

A COMPREHENSIVE LOOK AT THE COMPLEX RELATIONSHIP BETWEEN THE BLACK COMMUNITY AND VACCINES. P.4

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What's Your Learning Style?

Leila Franklin

n February 16, 2021, Aubria Nance Ed.D, Associate Director of the Catto Scholarship Program, hosted a workshop on learning styles. The workshop was designed to help participants discover their unique learning style and understand why that learning style is so important.

Once a student has knowledge of their learning style, they can develop a strategy for studying and completing assignments, tests, and exams efficiently. Nance explored multiple styles of learning which included the visual, auditory, and kinesthetic styles. "Your learning style is simply the style of learning your brain has adjusted to, it's no different than being left handed or right-handed," said Nance.

The visual learner prefers to read and/or look at diagrams, pictures, and maps instead of verbal communication, and in turn can follow written directions easier than verbal directions. Visual learners also enjoy reading recreation-

An explanation on how each learning style can best absorb information and retain it.

Alternatively, the auditory learner prefers verbal directions rather than written ones. They read while whispering the text with their lips, auditory learners enjoy group projects and collaborating with others. Oftentimes, they are unable to work in a quiet space for long periods of time.

The kinesthetic learner requires movement when learning, so they may tap, swing, or bounce their legs to maintain focus. They enjoy hands-on learning activities and work outside the classroom. They also draw pictures or doodle while listening to a lecture. Kinetic learners may also learn how to spell a word by tracing the word with their fingers.

The advent of remote learning has brought up the importance of understanding your learning style. Online courses introduce a new flexibility in learning but require the own learning path.

Nance also discussed some study tips to help students succeed on their academic journey. If you are taking a synchronous course or one that includes a lecture, pay attention to the professor's body language and non verbal cues. If your professor is talking about something in an animated and excited fashion, you should expect that information to be on a test and/or exam.

Visual learners should highlight important textbooks headlines and concepts in different colors. Draw pictures and diagrams as you read. Using different colored flashcards to take notes can be beneficial as well.

Auditory learners can benefit from recording lectures, tutoring, and group study sessions. Creating songs and rhythms can help an auditory learner remember information such as dates, and names, additionally, they can benefit from ble. Summarize the section out loud after you read a section in your textbook.

Kinesthetic learners should attempt to walk around listening to a lecture or reading notes and textbooks. Trace key facts and headlines with your fingers as you read. Kinesthetic learners can also try rewriting sentences in their textbook to retain information.

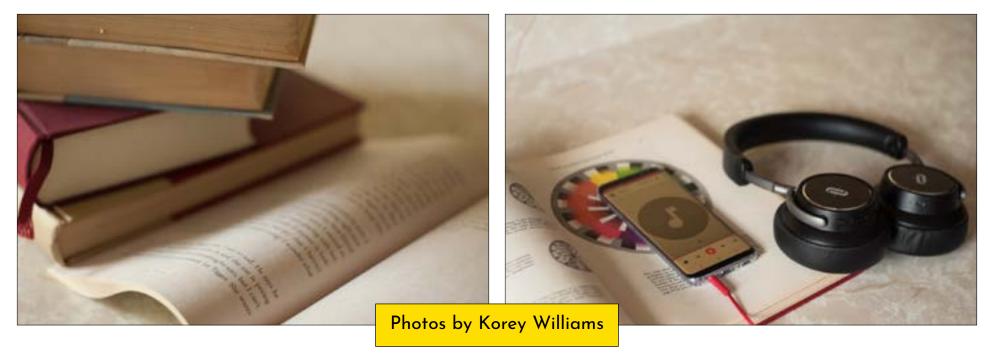
Nance closed out the session by asking each participant what they learned from the workshop. <u>How-</u> <u>to-study.com</u> is a resource providing free study tips and additional tips for your specific style. Take the <u>learning style assessment</u> today to find out your style.

More workshops on studying skills are available through the Pride Portal. Students can also meet with a counselor to work out an individual learning plan tailored to their needs by emailing <u>counsel-</u>



student to develop their

studying in groups, if possi- ing@ccp.edu.



Philly Celebrates Black History Month with Soul

Philadelphia's The Dutch offers a soul food pop-up this Black History Month.

Angela Reyes





Pixabay

t is now February in the City of Brotherly Love, and if residents wish to honor Black History Month during this unique year, there is no shortage of ways in which people can show their support. From virtual exhibits hosted by the African American Museum to Mural Arts Philadelphia's Black History Month <u>walking tour</u>--which observes social distancing--the city has remained both resilient and creative this month.

passed away like a week and a half ago...so I put her name on it," Watters said. "She cooked a lot of soul food."

