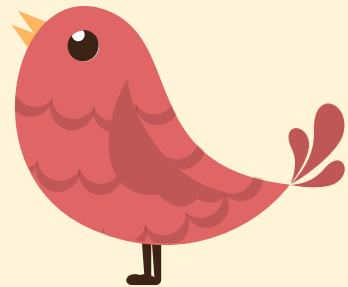




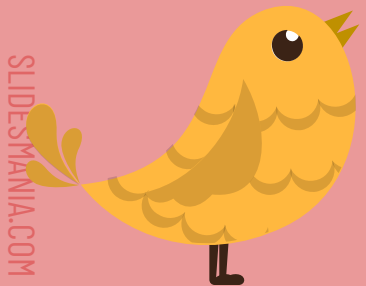
LaunchU

March/April 2024



What to expect...

- 🌸 Student Birthdays
- 🌸 Soft Skill: Cultural Competence
- 🌸 Career Explorers: Hannah Emerick, Diagnostic Medical Sonographer
- 🌸 Staff Highlight
- 🌸 GRCC Today article: Culture Fest 2024
- 🌸 Mental Health Awareness: Basic Needs
- 🌸 Special Reminders
- 🌸 GRCC Grad Fest
- 🌸 GRCC Events



Student March Birthdays

2nd
Eric

4th
Veda

7th
Zane
Hannah

13th
Betsy

25th
Nolan

10th
Emmanuella
Sophia W.

20th
Kiersten
Angela

24th
Ian

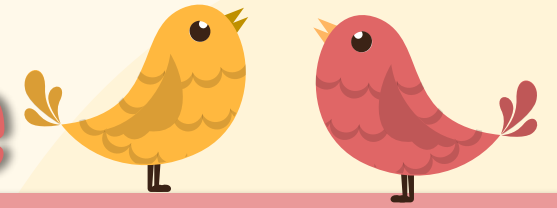
23rd
Sophia P.

30th
Judzia

Student April Birthdays



Soft Skill: Cultural Competence



Cultural competence is the ability to communicate effectively and interact with people across cultures through positive behaviors, attitudes and policies. The word “culture” refers to the beliefs, values and thoughts of a racial, ethnic, religious or social group. Competence implies the ability to function effectively.

[What Is Cultural Competence and Why Is It Important? | Indeed.com](https://www.indeed.com/career-advice/career-development/cultural-competence)

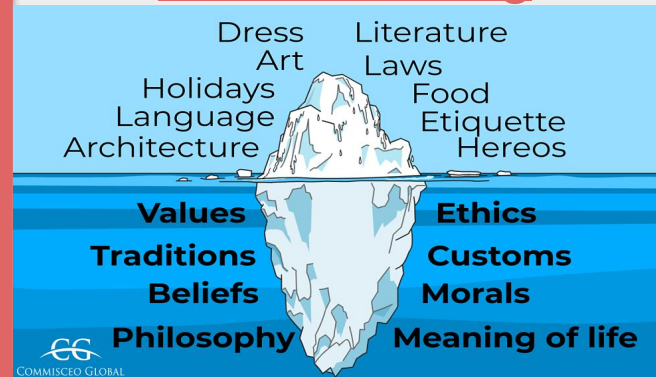


Why is Cultural Competence Important?

1. Appreciation for other perspectives
2. More ideas
3. Enhanced creativity
4. Improved listening
5. Heightened empathy and adaptability

<https://www.indeed.com/career-advice/career-development/cultural-competence>

Cultural Iceberg





Do the best you
can until you
know better.
Then when you
know better,
do better.

-Maya Angelou



Career Explorers



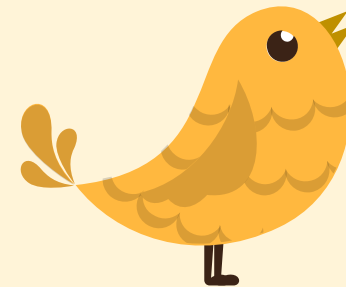
In this episode:

Hear how Hannah Emerick, a Diagnostic Medical Sonographer, started their career and learn about opportunities within this field.

