



STUDENT ACTIVITIES HANDBOOK



Coahoma Community College is an equal opportunity institution in accordance with civil rights and does not discriminate on the basis of race, color, national origin, sex, disability, age, or other factors prohibited by law in any of its educational programs, activities and employment opportunities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Wanda G. Holmes, Director of Human Resources/Coordinator for 504/ADA, Title IX Compliance Officer, Office #A100, Vivian M. Presley Administration Building, 3240 Friars Point Road, Clarksdale, Mississippi 38614, Phone: (662)621-4853, Email: wholmes@coahomacc.edu.

Coahoma Community College

Student Activities Manual

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Coahoma Community College

Student Activities Manual

Mission Statement

The Division of Student Affairs is a state and federally supported entity of the institution providing financial affordability, safe environment, housing accessibility, health and nutrition awareness and services, job readiness, physical fitness, life preparedness, social enhancement, and personal growth skills for all students enrolled. The Division of Student Affairs seeks to serve as a support base for all institutional areas providing academic, career and technical, institutional effectiveness, and workforce development enhancement programs to increase the optimal development of a student's matriculation to graduation.

Goals

- 1.) To provide multiple non-teaching services that aid the student in developing socially, academically, and professionally as he/she participates in the programs the college provides.
- 2.) To develop good citizens by providing a democratic setting and an atmosphere of learning in which students may develop individually and collectively through co-curricular activities.
- 3.) To implement a regularly scheduled series of lyceum and cultural events that involves resident, commuting, and "non-traditional" students.
- 4.) To implement programs to increase the retention rate of incoming freshmen.
- 5.) To improve coordination of campus activities and events involving students.

Student Activities Office

The Coahoma Community College Student Activities Office is located in the Zee A. Barron Student Union on the second floor. The office is the primary source for student activity information and the location of the Director of Student Activities. Office hours are 8:00 a.m. - 4:30 p.m., Monday - Friday.

Administrative Staff

Mrs. Karen Done, Director of Enrollment and Student Services

Mr. Christopher C. Dixon, Coordinator of Student Activities (Second Floor of the Student Union)

Mr. Anthony Taylor, Evening Activities Coordinator (First Floor of the Student Union).

General Questions and Comments

The staff at the CCC Office of Student Activities is constantly striving to improve its current programs. Ideas for new and future activities are always welcome. Any student, faculty, or staff should visit or contact the office staff with any ideas, questions, or comments.

Partial Listing of Student Events and Activity Programs

- Holiday/Celebration Parties
- Spring Fest Week Activities
- Holiday/Celebration Parades
- Departmental Decorating Contests
- Midnite Breakfast Club
- So You Think You Got Talent Battle
- Clash of The Classes
- Lazer Tag
- Bubble Soccer
- Homecoming Week Activities
- Tailgating
- President's Gala
- Music/Comedy Concerts
- Karaoke Nights
- PEP Rallys
- Tiger Sports Game Day Themes and Activities
- Basketball Homecoming
- Mr. & Miss C.C.C. Coronation
- Mentorship Activities
- Tiger Family Table/Video Game Night
- Movie Night
- Etiquette Workshops
- Career Workshops
- The Coahoma Male Retention Initiative
- ACT Workshops
- Media Club
- Year Book Staff
- Monday Night Football
- Student Leadership Elections
- Financial Aid Drives

Intramural Sports

The Intramural Sports Program offers Coahoma Community College students the opportunity to participate in a wide variety of individual, dual, and team sports at various levels of competition. The Intramural Sports Program offers team sports. These sports include 7 on 7 Football, 3-on-3 Basketball, 5-on-5 Basketball, Table Tennis, Pool, Tennis, Softball, and Volleyball, Spades, Dominos.

See Intrmural Sports Manual

Game Room/ Bowling Center

The Game Room located on the first floor in the Zee A. Barron Student Union. It is open to all students, faculty and staff of Coahoma Community College.

The Game Room hours of operation are:

Monday –Friday 11:00 a.m. - 3: 00 p.m.

Monday –Thursday 4:00 p.m. - 9:00 p.m.

