



Pratt Community College
Monthly Newsletter

THE

The official newsletter of PCC

BEAVER

BUZZ

April 2022

Maximum Student Learning

Individual & Workforce
Development

High Quality Instruction
& Service

Community Enrichment

Call for upcoming newsletter content

If you have information, ideas for new content, fun facts, or PCC trivia, send them to Audra for inclusion in the next newsletter.

>>> audrar@prattcc.edu

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Upcoming Dates

Good Friday No classes	4/15
Faculty Work Day- No Classes	4/18
Beaver Building Day	4/21
EPT Beaver Building Day	4/29
Final Exams	5/10-12
Commencement Ceremonies	5/13

See next page for more important dates!

PRATT COMMUNITY COLLEGE BEAVER Building Days

Our Beaver Building Day events are drawing near!

What is a Beaver Building Day? It's an all-in-one event where you will have the opportunity to complete any necessary enrollment paperwork; such as submit your housing contract, submit transcripts, receive information about payment options and financial aid, and meet with an advisor to enroll!

The best part about a Beaver Building Day? You'll walk away with a class schedule in hand!

Be sure to get registered to reserve your spot at prattcc.edu/beaverbuildingday to get started! See page 3 for available dates based on the situation that best suits you!

Additionally, Early Enrollment for Summer and Fall 2022 is now open! Current students should schedule a time to meet with their advisor and new students can apply for admission to PCC on our website. See page 24 for Early Enrollment cost information.

It's a great day to be a Beaver! **#DamGoodFuture**

APRIL

IMPORTANT DATES

Last Day to Withdraw, Full-Semester Classes

April 13th

Good Friday - No Classes

April 15th

Faculty Work Day - No Classes

April 18th

Board of Trustees Meeting - Riney Student Center

April 18th @ 6:00pm

Beaver Building Day & PTK Blood Drive

April 21

Performing Arts-Finale Concert

April 24

Awards & Recognitions Ceremony

April 26 @ 7pm

EPT Beaver Building Day

April 29

MAY

A LOOK AHEAD

Performing Arts-Choir & Jazz Concert

May 1

Final Exams

May 10, 11, 12

Commencement Ceremonies

May 13 @ 1pm & 3pm

Faculty Work Day

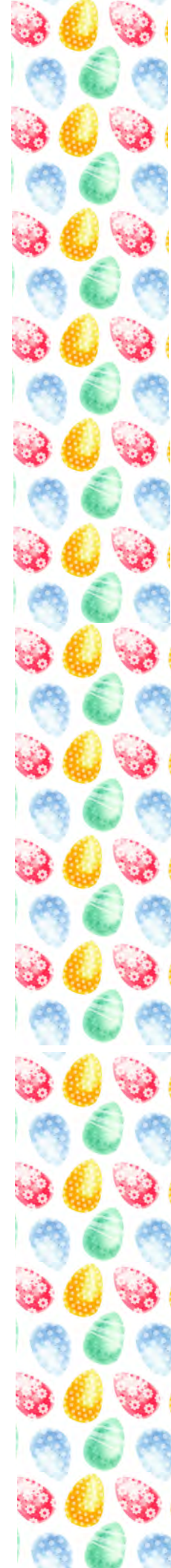
May 16

Final Grade entry due on Self-Service

May 17

*Dates subject to change due to COVID-19 situation.

For more upcoming dates and information,
please visit prattcc.edu/calendar



PRATT COMMUNITY COLLEGE

BEAVER

Building Days

PREPARE FOR FALL

MEET WITH ADVISORS
and **REGISTER FOR CLASSES**

IN-PERSON

APRIL 21

MAY 25

JUNE 14

VIRTUAL

JULY 12

JULY 14

**PLACEMENT TESTING AVAILABLE
LOGIN & SET UP STUDENT ACCOUNT
APPLY FOR HOUSING**

REGISTER ONLINE TODAY!

PRATTCC.EDU/BEAVERBUILDINGDAY

PRATT
Community College



PRATT COMMUNITY COLLEGE NEW EPT MAJOR

Pratt Community College Announces New EPT Support Specialist Program

FOR IMMEDIATE RELEASE
MARCH 10, 2022

Pratt Community College has an outstanding Electrical Power Technology (EPT) lineman training program with four campus locations across Kansas in Pratt, Wichita, Dodge City and Coffeyville.

Brand new for Fall 2022, Pratt Community College announces an additional pathway available on the Pratt campus, the **Electrical Power Technology Support Specialist** (EPTSS) program.

The EPTSS program provides students with broader career options that do not involve aspects of EPT lineman training, such as pole climbing. There are numerous jobs in industry that provide vital support to lineman work. EPT Support Specialist students will receive training that prepares them for a start in any of the following career pathways: **System Control, Substation Technician, Underground System Crewman, Overhead System Groundman, Warehouse & Stores, and Customer Service.**

Vice President of Instruction Monette DePew is pleased with what the new major will bring to the EPT program, and to PCC.

