it down and keep it close so you can find inspiration when needed.

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*"We delight in the beauty of the butterfly but rarely admit the changes it has gone through to achieve that beauty"*  
- Maya Angelou

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<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



**COLLEGE JUST GOT EASIER!**



**IS YOUR PATH TO SUCCESS**

**ACCESS in myLC!**



SCAN for more information,  
or visit [www.lee.edu/mypath/](http://www.lee.edu/mypath/)

P031S190296



**TRACK**  
degree and certificate progress.



**EXPLORE**  
educational options.



**COMMUNICATE**  
with your advisor.



**LEE COLLEGE**

aa/eoo

## End of semester Self-Reflection

**You finished the semester!** Now that the semester has come to a close, take some time to sit back and reflect on how it went academically. Did your study habits work? Do you need to adjust your time management for the next semester to improve academically? Maybe you are finishing the semester strong and if so keep it up! if you feel that you may need a little more help staying on top of your academics and understanding the content be sure to check out the student resources on campus.

Take a few minutes to reflect on everything you achieved.

Which class did you do the best in?

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Which class was the hardest for you?

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Who is someone you made a connection with?

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What self-care activities helped you control your stress?

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What goals do you have for next semester?

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**Month:** \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday	

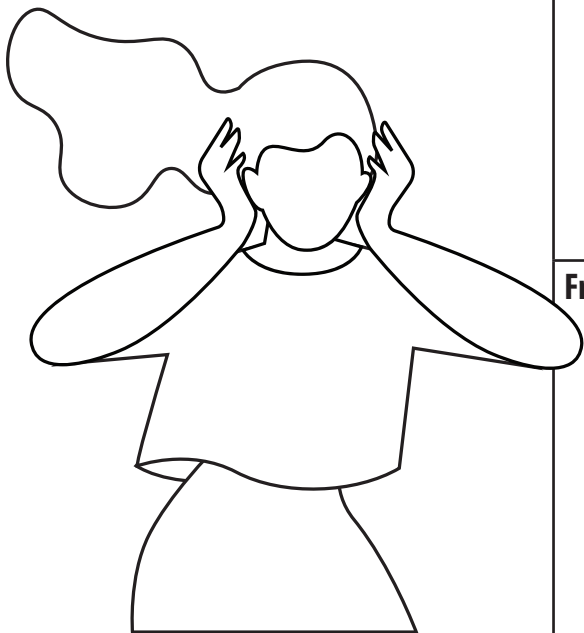
Year: \_\_\_\_\_

Friday		Saturday		Sunday		Important This Month:
						<hr/> <p>“Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential.”</p> <p>— John Maxwell</p> <hr/>

# Week 16: \_\_\_\_\_

Stress can have negative effects on your physical and mental health. As you work on your finals, try a few of these ideas to help you relax.

- Meditate.
- Breathe deeply.
- Listen to music.
- Get some sun.
- Take a quick walk.
- Pet a furry friend.
- Laugh!
- Chew gum.
- Eat the right food.
- Stretch.
- Take some alone time.
- Look outside.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Week 17:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Impostor Syndrome**

Have you ever had feelings of doubt in your abilities and feeling like a fraud, or have you ever asked yourself what am I doing here, thinking I do not belong here? Did you know that there is a term for that? Impostor syndrome, also known as the impostor phenomenon, was a term coined in 1978 and describes the feelings of self-doubt, uncertainty about your talent and abilities, and a sense of unworthiness that does not align with what others think about you. Some people experience impostor syndrome and some do not if you do acknowledge them feelings build connections wire perfection you belong here.

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*"Not everything that is faced can be changed; but nothing can be changed until it is faced."*

*-James Baldwin*

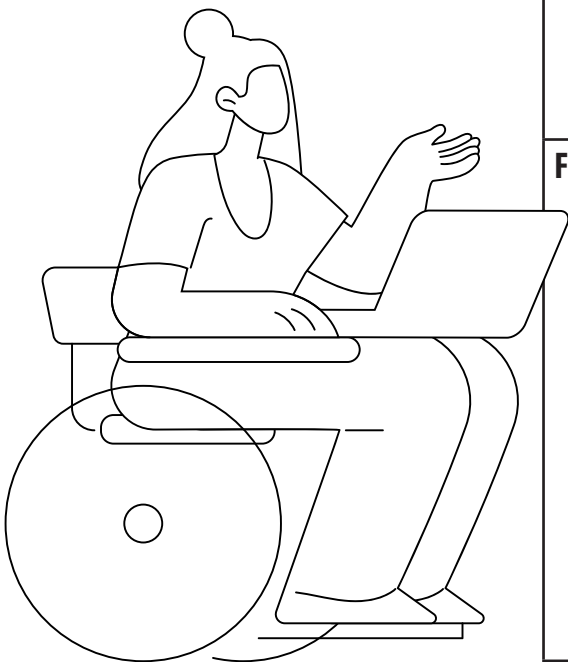
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# Week 18: \_\_\_\_\_

## Access Center/ Services for Students with Disabilities

The purpose of the Access Center / Disability Services Office is to assist individuals with disabilities with accommodations and services that will promote their success and integration into college and college-related activities.

The Counselor for Students with Disabilities works with students, faculty members, and staff members to ensure equal opportunity to all programs. Individuals will be provided equal access for credit courses, community education, and community events. For more information: [disability@lee.edu](mailto:disability@lee.edu) or visit the Access center in the Student Center.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



**Week 19:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Essential Needs Support**

Going to college while balancing work, families, and other priorities is a challenge! Lee College has many supportive services and people to help meet your essential needs while you are going to college.

The Student Resource and Advocacy Center has support for students who need assistance with **Childcare, Groceries, Gas**, and connections to community service providers who can help with other needs. You can visit the SRAC in the Student Center or reach out via email at **basicneeds@lee.edu**.

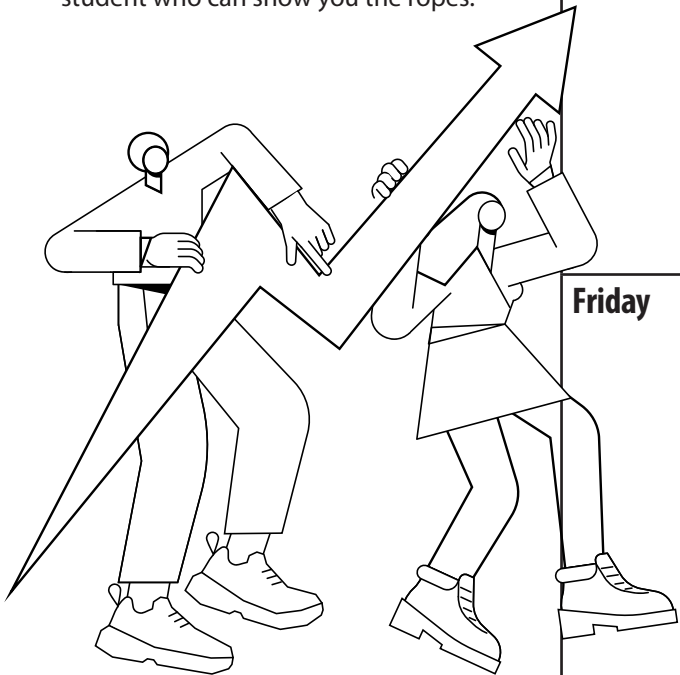
Funding is available to assist students with childcare costs. Lee College has an on-campus market to support students with groceries, hygiene items, and baby supplies. Gas cards are also available to assist students with transportation costs.



