



**WOMEN'S  
HISTORY  
MONTH**

# Student Newsletter

*March 2025*

## *What's Happening*

Mar

**3**

### **Student Trustee Applications**

*Are you ready to make a  
difference on campus?  
We're looking for  
passionate, driven students  
to step up and apply for  
Student Trustee. Due  
March 13/ [Apply here](#)*

Mar

**3**

### **Student Government Applications**

*Are you ready to make a  
difference on campus?  
We're looking for  
passionate, driven students  
to step up and apply for  
Student Government  
officers.  
Due March 13/ [Apply here](#)*

Mar

**3**

### **Foundation Scholarships Applications**

*The Fall 2025 scholarship  
application period is now  
open. Apply for Kishwaukee  
College Foundation  
scholarships today through  
Monday, March 17. Don't  
miss out on thousands of  
dollars in scholarship  
opportunities for the Fall  
2025 semester.  
Due March 17/ [Apply here](#)*

Mar

**3**

### **Graduation Applications Due**

*Graduation applications are  
due for May ceremony  
Due April 1/ Student Self-  
Service Portal*

Mar

**3**

### **WHM: Inspiring Women Board**

*Check out women's artwork  
displayed and tell us  
women who inspires you  
All Month/ C-Wing Lobby*

Mar

**3**

### **Midterm Mayhem: Donuts and Juice**

*Kick off mid-terms week  
with donuts and juice  
8am-10am/ C-Wing  
Lobby*

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Mar

4

**Kody's Cupboard  
presents St. Patrick's  
Day Meal Kit**

*Check out Kody's Cupboard  
food pantry*  
March 4-18/ [Order form](#)

Mar

4

**Midterm Mayhem:  
Muffins and Juice**

*Grab and muffin and juice  
on your way to class for  
midterms*  
8am-10am/ C-Wing  
Lobby

Mar

5

**Midterm Mayhem:  
Therapy Dogs**

*Decompress with therapy  
dogs on campus!*  
10am-12pm/ C-Wing  
Lobby

---

Mar

5

**Intramurals: 3pt  
Challenge**

*Come test your 3pt  
shooting skills in the 3pt  
challenge (male and female  
brackets)*  
1:00pm/ Gym/ [Sign up](#)

Mar

5

**Explore & Engage: A  
Library & Tutoring  
Services Experience**

*Come explore our spaces  
and services, engage in  
activities and scavenger  
hunt, and enjoy snacks.  
Bring your student ID for  
extra goodies*  
12pm-2pm/ A1100

Mar

6

**Midterm Mayhem: Grab  
a Snickers**

*Take a break from  
midterms and grab a  
Snickers*  
11am-1pm/ C-Wing  
Lobby

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Mar

10-14

**Spring Break**

*No classes, offices open*  
March 10-14

Mar

17

**Intramurals:  
Bracketology**

*Join us for March Madness  
Men and Women's  
Bracketology. Best Men  
and Women bracket will  
win!*  
March Madness/ follow  
brackets in C1120/ [Sign  
up](#)

Mar

18

**WHM: Telling HerStory**

*Come and join or listen to  
poetry and literature. Light  
refreshments will be served*  
12-1:30pm/ Student  
Lounge

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Mar

20

Day of Happiness

Mar

24

WHM: Poetry Expo

Mar

24-31

Student Trustee and

*What's more fun than a smiley face bouncy ball? Get your free smiley face bouncy ball and don't forget to smile!*  
10am-12pm/ C-Wing Lobby

*Bring your own poem, read another woman's poem or we'll have a poem for you!*  
12:30-2:30pm/ Student Lounge

**Student Government Elections**  
*Check Kish email for ballot*  
Marc 24-31/ Kish Email

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Mar  
**24**

**FAFSA Workshop**  
Members of the Kishwaukee Financial Aid staff will be available to assist you with completing the FAFSA and answer you Financial Aid questions. This event is open to current and future Kish students as well as the public. [Workshop Info](#)  
10am-1pm/ C1121

Mar  
**25**

**Don't Stress the Test: Taming Test Anxiety**  
*Join us test anxiety workshop*  
12:30-1:20pm/ A1102

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**Sign up early for Versiti Blood Drive on Campus**  
Blood drive will be hosted April 1, 2025, from 10am-2:30pm in C1133-34

Sign Up  
Here

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### Need Accommodations?

If you have a need for any accommodations to fully participate in any of these events, please contact Disability Services. If you need a sign language interpreter, please reach out one week before the event

Email DS

## Athletics



## Women's Softball

18 | 3pm & 5pm | Softball Field  
25 | 3pm & 5pm | Softball Field  
29 | 3pm & 5pm | Softball Field

## Men's Baseball

3 | 1pm & 3:30pm | Baseball Field  
6 | 2pm & 5pm | Baseball Field  
22 | 12pm & 3pm | Baseball Field  
27 | 3:00pm | Baseball Field

*For complete game times and schedules go to  
[www.kishkougars.com](http://www.kishkougars.com)*



## Workout Wednesdays

Explore Kish's Workout Wednesday's exercise regimen, presented by Krystal Moore, Coordinator of Student Activities and Head Coach of Women's Basketball.

Workout  
Wednesday

## Upcoming College Visits

**Aurora University**  
18/ 31/C-Wing Lobby / 10am-1pm

**Rockford University**  
3 /C-Wing Lobby / 11am-1pm

**Saint Anthony College of Nursing**  
4/ Kish Theatre / 10am-2pm

## Mission Moment



***Congratulations, Kelly!***

This month, we would like to share a mission moment statement from Amanda G., who is pursuing an Associates of Applied Science Degree in Nursing. Amanda would like to recognize Kelly Soost, Professor of Nursing.

When I first entered the nursing program I struggled, it was overwhelming and

*And thank you for your  
dedication to Kish College  
and our students!*

overstimulating. As the first semester was coming to an end, my instructor, Kelly Soost, pushed me and gave me some amazing feedback to keep pushing forward. I held on and was able to overcome the obstacles and pass. If it wasn't for her would not have been able to continue on my journey as my long-life dream as a nurse. Now I am in my second year, third semester and thriving.

In addition, I have had some positive experiences with Kish so far. Everyone is friendly and caring. The staff really want to see you succeed and see you grow.

## Share your Mission Moment

We want to recognize students who have experienced positive successes through staff, faculty, and/or peer collaboration at Kishwaukee College. Please answer the questions in the link provided as thoroughly as you can so we can share your moment with others on campus. By submitting this information, you are providing consent for the college to share this moment with our Board of Trustees, other staff members on campus and the colleges social media platforms. Please note, we will only share your first name.

[Nomination Form](#)

## Did You Know?

AI Tip:  
Artificial Intelligence (AI) tools can help you study. Consider how you can use AI to self-assess your skills and make a plan to improve them. AI can also save you time. For example, you can make a study schedule or a practice quiz with an AI tool and then spend more of your time studying efficiently.  
Questions about using AI? Ask Library Services [library@kish.edu](mailto:library@kish.edu). Questions about improving your study skills? Ask an academic success coach in Tutoring Services <https://kish.accudemia.net>.



## Talkspace



To prioritize the well-being of our students, Kishwaukee College provides online therapy through the digital mental health service Talkspace. Talkspace offers free, confidential therapy to all full-time and part-time Kish students.

[Learn  
More](#)

## Kody's Cupboard

Kishwaukee College is committed to providing resources for students in all aspects of life. We ensure basic needs are available for students, allowing continued success in the classroom.

[Order Form](#)

[Student Life](#)

[Kish College Events](#)

[Student Support Services](#)



**KISHWAUKEE  
COLLEGE**

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