The Dutch, formerly famous for its Dutch-style classics, now offers an array of soul food options which are available every Friday for the entire month of February. With selections like buttermilk fried chicken, three cheese mac and cheese, blackeyed peas, and short ribs,

Unsplash

area...so I thought that would be a cool idea," said Watters.

Mill Creek Farm is an urban farm, founded in 2005, and is led by people of color. The farm offers farm-based learning programs for people of all ages and has a desire to provide local access to fresh and organic produce at low costs.

Although Mom Mom's Soul Food Pop-Up has helped in Watters describes the fried boosting sales and keepchicken as the fan-favorite. ing The Dutch alive during this pandemic, Watters still In continuing to elevate describes a struggle. support for the Black community, The Dutch has cho- "It's been pretty tough... there's usually a full staff sen to donate 10% of all sales from the pop-up to but I'm the chef so it's just been me and one other West Philadelphia based charity Mill Creek Farm. worker, the front of the house manager," said Wat-

However, when asked whether there was a possibility of the soul food popup continuing in future February's to come, Watters remained positive.

"I don't see why not. I'd actually like to do more." Watters said.

From 12-6 p.m. every Friday, The Dutch's pop-up will be open and available for pick-up. And for those who may be unfamiliar with what soul food is exactly, Watters offers a simple explanation.

One such example of the city's ingenuity comes from Chef Kevin Watters over at The Dutch in South Philadelphia. After the sudden loss of his grandmother, Watters felt it necessary to honor her and her legacy, thus Mom Mom's Soul Food Pop-Up was born.

"I would tell people it's a home-cooked meal that you put a lot of love into. It fills you up. If you like a home-cooked meal that's what soul food is," said Watters.

"My grandma actually

"I grew up all around West ters. Philly. I still frequent that

Teachers us. School District of Philadelphia: The showdown of the roaring 2020s

Angie Bacha

Philadelphia's school buildings are in disrepair, delaying the reopening of schools for in-person learning. Teachers are fighting to make structures safe for return.





Photos by Angie Bacha



hiladelphia's schools have been closed since March 13th of last year. The decision to reopen schools for the 2020-2021 academic year has been pushed back not one, not two, but three times, leaving parents, students, teachers, and community members at odds with one another.

classrooms. He added that teachers could expect disciplinary action if they did not report to classrooms as directed.

Philadelphia's teachers union, the Philadelphia Federation of Teachers (PFT) responded in outrage. On February 5th, PFT president, Jerry Jordan, sent out a scathing response to the district: "Other than sheer cruelty and a callous disregard for the lives of educators and school staff, I can't think of another reason to push forward with a reckless plan to reopen unsafe buildings for thousands of staff on Monday." Calling the plan "half-baked," Jordan told his members to continue working from home because "entire schools have maximum occupancy of zero according to air balancing reports."

Other community members and elected officials soon joined the rally cry. In a signed <u>public state-</u> ment, officials including Councilmembers Helen Gym, Kendra Brooks, and State Representatives Rick Krajewski and Chris Rabb condemned the district's reopening plan. The Fund Our Facilities Commission added in a <u>separate</u> statement: "[G]overnment at city, state and federal levels have all failed to provide money to swiftly and safely remediate the lead, asbestos, mold, rodent infestation and other hazardous conditions that our youngest residents have been subjected to for generations." These are all issues that have existed long before the COVID-19.

February 8th, teachers and supporters showed their rage. Across the city, as teachers were expected to re-enter school buildings, many chose instead to teach outside of them. The message: Teachers would rather instruct virtually in 28-degree weather than re-enter unsafe buildings.

For the next week, teachers and their supporters sent this message to the district time and time again. They protested at the SDP building. They gathered at Mayor Jim Kenney's lawn. They even presented Valentine's Day messages to him pointing to the desperation of the situation ("Roses are red, Covid turns our lips blue, l'm not dying in class Kenney, how about you?").

Tensions reached all-time high temperatures over the frigid first weekend in February. School district superintendent Dr. William Hite announced that the district (SDP) was following through with reopening plans to have K-2 students who have opted for in-person learning to return on February 22nd. As such, teachers would be required to return to schools starting February 8th to begin the transition back into

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STUDENT GOVERNMENT ASSOCIATION PRESENTS:

Student Assembly

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Meanwhile, 14 nonprofits dealing with the safety and health of Philadelphia children chimed in with their<u>own response</u> updated on February 11th: teachers must assess the situation themselves. Published by Public Citizens for Youth and Children, their it statement reads that virtual schooling has led to a "devastating loss of learning" and that teachers should "step up to the plate" to remedy this.

