

The latest news, views, and announcements

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## Important Dates for September & October

CLOSED August 29<sup>th</sup>-September 1<sup>st</sup> Labor Day

September 9<sup>th</sup> - Practical Nursing Field Trip to Natural Grocers

September 10<sup>th</sup> - Practical Nursing Field Trip to Paul Silverstein Burn Center at Integris Baptist Medical Center

September 11<sup>th</sup> - Practical Nursing Field Trip to Infant Crisis Center

September 11<sup>th</sup> - Blood Drive on Campus

October 8<sup>th</sup> - Practical Nursing Field Trip to Paul Silverstein Burn Center at Integris Baptist Medical Center

CLOSED October 13<sup>th</sup> Indigenous People's Day

October TBD - Haircuts for Heroes

## Pam Slepko July Employee of the Month



**Pam Slepko, Cosmetology Instructor**

Has been a Cosmetologist since 1993, she received her master instructor license in 2014. Pamela enjoys doing hair when not teaching. She is a National Color Educator for Wella for the state of Oklahoma. When not doing hair, she spends time with her grandson.

## April Holliday August Employee of the Month

**April Holliday, Practical Nursing Instructor**

I am a wife and mother of three wonderful children. I have one cat and a giant dog. We live in Yukon. I love to garden, go to concerts, and shop. I graduated from nursing school in 2012 and have practiced in a wide variety of fields. I started teaching during covid and have loved every minute of it. Thank you for selecting me to be August's employee of the month!



## 2025 Commencement Dates and Information

Saturday, November 8, 2025-for Graduates who graduated between September 1, 2025 through December 31, 2025 **the deadline to order your cap and gown is TBD.**

**Barber, Cosmetology, Esthetician, Surgical Technologist, and Massage Therapy**

**Capping and Pinning: Monday, November 3, 2025**

Location:  
ALL SAINTS COMMUNITY CHURCH  
11400 N. Portland Ave.  
Oklahoma City, OK 73120

All students participating in Commencement need to have a **BLACK** cap and gown. You can order one on [www.jostens.com](http://www.jostens.com). Go to "Find My School". Type 'Central Oklahoma College' in the search bar. **THE LAST DAY TO ORDER IS TBD.**

If graduates have any questions, please contact the college and ask for Rachel Starks or Tracey Cox, in Career Services.

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# Student Spotlight for July & August!

Our July Students of the Month are DaVona Johnson, in Esthetician and Shante Cross, in Nursing! Congratulations to you both for earning the July Student of the Month Award and being recognized for your hard work and performance!



Our August Students of the Month are Ashanti Williams, in Barber and Britney Wheat, in Radiology Technology! Congratulations for earning the August Student of the Month Award and being recognized for your hard work and performance!

## July & August Birthday & Anniversaries

Happy Birthday to all those who celebrated Birthdays in May & June and a big congratulations to our staff and faculty that celebrated Anniversaries at Central Oklahoma College!

### Birthdays:

Ashley Dunlap  
Sharon Harnett  
Beverly Karther  
Randalyn Menefee  
Kimberly Miller  
Tracey Cox  
Amy Garner  
Casey Turner  
Paige Vaquera

### Anniversaries:

Nick Nelson- 1 year  
Gail Caldwell- 2 years  
Latonca Dallarson-1 year  
Shannon Fields-1 year  
Randalyn Menefee- 1 year  
Terri Turner- 2 years

## Career Service Spotlight!

Student Services theme for September is "Career Activation"- how to plan and advance in your career. The theme for October is "Resume Rumble" where students will receive tips on crafting the perfect resume to rumble up the competition.



## Student Services Announcements

In September Student Services will be providing information to students on Mental Health for Mental Health Awareness Month! In October, they will be sharing information for Fire Prevention Month as well as Domestic Violence Awareness Month! Others to note are Hispanic Heritage Month, Pumpkin Decorating Contest, as well as National Esthetician Day!



## Wellness Wednesdays!

Follow us on Facebook and Instagram for weekly wellness tips, tricks, and resources! September is Self-Improvement Month and October is Emotional Wellness Month!

*Did you know?*  
UNDERSTANDING STRESS  
AND ITS IMPACT

Did you know?  
Chronic stress can lead to headaches, muscle tension, and sleep disturbances

It also impacts our mood, causing anxiety, restlessness, and lack of motivation

Understanding these effects empowers us to take proactive steps toward better health

→

The infographic features a sunburst icon at the top left. Below it, the text "Did you know?" is written in a cursive font, followed by "UNDERSTANDING STRESS AND ITS IMPACT" in a bold, sans-serif font. A Venn diagram with three overlapping circles is centered on the page. The top circle contains the text "Did you know? Chronic stress can lead to headaches, muscle tension, and sleep disturbances". The bottom-left circle contains "It also impacts our mood, causing anxiety, restlessness, and lack of motivation". The bottom-right circle contains "Understanding these effects empowers us to take proactive steps toward better health". Below the Venn diagram is a simple right-pointing arrow.



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