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## GET READY FOR SUMMER AND FALL SEMESTER

It's almost time to register for the summer term and fall semester! Important dates to remember:

- Priority registration - May 3
- Open registration begins - May 19
- Summer semester begins - June 13
- Fall semester begins - August 22

After you register for classes make sure to pay all of your fees, including the Student Health and ASO Student Representation fee. Failure to pay these fees could result in your classes being dropped.

### What is the Student Health Services Fee?

The Student Health Services Fee provides access to physical, mental, dental and health education services to AVC students. The cost is \$19 per Fall and Spring semester and \$16 per Intersession and Summer session. All students are required to pay this mandatory fee.

### What is the ASO Student Representation Fee?

The student representation fee of \$1 provides support of governmental affairs representatives to express the opinions and viewpoints of community colleges regarding issues before city, county and district government offices and agencies at the local, state and federal level.

### When Do I Get My Student Identification Card?

If you already have a student ID card you will continue to use the same one each semester. If you do not have a student ID card yet, stop by SSV 180 with your photo ID after you have registered for classes. If you begin taking classes in the summer you may pick up your ID starting 5/16, for fall starting 7/25.



CELEBRATING  
VENDORS & PRODUCTS  
**PRODUCED IN THE USA**



### ASO MAPS IS LOOKING FOR MENTORS!

MAPS is a student run program dedicated to helping students reach their full potential by setting and acquiring attainable goals. Students will be encouraged to transfer, earn certificates, and graduate with the help of a student mentorship program.

#### Student Mentor Requirements:

- 3.0 cumulative GPA
- 24 completed academic college units
- Enrolled in at least 6 academic college units enrolled each semester. (excluding Intersession and Summer semester)
- Have a declared major
- Complete the Mentor Application

#### To Apply:

- Go to [www.avc.edu/asomaps](http://www.avc.edu/asomaps)
- Choose "Who is a Mentor?"
- Click on "Mentor Application"

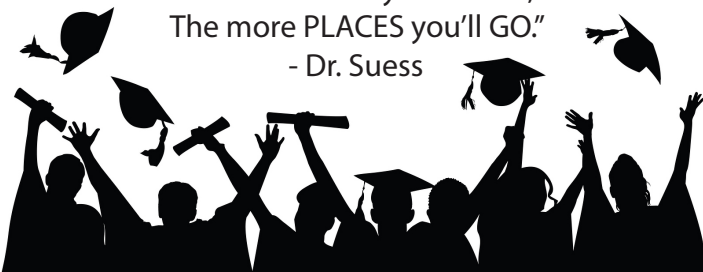
Must apply by Friday, June 3rd at Noon




**CONGRATULATIONS TO THIS YEAR'S  
AVC GRADUATES!**

"The MORE that you READ,  
The MORE things you will KNOW.  
The MORE that you LEARN,  
The more PLACES you'll GO!"

- Dr. Suess



<i>How are you</i> <b>FEELING TODAY?</b>	GET A CHECK-UP FROM THE NECK UP
	TAKE A FREE CONFIDENTIAL ONLINE SCREENING 

<http://screening.mentalhealthscreening.org/avc>



## Ask: "What else could I do with this money?"

"A friend of mine did this when she was a poor college student and she thought of everything in Ramens (her go-to cheap meal, which only costs \$0.25 each) rather than dollars. If she wanted a new CD, \$14 might seem reasonable, but 56 Ramens (nearly two months of dinners!) was far more than she could afford to spend," writes Emily Guy Birken at *MoneyNing*.

**Contract? Be skeptical of upfront costs.** When you're shopping around for a loan, phone plan, or anything else that will involve ongoing payments, be aware of how powerfully the upfront costs may influence your decision, and what that means.

**Know your phone use.** How frequently do you exceed the number of minutes or data on your phone plan, and by how much? Most of us can't answer those questions accurately.

**Get a money coach or club.** Accountability is key to regulating or changing our behavior. When you're planning to manage your budget, pay down a loan, or reduce your spending, it's helpful to engage an ally you respect.

**Reward yourself for weekly check-ins.** Schedule a regular half-hour each week to review your recent spending. First, get it on the calendar. Second, figure out how you'll reward yourself each time.