There are a variety of activities available in the Game Room. Video games, Pool tables, Ping Pong, Dominoes, Checkers, and card games are available.

Some general rules for the Game Room include:

- Respect the equipment
- No sitting on the pool tables
- Be respectful to others
- Do not litter
- Watch your language
- Must present a valid Coahoma Community College student ID

Refunds can be obtained in the Students Services Area Monday through Friday 12:00 noon- 3: 00 p.m. located inside the Game Room.

Fitness & Wellness Center

The wellness/fitness center is located in the Frank Gambrell Student Affairs Multi-complex. The facility has a work-out room, which includes equipment such as stationary bicycles, and cardiovascular units such as treadmills, a stair master and elliptical trainers. The facility also includes abdominal stations and other cable machines. Televisions and DVD/VCR combos for the use of those exercising.

The other large room in the center is an aerobic/dance studio which includes equipment for aerobics training and yoga. The flooring in this room is hardwood flooring typical of dance classrooms with mirrors.

The Fitness & Wellness Center hours of operation are:

Monday-Thursday

12:00 noon-4:00p.m and 5:00p.m.- 9:00p.m.

Rules and Regulation

1. CCC ID cards are required at all times while in the Fitness Center. The ID cards allows student, faculty, and staff to use all recreational facilities at designated times.
2. Only proper exercise attire is permitted in the Fitness Center. Hard soled or street shoes, jeans, cutoffs or other inappropriate clothing can be worn.
3. Cell phones may be brought into the Fitness Center. While inside the Fitness Center, the cell phone ringer must be on silent or the cell phone must be turned off. If a patron needs to make a call during a workout, it is requested that the patron leave the Fitness Center.
4. Patrons may bring a personal music system with headphones such as a CD player, MP3 player, iPod, etc. to use during a workout.
5. Food or beverages are not to be consumed in the Fitness Center with the exception of bottled water.
6. Please report any equipment malfunctions to the **Fitness Center** staff.
7. **No one under the age of 18 will be permitted in the Fitness Center.**
8. Smoking is not permitted in any of the Coahoma Community College buildings.
9. Proper conduct and etiquette must be observed.

Yoga Experience

The Yoga Experience provides weekly yoga classes for students and staff offered by a certified yoga instructor. Yoga mats and blocks are supplied. (When available)

Class Descriptions

Gentle Yoga: gain flexibility, strength and balance in an atmosphere of safety and self- acceptance with a yoga practice accessible to students of all ages and fitness levels.

Beginners: this class focuses on the foundations of yoga and is for the brand new beginner or for someone wanting to have a refresher class.

Yoga 1: suitable for beginners and continuing students with emphasis on moving with the breath and anatomical alignment. The class is finished with a guided relaxation.

Yoga 1 and 2: mixed level class for continuing students with a faster pace and more challenging variations to develop strength, balance and endurance.

Senior Yoga: yoga practice suitable for seniors and those with restricted movement. Most of the class takes place sitting in chairs, although some gentle floor work will be added.

Here are a few tips that are sure to enhance your yoga experience.

- ❖ Arrive at least 5-10 minutes before class begins.
- ❖ Wear comfortable clothing that is not too baggy, not too tight. You will be barefoot.
- ❖ Please refrain from wearing perfume or scented oils to class as many people are allergic to fragrances.
- ❖ The props you need to practice (i.e., mats, blocks, blankets and belts) are available for your use.
- ❖ Flexibility is not a prerequisite for yoga. It is a product of the practice.
- ❖ Yoga is for everyone. Please do not feel any hesitation to attend a class even if you have never been physically active or if you have any limitations. We will work with you.
- ❖ A light snack is perfectly appropriate before a yoga class. We do suggest you refrain from eating a heavy meal just before practicing.
- ❖ Most importantly...*just have fun!*

Residence Life Workshop Series

The Residence Life Workshop Series provides dormitory students with vital information and a forum to discuss sensitive issues that affect the on-campus population and their way of living. Topics include campus living and safety, domestic violence, sexually transmitted diseases, drug use and abuse, and mental health issues.