# Week 20: \_\_\_\_\_

## Mentorability

Finding a mentor during this time can be extremely beneficial to you not only with your academics but for your mental health as well. Finding someone who can help pick you up when you are overwhelmed and encourage you to finish strong is important. While finding a mentor is important, what is even more important is making sure you are mentorable. Be vulnerable with your mentor and honest about where you are academically and mentally. Always respect and value your mentor's time and learn to be open to advice and constructive criticism. A mentorship does not necessarily have to be a formal affair. You could build a professional relationship with a peer mentor, advisor, or professor with whom you have a connection, or you become friends with another student who can show you the ropes.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

# FIRST YEAR EXPERIENCE



## Who are Peer Mentors and how can they help you?

- Learn about the students who are dedicated to make your Lee College experience engaging and resourceful.
- As students we understand that college can be overwhelming and stressful. It's easier to feel alone than supported. For this reason, Peer Mentors are here to help Navigators navigate!

**Come join us!**

**[lee.edu/peer-mentors/](http://lee.edu/peer-mentors/)**



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## Self-Reflection

You have completed another month of your college journey. The time is passing quickly and you are getting closer to your goals! Remember there are so many people here at Lee College cheering for your success. Reach out to the members of your success team if you need any support. Take a few minutes to reflect on the last month.

What was one success you had?

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What is one thing that is still challenging you?

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Who/What is a resource you used to help you be successful?

---

What is something you are going to do differently to see if it works for you?

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Did you participate in any college activities this month?

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**Month:** \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday	

Year: \_\_\_\_\_

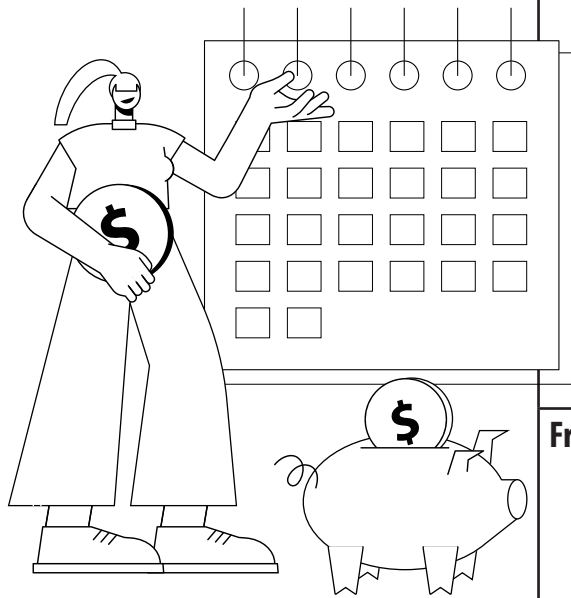
Friday		Saturday		Sunday		Important This Month:
						<hr/> <p>"There are no dreams too large, no innovation unimaginable and no frontiers beyond our reach." - John S. Herrington</p> <hr/>

# Week 21: \_\_\_\_\_

## Finances

As a college student, it is important to learn how to manage your money so that you can graduate from Lee College with little to no debt as possible

Managing your money can alleviate financial stressors that can impact your well-being and academics. Lee College has an online scholarship system with many scholarship opportunities. You must track how much money you spend daily for a week, add everything up, create a budget for yourself for the following week, and review it often for instance, you may decide that you will only eat out twice a week to save money.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Week 22:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**What is FERPA?**

The Family Educational Rights and Privacy Act (FERPA) is a federal law that affords parents the right to have access to their children’s education records, the right to seek to have the records amended, and the right to have some control over the disclosure of personally identifiable information from the education records. When a student turns 18 years old, or enters a postsecondary institution at any age, the rights under FERPA transfer from the parents to the student (“eligible student”). The FERPA statute is found at 20 U.S.C. § 1232g and the FERPA regulations are found at 34 CFR Part 99.

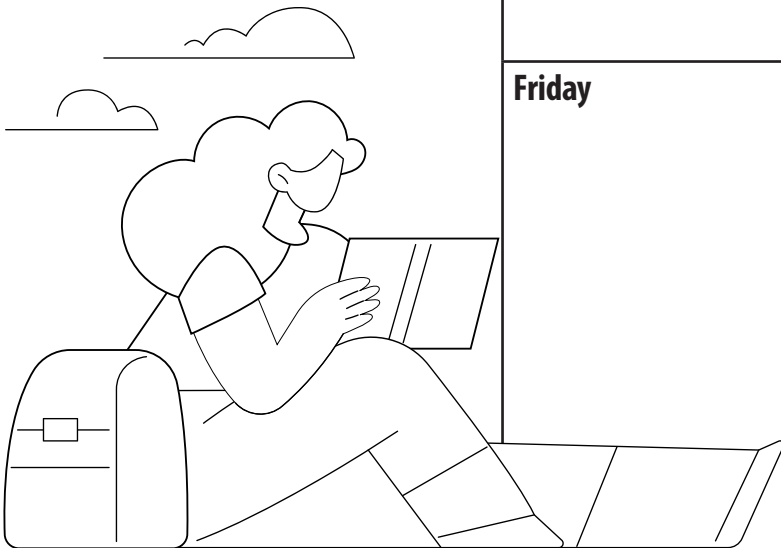
# Week 23: \_\_\_\_\_

## Learn more about your personal finances with IGrad

Lee College is excited to provide you with the skill-building resources you need to make your dreams a reality. And because helping you thrive is our number one goal, we've made turbo-charging your money expertise fun and easy.

Within iGrad you'll enjoy:

- Personalized, takeaway-loaded content covering all your must-knows
- Pinpointed knowledge-building exercises and how-to tutorials
- Explainer videos with simple-to-absorb tips and tricks
- Much, much more!



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



## Week 24:

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<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

The Lee College Testing Center supports our students, faculty, and the community by offering a wide variety of testing services in a secure and quiet testing environment.