This Career Pathway includes: Health Science

Upcoming Career Chats: April 11, 2024
Keenan King - Executive Director/CEO

Career Explorers is a flexible virtual career exploration experience to help students learn about occupations in a variety of pathways.



Dan Nyhof

GRCC Disability Support Services



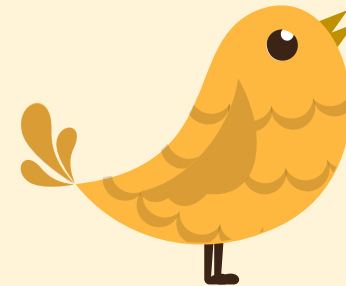
Meet Dan Nyhof. Dan is a counselor in GRCC's Disability Support Services where he meets with GRCC students who have a diagnosed disability. If you get a chance to work with Dan, the two of you will develop a reasonable accommodation plan to support your academic success. After that, you will meet regularly to review your accommodation plan and academic progress, and then adjust your plan, as needed.

You will also connect with Dan for academic advising. This can include career exploration, course and degree selection, being connected with resources related to your areas of interest on- or off-campus, career or transfer planning, and more. Dan's work is most rewarding when he sees students execute the educational plans they developed.

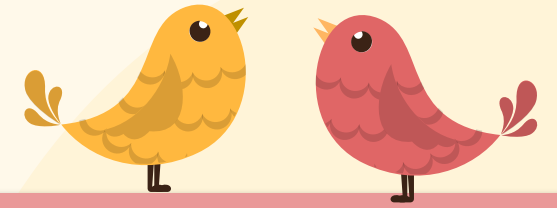
Dan worked at a refugee resettlement agency, in psychiatric hospitals, in outpatient mental health clinics, and in middle and high schools before coming to GRCC. As a high school counselor part of his role was helping students make plans for skilled training or higher education after their graduation

During his last job at a high school Dan also began teaching at GRCC as an adjunct faculty member, which grew his interest in working with college students. You can connect with Dan and his team through email at disability@grcc.edu and by phone at (616) 234-4140.”

[Here to Help: Dan Nyhof helps students overcome obstacles and develop plans for success | Grand Rapids Community College \(grcc.edu\)](https://www.grcc.edu/help)



Mental Health Awareness: Basic Needs



“Maslow called the bottom four levels of the pyramid "deficiency needs" because we do not feel anything if they are met but become anxious or distressed if they are not...

Once we have met our deficiency needs, the focus of our anxiety shifts to self-actualization, and we begin... to contemplate our bigger picture. However, only a small minority of people are able to self-actualize because self-actualization calls upon uncommon qualities such as independence, awareness, creativity, originality, and, of course, courage.”

[Our Hierarchy of Needs | Psychology Today](#)

United Way

- Food assistance and pantries, utility assistance, CoVid 19 Kent County Resources
- Call 211
- Go to the website: [Call 211 for Essential Community Services | United Way 211](#)

Feeding America

- [Map for local food resources.](#)
- [Mobile Food Pantry](#)



<https://www.professionalacademy.com/blog/marketing-theories-maslows-hierarchy-of-needs/>



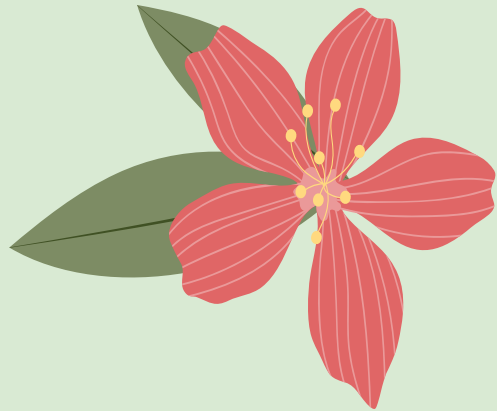
Culture Fest 2024

Culture Fest 2024 will represent 9 countries this year, including two new editions

By The Collegiate Staff - April 8, 2024  12  0



2023 Culture Fest event (Photo Courtesy of Andrew Schmidt)



<https://thecollegiatelive.com/2024/04/culture-fest-2024-will-represent-9-countries-this-year-including-two-new-editions/>