“Phillip “Dave” Campbell has been the driving force (or should I say electrifying force) behind creating this major, with support from fellow instructors and industry partners. This new aspect of our EPT program will increase enrollment in the EPT program and overall enrollment at PCC. This major is also included as an option for students who qualify to access Promise funds through the state of Kansas.”

EPT Program Director Phillip “Dave” Campbell is proud to expand the program and welcome a wider range of students.

“I am very excited about the career pathways that the EPTSS Major opens up to anyone who is interested in delivering electrical power to our nation. This is not a job, this is a career and it is true service work. Students can choose the pathway that fits them best and every job is important. Working in Electrical Distribution has always been about being a part of something bigger than ourselves. Come join us!”

Scholarships are available for both programs as Departmental Academic Scholarships through PCC, and also for the Kansas Promise Scholarship through the state.

Pratt Community College is enrolling now for Fall 2022 for the EPT and EPTSS programs! The first step is setting up a tour of the Pratt Campus.!

Visit our website and [set up a campus tour today!](#)





COMING FALL 2022!

EPT SUPPORT SPECIALIST (EPTSS) MAJOR* STUDY IN SIX DIFFERENT SUPPORT SPECIALIST PATHWAYS

SYSTEM CONTROL
SUBSTATION TECHNICIAN
UNDERGROUND SYSTEM CREWMAN
OVERHEAD SYSTEM GROUNDMAN
WAREHOUSE & STORES
CUSTOMER SERVICE

FOUR LOCATIONS
ACROSS KANSAS

PRATT

DODGE CITY

WICHITA

COFFEYVILLE

*EPTSS PRATT CAMPUS ONLY

JOIN ONE OF THE MOST
COMPREHENSIVE LINEMAN
& SUPPORT SPECIALIST
PROGRAMS IN THE NATION!

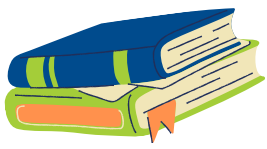
SCHEDULE YOUR VISIT TODAY!



620-450-2217

PRATTCC.EDU/EPT





PRATT COMMUNITY COLLEGE ACADEMIC OLYMPICS



PCC Hosts 17 Area Schools for Academic Olympics

More than 500 high school students filled Dennis Lesh Sports Arena at Pratt Community College to participate in the annual Academic Olympics event. Area high schools are invited to PCC to “compete” against one another academically.

Students take written tests and submit entries in a variety of categories, judged by PCC faculty and staff. Testing categories include English, Math, Sciences, Foreign Language, Animal Science, Creative Writing, Journalism and many others.

The PCC Automotive program offered a parts identification exercise, hosted by instructors and current students. Performers took the auditorium stage to deliver rehearsed pieces for judging in the Performing Arts department. Ceramic, painting and mixed media entries were on display in the Delmar Riney Art Gallery, and the Athletic Hall of Fame housed entries in Photography.

PCC hosted 17 schools on campus for the Academic Olympics, as follows:

Argonia USD 359, Attica USD 511, Buhler USD 313, Conway Springs USD 356, Cunningham USD 332, Fairfield USD 310, Kingman USD 331, Kinsley USD 347, Medicine Lodge USD 254, Newton USD 373, Norwich USD 331, Pratt USD 382, Pretty Prairie USD 311, Skyline USD 438, South Barber USD 255, Stafford USD 349, Trinity Catholic High School

Scoring and judging from PCC faculty and staff revealed the following results:

Division I	Division II
Pratt High – 1st place	Cunningham and Pretty Prairie – 1st place tie
Trinity Catholic– 2nd place	Argonia – 2nd place
Conway Springs – 3rd place	Kinsley – 3rd place

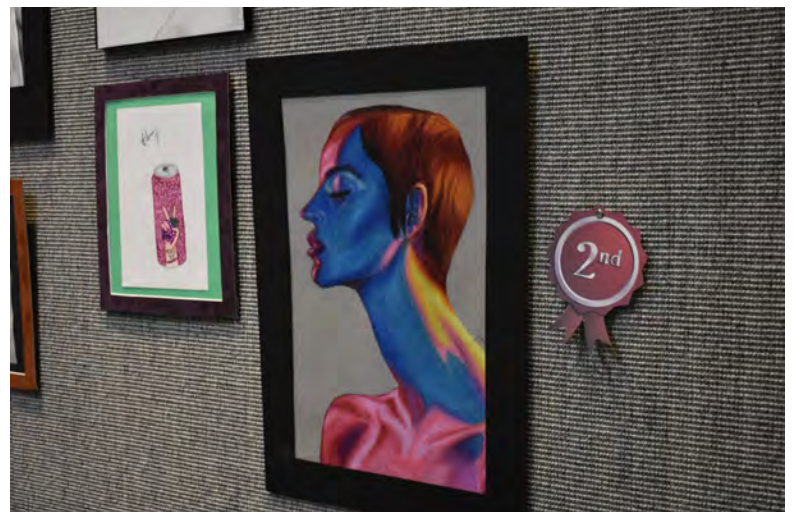
PCC Communications and Journalism instructor Heather Wilson is pleased with the turnout for the Academic Olympics on campus.