- The Texas Success Initiative Assessment 2.0 (TSIA2) is the assessment used to determine college readiness for non-exempt students.
- Testing service support for our faculty by allowing students to take make-up exams or exams for online courses that need to be administered on campus.
- Testing services that meet the community's needs by offering the GED®, SAT®, ACT®, and proctored exams for other institutions.
- Lee College is also a Pearson VUE-Authorized Test Center. For a complete list of tests and to register, visit the Pearson VUE website.
- Reasonable testing accommodations for students with disabilities. For accommodations, students should first contact the Access Center.



# Week 25: \_\_\_\_\_

## Registration

Registration for next semester opens around week ten of the current semester. You should meet with your academic advisor before registration. Advisors are here to help you ensure you take the right classes in order to avoid prolonging your time towards graduation and unnecessary expenses.

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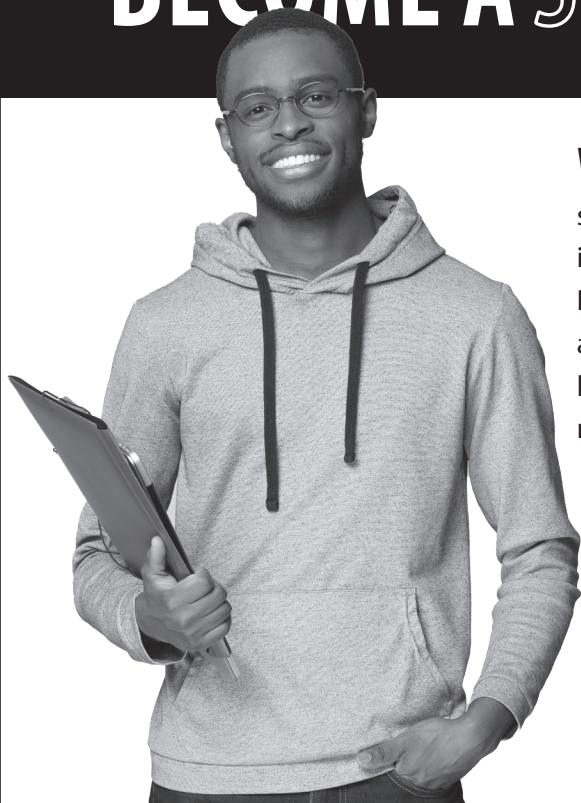
I always did something I was a little not ready to do. I think that's how you grow. When there's that moment of 'Wow, I'm not really sure I can do this,' and you push through those moments, that's when you have a breakthrough.

- Marissa Mayer

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<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

# BECOME A *STUDENT* AMBASSADOR



**WE ARE A LEADERSHIP PROGRAM** that allows current students to represent and promote Lee College. Our primary goal is to provide prospective students the opportunity to explore Lee College through the experience of a current student. As an ambassador, you may spark a new interest in students' minds or help them finalize their college decision. You are an essential part of recruitment and outreach.



For more information, contact **Daisy Aramburo** at [daramburo@lee.edu](mailto:daramburo@lee.edu) or call 832.556.4014. Complete the application at [www.lee.edu/outreach/student-ambassadors/](http://www.lee.edu/outreach/student-ambassadors/)



## Self-Reflection

Look at YOU!! You have completed another month of your college journey. Think about all the things you have accomplished already this year. It probably was not easy, but you are still here. Keep up the good work! Take a few minutes to reflect on the last month.

What was one success you had?

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What is one thing that is still challenging you?

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Who/What is a resource you used to help you be successful?

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What is something you are going to do differently to see if it works for you?

---

Did you participate in any college activities this month?

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**Month:** \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday	

Year: \_\_\_\_\_

Friday		Saturday		Sunday		Important This Month:
						<hr/> <p>"Everybody starts small. We all begin life as a single cell. Every business starts as one person with an idea. How fast you go, how far you get, is in your hands. The bigger your vision, the bigger your achievement will be. Will you stumble on the way? Perhaps, but we cannot let fear keep us small. We have to be brave to be big."</p> <p>- Sheikh Mohammed bin Rashid Al Maktoum</p> <hr/>

# Week 26: \_\_\_\_\_

## Remember your Cultural Wealth

As you face new challenges this semester remember to tap into all of your cultural wealth to keep you going.

- Aspirational Capital: What are your hopes and dreams?
- Familial Capital: What network of extended family and community can draw upon?
- Social Capital: Who are the peers and other people in your social circle that provide important connections and support?
- Linguistic Capital: What are the different languages and communication methods do you have?
- Navigational Capital: What skills do you come with to help you navigate a higher education institution?
- Resistance Capital: What is your history of social justice, or standing up on your principles?

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



**Week 27:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Transfer Services**

Transfer Services at Lee College is here to assist you in your journey into higher education. If you are planning on transferring to a university once you have completed your degree or prerequisites at Lee College, stop by the Career and Transfer Services office to schedule an appointment with the transfer coach. Transfer Services is here to assist with any aspect of the planning process, from exploring different university options, to walking through the application process. Get in touch with your transfer coach today!

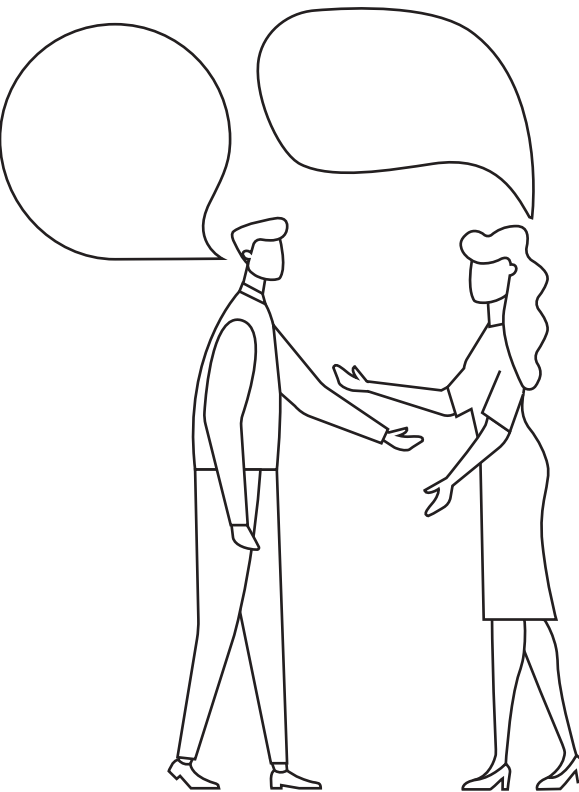


# Week 28: \_\_\_\_\_

## Building a professional network

At this point in your educational journey at Lee College, start thinking about and building your professional network these are individuals who will help you achieve your career goals also, these individuals do not have to be at Lee College exclusively consider attending a professional conference from your discipline where you can meet others who inspire you.

