



Hello Palomar Students!

Welcome back! Spring 2021 is now upon us and while we were all hoping for a more low-key entry into 2021, it certainly didn't pan out that way. With riots at the Capitol building and an actual fire on campus, we have had no shortages of challenges. I hope many of you were able to see Amanda Gorman's poem recital at Biden's inauguration. It really spoke to both the challenges we face, and our need to embrace hope and the possibilities. It was really beautiful, inspiring, and certainly what we need as a nation and a college to move forward.

And of course, as you know, education is one of the (if not THE) best vehicle for moving possibilities into realization. But this can be hard sometimes. With everything happening in the world, and our own personal struggles, it is difficult at times to focus on a book, take notes, actively attend a meeting, or propose something new, and innovative to colleagues, friends or family. I wanted you to know if you are feeling that way, you are not alone. We all feel that way at times, me included. It is quite normal and expected given the state of things.

Sometimes you need to take a break. Take a walk, kick a ball around, get on the xbox, sit behind that drumkit and pound away, shore up your spoken word, pick some tomatillos in the garden, and make some spicy salsa, or whatever helps give you renewed energy and focus. Give yourself permission to feel overwhelmed or frustrated and take a break. I don't say this lightly, I know that some of the challenges you may be going through cannot be fixed by a bike ride, or new hip-hop mix, but I do think these acts of kindness to oneself are important and meaningful.

I wanted to share with you a bit of a conversation that the college staff and faculty, and I talk each week. No matter what the obstacle or roadblock, no matter how tired or grouchy we get sometimes, we will not give up on our most important job - supporting you and each other while we are doing so. I wanted to remind you of several things that can assist you this semester. Please see the list below and do not hesitate to contact us. We are here for you. It is okay to allow yourself to get off track, forgive yourself, find your focus, and let us assist you in whatever you need.

Have a wonderful start to your spring semester. Stay well!

Jack S. Kahn

Jack Kahn, Ph.D.

Interim Superintendent/President

Find open classes for the Spring semester at [My Class Finder](#).

Connect with our [virtual student support team](#).

Get in touch with our [financial aid team](#).

[Apply for a scholarship](#) – application closes on March 8. DO NOT WAIT!

Apply for an [emergency grant](#) through the Palomar College Foundation to help with unexpected expenses

Check out the [free Wi-Fi](#) on the 2nd floor of the parking structure in lot 12 at the main campus.