

UNPACK U



ACADEMIC COURSES

WELLNESS 101

This 2-hour presentation helps students better understand the systems of the body, how they are interrelated, and how to maintain good health in order to achieve quality of life.

LEARN MORE:

https://www.ccac.edu/workforce/_files-workforce/comm-ed-fall-2020-final.pdf#search=wellness%20101

ON-CAMPUS RESOURCES

CCAC CAMPUS FOOD PANTRIES

CCAC has established Food pantries at each campus to help students who may be in need of these resources. The campuses also provide campus clothes closets or access to resources for clothes when students are preparing to enter the job market.

LEARN MORE: <https://www.ccac.edu/student-life/pantries.php>

COMMUNITY ENGAGEMENT AND VOLUNTEERISM

At CCAC, it is important for students to engage in activities to become active citizens involved on their campus and in their communities. Through this, you will gain leadership skills, become a global citizen, develop civic literacy, and bring awareness to issues that impact our communities.

LEARN MORE: <https://www.ccac.edu/student-life/community-engagement.php>

COUNSELING

The Counseling Center has trained professional counselors ready and willing to help. Students often come for counseling with academic and personal concerns around such issues as careers, loneliness, fear of failure, lack of self-confidence, anxiety, poor study habits, test anxiety, family and relationship conflict, academic probation and suspension, time management and stress.

LEARN MORE: <https://www.ccac.edu/student-services/counseling.php>

FITNESS CENTERS

The Fitness Centers at CCAC offer a wide variety of aerobic and strength training equipment right here on campus! Students and staff are welcome to take advantage of this facility free of charge as a resource for health and wellness. Unfortunately, all fitness centers will be closed for the Fall 2020 semester due to the pandemic

LEARN MORE: <https://www.ccac.edu/student-life/fitness.php>

FITNESS, HEALTH, AND SPORTS REC CLASSES

CCAC provides a plethora of fitness and yoga classes for wellness.

LEARN MORE:

https://shopcommunityed.ccac.edu/Courses/Fitness_Health_Sports_Recrea.aspx

MIND AND WELLNESS CLASSES

CCAC provides a plethora of classes that focus on mental wellness and mindfulness.

LEARN MORE: https://shopcommunityed.ccac.edu/Courses/Mind_and_Spirituality.aspx

NAVIGATORS

“Navigators” is a new initiative to the 2019/2020 academic year. The CCAC Navigators are available to assist students in identifying resources available external to CCAC so students can address those needs and focus on their academics. These resources include but are not limited to food and SNAP benefits, housing, mental health resources. The Navigators work closely with the Department of Human Services to stay up to date on resources and to assist students in making connections to available services.

LEARN MORE: navigators@ccac.edu

STUDENT LIFE

At CCAC, we believe that life outside the classroom is an important part of your college experience. Each CCAC campus has a variety of activities to enhance your lifestyle - including athletics, cultural events and personal development seminars.

LEARN MORE: <https://ccac.edu/student-life/index.php>

STUDENT ORGANIZATIONS

CLUBS AND ORGANIZATIONS

The Office of Student Life & Engagement supports a variety of student clubs and organizations - there is something of interest for everyone! Involvement in a club can enhance your academic life and is the perfect way to make friends with similar interests.

LEARN MORE: <https://www.ccac.edu/student-life/clubs.php>