



**May 1, 2020**



Have a safe and relaxing weekend. **Photo Credit: Jerry Robredo**

## **Governance Updates**

### **Community & Communication Council**

At the last C&C meeting, the group discussed the following topics:

- Planning for community-building events
- Discussion and planning for governance assessment to take place in the near future
- Discussion on how effective communication can be streamlined and tracked to be more

effective and targeted for students, faculty, and staff

Additional updates to come in next week's Parliament.

## Comings & Goings



**Welcome Jenny McGrath, part-time counselor in Psychological Services!** Jenny holds a Master's Degree in Marriage and Family Therapy from Notre Dame de Namur University in Belmont, CA and a Bachelor's Degree in Psychology and Art from CSU, Chico. She is an Art Therapist and believes the creative process can be a great tool for self-expression and an enrichment to talk therapy. Creating art can decrease stress, increase feelings of well-being, and provide insight.

Jenny was a post-graduate intern in Psychological Services from 2014-2016. She loves being part of the Foothill community and supporting students here. She has also worked with San Mateo County Behavioral Health and Recovery Services providing mental health services to adults and children. Most recently she worked within the South San Francisco school district providing therapy to students in special education and their families.

She is thrilled to be back at Foothill as of Winter Quarter 2020. She recognizes the strength it takes to seek support and feels it is an honor when students share their stories. Her counseling approach includes empathy, mindfulness, and cognitive behavioral techniques. Jenny provides a safe and compassionate space for students to work through challenges, develop new coping strategies, and reach their goals.

---

**Frances Respicio's** last day with Psychological Services is today, May 1. The team has appreciated her five years of clinical wisdom and dedication to helping students achieve wellness, and she will be missed.

## Rad Tech Makes Virtual Labs Work

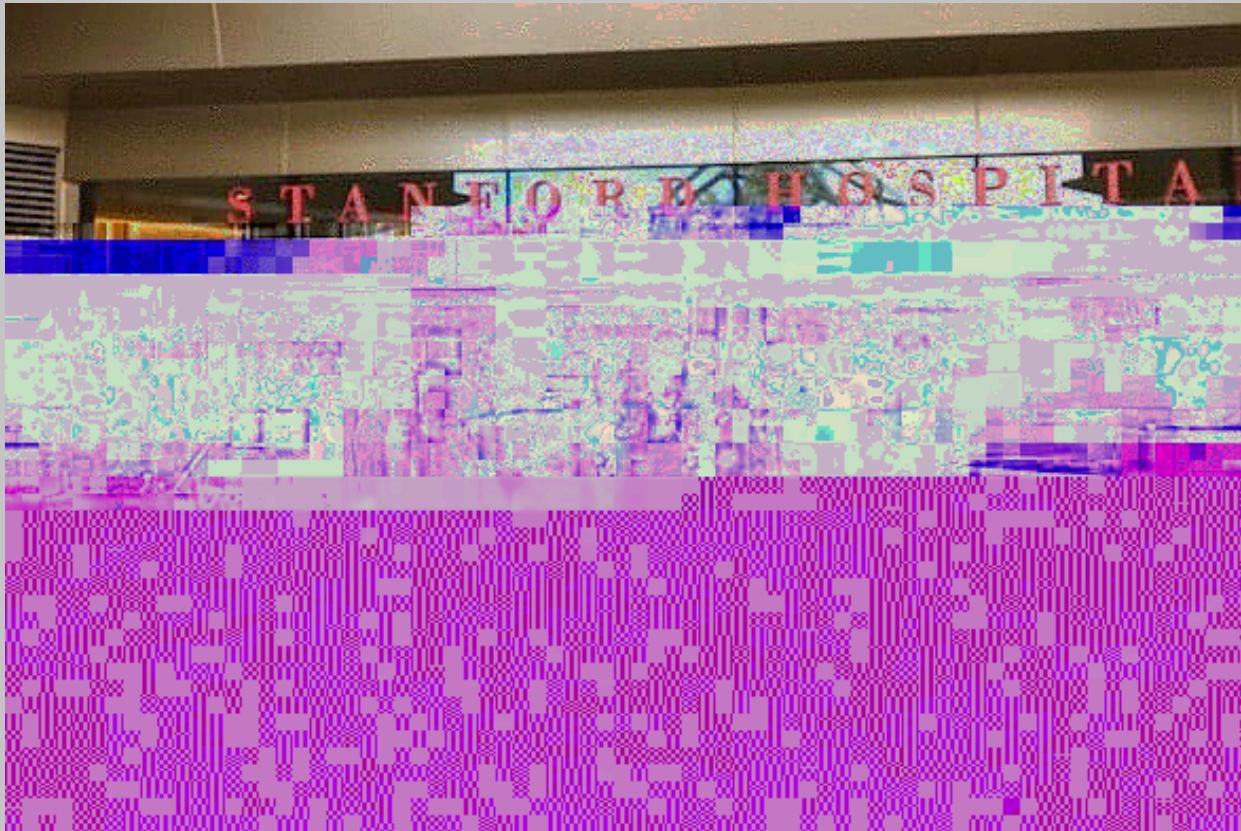
As we provide instruction during this shelter-in-place order, one big question has been how students can complete labs. For the radiologic technology program, **Dean Ram Subramaniam** arranged for skeletons to be sent to students to use for class work at home.

This photo shows how one student used the skeleton, a light source



If you have other stories about innovative ways our students are learning from home, please email [Vanessa Smith](mailto:Vanessa.Smith).

## Respiratory Therapy Students Support Local Healthcare Workers



Thank you to our respiratory therapy students! They have helped local Vietnamese restaurants Pho Hanoi and Dong Que provide more than 2000 lunches to healthcare workers and emergency operations centers.

## What's Happening This Week?

### Monday, May 4

- [ASFC voting begins](#)

### Tuesday, May 5

- [Trivia Tuesday with ASFC](#)
- [Inter Club Council Weekly Meeting](#)

### Wednesday, May 6

- [USF Rep Visit](#)

### Thursday, May 7

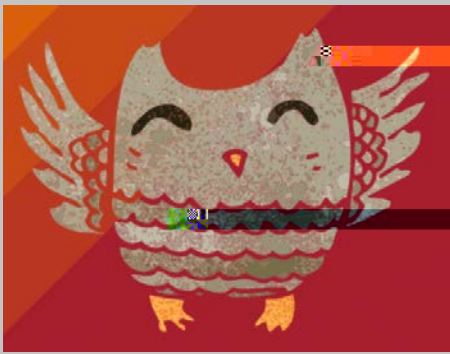
- [Spring Job Fair](#)
- [ASFC Campus Council Meeting](#)

## ASFC Elections May 4-7



Please encourage students to vote in the ASFC elections. Ballots and candidate statements can be found on the [website](#). Voting closes Thursday, May 7.

## Student Emergency Relief Fund





## Weekly Quiz

Congrats, **Alexis Donato** and **Fatima Jinnah** for correctly noting that you can find anxiety management tips on the [Psychological Services website](#).

This week's question: Which dean used to teach communication studies at the college? Send your answer to [Vanessa Smith](#).

---

The Foothill College Parliament faculty & staff newsletter is published weekly. Have something you would like to share with the Foothill College community? Email [Vanessa Smith](#).



Foothill College, 12345 El Monte Road, Los Altos Hills, CA 94022

[SafeUnsubscribe™ {recipient's email}](#)

[Update Profile](#) |