“It felt nice to be able to host the event in person this year after having to host the contest virtually last year. We waited until the last minute to make the final decision so I was worried this could affect attendance but we still had over 500 high school students present on our campus. Nice numbers despite the pandemic. And it’s always great to see the excitement from the participating students.”



Academic Olympics Organizer
Communications/Journalism Instructor
Heather Wilson
Heatherw@prattcc.edu

See next page for photos of this event!



PRATT COMMUNITY COLLEGE CAREER TECHNICAL EDUCATION (CTE)

Medicine Lodge Students Explore Work-Based Learning at PCC

Medicine Lodge Junior High 8th grade students traveled to Pratt Community College to pilot a Work-Based Learning Project.

Students started out in the gym with introductions from Mr. David Schmidt, PCC's Career and Technical Education (CTE) Coordinator who explained the day's agenda and shared information about work-based learning, career and technical education, and pathways certification.

Students were introduced to PCC instructors and divided into career clusters which included Allied Health, Agriculture, Welding, Auto, INT, and Business Management.

Based on their individual interests as determined by their career interest inventory conducted as part of their Individual Plan of Study, each student attended two of these career and technical programs. Students finished the day with a question and answer session and a meal provided by the PCC cafeteria.

Visit the [College Start](#) section of our website to learn more about the CTE pathways at PCC.



PRATT COMMUNITY COLLEGE

PIZZA WITH THE *President*



PCC's Pizza with the President event resumed during the Spring 2022 semester.

PCC President Dr. Michael Calvert meets with students in the residence halls on campus with a pizza dinner to talk with students and hear honest feedback about their experiences at PCC.

Students give shout outs, likes, dislikes and concerns. Residence Life staff take notes on all of the points discussed at each meeting. Student concerns are then presented by Dr. Calvert to the appropriate departments, members of cabinet and/or the Board of Trustees to be evaluated and addressed.

There are institutional processes that need to be followed for actions to be taken. Some changes are able to happen quickly, while others require discussion and decisions that take time. But issues that are important to students are heard, and the seeds for discussion are planted.

Dr. Calvert notes the importance of meeting with the student body at PCC.

"I am glad we were able to resume our Pizza with the President sessions this year. Due to Covid, we paused these activities and I missed meeting and interacting with the students each semester. We are always trying to improve the student experience and PCC, so what better way than to hear from current PCC students."

The Pizza with the President event had a good turnout of students on campus. PCC students that do not live on campus are also invited to attend.



COMMENCEMENT *Ceremony*

PRATT
Community College

MAY 13, 2022

**DENNIS LESH SPORTS ARENA
IN THE BENSON EDUCATION CENTER**

348 NE SR 61
PRATT, KS 67124

**1 PM - AAS GRADUATES &
CERTIFICATES**

**3 PM - AA, AS, AGS
GRADUATES**



CAP & GOWN PICK UP

May 9-12 in the
Benson Commons Area
3:00 - 5:00pm

Pick Up by Last Name
(Alphabetical Order)

Monday: A - I
Tuesday: J-R
Wednesday: S-Z



COVID-19 PRECAUTIONS

Covid precautions will be followed as appropriate at the time of the ceremony. Social distancing will be respected.

*Information subject to change



CEREMONY LIVE STREAM

gobeaversports.com/links/LiveBroadcasts



PHOTOGRAPHY

Official photos available for purchase at gradimages.com



ADDITIONAL QUESTIONS?

Contact Registrar's Office
620-450-2218

WHERE DO I GO?

Graduates should report to Sports Arena floor level (west door by the elevator) at 12:30 pm for the 1:00 pm ceremony; 2:30pm for the 3:00pm ceremony. Graduation regalia is required.



PHI THETA KAPPA
HONOR SOCIETY

PRATT 
Community College

PRATT COMMUNITY COLLEGE

BLOOD DRIVE

SHARE THE MIRACLE OF LIFE.

Thursday, April 21
9am-3pm

Dennis Lesh Arena
348 NE SR 61
Pratt, KS 67124

For an appointment please see Jason Ratcliffe
or call 1-800-RED-CROSS (1-800-733-2767)

[CLICK HERE TO MAKE AN APPOINTMENT.](#)



American Red Cross

Transfer Scholarships

DEADLINE APPROACHING

PCC transfer scholarships are endowed funds set up for graduating students who intend to continue their education. A variety of scholarships are available.

If you are a graduating student at PCC and plan to continue your education, transfer scholarship funds are available. The deadline to apply is approaching!

The application deadline is April 15, 2022.

View requirements and apply through your E-Central account.

