



OKLAHOMA CITY
COMMUNITY COLLEGE

RESOURCE

HR EMPLOYEE NEWSLETTER

February 2024

Updates & News

Do your Microsoft skills need an update?

Discover tools and resources provided for **free** by [Microsoft 365 Training](#).

Focus on 1 or All 3 This Month



Microsoft
Teams



Excel



Access

New Employees

Brittney Bernstein
Professor of Nursing

Matthew Bejar
Professor of Sociology

Joey Croslin
Vice President for
Human Resources

Bridget Cuadra
Professor of History

Chloe Elimam
Professor of Digital & 3D Art

Adan Hurtado
Lead Registration Specialist

Jonathan Khalilian
Professor of English

Chelsea Miller
Admissions & Records Assistant

Geoffrey Odoi
Social Media and
Public Relations Specialist

Clayton Moore
K-12 Partnerships Advisor

Angela Wicker
Nursing Clinical Coordinator

Kayla Zimmerman
Professor of Nursing

Professional Development

Emotional Intelligence 1

Emotional intelligence (EQ) is an important part of a person's ability to successfully cope with work demands. EQ provides a critical catalyst of social and cognitive functioning and helps us become better at decision making, empathizing, leading, communicating, and being resilient.

Participants will recognize our five core emotions and understand the difference between cognitive intelligence and emotional intelligence.

In part 1 you will learn the personal competencies and skills needed to initiate, maintain and strengthen working relationships with confidence.

NOTE: Prerequisite for Emotional Intelligence 2

[February 1, 2024 2:00-4:00 pm](#)

[February 14, 2024 9:00-11:00 am](#)

Cultivate Belonging

Black History Month

The National Museum of African American History and Culture highlights the 2024 Black History Month theme: [African American arts and artisans](#).

Carter G. Woodson developed the idea for Negro History Week to promote the history, culture and achievements of African Americans and other people of color worldwide.

Designed to coincide with Abraham Lincoln and Frederick Douglass' celebratory birthdays, Woodson launched Negro History Week in February of 1926 as a coordinated effort to develop lessons and encourage the teaching of Black history across the nation's communities and public schools. Woodson, the son of former slaves who became the second African American to earn a Ph.D. from Harvard University, recognized the importance of establishing an initiative that could be celebrated annually and on a national scale.



Local Community Resources & Events:

[Black-owned Restaurants](#)

[Black-owned Businesses](#)

[OKC Office of Diversity & Inclusion](#) [Urban League of Greater OKC](#)

[Oklahoma History Center](#)

[Black Lives Matter OKC](#)



World Day of Social Justice February 20 – Social justice is about fairness and equity. It includes the basic needs and opportunities of all people. Closely related to human rights, social justice is about equality for all. This day is about raising awareness and fostering social justice by tackling issues like poverty, marginalization, gender inequality, unemployment, human rights, and more. By understanding the various injustices present in the world, people are better empowered to find solutions and work towards true equality. [United Nations](#)

We're Hiring

[Upward Bound Advisor](#)

[Administrative Assistant - Student Support Services](#)

[Computer Technician](#)

[Building Services Specialist](#)

[College for Kids Camp Counselor](#)

[College for Kids Head Camp Counselor](#)

[College for Kids Instructor](#)

For other opportunities not listed visit: www.occcjobs.com

February 2024 - Years of Service

10 Years of Service

John Farrell

David Rochat

1 Year of Service

Stephanie Pitts

Sarah Price

Joshua Winkler

Ali Ashworth

Billy Blair

Chau Le

Jennifer Woolston

Lesley Martin

WELLNESS



BlueCross BlueShield of Oklahoma

Shake the Salt Habit



Too much salt can be hard on your heart by:

- Causing high blood pressure
- Injuring blood vessel walls
- Forcing your heart to pump harder

Source: Get the Scoop on Sodium and Salt. American Heart Association, 2018.

Blue Cross and Blue Shield of Oklahoma, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Oklahoma City Community College 9180346-0000

BlueResourceSM - Healthy Lifestyle - Eating Smart Tips



EMPLOYEE ASSISTANCE PROGRAM

Six free, confidential face-to-face sessions or unlimited phone counseling - for you and your family!

OCCC EAP provider: SupportLinc

Supportlinc@curalinc.com

www.supportlinc.com

Access Code: occc

1-888-881-5462

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