

Campus clubs of 2014

Even though it's Winter term, there are many new students on campus. The Print decided to round up information on some of our most active clubs to highlight.

Erin Carey
Arts & Culture Editor

International Club: The International Club meets a couple

of times a month to plan activities. One of their activities this term is a trip to the Columbia Gorge to see Multnomah Falls. The group is a time for all students to come together and learn about each other's cultures and meet new students.

LGBTQS Alliance: The purpose of the GSA club is to have a safe and supportive place for Gay, Lesbian, Bi, Trans, Intersex, Queer, Questioning, and Straight students, as well as anyone else who may fall along any portion of the human sexuality/gender identity spectrum. It is also a place where students can support and learn from each other. All are welcome.

Clackamas Community Club: Clackamas Community

Club is currently doing Tuesday night "open-mic" nights here on campus at McLoughlin Auditorium. It is student produced and hosted. Doors open at 7 p.m. with the shows starting at 7:30 p.m. There are free "raffle prizes" given out each show and the public is welcome to come and watch, or try performing a "set." Catch them on past FYI spots, or like the club's Facebook page.

SMART (Self Management and Recovery Training): Self-Management and Recovery Training (SMART) Recovery Club is open to everyone who has ever struggled with an addiction issue or friends or family members of people with addiction struggles. It is based on

"Cognitive-Behavioral" and "Rational-Emotive Behavior" therapy and it teaches the participants tools to deal with their challenges in a more positive way. Participation is anonymous. Currently the club meets on Fridays in Roger Rook 220 from 11 a.m. - 12:30 p.m.

Phi Theta Kappa: Phi Theta Kappa is Clackamas Community College's elite honor society, founded in 1910. It acknowledges and promotes the academic achievements of two-year college students. Phi Theta Kappa provides tons of opportunities for any and all students to grow professionally, academically, and personally.

Arts and Culture Calendar February

Every Tuesday!

Comedy Club at McLoughlin Auditorium. It starts at 7:30 p.m., doors are open at 7 p.m. Free raffle prizes given out each show.

Thursday, Feb. 13

Student / Staff reading at 12 p.m. at RR 220. The reading is for Oregon's birthday and Valentine's Day. There will be coffee and cookies.

Club Fair from 11 a.m. to 2 p.m. in the Community Center. There will be cookie decorating for Valentine's Day and tons of interesting clubs to check out.

Thursday, Feb. 27

Winter term production "Requisition of Doom" written by Jennifer Haley and directed by Jim Eikrem. Scheduled from Feb. 27- March 9. Thursdays - Saturdays at 7:30 p.m., Sunday matinees at 2:30 p.m. at Osterman Theatre. Tickets are \$10 for adults and \$8 for youth, students and seniors.

New year and new goals for CCC students

Maudeline Agenor
The Clackamas Print

Fresh starts are usually necessary to get the "oomph" in our steps. The anticipation of achieving our dreams can be exciting yet daunting.

Around this time of the year, more than half of New Year's resolutions are already broken or forgotten. A 2007 study conducted by Richard Wiseman at the University of Bristol showed 88 percent of those who set New Year's resolutions fail.

Many resolutions concern physical health — typically losing weight, quitting smoking, or even exercising more often. For college students, it's a balance between academic success, saving money and maintaining an active social and dating life.

So why exactly do most people fail within weeks on their New Year's resolution? There

are many factors possible. Either laziness sets in, reality surfaces or a lack of preparation sinks it. Richard Wiseman's study also showed that one group achieved their resolutions 22 percent more often when they actually participated in goal setting, while the second group were successful 10 percent more because they made their goals public and were supported by their friends.

But have we ever compared the idea of a New Year's resolution to setting goals? Think about it — goals actually give you steps on how to accomplish what you want, whereas New Year's resolutions tend to focus on permanent changes in your daily lifestyle. Either one requires dedication.

The Print recently surveyed Clackamas Community College students on their New Year's resolutions to see whether they were keeping them. The results showed many students don't believe in the idea of making a

New Year's resolution. They preferred to continue with the idea that improvement could be made every day rather than focus on the idea of changing. Setting goals seemed to be more attainable.

"It's never been something that I was really exposed to," freshman Valerie Warman said. "I just never thought about it a lot. I do think setting goals is important, and for a lot of people it's very helpful. I think if you don't keep them, it's not really a resolution."

Some students like Allen Johnson and Emma Eichhorn had a particular goal focusing on their education at Clackamas Community College. "I want to get all A's this term, the next, and this fall," Johnson said. "It hasn't been hard. I just have to make time, sit down and study."

Eichhorn, a transfer major, has high goals of attending Portland State University to pursue a second degree in biology. "It doesn't matter what time of the year it is,

it's good to always improve yourself," Eichhorn said. "I always try to do things better."

Andrew Plummer and Kamron Buel have goals that are geared towards serving others. "I just think the world would be a better place if everyone was nicer to each other," said Buel. Plummer wants to help as many people as he can. "I don't like seeing people hurt," he said.

Some students have simpler goals for themselves. Sajjard Alsmail, from Saudi Arabia, wants to speak English well. "So Americans will understand me clearly," he said.

And the typical goal of weight loss is actually working for Brooke Barnes, who wants to lose five pounds. "I wasn't out of shape, but I want to get more muscle tone," Barnes said.

It goes to show that even with the hustle of everyday life, people desire to improve whether that's with a list of resolutions or one smart goal.



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Brooke Barnes
CCC student



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Sajjard Alsmail
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“It doesn't matter what time of the year it is, it's good to always improve yourself.”

Emma Eichhorn
CCC student



“I don't like seeing people hurt.”

Andrew Plummer
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Have an arts & culture event? Send the information to aced@clackamas.edu so it can be featured in our calendar!