A hand is shown writing the word "Scholarship" in white chalk on a dark green chalkboard. The word "TRANSFER" is written in blue block letters above it, and "APPLICATION" is written in blue block letters below it. The PCC cougar logo is at the top center. Below the main text, it says "NOW AVAILABLE DEADLINE APRIL 15" and "LOG INTO ECENTRAL TO ACCESS MORE INFORMATION." at the bottom.



TRANSFER
Scholarship
APPLICATION

NOW AVAILABLE
DEADLINE APRIL 15

LOG INTO ECENTRAL TO ACCESS MORE INFORMATION.



Pratt Community College

BEAVER ATHLETICS

2021-2022

Visit gobeaversports.com for schedules, rosters, statistics and more!



Jenitra Shields Hired as Women's Flag Football Coach

Pratt, KS. – Pratt Community College (PCC) is excited to announce the hiring of Jenitra Shields as the next Head Women's Flag Football Coach. Coach Shields has been busy not only settling in on campus, but recruiting student athletes for the fall.

"We are thrilled to have coach Jenitra Shields join Pratt Community College. She has a tremendous background in both tackle and flag football," said Athletic Director Tim Swartzendruber. "To have someone with this experience will be a great asset as we build our women's flag football program. Coach Shields is extremely outgoing and personable. She will be a great fit in our community."



Coach Shields comes to Beaver Nation after serving as Assistant Girls Flag Football Coach at Decatur High School (DHS) since 2020. During her time at DHS, she assisted with all operations for women's flag football at the varsity level including offensive and defensive coordination in addition to special teams.

"I'm overjoyed to join a team of hard-working individuals with a collaborative spirit and space for the growth of a brand-new athletics venture for young women," said Coach Shields. "I'm highly appreciative to be welcomed to Pratt Community College. I want to thank the athletics department for bringing me into the fold and showing me so much support."

Prior to her time at Decatur High School, Coach Shields has not only coached, but has played tackle and flag football in and around the Atlanta, GA area. She was a member of the 2017 IFAF Women's World Championship Team. Coach Shields played collegiate volleyball at the University of Arkansas at Pine Bluff (UAPB) and was honored in 2008 as a member of the SWAC All-Conference Volleyball Team.

"I believe by everyone working together daily this program can build bridges for the community of Pratt and encourage more student-athletes to consider Pratt for their educational advancement," said Coach Shields.

Sports Continued..



Men's Basketball Ends Season in NJCAA Region VI Tournament



Hutchinson, Kan. – The Pratt Community College (PCC) Beavers traveled to Hutchinson, KS on Tuesday, March 1 for the National Junior College Athletic Association (NJCAA) Region VI quarterfinals. The Beavers took on the Hutchinson Community College (HCC) Blue Dragons for the second time in eight days.

Having just beaten the Blue Dragons at home on Monday, February 21st with a score of 112-100. Hutch jumped out to an early lead and with 10:05 left in the first half lead 35-19 over the Beavers. The Blue Dragons held a substantial lead at halftime 61-32 after hitting 11 three pointers in the first half. The Beavers did manage to make a run in the second half and outscored Hutch 50-49, but ultimately lost 110-82. The Beavers ended their season for the second time in the past four years in the NJCAA Region VI quarterfinals.

"Almost all of their stuff came on defensive breakdowns... they took advantage of our mistakes," said Head Coach Kenny Eddy. "It was our choice on how we ended this game we could have either laid down or fought back for 20 minutes. This team has never chosen to lay down and I was proud of the fight that came in the second half."

Sophomore DJ Bailey scored his season high of 16 points and had four assists for the Beavers. Sophomore Nasan Ayala finished with 14 points and six rebounds. Both sophomores Tommy Thomas and Julian Eziukwu scored 10 points and Harrison Eghan finished with 11 points. The Beavers had 34 points in the paint and scored 21 points off second chance opportunities.

Pratt finished 15-17 overall and 9-15 conference this season. They picked up two wins against ranked opponents this season against then ranked #9 Colby 85-71 on December 8th and then #19 ranked Hutchinson Blue Dragons 112-100 on February 21st. The one stat the Beavers will look to forget next season is only winning two games on the road.

"I never could have predicted this road...it has been anything but predictable for sure," said Coach Eddy. "I am incredibly thankful for this group for sticking around and playing hard. They are an incredible group of guys."