Consider an internship where you can widen your professional network with individuals in your desired profession and finally connect with a faculty member who can serve as a mentor and connect you with other professionals and other activities that will widen your network.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



**Week 29:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Use your growth mindset!**

Individuals who believe their talents can be developed through hard work, good strategies, and input from others have a growth mindset. They tend to achieve more than those with a more fixed mindset, who believe their talents are innate gifts. This is because they worry less about looking smart and put more energy into learning.

10 ways to develop a growth mindset are:

- Identify your own mindset
- Look at your own improvements
- Review the success of others
- Seek feedback
- Harness the power of 'yet'
- Learn something new
- Make mistakes
- Be kind to yourself
- Look at examples
- Set realistic goals

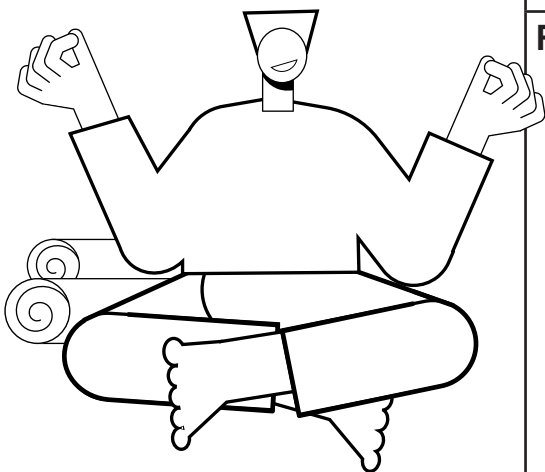
# Week 30: \_\_\_\_\_

## Self-Care

As the middle of your first semester of college approaches, the stress of academic work and being away from home may also be increasing. Be sure to take time this month to regularly practice self-care.

Self-care looks very different for everyone. For some, it may be cooking a meal, journaling, going for a long walk around campus, calling a friend or family member, or even bingeing your favorite show. Whatever it looks like for you, be sure to take a little time for yourself this month to recharge and rejuvenate.

Courage is a word that is overlooked a lot these days and is lightly sprinkled in our daily conversations. Change is sometimes taken well by some; however, some may not take it well, affecting their functioning in daily activities. If so, know that we are here to help manage the feelings that are blocking you from your new normal.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



# PUENTE

*Are you a first-time college student? Are you overwhelmed with applying to Lee College and completing FASFA or TASFA applications? Wish you could turn to someone for guidance? Consider joining the PUENTE Program.*

**PUENTE** is a nationally recognized mentoring program that assists students in achieving their college and career goals. We offer a range of financial resources, some of which include scholarship opportunities, textbook lending, gas cards, and assistance in completing FASFA and TASFA applications.

Moreover, our courses provide a unique learning experience. PUENTE faculty don't just lecture and assign homework. Instead, they cultivate learning communities where students learn by discussing their diverse perspectives and life experiences.



*Scan for more info  
about PUENTE*

## Self-Reflection

Look at YOU!! You have completed another month of your college journey. Think about all the things you have accomplished already this year. It probably was not easy, but you are still here. Keep up the good work! Take a few minutes to reflect on the last month.

What was one success you had?

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What is one thing that is still challenging you?

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Who/What is a resource you used to help you be successful?

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What is something you are going to do differently to see if it works for you?

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Did you participate in any college activities this month?

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**Month:** \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday	

Year: \_\_\_\_\_

Friday		Saturday		Sunday		Important This Month:
						<hr/> <p>"You can't juggle it all 100 percent. You don't have to be perfect. You don't have to do everything." - Connie Chung</p> <hr/>

# Week 31: \_\_\_\_\_

## Registration

Are you ready for Registration? If not, now is the time to get prepared!

Registration for next semester is right around the corner. Check out the registration schedule at <https://www.lee.edu/calendar/> to find out when you are eligible to register for courses. You can also look at your MyPath to see what courses you still need. <https://www.lee.edu/mypath/>

- Register online through **myLC**
- Email: **counselor@lee.edu**
- Call: **281.425.6384**



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Week 32:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Create a stress-relieving toolbox**

College has a lot of moving pieces to juggle and even your most zen friends can get frazzled when exam time rolls around. Know what activities best help you to de-stress and recharge at the busiest times of your semester. Whether it's reading a fun book, talking to friends, listening to YouTube videos of falling rain, or taking things out on a punching bag, you need to be able to release that energy so you can refocus.

Ask for help. On a personal level, if you're having any trouble at all, reach out and ask someone for help. If you're feeling anxious or depressed, go see the campus counseling center. If you're having trouble paying for college, talk to your school's financial aid office. Don't isolate yourself and don't try to solve it alone. There are people that can, and want, to help you. You just must seek them out!

# Week 33:

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## Math Lab

The friendly staff of professional and peer tutors provides assistance for all your math needs.



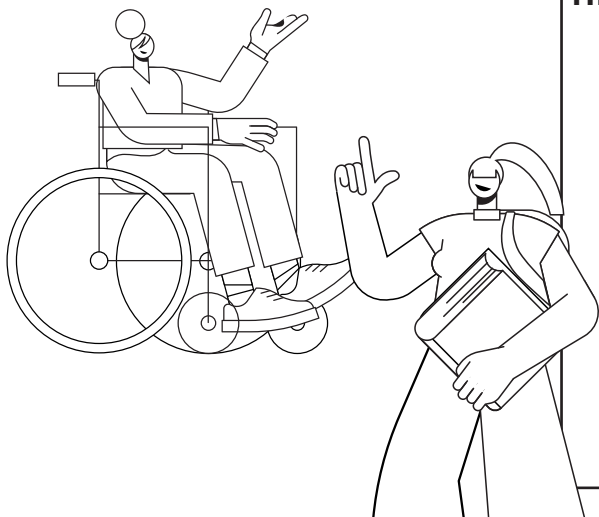
- Visit in Bonner Hall
- Call: 281.425.6238
- Email: mathlab@lee.edu

## Learning Hub

Peer educator services such as tutoring, Supplemental Instruction, and Peer Mentoring are offered in various courses such as Accounting, Biology, Chemistry, Economics, History, Government, Math, and Process Technology.



- Visit the Student Center
- Call: 832.556.4028
- Email: Learninghub@lee.edu



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



**Week 34:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Honors Program**

The Lee College Honors Program serves intellectually curious and highly motivated students. Students entering the nationally recognized program will experience the enrichment of course materials and the freedom to work independently and collaboratively with faculty members who encourage lively, engaging discourse and activity both inside and outside the classroom.

The Honors Program exposes students to academic field trips, networking with highly successful alumni, and mentorship. The program currently offers 32 scholarships (\$1,800 for full-time students, \$1,000 for part-time students) that are awarded based on academic merit and need.

# Week 35: \_\_\_\_\_

## Writing Center

The Writing Center provides tutors that can help you understand writing assignments, brainstorm ideas, resolve grammar issues, and assist with works cited and citations.



