President’s Weekly Briefing—October 13, 2011

I received a very timely announcement from the Chancellor’s Office. As Chancellor Scott states, “stress, anxiety and depression are among the top factors that affect student academic performance.” We are moving into the time of year when these factors become heightened for students. Mental health issues, particularly suicide, are not easy topics to discuss, yet are very much a reality in our work with college and university students.

Throughout my career in higher education I have experienced the tragedy of suicide on multiple occasions. The impact is deep and far reaching. I personally know the Ojakian family Chancellor Scott introduces in his message. Vic and I served on a community board together in San Jose. He and his wife have truly been champions and advocates for greater awareness and support services in colleges and universities.

We do have limited mental health services through our Counseling Department here at College of Marin. Here are a few important signs of depression and suicide:

**Warning Signs:**
- a. Ideation (thoughts of suicide without an immediate plan)
- b. Substance Abuse
- c. Anxiety (could show as agitation, unable to sleep or sleeping all the time)
- d. Feeling trapped
- e. Hopelessness
- f. Withdrawal
- g. Anger
- h. Recklessness
- i. Mood change

**Warning Signs of Acute Risk:**
- a. Threatening to hurt or kill oneself, or talking of wanting to and/or
- b. Looking for ways to kill oneself such as seeking access to firearms, pills, and/or other means.
- c. Talking or writing about death, dying or suicide when the actions are out of the ordinary.

Should you encounter students with these warning signs, I encourage you to consider referring them to the Counseling Department. Should you encounter students who you fear may be of acute risk of harming themselves in the moment, please call 9-1-1 immediately. For additional resources, please contact the Counseling Department. We also plan to make training available for those interested in learning more.

Thank you for your sensitivity and attention to this important matter. More information on the grant that will help address the mental health needs of students is in the California Community College Chancellor’s Office press release.
Get Ready for the Great Shake Out
On Thursday, Oct.20, at 10:20 a.m. millions of people will participate in the 2011 Great California Shake Out! Are you prepared at home or work for an earthquake or any other disaster? Do you have an emergency kit, water, food, and other items in case there is an earthquake? There is much helpful information at http://www.shakeout.org/. It’s never too late to get ready!

Upcoming Events

Arabian Nights
The College of Marin Drama Department presents Arabian Nights. Performances are Oct. 14 and 15 at 8 p.m. and Oct. 16 at 2 p.m. in the Performing Arts Tent on the central lawn of the Kentfield Campus. Ride a magic carpet into the minareted world of ancient Baghdad. The evening will unfold with the legendary tales of Sheherezade. COM Professor Molly Noble will direct Tony-Award-winning playwright Mary Zimmerman’s re-telling of the mystical 1001 tales. Tickets are $20 general; $12 seniors; $10 students, COM employees, and alumni. The box office opens Sept. 20. Please call 415-485-9385 for tickets.

COM Students Will Host Debate for Trustee Candidates
Candidates for the College of Marin Board of Trustees have been invited by student government leaders to participate in a debate on Oct. 20, 2011, from 6 p.m. to 7:30 p.m. in the Deedy Staff Lounge located in the Kentfield Campus Student Services Building, 835 College Ave., Kentfield, CA. The event is open to the public and is free of charge.

The following candidates have confirmed their participation: incumbent Philip J. Kranenburg, Joan Lisetor, incumbent Dr. Eva Long, Stephanie O’Brien, Peter Romanowsky, and Jack Wilkinson. Incumbent Dr. James Namnath is unable to attend the debate. Candidates will be asked a variety of questions by a three-person panel, which will include a member of College of Marin faculty senate, an Associated Students of College of Marin (ASCOM) member, and a community at large member. A moderator and timekeeper will be provided by the Marin League of Women Voters. For more information contact Student Trustee Raemond Bergstrom-Wood at raemond.bw@gmail.com.

Annual Fall Job Fair
The Job Placement Center at College of Marin is hosting the Annual Fall Job Fair in the Student Services Building on the Kentfield Campus. The event will be held Wednesday, Oct. 26, 2011, from 11 a.m. to 3 p.m. Employers and resource agencies from the Bay Area will be present to provide employment opportunities and resources to College of Marin students, alumni, and community members. This event is open to the public and free of charge. A detailed list of the employers who will be in attendance is posted online at www.marin.edu/StudentServices/JobPlacement or you may contact the Job Placement Center at (415) 485-9410.
Modernization Program to hold Community Forum
Please join us on Oct. 27, 2011. These meetings are intended to bring the community up to date on the progress of the modernization program. There will be a question and answer period following the presentation. The forum is open to the public and is free of charge. In compliance with the Americans with Disabilities Act, if you need special assistance to access the meeting or to otherwise participate at this meeting, including auxiliary aids or services, please contact Human Resources at 415.485.9342. Notification at least 48 to 72 hours prior to the meeting will enable the District to make reasonable arrangements to ensure accessibility to the meeting.