**Review your automatic payments.** Check for "bill creep," like rate increases and extra charges. Be ready to shop around for a better offer.

**Check your routine spending.** Does it still make sense for you to subscribe to SitcomFix and get lunch at the Burrito Burrow? Your favorite show got cancelled and the wraps aren't such a good deal now. See what changes are due.

**Pay down your highest interest loan.** Do you have more than one loan? First pay off the loan that has the highest interest rate, rather than planning to reduce your total number of loans.

**Deposit large sums into savings.** Better still: When you receive a large payment, like a portion of a student loan intended for living expenses (a "refund check") or tax refund, deposit it directly into your savings account. If you come into money unexpectedly, get it into your savings account and wait several months before deciding what to do with it.

**Chill before (and while) you buy.** Before you go shopping, relax. And pretend you'll be making the purchasing decision a week from today.

**Carry cash, not cards.** Except for when you truly need a credit or debit card, leave it behind. In studies, using cash is consistently associated with lower spending and more deliberate (and healthier) purchasing choices.

**Request money gifts in cash.** A gift certificate or prepaid debit card may feel more elegant, but cash is worth more in the end.

**Pay off your credit card every month.** Automate that payment and never use credit cards for nonessential purchases.

**Automate your savings or repayments.** If you have regular income going into your checking account, and you're saving money or making loan repayments, set up automatic deposits into your savings or loan account.

**Watch your bank fees.** Be aware of bank charges for overdrafts, insufficient funds, and ATM withdrawals. Set up alerts for when you're approaching a low balance.

**Reorganize your apps.** Sure you need Uber or Lyft to get home? Make any apps related to spending less visible on your phone. The exception is your budgeting app, which should be front and center on your phone screen.

**Leave store items in place while you shop.** While you're deciding whether or not to buy something, don't carry it around the store with you.

**Get rid of stuff you don't use.** Let go of the \$150 bike in the garage; sell it to a friend who's offering \$70. Cancel your neglected gym membership.

**Free? Ask: "Would I pay for this right now?"** Free trial? Free gift? Be very careful. If the offer is for a product or service you would not pay for right now, decline it.

**Make a budget.** If you aren't actively budgeting, start now. Simplify the process with a free or low-cost app.



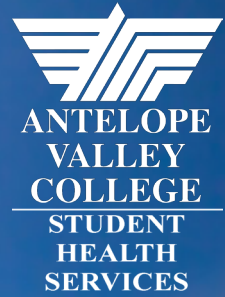
May is ...

# Mental Health Awareness Month

Make the 31 days of Mental Health Awareness Month count by kickstart your life to focus on improving your mental wellness.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wedn</i>
<b>1</b> Reflect on high points of the day, or the past weekend. Foster optimism in your life. Studies have shown that optimists have a 50% lower risk of early mortality.	<b>2</b> Switch up your daily routine. Take a different way to work or try a new food. Trying new things can open your mind to making bigger lifestyle changes.	<b>3</b> Try meditating with deep breathing exercises. Focus on inhaling and exhaling for 10 minutes. <i>(Join Dr. Coleman today in the Student Success Center LC113 at 12:30 p.m.)</i>	<b>4</b> Laugh at some of your hassles. Finding humor in challenging situations can reduce stress and foster optimism.
<b>8</b> Today is Mother's Day! Thank your mother or a mother you know for all they do. Noticing and appreciating the positives can offer a boost in mood.	<b>9</b> Write about a positive future life. Envision your goals and dreams coming true to foster optimism in your life.	<b>10</b> Send someone a thank you note. Noticing and appreciating the positives can offer a boost in mood.	<b>11</b> Make a reasonable to-do list for the day and check off every item. Being organized and prioritizing fosters a sense of accomplishment.
<b>15</b> Hold doors open for people. Research shows that those who consistently help others experience less depression and better health.	<b>16</b> Open yourself up to new experiences. Consider taking a day trip or exploring a park or local attraction you've never been to. Trying new things can give you an escape from the ordinary.	<b>17</b> Add salmon, walnuts or flax seeds to something you eat. Studies have shown a link between omega-3 fatty acids and decreased rates of depression.	<b>18</b> Take care of your mental health. Practice your religion, meditation, or yoga. Connecting to your faith can be meaningful. Spirituality can improve disposition and reduce anxiety.
<b>22</b> Sign up for that class you've always wanted to take. Maybe it's painting, maybe it's yoga, maybe it's guitar lessons. This is a good way to make friends with common interests as well as learn something new.	<b>23</b> Consider donating time or money to a worthy cause. By helping others, one fosters a sense of belonging and can remind him or herself that they are relatively lucky.	<b>24</b> Call or email a good friend. Studies have found that the difference between happy and unhappy individuals comes in the form of good relationships.	<b>25</b> Reminisce about your childhood. It's hilarious that you can't remember things you've done. Laughter releases endorphins and boosts the immune system.
<b>29</b> Spend 10 minutes on a funny website. Laughter can decrease pain and reduce anxiety; positivity has been linked to a decrease in stress hormones.	<b>30</b> Eat a salad for lunch or dinner. A diet that emphasizes fruits and vegetables, lean meats and limited fats can boost your mood and immune system.	<b>31</b> Join a group or club - try looking for a local meetup group or sign up for an online community. Finding others who share your interests is a good way to start new friendships.	