Visit in the Library 1st floor of ATC. Call: 281.425.6534 Email:wconline@lee.edu

## Library

Through the Library, you can check out library materials, get help with reference and research questions, retrieve online articles, books, and videos, check out laptops, and access study rooms.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



**Your future is bright,  
and Lee College has  
you covered!**

Shield your skin from the sun's harmful rays with our sun shades on campus.

**Be Well Baytown**

Lee College's sun safety efforts are supported by Be Well™ Baytown. Be Well Baytown is an initiative of The University of Texas MD Anderson Cancer Center sponsored by ExxonMobil.



## Self-Reflection

You finished the semester! Now that the semester has come to a close, take some time to sit back and reflect on how it went academically did your study habits work do you need to adjust your time management for the spring semester to improve academically, or maybe you are finishing the semester strong and if so keep it up if you feel that you may need a little more help staying on top of your academics and understanding the content be sure to check out the student resources on campus.

Take a few minutes to reflect on everything you achieved.

Which class did you do the best in?

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Which class was the hardest for you?

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Who is someone you made a connection with?

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What self-care activities helped you control your stress?

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What goals do you have for next semester?

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**Month:** \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday	

Year: \_\_\_\_\_

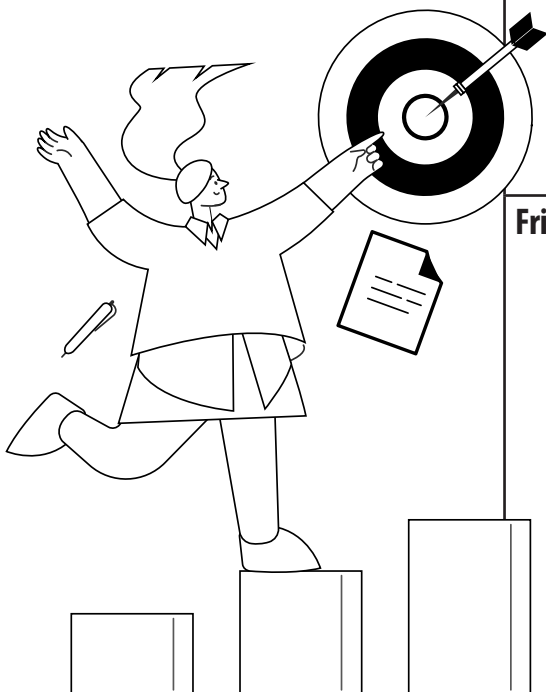
Friday		Saturday		Sunday		Important This Month:
						<hr/> <p>"Always believe in your ability and in your goals. This is the only way you will be able to reach them.."</p> <p>- Mohamed Salah</p> <hr/>

# Week 36: \_\_\_\_\_

## Stay on Track

Don't put off until tomorrow what you can do today. Work should come before pleasure. Manage your time effectively; set up a timeline for getting work completed in each of your courses. Set aside adequate time for homework, study, sleep, relationships, and work. You need not always finish every task all at once. Remember, you can write a 365-page book every year if you only write one page per day.

Break your large tasks down into manageable subtasks. Large jobs can rarely be completed in one setting. Tackle small parts of a large task each day; avoid cramming. Remember the fable of the tortoise and the hare; slow and steady is often better than jackrabbit sprints.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Week 37:** \_\_\_\_\_

<p><b>Monday</b></p>	<p><b>Tuesday</b></p>
<p><b>Wednesday</b></p>	<p><b>Thursday</b></p>
<p><b>Friday</b></p>	<p><b>Saturday/Sunday</b></p>

**International Education**

Lee College often has study abroad opportunities for students, complete with scholarship opportunities to help cover the cost of the trip. By studying abroad, you can experience new places and cultures, make friends from around the world, and gain a global perspective while earning credits toward your degree.

Visit <https://www.lee.edu/international/> for more information.

*"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did."*

*- Mark Twain*

# Week 38:

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## Study Smart

Get a study buddy: Making friends with the people in your class is helpful for multiple reasons. If you're sick and need someone to take notes for you, you'll have someone you can rely on. And when it comes time to study for exams, you can cross-reference your notes to gain a larger understanding of the material. A study group or buddy is a great way to level up your study habits. If you understand the material better than your classmate, explaining a concept to them has been proven to help you learn the material even better than just studying it alone.

Another way to get the maximum amount of studying done is to find a favorite study nook. Some people like to be in a busy central building with noise around them and plenty of opportunities to chat with friends and take a break. Other people need the absolute quiet and solitude of the library stacks in order to be able to focus. Figure out how you work best and seek out a spot that you can rely on whenever you need to do work.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



# Week 39: \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

## Professional Communication

Professional communication refers to the various forms of speaking, writing, and responding in and out of the classroom, whether virtually or in person, identifying personal and preferred titles and context for how to address your faculty, staff, and administrators.

When addressing someone via e-mail, you should include their salutation, a body, and a signature line for example, some professors prefer to be called doctor or professor.

Always be present when communicating via online meetings and try to avoid distracting backgrounds if possible.

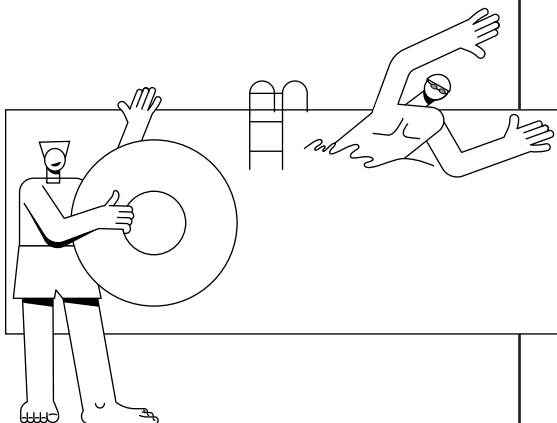
# Week 40: \_\_\_\_\_

## Navigator Recreation

Most recreation at Lee College is located in the gymnasium and can all be taken advantage of with your Lee College Student ID. Open gym hours vary between activities. In the gymnasium, you will also find a completely free-weight room, racquetball courts, and a swimming pool operated by the Lee College Wellness Center. Not looking to break a sweat? Stop by the game room in the Student Center and choose from a selection of games..

If you're looking for a little friendly competition, Lee College intramurals provide several chances to compete in leagues and tournaments each semester. See the calendar above for schedules or contact the Recreation office in the gymnasium foyer for information. All students, staff, and faculty are eligible to participate. Club Sports are less formal than varsity sports, more competitive than intramurals, and aim to provide the perfect middle ground for Lee College student-athletes.