Kentfield Forum
Thursday, Oct. 27, 2011
7 p.m. to 8:30 p.m.
Kentfield Campus
Olney Hall Auditorium, Room 96
835 College Avenue
Kentfield, 94904

COM Athletics
Men’s Soccer vs. Santa Rosa Jr. College
Friday, Oct. 14, 4 p.m. in Kentfield
Men’s Soccer vs. Merritt College
Tuesday, Oct. 18, 4 p.m. in Kentfield

Women’s Soccer vs. Mendocino College
Friday, Oct. 14, 3:30 p.m. in Ukiah
Women’s Soccer vs. Solano College
Tuesday, Oct. 18, 2 p.m. in Kentfield

Volleyball vs. Yuba College
Friday, Oct. 14, 6 p.m. in Marysville
Volleyball vs. Alameda College
Wednesday, Oct. 19, 6 p.m. in Alameda

Retired Dance Instructor Diagnosed with ALS
Catherine Sim, who taught ballet, dance history, and ballroom for twelve-and-a-half-years part time and twelve-and-a-half-years years full time here at COM was recently diagnosed with ALS. In addition to running the dance department for six years, Sim created over 50 dance pieces, reviewed for Dance Magazine for three years, published two autobiographical articles, and just completed a booklet on renaissance dance. Cathi now resides in the Sierra Foothills where she continues to volunteer for the Audubon Society as a part of the wildlife rehabilitation group. A fund has been established to help with medical expenses through the College of Marin Foundation. Checks can be made out to COMF/Cathi Sim Fund.
Call for Submissions KUDOS Section
Please help recognize the exemplary work and outstanding achievements of our faculty, staff, and students by submitting information for the KUDOS section of the weekly President’s Monday Briefing.

DEADLINE: Submit the information in the format described below by noon Wednesday for publication in the following Monday’s Briefing. Submit information by e-mail to Nicole Cruz, Nicole.Cruz@marin.edu and Cathy Summa-Wolfe, Cathy.Summawolfe@marin.edu with the word KUDOS in the subject area.

Please include the following information:

Awards recognition
If the individual has won an achievement award, please include the name of the recipient, their COM title, the name of the award, the name of the organization bestowing the award, the date that the award was given, where the award was given, and why the award was given.

Publications
For books, please include the title of the book, the name of the author, their COM title, the name of the publisher, and date of publication. Also, include a brief description about the book and any special recognition that the book and/or the author has received.

Articles
For articles, please include the name of the author, their COM title, the title of the article, the name of the periodical, the volume number, the date of publication, and a brief description of the article, and any special recognition about the article and/or the author.

Art shows
For fine arts shows, please include the name of the artist, their COM title, the location of the show, the name of the show, the title of the work, the medium in which the work was created (oils, ceramics, water color, metal sculpture, etc.), a brief description, and any special recognition that the artist or work has received.

Professional presentations
For presentations at conferences or other events, please include the name of the employee, their title, the name of the conference, the date of the conference, the title of the presentation, and a brief description of the presentation.

Performing Arts
For performing arts events including theater, dance, and music, please include the name of the faculty or staff member, their COM title, the name of the performance, date of the performance, time of the performance, location, fee, contact information, and description.

Athletics achievements
Include the name and title of the coach or coaches, name of team, and a complete description of what they have achieved.
Other
You may also submit recognition of faculty and staff for other reasons at your discretion, including appointments to statewide or local professional organizations, grant awards, development of new program or class, or other acknowledgements.

Call for Submissions: Events and Community Calendars
The Office of Communications and Community Relations would like to help you promote your special event. Please submit information four weeks in advance by email to Nicole.Cruz@marin.edu and Cathy.Summawolfe@marin.edu. Include the title EVENTS in the subject area. Please indicate if the public is or is not invited to attend. If the public is invited, the information also will be distributed to local media outlets.

Please forward the information using the following format:

Name of the event
Date(s)
Time(s)
Location
Fee
Contact name and phone number
Ticket sales information

Also, include a paragraph describing the event, biographies of performers, and other pertinent information.

Have a great week!

David Wain Coon, Ed.D.
Superintendent/President