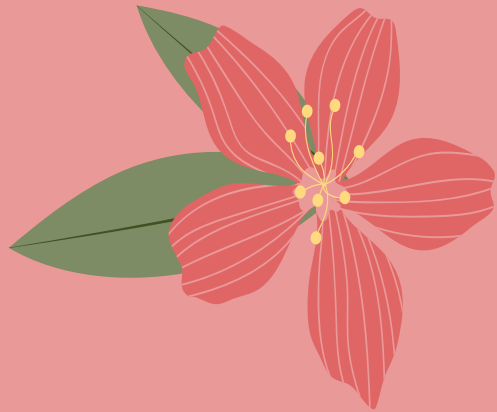
2
0
2
4



G
R
A
D

F
E
S
T

Special Reminders



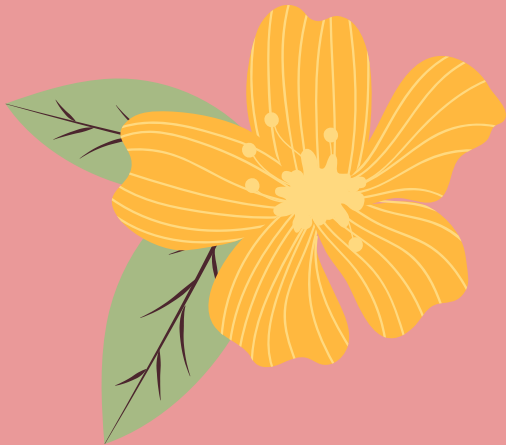
 **April 19 - End of Semester Celebration**

 **April 25 - Last Day of GRCC Classes**

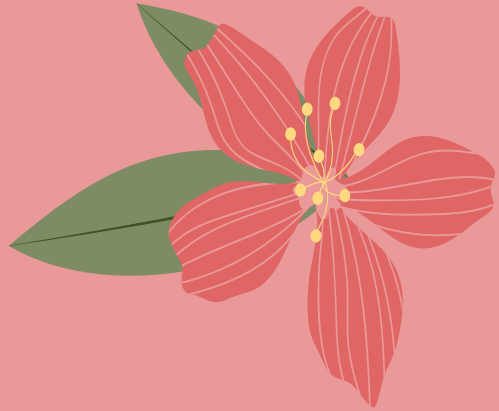
 **April 25 - GRCC Commencement**

 **April 25 - Return GRCC Laptops/Equipment**

 **April 30 - Launch U Graduation Celebration**



Special Reminders



April 11: 7pm - Guitar Ensemble & Orchestra Concert



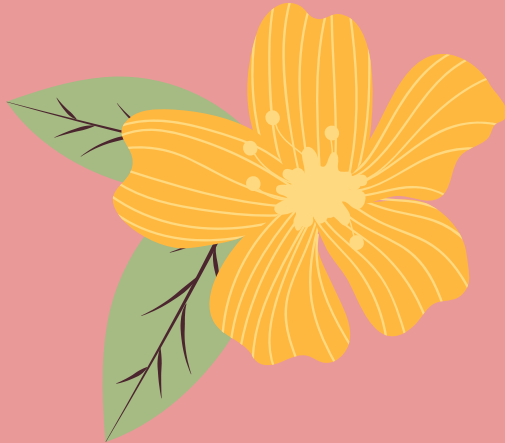
April 12: 7pm - Spring Choral Concert



April 15: 5pm - Test Taking & Test Anxiety



April 18: 7pm - Student Composition Recital



Launch U

Kent ISD



We are excited to celebrate the

LAUNCH U

CLASS OF 2024

Please RSVP by April 23 to
LaunchU@KentISD.org
with name and number of guests

Tuesday, April 30, 2024
5:30 - 7:00 p.m.
(6:00 p.m. awards ceremony)

Kent ISD Campus
Launch U/Parking Lot 3
1655 East Beltline NE
Grand Rapids, MI 49525

Light Refreshments will be served