

The latest news, views, and announcements

INSIDE:

—

**Career and Student
Services**

Career and Student
Services Spotlight

—

Commencement Dates

Details on our 2025
Commencement dates

—

Dates we are Closed

Dates we will be closed for
Holidays and Observance



Important Dates for September & October

November 2nd-Set Clocks Back

CLOSED November 10th-Veterans Day & In-Service

CLOSED November 26th-28th -Thanksgiving Holiday

CLOSED December 12th-Employee Appreciation

CLOSED December 24th-26th-Winter Break

CLOSED December 31st -January 1st -New Year's

Amy Garner, September Employee of the Month



Amy Garner, Director of Education

Amy Garner has spent 25 years working in adult education and loves helping students reach their goals. She holds degrees in Theatre and English, Mass Communications, and Pastoral Ministry, and she has completed doctoral studies in Adult Education. When she's not on campus, Amy enjoys spending time in her garden or in her art studio, sewing and creating art quilts.

Deb Mehlhaff, October Employee of the Month

Deb Melhaff, Finance Specialist CFO

Deb is an accounting professional with a passion for account and loves a challenge. With years of experience navigating the world of finance, she thrives on helping clients make sense of their financial landscapes. She is married with two grown daughters. When not crunching numbers, Deb loves spending time with family, whether it's relaxing or making lasting memories. Deb is always up for a good time, enjoys laughing with girlfriends, sharing fun moments, and embracing life's little joys. A lover of coffee, peaceful walks, and sunny days by the pool.



2025 Commencement Dates and Information

Saturday, November 8, 2025-for Graduates who graduated between September 1, 2025 through December 31, 2025

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. Go to "Find My School". Type 'Central Oklahoma College' in the search bar.

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



Student Spotlight for September & October!

Our September Students of the Month are Jyllian Moody, in Cosmetology and Leah Martin, in Surgical Technologist! Congratulations to you both for earning the September Student of the Month Award and being recognized for your hard work and performance!



Our October Students of the Month are Sarah Hayes, in Esthetician and Jamar Covington II, in Surgical Technologist! Congratulations for earning the October Student of the Month Award and being recognized for your hard work and performance!

September & October 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:

Mandy Black
Gail Caldwell
Chrishelle Cooper
Darlene Lampe
Deb Mehlhaff
Shanetha Rivera
Paulina Tran
Ella Abela
Stephanie Anderson
Latonca Dollarson
Joncee Draper
Carol Fisher
Rosa Gonzalez
Braden Hansen
Porscha Martin
Arianna Pugliese

Anniversaries:

Nikki Norman 1 year
Pam Slepko 1 year
Rachel Starks 2 years
Laura Eyster 10 years
Arsalan Ghodratnama 5 years
Henrietta Jones 2 years
Lauren Nemecek 1 year
Casey Turner 2 years

Career Service Spotlight!

Student Services theme for November is Popping by to say 'Hi' - the Career Services team will be visiting classes to remind students of the valuable tools their department can provide in their resume development and job search. They will be handing out popcorn! For December, Career Services will be handing out flyers and hot chocolate for a 'Winter Warm Up.' They will be discussing time management skills and how to keep students on track as the New Year Kicks off!



Student Services Announcements

November student services will provide information on Diabetes Awareness Month, things to be thankful for, Healthier Choices in the Holiday Season, as well as a Thankful Tree. In December they will provide information on Where do you see yourself in the next year and 12 Days of Christmas and Central Oklahoma College's Annual Door Decorating Contest!



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!

A graphic with a light yellow background. At the top left is a sunburst icon. The text "Did you know?" is written in a cursive font. Below it, "UNDERSTANDING STRESS AND ITS IMPACT" is written in a clean, sans-serif font. A Venn diagram with three overlapping circles is centered below the text. 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". A simple arrow points to the right below the Venn diagram.



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