Yet, even within this group, opinions have changed. One of the signers, Metropolitan Christian Council of Philadelphia (MCCP), had their name removed. From providing meals to running learning centers, MCCP is intimately aware of the hardships students and families have faced with online learning. They are now pushing for schools to remain closed

until they are safe. "It doesn't help us if we force everyone back to opening and we lose teachers to COVID," says MCCP's Executive Director, Rev. Dr. Donna Lawrence Jones.

While the focus seems to be on the safety of teachers, Adam Davis, a fifth grade teacher at Rhoads Elementary, says he "resents this narrative that this is about teacher safety only...My focus has always been the kids, and we need our buildings to be safe for them."

The school district and city are rethinking their response to this crisis. The city has now prioritized K-2 educators to receive the COVID-19 vaccine. and the school district has pushed back reopening for another week to March 1st. Negotiations are still underway to figure out next steps for all parties involved.

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7 | The Vanguard A Summary of Recent **Enough Is Enough Teach-in**

Bree Brown n Feb 1 another installment of the Enough is enough teach in series tackled the myths and facts of Covid-19 vaccinations. The event was hosted by Dr. Generals and moderated by Dr. Tamika Curry with Dr. Ala Stanford of the **Black Doctors consortium** as the featured speaker.

The event begins with the history of the Black Doctors COVID-19 Consortium (BDCC). BDCC all began with founder and practicing physician for over 20 years, Dr. Ala Stanford. Stanford has a long and impressive resume but among these things, she serves as a medical correspondent for local and national news outlets, as well as serving on the CDC Philadelphia Department of Public Health COVID-19 Vaccine Advisory Committee.

"In April, and lots of folks were calling me saying "Ala I'm trying to get tested for coronavirus, and I can't get tested" and these were my friends and friends of friends--black educated, with health

A look at the highlights of the schools recent installment of theEnough is Enough Teach in event

insurance--unable to get tested in the city of Philadelphia," said Stanford "I started calling and advocating for them to get tests and so forth, and talking to my friends at hospitals like what's going on."

Stanford saw the need for testing in black communities noting that many test sites were located in affluent white neighborhoods. BDCC went into the communities where they were needed and gained the trust of black underserved communities. In the organization's beginnings, Stanford even took on the bills of testing those who didn't have insurance.

"At the time, it [covid testing] was \$150, and I could not stand on my conscience that someone was going to die for a test that cost \$150." said Stanford

Many in black communities are apprehensive to take the vaccine because they believe 10 months is far too quick for a vaccine to be tested and they

iects. Stanford notes that this notion is likely due to a healthcare system that is untrustworthy. She explains that the technologies that made the vaccines possible have been present for over a decade and that a lot of money has been put into them because of the pandemic, both resulting in vaccines that are safe being produced in 10 months. She also mentions that between Pfizer and Moderna 35,000 people tested the vaccines before them being released to the public.

Stanford goes on the describe the pros and cons of receiving a COVID-19 vaccination, one of the notable pros being that vaccines prevent you from contracting COVID-19 and a notable con is that people who are pregnant, had COVID within the past four weeks, or had any other vaccinations within the past two weeks are unable to be vaccinated.

After explaining what COVID is and how Pfizer, Moderna, and Johnson

the event moved into student questions.

The first student question debunked the myth that COVID vaccinations will give you covid. "The response or the side effects that people sometimes feel after they get the coronavirus vaccine is your immune system, fighting off what they presume is the virus but it's really a protein particle of the virus, not the actual [virus]"

Another student wanted to know the negative impacts of vaccination on fertility.

said Stanford

"The long term answer is, and if you're talking about fertility for men or women I think people are talking about you know [how] you can actually measure the virus in sperm and you can measure it in urine and things like that, but you know I haven't seen any, any evidence-based work that supports that." said Stanford.

and Johnson vaccines work Continues pg 10 don't wish to be test sub-



8 | The Vanguard **What Every Student Should Know About Credit**

<u>Leila Franklin</u>

he Community College of Philadelphia (CCP) has partnered up with Pennsylvania State **Employees Credit Union** (PSECU) to host workshops on financial literacy through the Pride Portal. This series of workshops is called Money Moves Tuesday. On February 9, 2021, a workshop on managing money in college was hosted by Jasmine Campbell, Community Manager for the Financial Education Center of the CCP at PSE-CU.

