

P.A.C.E.

PROFESSIONAL ASSOCIATION OF CLASSIFIED EMPLOYEES

Issue 1: August 2022

Monthly Newsletter
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Your PACE Committee - Top Row: Carolyn Franco, Leticia Siegel, Kyle Campbell, Kinetha Cochran, Mary Gonzales, Renee Church, Crystal Salazar, Amanda Alcantar; Front Row: Vanessa Lopez, Monica Paddock-Yancy, Ashley Long-Fisher, Ashley Jaramillo, Regina Trevino, Chris Brisson, Katie Cain; Not Pictured: Shelli Giles, Rebecca Puga, Ashley Martinez, Janet Leija, Ashlee Minetta, Noemi Bishop, Ryan King

WELCOME BACK, COS!

Fall 2022 brings us back to campus for another year of student support, camaraderie, and development. Your PACE Committee looks forward to bringing you some fun and growth with a revitalized event calendar and new surprises like this monthly newsletter. Interested in joining our team? Email shellig@cos.edu today! **GO GIANTS!**

UPCOMING EVENTS

August

- August 1-11: Giant Spirit Door Decorating Contest



September

- September 15: Safety Series - Situational Awareness
- September 28: De-Stress Session - Coloring

UPCOMING EVENTS

IMPORTANT DATES

- August 10** - CSEA Meeting
- August 12** - Convocation
- August 15** - Fall semester begins
- August 15-21** - Fall late WEB registration with add codes
- August 26** - First day "no show" rosters are due for full-term classes
- August 28** - Last day to drop a class without a "W" and be eligible for a refund

PROFESSIONAL TIP

National professional organizations can provide free resources for expanding your skill set, professional abilities, and communication strengths. Explore what options might be available to you. PACE may even be able to help cover any related membership costs!

PERSONAL TIP

It may feel silly at first, but reciting personal affirmations aloud on a daily basis can help to boost mood, provide purpose for the day, and, in the long-term, they can change negative thought patterns into more positive ones. Say them with conviction, intention, and enthusiasm for best results!