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



# WE ARE HERE TO HELP YOU!



CHILDCARE ASSISTANCE



TEXTBOOK ASSISTANCE



HYGIENE ITEMS



BABY ITEMS



HOUSING INFORMATION



ON CAMPUS & COMMUNITY RESOURCES



GAS CARDS



FOOD

The ***Student Resource and Advocacy Center*** focuses on providing basic needs to Lee College students. We believe that going to school doesn't have to mean going without life's necessities and crisis doesn't have to mean giving up on your future!

Some of the services we provide are:

- Childcare assistance
- Textbook assistance
- Gas cards
- Food
- Hygiene items
- Baby Items
- Housing information
- On campus & community resources

**For more information:**

visit us in the Student Center

832.556.4447 • [basicneeds@lee.edu](mailto:basicneeds@lee.edu)



LEE COLLEGE

Student Resource  
and Advocacy Center

## Self-Reflection

How exciting!! You have completed another month of your college journey. Think about all the things you have accomplished already this year. It probably was not easy, but you are still here. Keep up the good work! Take a few minutes to reflect on the last month.

What was one success you had?

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What is one thing that is still challenging you?

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Who/What is a resource you used to help you be successful?

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What is something you are going to do differently to see if it works for you?

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Did you participate in any college activities this month?

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**Month:** \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday	

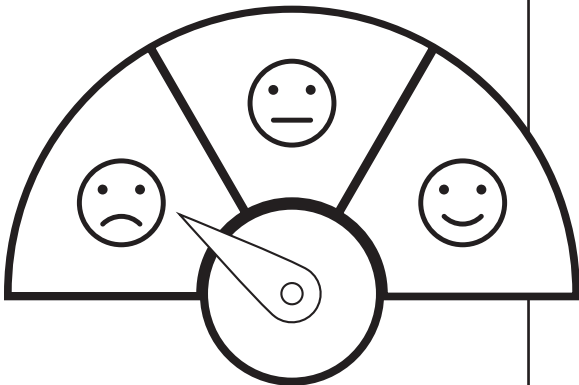
Year: \_\_\_\_\_

Friday		Saturday		Sunday		Important This Month:
						<p>“One of the greatest things you have in life is that no one has the authority to tell you what you want to be. You’re the one who’ll decide what you want to be. Respect yourself and respect the integrity of others as well. The greatest thing you have is your self-image, a positive opinion of yourself. You must never let anyone take it from you.”</p> <p>— Jaime Escalante</p>

**Week 41:** \_\_\_\_\_

**Complaints and Grievances**

Lee College is here to assist you with any issue or concern that impedes the work and/or learning environment within our campus community. Students with complaints are encouraged to report through an online reporting form. The report should be completed with concerns involving a college process or to report the behavior of an employee or other student that goes against the College's professional standards and/or policies.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Week 42:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Sexual Misconduct**

Lee College is committed to providing an environment free from harassment and discrimination. If you have experienced any form of sexual misconduct to include sexual harassment, sexual assault, intimate partner violence, and/or stalking.

You may report at the link in the QR code (may be made anonymously)



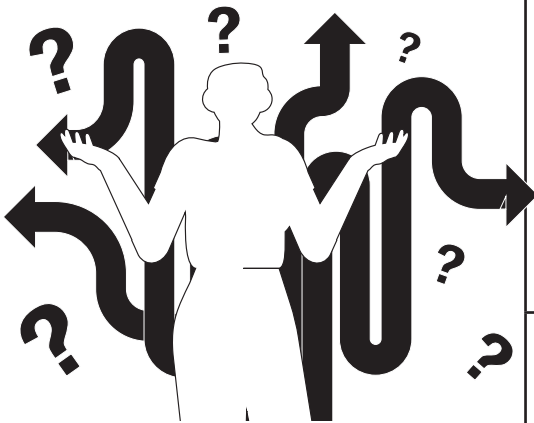
# Week 43: \_\_\_\_\_

## Have Courageous Confusion

In high school, a good student is supposed to know all the answers and get everything right. But in college, you take on more difficult challenges and more demanding material. It is no longer possible to have “all the answers.” Beyond college, that kind of high school perfection isn’t even remotely possible. Learn to be patient with others and with yourself.

## Be Patient with Yourself

You will make errors or mistakes during your collegiate career. Please be assured that you are not DOOMED. When you realize, or even think, you have goofed, set out to correct it.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



**Week 44:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Jobs and Internships**

Internships can help you develop your professional skills, network, strengthen professional character, and can provide other opportunities for future growth. Visit Career Services to help you find an internship or employment related to your major and career aspirations. Additionally, a career counselor can review your resume, give you interviewing tips, and other additional resources for internships or employment opportunities.

# Week 45: \_\_\_\_\_

## My Next Move

My Next Move is an interactive tool for job seekers and students to learn more about their career options. The site has tasks, skills, salary information, and more for over 900 different careers. Users can find careers through keyword search; by browsing industries that employ different types of workers; or through the O\*NET Interest Profiler, a tool that offers personalized career suggestions based on a person's interests and level of work experience.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

# FREE TOOLS TO HELP YOU MASTER YOUR MONEY

Learning how to take control of your finances is easier than you think ... and a lot more fun!



iGrad uses interactive tools to guide you through lessons on:

- money management
- paying for school
- saving for emergencies & goals

Smart money management doesn't have to be complicated. Whether you want to improve your personal finances or . charge of your school loans and debt, you'll use simple tools, take calculators, and lesson plans to gain the knowledge needed to achieve your goals.

Investing a little of your time now with iGrad can pay for the rest of your life. You'll develop the financial skills off to help you succeed in the real world.

Best of all, iGrad is totally free to you, as a service of Lee College. Give it a try at <https://leecollege.igrad.com>.

Questions? Contact: Student Resource and Advocacy Center  
[basicneeds@lee.edu](mailto:basicneeds@lee.edu) | 832-556-4447

For more college money tips, visit [mosaic.org](https://mosaic.org)

## Self-Reflection

Look at YOU!! You have completed another month of your college journey. Think about all the things you have accomplished already this year. It probably was not easy, but you are still here. Keep up the good work! Take a few minutes to reflect on the last month

What was one success you had?

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What is one thing that is still challenging you?

---

Who/What is a resource you used to help you be successful?

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What is something you are going to do differently to see if it works for you?

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Did you participate in any college activities this month?

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**Month:** \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday	

Year: \_\_\_\_\_

Friday		Saturday		Sunday		Important This Month:
						<hr/> <p>"Always concentrate on how far you have come, rather than how far you have left to go. The difference in how easy it seems will amaze you.."</p> <p>- Heidi Johnson</p> <hr/>

# Week 46: \_\_\_\_\_

## Drug-Free School

While Lee College recognizes that a substance abuse disorder is an illness requiring intervention and support, we strive to offer students and employees an optimum environment that promotes and secures educational success.