WRESTLING

Pratt Wrestlers Honored on KJCCC All-Conference Teams



2021-22 KJCCC WRESTLING ALL-CONFERENCE TEAMS

WEIGHT CLASS

STUDENT ATHLETE

COLLEGE

125

1st team -
2nd team -
Hon. Ment. -

Jason Henschel
Riley Weir
Cody Francis

PRATT
LABETTE
NORTHWEST TECH

133

1st team -
2nd team -
Hon. Ment. -

Ryan Smith
Samual Blackmon
Drew Liles

COWLEY
NORTHWEST TECH
PRATT

141

1st team -
2nd team -
Hon. Ment. -

Jacob Mitchell
Trenton Grant
Michael Barfuss

PRATT
COWLEY
CLOUD COUNTY

149

1st team -
2nd team -
Hon. Ment. -

Jake Beeson
Brye Boumans
Brandon Kidd

PRATT
NORTHWEST TECH
COWLEY

WEIGHT CLASS

STUDENT ATHLETE

COLLEGE

165

1st team -
2nd team -
Hon. Ment. -

Scott Radke
Jacob Knowles
Jonathan Carr

PRATT
NEOSHO COUNTY
NORTHWEST TECH

174

1st team -
2nd team -
Hon. Ment. -

Jameel Coles
Cayden Atkins
Mark Rausch

NORTHWEST TECH
PRATT
COLBY

184

1st team -
2nd team -
Hon. Ment. -

Deston Miller
Logan Allen
Darin Neal

PRATT
NEOSHO COUNTY
LABETTE

285

1st team -
2nd team -
Hon. Ment. -

Devon Dawson
Ibrahim Ameer
Dean Setticasa

PRATT
CLOUD COUNTY
COWLEY

Beavers Competitive Against Colby Trojans



Pratt, Kan - The Pratt Community College (PCC) Beaver softball team hosted the Colby Community College (CCC) Trojans on March 29 for a two-game series at Angood Field. It was the Beavers fifth and sixth games in four days.

Game One

The Trojans struck first with a run in the top of the first and second inning. They added an additional two runs in the top of the fourth inning to take a 4-0 lead. In the bottom of the fourth inning, sophomore Cassie Wedel brought across two runners off a line drive double to left field to make it 4-2. In the top of the fifth inning, the Trojans added three runs to their lead to make it 7-2 entering the sixth inning. Colby brought home two more runs in the top of the sixth inning. Sophomore Aspen Warren hit a two-run homer to left field in the bottom of the sixth. Entering the seventh inning it was an 9-4 Trojan lead. Colby added five runs to their lead in the seventh inning off of one double, two singles, and a two-run home run. The Trojans won game one 14-4.

Game Two

Colby started game two with a one-run homer to center field off their second batter of the game. Pratt responded with three runs of their own in the bottom of the first inning. Freshman Payton Woody, Kendra Bay, and Shealee Paull all contributed hits in the first inning. The Trojans scored another run in the top of the second inning to make it a run one game. In the third inning, the Beavers added another run to take a 4-2 lead after three innings. In the top of the fourth inning, the Trojans brought across 10 runs off of six hits and one error. They added three runs in the fifth inning to win game two 15-4.

See full stats and the game schedule on our Beaver Athletics website GoBeaverSports.com.



Beavers Prepare to Take on Johnson County

Pratt, Kan.- The Pratt Community College (PCC) Beavers are prepared to face the Johnson County Community College (JCCC) Cavaliers to wrap up a four-game series. The Beavers hosted the Cavaliers on March 31 at Stanion Field. Pratt will travel to Johnson County on Saturday, April 2 to finish the series.



Quick Hitters

Beavers are currently on a seven-game losing streak and will take the week off from playing KJCCC opponents to face Johnson County.

Beavers are only 5-7 at home in Stanion Field, but hold a 9-9 record on the road this season.

Sophomore Mitchell Smith is still dominating in the batter's box this season with a .447 average with 46 hits, 43 RBIs, and six homeruns. Smith splits time in the outfield and on first base and so far, this season has 75 putouts and 12 assists,

Cason Long has pitched 35 innings over five appearances with two starts thus far this season. He currently has a 1.80 ERA with a 10.80 strikeout ratio over nine innings.

As a pitching unit, the Beavers have an ERA of 6.43 with a strikeout ration of 8.21 over nine innings.

Scouting the Cavaliers

The Cavaliers were ranked #17 in the NJCAA preseason poll. They have received votes for the national poll off and on the season.

The Cavaliers enter this week's series having split with Fort Scott Community College (FSCC) over the past week and defeating Metropolitan Community College (MCC) 7-4 on Monday.










Johnson County is sitting at 21-8 overall and a 9-3 conference record. They are 4-2 on the road and 16-6 at home.

As a team the Cavs are hitting .337 with 29 homeruns. Freshman Collin Brueggemann is leading the team with a .402 average with 24 RBIs and seven homeruns.


The pitching unit for Johnson County has a combined ERA of 4.26 with a strikeout ratio of 11.92 over nine innings.