Stress Management

In this forum students learn:

- A. What is stress?
- B. Who is most susceptible to stress?
- C. What are the symptoms and effects of excess stress or "out-of-control" stress?
- D. What can I do to better manage stress?
- E. What are some effective stress-management techniques?
- F. What are other stress-management strategies?
- G. How can I get help with stress management?

Conflict Resolution

In this forum students learn:

A. CONFLICT RESOLUTION SKILLS

- 1. Skill to initiate discussion - choose the issue(s) you want to address and be specific.
- 2. Skill to communicate - choose language that is concise, avoiding vague/general terms.
- 3. Skill to effectively listen.
- 4. Skill to recognize the need and ability to make personal changes - be clear about what you want to change and follow through.
- 5. Skill to learn and use what you have learned.
- 6. Skill to seek out resources as necessary.

B. PROBLEM SOLVING GUIDELINES

- 1. Attack the problem, not the person.
- 2. Be clear about what you see, how you judge, and how you react to people and situations.
- 3. Verbalize your feelings appropriately - sometimes this may be appropriate.
- 4. Understand and take charge of your own feelings and behaviors.
- 5. Move from justification to resolution.
- 6. Look forward (opportunity), not backward (blaming).
- 7. Analyze the situation and attempt to view from both sides.

8. Identify the points where you can compromise rather than demand.
9. Be open and make every effort to respond in a positive manner.

Dormitory Living and Sexually Transmitted Diseases

In this forum students learn:

- A. What are sexually transmitted diseases (STDs)?
- B. What are sexually transmitted infections (STIs)?
- C. How can you tell if you have a sexually transmitted disease?
- D. What are common STD symptoms?
- E. Which are the most common sexually transmitted diseases?
- F. How can I get help with STDs?

College Dating and Domestic Violence

In this forum students learn:

- A. What is Domestic / Dating Violence?
- B. Am I a victim of Domestic / Dating Violence?
- C. Domestic / Dating Violence Facts
- D. Restraining Orders
- E. How can I help a friend who is being abused?
- F. LEGAL ASSISTANCE
- G. CAMPUS RESOURCES
- H. ADDITIONAL RESOURCE

Alcohol and Substance Abuse

In this forum students learn:

- A. What is alcoholism and substance abuse?
- B. Signs & symptoms
- C. Who's at risk?
- D. How do you know when alcohol and drugs are a problem?
- E. Professional help
- F. What you can do?

Student Elections:

In coordination with the Office of Enrollment and Student Services, the Office of Student Activities facilitates the Student Government Association elections for student leadership positions on the Campus of Coahoma Community College. If all criteria is met that is outlined in the Coahoma Community College Student Handbook, all Student Identification Card Holding members of our campus community (on-site and off-site) have equal opportunity to apply and campaign for or be appointed by the Coordinator of Student Activities to the following positions:

- Mr. Coahoma Community College
- Miss Coahoma Community College
- Homecoming Queen
- Student Government Association President
- Student Government Association Vice President

Appendix Of Sign In Sheets

Coahoma Community College

Student Life Leisure Activity

Sign In Sheet

Student Name(First, Last)

**Do not use nicknames

1	31	61
2	32	62
3	33	63
4	34	64
5	35	65
6	36	66
7	37	67
8	38	68
9	39	69
10	40	70
11	41	71
12	42	72
13	43	73
14	44	74
15	45	75
16	46	76
17	47	77
18	48	78
19	49	79
20	50	80
21	51	81
22	52	82
23	53	83
24	54	84
25	55	85
26	56	86
27	57	87
28	58	88
29	59	89
30	60	90

10/6/15

COAHOMA COMMUNITY COLLEGE
DIVISION OF ENROLLMENT AND STUDENT SERVICES

Student Name (First, Last)
"Do not use nicknames"