Unlawful manufacture, possession, use, and distribution of illicit drugs, alcohol, and tobacco products by students and employees are not consistent with the behavior expected of members of the college community. Lee College is an alcohol and tobacco-free campus, which includes cigarettes, cigars, smokeless tobacco, and e-cigarettes.



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Week 47:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Career Exploration**

Not every major is linked to a career path and there are many careers that exist that you might not be aware of. It's time to visit with a career counselor to explore your options.

Developing skills in college is more than becoming knowledgeable in a certain discipline, it's also about developing a transferable skill set to apply it to your future job. It's possible that your major will fit right into your career or maybe you will go into a career field that doesn't exist yet. Keep your options open and visit career services resources to discover something you love and find a career you are passionate about.

# Week 48: \_\_\_\_\_

## Bias and Discrimination

Lee College is committed to providing an environment free from discrimination or bias. Bias is defined as an intentional or unintentional display of hostility or bigotry in word or deed that a reasonable person would conclude is directed at a member of the Lee College community based on race, national origin, religion, citizenship, age, gender, sexual orientation, disability, or past or present service in the military. We encourage you to report any incidents that negatively impact our campus community.

Incidents can be reported at the link in the QR code(may be made anonymously)



<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

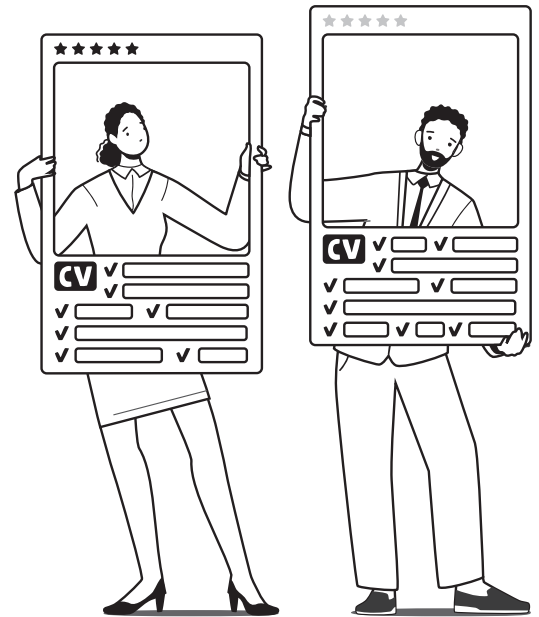


**Week 49:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Professional Identity**

Have you considered what your professional identity looks like to others consider creating a LinkedIn account today's job market is competitive and having a LinkedIn to celebrate and highlight your accomplishments in and out of the classroom can set you apart how you post on LinkedIn is vastly different than you for other social media outlets this is where you demonstrate your training skill mastery or familiarity with a topic of process salt out by employers take advantage of LinkedIn learning where you can access thousands of online training resources for free set up a meeting with the career counselor increase your issues if you need help creating a LinkedIn profile



# Week 50:

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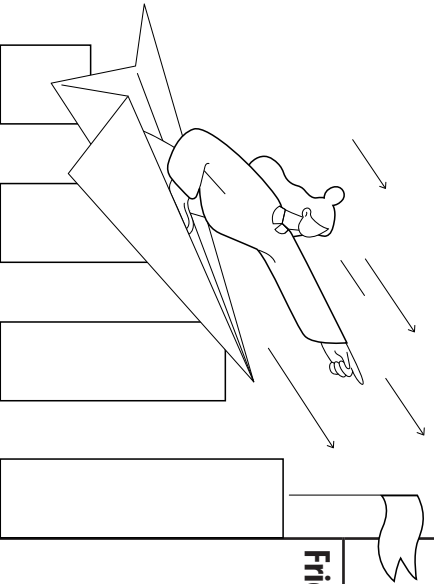
## Goal Setting

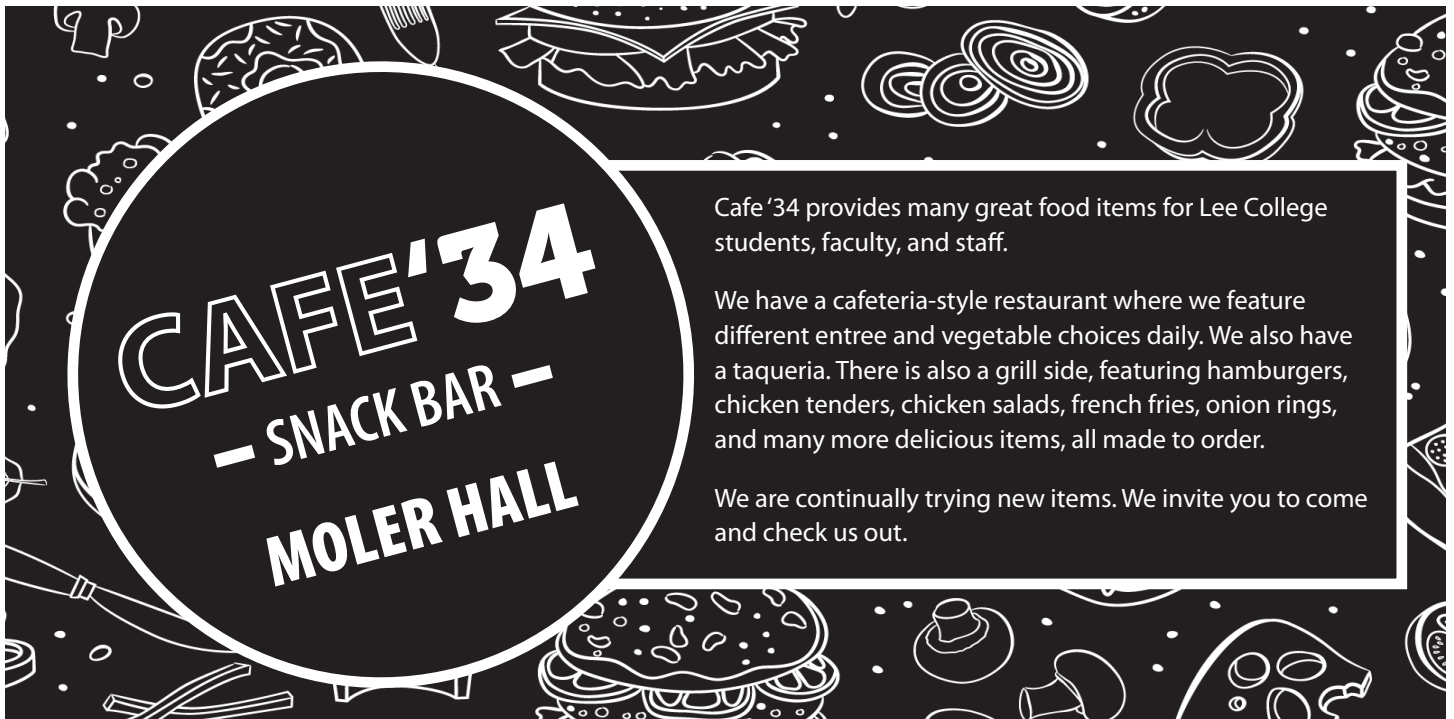
As the semester gets started, start identifying goals and action items to achieve those goals. These can include personal academic and or career goals.