View full stats and the game schedule on the Beaver Athletics website GoBeaverSports.com

April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					The Wizard of Oz – 7:30 PM	
3 The Wizard of Oz – 2:30PM	4	5  Beaver Dome 9PM	6	7	8	9
10	11	12 Easter Egg Hunt Commons 9PM 	13	14	15 Good Friday No Classes Offices Closed	16
17 Easter 	18 No Classes Offices Open	19  Novotny Parking Lot 9:30PM	20	21 Skate Night Rolla Rena 9PM–11PM 	22	23
24 Flag Football And Snow Cones PCC Soccer Field 3PM Sign-up There 	25	26 Academic & Athletics Awards Ceremony Auditorium 7PM 	27 PCC Cook-Out Lunch Hosted by Staff Senate 	28 Neon DANCE Commons 9PM to Midnight	29	30

Performing Arts Presents...
The Wizard of Oz
 April 1st & 2nd @ 7:30PM
 April 3rd @ 2:30PM
 Auditorium



Need to Know
 Enrollment Has Begun for Summer and Fall
 May 10th-12th: Finals
 May 13th: Residence Halls Close at 5PM

Drive-In
April 19th
Novotny Parking Lot
9:30PM



Student Feature

MASON WELSCH AUTOMOTIVE TECHNOLOGY



Name: Mason Welsch

Field of Study: Auto Mechanics

Degree: Associate of Applied Science, 2016

Hometown: Trousdale, KS

Mason started our Automotive Technology program as a senior in high school and now helps run an auto shop with his dad in Trousdale, KS.

What brought you to PCC?

I had the opportunity to start the Automotive program as a senior in high school and after I graduated high school I finished the program at PCC.

Why did you pursue this field of study?

I grew up in the shop with my dad and have always loved working on vehicles and the satisfaction of a job well done.

What do you like best about the program?

I really enjoyed the instructors, they kept the program fun and challenging at the same time, it was an awesome atmosphere.

Is there any particular class, lesson or hands-on activity you really liked in the program?

My favorite portion of the program was the on hands engine building, getting to machine all the engine parts in house and assemble ourselves was my favorite.

What do you plan to do in your career after degree or certificate completion?

My father and I have opened our own repair business and parts store.

What advice would you give to future students interested in this program?

I would say pay attention in class, you only take away what you put in to the class, if you're there to learn you will succeed.

Any shout outs to instructors, staff or a mentor at PCC?

Thanks Daryl Lucas and Greg Bacon for a great program, I greatly enjoyed my time in your classes.



Visit our website to learn more about [Automotive Technology](#) and how high school students can earn dual credit through our [College Start- CTE](#) program.



SAVE-THE-DATE

34TH ANNUAL

PRATT COMMUNITY COLLEGE FOUNDATION

SCHOLARSHIP

A U C T I  N

MAY 6, 2022

DENNIS LESH SPORTS ARENA

DOORS OPEN 6:00PM DINNER 6-7:30PM

LIVE AUCTION 8:00PM

ALL FUNDS RAISED WILL GO TO
SUPPORT PCC SCHOLARSHIPS

RESERVE A TABLE OR PURCHASE TICKETS

CONTACT DONNA AT 620-450-2240

OR EMAIL DONNAMP@PRATTCC.EDU

BARRY FISHER
620.450.2179
BARRYF@PRATTCC.EDU

348 NE SR 61
PRATT, KS 67124

DONNA MEIER PFEIFER
620.450.2240
DONNAMP@PRATTCC.EDU

 PRATT COMMUNITY COLLEGE
FOUNDATION

MENTAL HEALTH MINUTE



Our Emotional Side Matters

Our last breakout on mental wellness is that of emotional well-being. While we associate mental health problems with emotions, we sometimes forget that those emotions also have a wellness side to them to be nurtured.

In order to develop a healthier emotional wellness, we need to take time to build on our emotional skills. Skills like positivity, emotional regulation, and mindfulness are just a couple of examples. By building and caring for these emotional skills, we are building ways to cope with a very wide and vast variety of situations that we can and do encounter in our every day lives. Coping with stress, handling our “negative” emotions in times of challenges, and recovering from disappointments are just some of the ways our emotional well-being is built. This can then result in more enjoyment of life, being happier, and even help us pursue our goals with a bit more gusto.

While happiness seems to be something that many find quickly; for others, it can be tougher. One way to work toward happiness is simply practicing gratitude. Research has shown that by finding -even just one thing per day- to be grateful for, our mindset will shift and we will look for the good and find the happy rather than focusing on the things we lack. In graduate school, one of my instructors had us keep a gratitude journal. Every single day for the entire semester, we were required to come up with three things from that day that we were grateful for. It could have been the smallest victory -like getting out of bed- or the biggest excitement. Days could look similar, but she challenged us to find something new. With each passing day, it became easier to look for something different.



Mindfulness brings us to a center, a peace of mind. Focusing on the here and now rather than the past or the what ifs running through our minds allows us to be present and attend to each moment. Sometimes it takes us sitting down for a few minutes to find that peace to begin from. If you need a way to start, YouTube has plenty of mindfulness meditations to listen to and follow. This style allows our minds to clear a bit when it all seems foggy; opening us up to find those moments that fulfill our souls.