Jessamine
4:30 - 8:30pm

On Campus Off Campus

1. Christopher Holmes	31. Camilla		
2. Vickie Shady	32.		✓
3. Jackson Christ	33.		
4. Joshua Huff	34.		
5. D. Marks	35.		
6. R. Suggs	36.		
7. Ryan Clay	37.		
8. Bryan Clay	38.		
9. Chris Wood	39.		
10. AS	40.		
11. AS	41.		
12. AS	42.		
13. DDD	43.		
14. DAD	44.		
15. David Lee Bisher	45.		
16. Kevanna Walter	46.		
17. Raven	47.		
18. Ky	48.		
19. John F. Kennedy	49.		
20. Canton Jones	50.		
21. Uncle	51.		
22. La King Shouan	52.		
23. Bruce Lee	53.		
24. Jackie Chin	54.		
25. King Kong	55.		
26. Chuck Norris	56.		
27. Chay Robinson	57.		
28. Master P	58.		
29. James Huel	59.		
30. Josh	60.		

Activity: Table Queue Night Supervisor: Carah Taylor
on the floor 11:00 - 1:00

Fitness and Wellness Center

Sign In

Student Name	Date	On /Off Campus	Time In	Time Out

SAMPLE



Wellness Center Sign In Sheet



Student Name	Date	On/Off Campus	Time In	Time Out
Chris West	9/5	off	6:10 pm	
Cordero Weiland	9/5	ON	6:00 pm	
Chris Brooks	9/5	ON	6:00 pm	
David Leslie	9/5	ON	6:10 pm	
Tommy Johnson	9/5	ON	6:15 pm	
Michael Brown	9/5	ON	6:20 pm	
Kubon Nelson	9/5	ON	6:00 pm	
Ticker Johnson	9/5	ON	6:00 pm	
Terrak Dixon	9/5	ON	6:20 pm	
Terrance Gunn	9/5	ON	6:30 pm	
Alexander Green	9/5	ON	6:30 pm	
Harold Lawrence	9/5	off	6:42 pm	
Thomas Brown	9/5	ON	6:54 pm	
M. Westmoreland	9/5	ON	6:54 pm	
C. Outlaw	9/5	ON	6:54	
C. Harris	9/5	ON	7:18	
K. Johnson	9/5	ON	7:19	
J. Stokes				
M. Brown	9/5	off		
J. Brown				
David Long	9/10/07	on	1:30	
Rickey Carl	9/10	on	1:30	
J. Wilkes	9/10/07			
Henry Washington	9/10/07	off	2:08	
Sonny Johnson	9/10/07	on	2:17	
Kirk Cleason	9/10/07	off		
Jeremy Sargent	9/10/07	off	2:30	
Jayla R. Chivers	9/10/07	off	2:30	
Brandon Applawite	9/10/07	off	2:30	
Robert Nelson	9/10/07	off	2:30	
Travis Price	9/10/07	off	2:30	

Appendix of Evaluations

Coahoma Community College

Game Room Evaluation



____ Male

____ Female

____ Student

____ Faculty

____ Staff

Please rate the following:

5-Excellent 4-Very Good 3-Good 2-Fair 1-Poor

1. Hour of Operation _____

2. Equipment _____

3. Helpfulness of the staff _____

What time of day do you most likely attend the Game Room?

Afternoon

Evening

What changes should be made to the Game Room?

What improvements should be made to the Game Room?

Game Room/ Bowling Center

	Excellent	Very Good	Good	Fair	Poor
Hours of Operation	11	4	3		
Equipment	5	7	5	1	
Helpfulness of Staff	9	6	3		

Comments:

What improvement or changes should be made to Game Room?

1. More games
2. Pool tables recovered
3. New Pool sticks
4. Better seating and tables
5. More room
6. Expand game room
7. Video Games
8. Need to Fix Bowling Alley

83.3% of random sample rated Game Room hours of operation as very good or better

66.6% of random sample rated Game Room equipment as very good or better

83.3% of random sample rated Game Room staff helpfulness as very good or better

NOTE: The evaluation results were derivative of the aforementioned variables on the evaluation instrument. The findings will be used to improve the Game Room Program.