PSECU is an award winning credit union headquartered in Harrisburg, Pennsylvania. PSECU was founded in 1934 by 22 employees hoping to secure a better future for their families.

The workshop detailed the importance of credit and the effect that debt can have on an individual. "The credit you build now, both good or bad, will follow you for years", said Campbell. A credit report is a report containing your

A look at how students can effectively manage and nurture their credit.

credit history. The information in this report consists of your name, current and previous addresses, date of birth, employer, how often you pay your bills on time, social security number, and how many accounts you have open or have had opened in the past.

It's important to note that delinquent credit card accounts can stay on your report for up to seven years. An account falls into delinguency if the minimum payment has not been made in 30 days or more.

A person can prevent delinquency by paying credit accounts on time. It may be possible to work out an agreement with a creditor regarding options to pay the debt off. However, if the individual and creditor are not able to reach an agreement the delinquency is generally reported to the three primary credit reporting agencies.

The individual's credit report and score will usually update monthly to reflect the account status, this would include a delinguency. Oftentimes a delinquency will have a negative effect on the individual's credit score. A credit score provides potential lenders with an estimate of how likely you are to repay a debt.

According to Investopedia, "generally, the immediate impact of a delinguency is a 25- to 50-point decrease in the borrower's credit score." Further reduction in the individual's credit score can also happen if the delinquency is not addressed.

A modified version of your credit report is available for employers for hiring and or promoting purposes. Landlords can also run credit checks to determine if they will rent out their home or apartment to you.

The workshop continued with listing common tinancial assumptions, the first was, the best way to build credit is to open multiple credit card accounts. This statement is false, because opening multiple accounts can result in multiple credit inquiries which can negatively impact your credit score in the short-term.

and conditions of the card as they are very important to understand.

For example, the annual percentage rate (APR) stated by the credit card issuer informs the current or prospective card holder of how much interest will be collected on the outstanding balance. The lower the APR, the less interest will be charged.

The second assumption was all credit cards have annual fees. This is not true, most card issuers do assign an annual fee. However, there are some issuers that do not and most college students may be able to have these additional fees waived upon opening their account if they establish they are a student.

The third assumption was credit reporting agencies allow you to access your credit report for free once every 12 months. This is true, Experian, Equifax, and Trans Union can all provide these services. Individuals can view their credit reports all at once or separately with each agency through the year.



It's important to consider every credit card offer before you apply. Be aware of the terms

Monitoring your credit report is importantwhat because it allows you to be aware if any accounts have been opened in your name without your consent. Checking your report

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Counseling Department

Stress & Anxiety Coaching Group

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also informs you if there is incorrect information being reported about you.

The fourth assumption, specifically related to student loans, was all student loan borrowers should take the rebate that is offered to them, especially if the loans are subsidized. A subsidized loan is a loan that does not collect interest while you are enrolled at least half-time in college. This is false, according to Lendkey.com, "student loan refunds are not "free" money; they are part of the student loan, and will be included in the total amount of debt accruing interest."

An unsubsidized loan collects interest immediately even if you are currently in college. Individuals will be required to pay interest on the entire loan. Often, individuals are limited on how they can use the money. The money may be lent for school-related expenses only.

The fifth assumption was poor financial management will impact one's ability to get a job in the future. This is correct, the financial decisions one makes will impact the decision that can be made in the future.

Campbell closed out the session stating that CCP students are being offered a promotional discount if they open a PSECU checking account, add a debit card, and sign up for mobile or online banking, they will earn \$100. Visit <u>PSECU.COM/STUDENTS</u> and use the promo code GET100 to take advantage of this offer.

Campbell will host more biweekly money moves workshops on financial literacy through the Pride Portal on Tuesday. The next workshop is on February 23th at 2pm.



10 | The Vanguard The Turnover

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One of the last questions is regarding the number of Black Philadelphians who are being treated by the BDCC. Stanford explains that with the introduction of electronic forms there was a nearly 45% drop in the percentage of blacks that they treated. She notes that the numbers stayed the same but because of the digital divide they now saw far more non-black individuals.

"I don't mind testing everybody but I don't want to move from our locations that are in the community, nor, and I don't mind vaccinating everyone," said Stanford " as long as I have enough vaccine for everyone, and that we don't lose sight of, of our mission and worsen the health disparities, by not vaccinating those who are most impacted first." If you would like to check out the Enough is Enough Teach-in event yourself for more information link can be found <u>here.</u>

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— Angela Davis

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