There are many other ways to work on the emotional side of mental health. Resilience training, positive thinking, etc. all play a huge role. I could go on and on with examples of things to try, but as we work on the other avenues, we will be able to pull them into this side as well. When we feel better or good physically, we tend to be in a better mood and see the brighter side. When we feel connected with others, we feel better. All of that plays with our own internal side processing the good.

One thing to note here. Toxic positivity does exist. It is okay if you do not feel okay. It is okay to not “look at the bright side” all of the time. To paraphrase/quote organizational psychologist Adam Grant, “just because we are not depressed, does not mean we are not struggling; just because we are not burnt out does not mean we are fired up.”

Remember that taking time to assess where we stand in the moment, even on the not-so-happy side, is okay. It allows us to open up to move forward and work toward resilience and wellness.

Amanda Wade
Licensed Professional Counselor

To schedule an appointment, email Amanda Wade
at amandaw@prattcc.edu or call 620-450-2263.

PRATT COMMUNITY COLLEGE CELEBRATE DIVERSITY TEAM

#CelebrateDifferences in April for Autism Awareness Month

This April, the Autism Society works to #CelebrateDifferences for Autism Acceptance Month, recognizing the array of experiences within the Autism community and emphasizing the need for equitable access to support, services and resources.

This April, the Autism Society of America is inviting its partners, supporters and world-wide community to be the connection this Autism Acceptance Month. Autism Acceptance Month kicks off on April 1, and the Autism Society is recognizing the multitude of experiences within the Autism community to highlight the critical need for acceptance, inclusion and connections to support people with Autism across the lifespan.

Autism diagnoses are growing, both for children and adults. Last December, the CDC announced that one in 44 children are diagnosed with Autism. Over 7 million people in the United States are on the Autism spectrum. Furthermore, Autism affects people from all racial, ethnic and socio-economic standings.

The increased Autism prevalence rate stresses the urgent need for equitable access to diagnostic evaluations, and early interventions that have a significant impact on lifelong outcomes. Read their stories on social media through the #CelebrateDifferences hashtag.

Source:



“Autism Acceptance Month is an opportunity to advocate and practice acceptance for the Autism community through inclusion, support and connection.” said Christopher Banks, President and CEO of the Autism Society of America. “No matter who you are, where you live, or your abilities, you should be able to have the connection to supports, services, community and resources needed to live fully.”

In an effort to increase inclusion and acceptance for Autistic individuals in public life, The Autism Society of America has nationwide initiatives and advocacy in key areas, including: First Responder Training, COVID-19 Impacts and Response, and Employment Advocacy.

The Autism Society’s mission is to create connections, empowering everyone in the Autism community with the resources needed to live fully. As the nation’s oldest leading grassroots Autism organization, the Autism Society and its 70+ local affiliates serve over half a million members of the Autism community each year. It envisions a world where everyone in the Autism community is connected to the support they need, when they need it – including education, advocacy efforts, and supports and services throughout the lifespan. This Autism Acceptance Month, the Autism Society has a goal to fundraise \$250,000 to create connections for the Autism community. For more information, go to www.autismsociety.org, Facebook, Instagram, LinkedIn or Twitter.

JOIN US!

CELEBRATE DIVERSITY TEAM
EDUCATION | RESPECT
VALUE | CULTURE

Contact Lisa Perez-Miller at
lisam@prattcc.edu for more information.



Rose Frame

DIRECTOR OF FINANCIAL AID

PCC Staff Spotlight

Staff Senate is launching a new initiative through which the PCC employees and members of the community can get to know our staff better. Staff Senate hopes that this spotlight will help us get to know one another better and feel even more connected as a community.

What is your name, what is your role/position at PCC, and how long have you worked here?

My name is Rose Frame. My position is Director of Financial Aid. I have been here for a year.

What project, responsibility, and/or aspect of your position do you enjoy the most?

I have enjoyed learning the aspects of the job. It has involved a lot of learning. I enjoy my team in this role and having watching them work together. They have been amazing.

What do you consider your biggest accomplishment to date? (Does not have to be work related)

I don't think I've had my biggest accomplishment yet. Honestly I would say it would be trying new things—even when I don't know anyone else doing it. I have found that the things you think would matter haven't made me feel accomplished. It's mostly been issues I have been able to overcome that I feel most proud of.

Before joining the PCC community, what was the most unusual or interesting job/ position you had ever held?

I worked events for the Kansas City Chiefs, so that allowed me to attend parties the chiefs players attended. I also taught as a college professor (Accounting), so that was an interesting experience.

What is an interesting fact about yourself that you believe your fellow staff members would either not already know and/or would be surprised to learn?

I lived in a town (population 4) (Brenham used to have a house). We were the last family to live in that house. I also lived in the south briefly. The weather was nice, but I was ready for it to turn fall and I'm a summer/ spring person.

What do you do or are involved in for fun/ relaxation outside of the PCC community?

