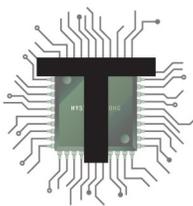


PALOMAR COLLEGE



SCIENCE



TECHNOLOGY



ENGINEERING



MATHEMATICS

The Palomar College STEM Program is designed to assist our campus in increasing STEM awareness and the number of STEM bachelor degrees awarded to underrepresented students.

BECOME A STEM SCHOLAR

Are you interested in pursuing an education in a STEM field? If so, then the STEM Scholars Program may be the perfect fit for you. For more information, visit www.palomar.edu/STEM or talk to a STEM Center staff member.

UC DAVIS PRE-MEDICAL & PRE-HEALTH CONFERENCE

October 10-11, 2015 University of California, Davis

The Pre-Medical and Pre-Health Professions Conference, at UC Davis, provides attendees with the information and skills necessary to succeed in the medical and health-professions school admission process. This is an opportunity for direct contact with medical school deans of admission, admission officers, financial aid officers, faculty, and staff.

Last year, some of our Palomar College students were able to attend the conference and learned so much from the workshops and presentations. There is an all inclusive package for **\$95** which includes transportation, six meals, and lodging that you can register for.

To register for the conference, or for more information, visit: ucdprehealth.org

STUDY SMART

Last Fall, Dr. Sandra McGuire, Director Emerita of the Center for Academic Success at Louisiana State University, visited Palomar College to give students, faculty, and staff tools to become better learners and teachers. One tool she presented was her version of the Study Cycle. Many students who have incorporated Dr. McGuire’s study techniques report that they are learning more and retaining more information. We encourage you to try this for yourself! If you were not able to make it to Dr. McGuire’s presentation, you can see it at: <https://vimeo.com/109278329>

The Study Cycle

Preview *Preview before class* – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and come up with questions you’d like the lecture to answer for you.

Attend *Attend class* – **GO TO CLASS!** Answer and ask questions and take meaningful notes.

Review *Review after class* – As soon after class as possible, read notes, fill in gaps and note any questions.

Study *Study* – Repetition is the key. Ask questions such as ‘why’, ‘how’, and ‘what if’.

- Intense Study Sessions* - 3-5 short study sessions per day
- Weekend Review – Read notes and material from the week to make connections

Assess *Assess your Learning* – Periodically perform reality checks

- Am I using study methods that are effective?
- Do I understand the material enough to teach it to others?

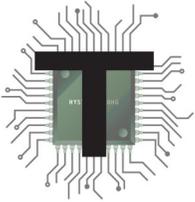
Intense Study Sessions

1	Set a Goal	1-2 min	Decide what you want to accomplish in your study session
2	Study with Focus	30-50 min	Interact with material- organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3	Reward Yourself	10-15 min	Take a break- call a friend, play a short game, get a snack
4	Review	5 min	Go over what you just studied

PALOMAR COLLEGE



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TECHNOLOGY



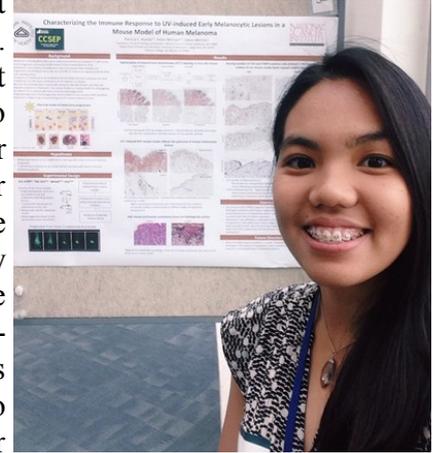
ENGINEERING



MATHEMATICS

PALOMAR STUDENT COMPLETES INTERNSHIP AT NATIONAL INSTITUTES OF HEALTH (NIH)

Hi everyone! My name is Patricia, I am a sophomore student here at Palomar College, and I am a tutor at the STEM Center. As a future Pre-Med student, I am a Biology major, and I want to become a physician scientist. Initially, my goal was to complete my lower division coursework and transfer to a 4-year university. During a STEM Workshop, I learned about summer internships as a way to develop professional skills and explore career options. I applied and was accepted to the Community College Summer Enrichment Program (CCSEP), through the National Institutes of Health (NIH) which is a government-funded biomedical research facility in Bethesda, Maryland. This program is specifically for community college students who intend to pursue careers in research and medicine. They paid for



my plane tickets and gave me a significant stipend to cover my living expenses. I spent 10 weeks doing research on human melanoma skin cancer in Dr. Glenn Merlino's lab under the supervision of my mentor, Dr. Helen Michael. I was a bit overwhelmed at first because I did not know much about melanoma. Thankfully, my mentor was very patient and understanding. She guided me through my experiments and made sure I understood the concepts of the work I was doing. On the last day of my internship, I was given the honor to present a poster of my summer project to the NIH community, which was a very rewarding experience. I also attended many talks that helped me develop my personal and professional skills, including seminars on learning styles, personality assessments, and applying to graduate and medical schools. Last but not the least; I made a lot of friends and connections within the scientific community. In fact, because of the connection that I made with the people in my lab and the hard work that I put into my research, they want me to return next summer and continue working on my project!

I thought an internship was just something to make your college application or resume look better than someone else's, but based on my experience it is definitely more than that. It is an avenue to grow as a person and as a professional, to explore possible career options, and to gain connections that will help you achieve your goals. I encourage everyone to apply to internship programs! Regardless of your major, there are opportunities in every field. The key is to find and apply to as many programs as you can! Good luck!

COUNSELOR'S MESSAGE

Are you studying the recommended hours per week to get the grades you want? For every hour that you are in class per week, you need to study at least 2 hours outside of class per week. So, for a 12 unit course load, you want to study 24 hours per week. Read the [Seven Steps for Successful Studying](#) for ideas on how to study. Start the year on a positive note and make an appointment with a counselor to learn what classes to take, what resources are available to you, and how to transfer to a university. Contact the STEM Center for an appointment.

STEM Academic Counselors

Monday

10:00am-3:00pm

Tuesday

9:00 AM - 1:00 PM

& 2:30PM-5:30PM

Wednesday

2:45PM-5:45 PM

Call the STEM Center or stop by to make an appointment.

CONTACT INFORMATION

STEM Center Staff Hours

Monday– Thursday

8:00a-4:30p

Friday

7:30a-3:00p

760-744-1150, Ext. 2265

Mireya Gutiérrez-Agüero

HSI STEM Supervisor

760-744-1150, Ext. 3748

Jessica Perez Ambrocio

STEM Tutorial Specialist

760-744-1150, Ext. 2292