



# QUINSIGAMOND

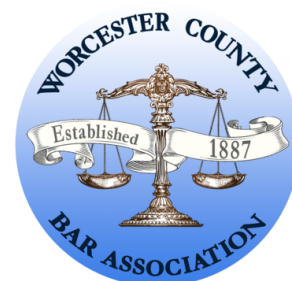
Community College

NEWSLETTER Mentoring

QCC Mentoring November Newsletter



The City of  
**WORCESTER**

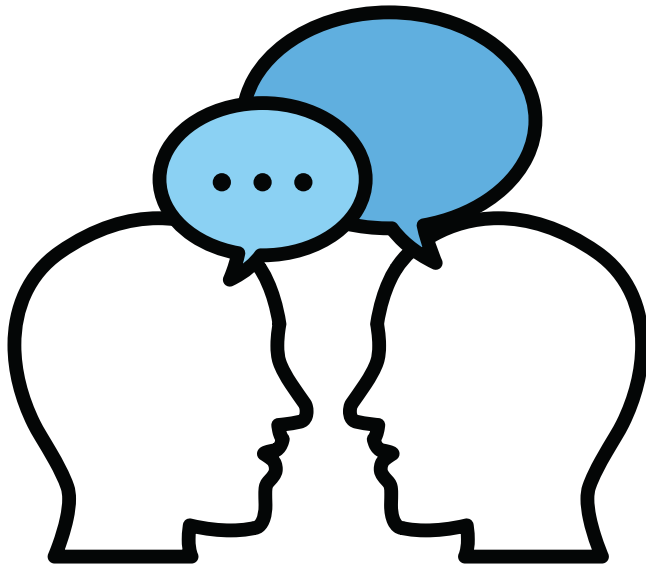


## LETTER TO MENTEES & MENTORS:

**Hello everyone!**

**As we move forward through November please take some time to enjoy the changing seasons, and we hope you all have a wonderful Thanksgiving holiday!**

**-Kalan & Jen**



## ***QCC MENTORING***

***Making  
Connections,  
Building  
Community***

### **SUGGESTED EXERCISE**

**Mentors should check out this [Mentor Guide](#).**

**We also received this excellent [The Truth About Work-Life Balance](#) worksheet from a recent employee engagement seminar and we thought it could be used as well for students (if they do not work it can be used a School-Life Balance scenario).**



## *QCC MENTORING*

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## EVENTS

### JINDO: Virtual Music Bingo

**Room: Virtual via Zoom**

**Join us every Tuesday on Zoom to play JINDO for the chance to win up to \$125 in Amazon e-gift cards!**

**JINDO is presented by the Community College Student Leadership Association (CCSLA) in order to bring all the Massachusetts Community Colleges together for a fun day!**

**JINDO will be hosted on the following dates and times:**

**12:30pm: 11/14**

**1:30pm: 11/21**

**7:00pm: 11/7, 11/28**

**[Click here to register](#) in order to receive the Zoom Link to play!**

**Contact: [studentlife@qcc.mass.edu](mailto:studentlife@qcc.mass.edu)**



## ***QCC MENTORING***

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### **EVENTS**

## **Life Sciences Career Exploration Night**

**Date: Wednesday, November 8, 2023 - 5:00pm to 7:00pm**

**Room: HLC 109A&B**

**Location: Main Campus - Worcester**

**QCC is hosting local Life Sciences companies on our Main Campus on Tuesday, November 8th for an evening Career Exploration session. Companies will talk about the products they make, the research they do to develop future products, and their company culture. They will share information about the wide range of career opportunities they offer, including positions in research, manufacturing, business administration and logistics. This will be a panel event with several employers. The event will start with dinner and networking with employers and students, then will move into a panel and end with a Q&A session.**

**Contact: [careerservices@qcc.mass.edu](mailto:careerservices@qcc.mass.edu)**



## *QCC MENTORING*

### *Making Connections, Building Community*

## EVENTS

### **Self Care Fair**

**Date:** Wednesday, November 15, 2023 - 1:00pm to 3:00pm

**Room:** Harrington Learning Center (HLC), Room 109

**Location:** Main Campus - Worcester

**Join us for the Self Care Fair and learn about different strategies to manage your stress and maintain your overall wellness!**

**Join us for...**

- **Resource Information**
- **Study Skill Support**
- **Activities that focus on:**
  - **Mindful Breathing**
  - **Body Positivity**
  - **Stress Relief**
  - **Mindfulness & Wellness**
- **Light refreshments and snacks**

**Contact:** [studentlife@qcc.mass.edu](mailto:studentlife@qcc.mass.edu)



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### **EVENTS**

#### **Healthcare Job & Transfer Fair**

**Date: Thursday, November 30, 2023 - 2:00pm to 4:00pm**

**Room: Athletic Center**

**Location: Main Campus - Worcester**

**Career & Transfer Services will be hosting a job and transfer healthcare fair.**

**Companies will be on campus to discuss job opportunities within their organization.**

- 1. Briarwood Retirement Community - Knollwood Nursing Center**
- 2. Edward M. Kennedy Community Health Center**
- 3. Executive Office of Health & Human Services**
- 4. Family Health Center of Worcester**
- 5. Health Plans**
- 6. Milford Regional Medical Center**
- 7. Salmon Health & Retirement**
- 8. Seven Hills**



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## **EVENTS**

**9. Tenet Healthcare (Saint Vincent Hospital)**

**10. Tribute Home Care**

**11. UMass Memorial**

**12. Worcester Public Schools**

**13. Worcester Public Schools (Education)**

**4-year colleges/universities will be in attendance to discuss their transfer agreements with QCC students.**

**1. Anna Maria**

**2. Fitchburg State University**

**3. Massachusetts College of Pharmacy & Health Sciences**

**4. Regis College**

**5. SNHU**

**6. UMass - Boston**

**7. WSU**

**Contact: [careerservices@qcc.mass.edu](mailto:careerservices@qcc.mass.edu)**