Make sure your goals are SMART!

- **S for specific.** A goal should be linked to one activity, thought, or idea.
- **M for measurable.** A goal should be something you can track and measure progress toward.
- **A for actionable.** A goal with clear tasks or actions you can take to make progress.
- **R for realistic.** A goal that is actually attainable for you.
- **T for timely.** A goal with a specific timeframe and can be reached in the amount of time you have.

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday/Sunday





**CAFE '34**  
— SNACK BAR —  
**MOLER HALL**

Cafe '34 provides many great food items for Lee College students, faculty, and staff.

We have a cafeteria-style restaurant where we feature different entree and vegetable choices daily. We also have a taqueria. There is also a grill side, featuring hamburgers, chicken tenders, chicken salads, french fries, onion rings, and many more delicious items, all made to order.

We are continually trying new items. We invite you to come and check us out.

## Self-Reflection

### Semester Reflection

**You finished the semester!** Now that the semester has come to a close, take some time to sit back and reflect on how it went academically did your study habits work do you need to adjust your time management for the spring semester to improve academically, or maybe you are finishing the semester strong and if so keep it up if you feel that you may need a little more help staying on top of your academics and understanding the content be sure to check out the student resources on campus.

Take a few minutes to reflect on everything you achieved.

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Which class did you do the best in?

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Which class was the hardest for you?

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Who is someone you made a connection with?

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What self-care activities helped you control your stress?

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What goals do you have for next semester?

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**Month:** \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday	

Year: \_\_\_\_\_

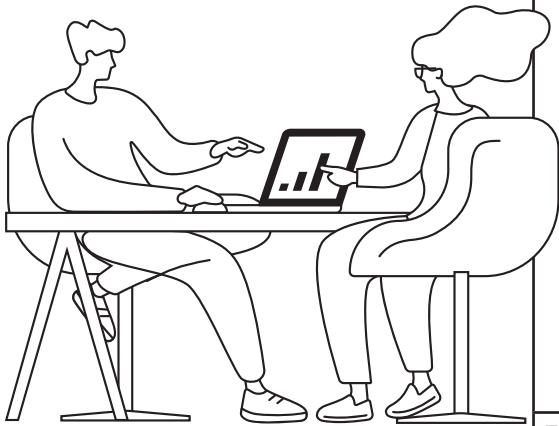
Friday		Saturday		Sunday		Important This Month:
						<hr/> <p>"Never give up. Today is hard, tomorrow will be worse, but the day after tomorrow will be sunshine." - Jack Ma</p> <hr/>

# Week 51: \_\_\_\_\_

## Workplace Etiquette

You're planning to work while in school, be sure you know the norms and expectations for the job. Be sure you are always on time, completing tasks, being a team player, embracing diversity, and meeting workload expectations. If you aren't sure of something, be sure to ask for help. Employment while you are in college could lead to future references and employment opportunities once you graduate. Having a strong work ethic and being a good example to your colleagues is important. You're representing yourself, your family, and Lee College.

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>



**Week 52:** \_\_\_\_\_

<b>Monday</b>	<b>Tuesday</b>
<b>Wednesday</b>	<b>Thursday</b>
<b>Friday</b>	<b>Saturday/Sunday</b>

**Join the Lee College Alliance**

Former students/employees, current students/employees, and Lee College community friends are eligible for membership.

Benefits include:

- A network of professional contacts. Recent graduates may find it beneficial to join the alumni association and connect with previous graduates and community friends who can offer career advice and job leads.
- Career Services Assistance, including access to job postings, résumé reviews, webinars, networking events, career counseling and career fairs.
- Campus Benefits, including Library privileges, free admittance to all home games, membership to the Wellness Center and performances at the PAC.



# End of year reflection activity

When you engage in self-reflection, you build the ability to look at yourself from a slight distance. With self-reflection, you can look at yourself with interest, curiosity, and inquiry, particularly when exploring our thoughts, behaviors, and emotions.

Take a few minutes to look back on all the things you have accomplished. Try answering some of these questions:

What were the top 3 things you learned this year?

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What was your most memorable activity this year?

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What advice would you give to students who'll be in this subject next year?

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What is one thing you achieved this year that you will remember for the rest of your life?

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What is something you accomplished this year that you are proud of?

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What was your favorite activity or event this year?

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What is one thing you learned about yourself this year?

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What is one way you surprised yourself this year?

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What was the biggest challenge you overcame this year?

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How did you grow as a student this year? Think about your skills, study habits, and mindset.

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# Applying for Graduation

If you are in the last semester of completing requirements for a degree, it is critical that you apply for graduation.

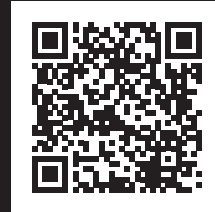
Spring graduation applications will be reviewed beginning in February. Emails will be sent out to potential graduates beginning after spring break, in late March.

Fall graduation applications will be reviewed beginning in September. Emails will be sent out to potential graduates in late October.

For assistance on potential substitutions and other degree requirements, please contact your advisor or counselor.

If you are unsure how to contact your advisor or counselor, call **281.425.6384** or email **counselor@lee.edu**.

For other graduation related questions, email **admissions@lee.edu**.



**APPLY FOR GRADUATION**



**BUY YOUR CAP & GOWN**



 **LEE COLLEGE**



# Congratulations!

It might be hard to believe, but you made it through a whole year of college! Everyone here at Lee College is so proud of all you have accomplished and will be cheering you on as you continue your journey.

Remember, The First Year Experience (FYE) program is designed to support all first-year students by creating innovative and engaging ways to connect students to resources and develop their sense of belonging to create the ideal student experience. The First Year Experience (FYE) is committed to cross-departmental collaboration to enhance students experience and help grow your sense of belonging, connect you to resources, help you improved self-efficacy, and build relationships with peers, faculty members, and staff members.

Even though you have completed your first year, The First Year Experience (FYE) team is still here to support you in any way we can. The FYE team, and other members of your success team truly want to see you reach all your goals so please do not hesitate to reach out to us at any time! Remember you can find our contact information in the Lee College directory, or on the First Year Experience (FYE) website by following the link on this QR code.

We look forward to seeing you next year and cannot wait to watch you walk across the stage!

Congrats again,

The First Year Experience Team!

# NAVIGATE YOUR FIRST YEAR



[www.lee.edu/](http://www.lee.edu/) 



LEE COLLEGE