Volunteer, (try to get a volleyball team going—anyone want to play?) Currently preparing to be in a play- my first. Do dog related stuff. Walks, play outside, hike, one dog just earned CGC title. I read a lot. I'm in a couple of book clubs.

Do you have a motto, personal mantra, or favorite/ influential quote to share... Why is that important to you?

My mom used to say when someone would say "Have a good day!" "It's on my list." I think that's what I'm holding onto as a motto. You have to choose your attitude. You have to choose joy. It's a choice. It used to seem hokey, but it must be the truth. It's important because I live in my head. I'm not outgoing. I can see negative things everywhere, but do I want to be that person? And is the negative stuff all of the story? It's like the feeding the wolf analogy. I need to keep it authentic, but I need to choose to look for positives.



EARLY ENROLLMENT *begins!*



CHECK OUT THE 2022-2023 COST INFORMATION

KANSAS RESIDENT

TUITION = \$68 PER CREDIT HOUR
FEES* = \$55 PER CREDIT HOUR
EDUKAN = \$150 PER CREDIT HOUR

*AN ADDITIONAL \$50 FEE IS REQUIRED FOR NON-PRATT COUNTY RESIDENTS FOR EACH SEMESTER IN ATTENDANCE IF ENROLLED IN 12 CREDIT HOURS

NON-KANSAS RESIDENT

TUITION = \$81 PER CREDIT HOUR
FEES* = \$55 PER CREDIT HOUR

*AN ADDITIONAL \$100 FEE IS REQUIRED FOR EACH SEMESTER IN ATTENDANCE IF ENROLLED IN 12 CREDIT HOURS

INTERNATIONAL STUDENTS

TUITION = \$105 PER CREDIT HOUR
FEES* = \$55 PER CREDIT HOUR

*AN ADDITIONAL \$150 FEE IS REQUIRED FOR EACH SEMESTER IN ATTENDANCE IF ENROLLED IN 12 CREDIT HOURS

ONLINE COURSES

PRATT ONLINE = \$123 PER CREDIT HOUR
EDUKAN = \$150 PER CREDIT HOUR

NURSING STUDENTS

ALL CLASSES = \$123 PER CREDIT HOUR

COLLEGE START/HIGH SCHOOL CONCURRENT

GENERAL EDUCATION & ACADEMIC CLASSES

TUITION = \$93 TUITION AND CONCURRENT FEE PER CREDIT HOUR

*ATTENDANCE COURSE FEES MAY BE REQUIRED.

CAREER TECHNICAL CLASSES

TUITION IS WAIVED FOR CTE COURSES FOR HIGH SCHOOL STUDENTS AS PART OF STATE OF KANSAS EXCEL IN CAREER TECHNICAL EDUCATION INITIATIVE.

SPECIAL FEES

ACCUPLACER TESTING = NO FEE
ADDITIONAL TESTS = \$10
TECHNOLOGY FEE = \$150 PER SEMESTER
(AG POWER, AUTOMOTIVE OR EPT PROGRAMS)

NURSING SPECIAL FEE = \$50 YEAR ONE
(PER CREDIT HOUR) = \$60 YEAR TWO

WOO LAB FEE = \$25 PER CREDIT HOUR
TRANSCRIPTS = \$12

*ATTENDANCE COURSE FEES MAY BE REQUIRED.

FIND OUT MORE!

PRATTCC.EDU/COURSECATALOG
620-450-2217

PRATT COMMUNITY COLLEGE DELMAR RINEY ART GALLERY

KANSAS ART GUILD (KAG) “FEATURED ARTISTS” SHOW AT DELMAR RINEY ART GALLERY

The Kansas Art Guild (KAG) has an art show on display on campus at the Delmar Riney Art Gallery. The show runs until May 18, showcasing the works of Kansas artists and guild members.

The Friends Community Art Guild was formed in May, 1977. The first meetings were held at Friends University with eight members present. Nona Bass, President, had just moved from Anaheim, California, to Wichita and was surprised to learn that there was no organization in Wichita for its local artists. She felt it was important that artists could meet and share ideas.

The Guild grew rapidly and soon moved to the Wichita Art Museum. At that time, the name was changed to the Community Art Guild. When the Wichita Art Museum underwent renovation, the Guild moved to the Wichita Center for the Arts, then in January, 2018 they moved to the newly constructed Mark Arts | Mary R Koch Arts Center, its present location.

In the summer of 1993, members voted to change the name to the Kansas Art Guild, Inc. At that time, it was decided to incorporate. The name is very appropriate since many of the members live many miles outside the Wichita Area.

Regular meetings are held at 1:00 PM on the first Tuesday of each month at Mark Arts in Wichita, Kansas. Members share their recent works which are judged by visiting speakers. The Guild also holds exhibitions at several locations in the area throughout the year. The Guild’s goal is to promote art and artists.

For more information about the
Kansas Art Guild or to contact them, visit
www.kansasartguild.com