Coahoma Community College
Fitness Center Evaluation



____ Male

____ Female

____ Student

____ Faculty

____ Staff

Please rate the following:

5-Excellent 4-Very Good 3-Good 2-Fair 1-Poor

1. Hour of Operation _____

2. Equipment _____

3. Helpfulness of the staff _____

4. Staff knowledge of equipment _____

5. Yoga Class _____

6. Cleanliness _____

What improvements should be made to Fitness Center?

SAMPLE

Fitness & Wellness Center

	Excellent	Very Good	Good	Fair	Poor
Hours of Operation	8	5	2	1	1
Equipment	1	6	6	1	3
Helpfulness of Staff		4	8	4	1
Staff Knowledge of Equipment		3	4	7	2
Yoga Class	9	4	3		1
Cleanliness	2	4	10		1

Comments:

What improvement or changes should be made to Game Room?

1. Need more room
2. Need Aerobics Classes
3. Need to open in the morning
4. Need Free Weights
5. Need a Bowflex
6. Need Weight Benches
7. Need people who can help me get in shape
8. Need people who know what they are doing

76.4% of random sample rated Fitness Center hours of operation as very good or better

41% of random sample rated Fitness Center equipment as very good or better

23.5% of random sample rated Fitness Center staff helpfulness as very good or better

17.6% of random sample rated Fitness Center staff knowledge of equipments as very good or better

76.4% of random sample rated Yoga class as very good or better

35.2% of random sample rated Fitness Center cleanliness as very good or better

NOTE: The evaluation results were derivative of the aforementioned variables on the evaluation instrument. The findings will be used to improve the Fitness Center Program.



Coahoma Community College

Movie Night Evaluation

____ Male

____ Female

____ Student

____ Faculty

____ Staff

Please rate the following:

5-Excellent 4-Very Good 3-Good 2-Fair 1-Poor

C. Movie Time _____

D. Movie Quality _____

E. Movie Atmosphere _____

What changes should be made to Movie Night?

SAMPLE

Movie Night Experience

	Excellent	Very Good	Good	Fair	Poor
Movie Time	9	2			
Movie Quality	7	3	1		
Movie Atmosphere	7	2	2		

Comments:

What improvement or changes should be made to Game Room?

1. Newer Movies
2. More Food

100% of random sample rated Movie Night's time as very good or better

90.9% of random sample rated Movie Night's movie quality as very good or better

81.8% of random sample rated Movie Night's atmosphere as very good or better

NOTE: The evaluation results were derivative of the aforementioned variables on the evaluation instrument. The findings will be used to improve the Movie Experience Program.

Medical Release Form

**COAHOMA COMMUNITY COLLEGE
STUDENT ACTIVITIES AND INTRAMURAL SPORTS PROGRAM**

MEDICAL RELEASE FOR TREATMENT

I authorize the designated staff member of Intramural and Recreational Activities to authorize on my behalf all appropriate medical treatments that may be required in the event of an illness or injury to

Name of Student

Social Security Number

Resulting in any manner from participating in this College sponsored program. This authority is intended to cover any illness or injury sustained while participating in any activity associated with this program.

Date

Participant's Signature

Date

Parent/Guardian Signature if Student is under 18

I, _____, understand that participation on this program is on a voluntary basis, and acknowledge that neither the College nor the Department of Student Activities or Intramural Sports will accept responsibility for injuries sustained while participating in program activities. Every Student and faculty/staff member is strongly encouraged to carry his or her own insurance for any unforeseen accident(s). I, the participant (parent or guardian if a minor), have read and understand this statement and agree to notify the Department of Student Activities or Intramural Sports if there is any change in my health status prior to activities. Any information I have provided on this form is true, correct and complete to the best of my knowledge.

RELEASE OF LIABILITY

I understand that parts of Department of Student Activities or Intramural Sports Program may be physically demanding. I recognize the inherent risk of injury in Student Activities or Intramural Sports Program. I understand that each participant must assume the risk of injury and any related financial responsibility that could result from participation in and Student Activities or Intramural Sports Program activity. I agree to hold harmless Coahoma Community College, its employees, staff, and volunteers from all claims, including bodily injury, that I may have on my behalf that may be sustained in connection with my participation in the above mentioned activities.

Signature _____

Date _____

SAMPLE