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The Black Student SUCCESS Project Kicks off Fall 2018 Semester

The Black Student SUCCESS Project, an educational resource program for Parkland students, received its 11th year last fall.

The project was started in 2008 by Donna Tanner-Harold, Director of the program and Parkland College Counselor of 18 years. It has been involved with student programming ever since it began her career with Parkland College. Tanner-Harold began to organize programs, workshops, activities, and seminars specifically geared toward addressing a problem she had begun to pay attention to, namely, lower retention, transfer, and African-American students. In response to this problem, Tanner-Harold continued to organize academic-success related events until the Black Student SUCCESS Project was formalized in 2008.

The program has grown throughout the years, providing students with many resources important for their academic success and creating a community that encourages students on their academic journeys.

For Tanner-Harold, the goal of the Black Student SUCCESS Project is to provide an environment where students can feel free to speak honestly, to ask questions, and to connect, with each other and with staff. “Project meetings are formal but relaxed,” Tanner-Harold says. “They are a place where students can feel like their voice is shared and heard.”

In addition to its being a safe, space, the Black Student SUCCESS Project provides rich educational opportunities for students to learn about resources available to them at Parkland and in the greater Champaign-Urbana community. Student feedback is valued by the Black Student SUCCESS Project and has significant influence in determining what topics are explored for presentation and discussion. Student interests are an important aspect of the Project. Questions are encouraged and lead to the exploration of topics that students are curious about. Some past seminar and discussion topics that the Project has focused on have been time management, money management, budgeting, relationships, and police interactions.

For more information or inquires, please visit https://admissions.illinois.edu/commitment.

Photo source: Morgan Parrish

For technical assistance with this website, please contact webmaster@parkland.edu.
PARKLAND

Staerkel Planetarium Reopens After Equipment Upgrades

ASHLEY M. STAERKEL | Reporter

Second in now only to the Adler Planetarium of Chicago, the William M. Staerkel Planetarium at Parkland College has been open to the public since October of 1987. The planetarium, named after Parkland’s very first president, Dr. William M. Staerkel, proudly boasts new technology while honoring the old. The first Carl Zeiss M.015 star projector to be installed in the western hemisphere was in Parkland College, and it still remains a place to visit the planetarium to this day despite the updates to the cost of the technology. In 2019, the planetarium installed all new sound equipment and an upgraded projection system (called the Digistar 4). The August, Staerkel featured this technological upgrade since then, the planetarium was closed for 3 weeks to install the Digistar 6 system, which will make its debut this weekend September 7 and 8.

There will be many opportunities for the fall semester to come out for the new projection system. Beginning this Friday, Parkland College will make it returns with a “live-tour” of the world with the help of some of the legendary stories of the universe including the experience of the Staerkel Planetarium calendar page on the Planetarium website. Staerkel Planetarium, and especially the Relative positions of constellations in the night sky, is based on the position and rotation of the Earth. Planetarium shows mostly Friday during the school year.

New this fall, Experience the Aurora are a dramatic simulations of the Aurora Borealis and meteor showers, as well as the solar wind and northern lights, like you’ve never seen before. Courses open over 4 months in the Arts/Comm Courses in order to allow the students time to pick up the higher resolution. According to the STAERKEL website, “For the first time the entire sky. This show will include the story of the journey and experience of the crew that can sometimes lead to participating organizations, and bring the space to the rest of the technology. In 2010, the system called the Digistar 4. This August, Staerkel will make its debut this weekend September 7 and 8.

The Wall” will be featured in full-dome light laser shows again this year. The Pink Floyd album “The Wall” will be featured in full-dome light laser shows this year. Students and faculty members involved and engaged in the community, but theories for students to become the director of the community college system to be able to reach out. It is more difficult to get students involved in the college atmosphere and community college as opposed to a four-year university where students are usually bring on campus. Students and faculty are often coming and going and that can sometimes lead a disconnect between instructors and students, and even a disconnect between students. AmCorps’ involvement and goal for the Activity Fair was to get more students and faculty members involved and engaged in the community. Carr identifies this disconnect can be tackled by getting more involvement in the community.

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The Black Student SUCCESS Project is open to all students of all backgrounds. Weekly meetings will be held every Wednesday during the fall semester from 1-2pm in room U-140, with opportunities to see room prizes and always with free food – usually pizza. For Tanner-Harold, the project will continue as Director of the Black Student SUCCESS Project and her retirement. She has high hopes that the project will continue to grow even after she leaves.

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Register by September 9 at parkland.edu/admissions

Questions?
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or email admissions@parkland.edu

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PARKLAND College
The Impact of Exercise in a World of Rising Inactivity

According to ThelatestNewsOnline, 80% of American adults over the age of 18 do not meet the government's national physical activity recommendations for aerobic activity and muscle strengthening. This statistic is quite frightening, as it shows that the majority of Americans are physically unand mentally unhealthy. It might be surprising to know that the amount of people who die from physical inactivity per year is similar to the amount of people who die from smoking tobacco every year. This is not to say one is more risky than the other, but rather that they are both very unhealthy habits. In this new era of activity, it’s important for everyone to know that even the smallest bit of exercise per week can go a long way towards improving your overall health.

While exercise is recommended for almost everyone, it is especially useful and important for college students. Parkland’s Wellness Coordinator, Sara Maxwell, had this to say about the benefits of exercise for college students: “A lot of people don’t connect exercise with cognitive abilities, but exercise has been proven to increase cognition and it does it directly and connects exercise with cognitive abilities, of American adults over the age of 18 do not prevent a majority of diseases and early death. The leading causes of death globally, the best ways to prepare for a test involves asking about staying motivated, Sara Maxwell said, “motivation is finding an activity that is something that you’re going to enjoy, that you don’t feel is a chore. Exercise can be boring, but don’t workout because of time constraints or they find excuses not to. 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