*"The mind and body are not separate. What affects one, affects the other."  
- unknown*



ting

Wednesday	Thursday	Friday	Saturday
	<b>5</b>	<b>6</b>	<b>7</b>
If life's amusement in ations can lower optimism.	Reconnect with a relative you haven't spoken to in a while. Maintaining strong relationships is essential to happiness.	Make a point to smile and say "good morning" to neighbors and co-workers. Even little gestures can make someone else's day better and benefit your own mood.	Go for a walk or jog with a friend. Enjoying exercise is a good way to ensure that you remain physically active. Exercise has been shown to benefit mental health.
	<b>12</b>	<b>13</b>	<b>14</b>
le "to-do" nd check off g able to meet a sense of s and control.	Share something good that happened in your life with someone else. By sharing, you get to relive the good news and enjoy another person's reaction to your good fortune.	Try yoga. Exercise can increase the flow of blood to the brain, stimulate "feel good" hormones, and reduce stress.	Remember an achievement from the past to remind yourself that you have the potential for success. This can help reduce feelings of insecurity and lower stress.
	<b>19</b>	<b>20</b>	<b>21</b>
spirit through ion, or hat you find rituality offers ition and lowers	Try to identify the positive aspects of a challenging situation or circumstance. Research shows that people who focus on positives in their lives are less upset by difficult memories.	Take 10 minutes out of your work day to take a break or consider taking a walk. Small breaks will help clear your head and improve your ability to deal with stress.	Refrain from all-or-nothing ways of thinking. Making one mistake does not mean that you are doomed to repeat it. Maintaining perspective is crucial to positive thinking.
	<b>26</b>	<b>27</b>	<b>28</b>
something u've seen or boosts the	Take the stairs instead of the elevator. Exercise can increase the flow of blood to the brain, stimulate "feel good" hormones and reduce stress.	Enjoy Memorial Day Weekend! Make sure to enjoy at least 15 minutes of sunshine. Don't forget the sunscreen. Sunlight synthesizes Vitamin D, which experts theorize is a mood elevator.	Swap your normal cup of coffee for decaf. Reducing caffeine intake supports deep sleep. People who get enough sleep are more likely to succeed at their daily tasks.



**FYE END OF YEAR CELEBRATION**

**NEED PROFESSIONAL CLOTHING?**

Are you in the FYE (First Year Experience) program? Congratulations on successfully completing your first year in college!

Get business attire at a discounted price. All proceeds go to the ASO Hearts and Hands Pantry.

FYE wants to celebrate your individual success, as well as the success of your freshman class. Come out and join us for a night full of fun, food and friends! The end of the year celebration is a chance for us to introduce you to new programs and help you prepare for your transition into sophomore year.

May 3, May 10, and May 17  
2 - 3 p.m.  
SSV 184

Wednesday, May 25 from 4 - 6 p.m.  
Fine Arts Quad



**PROJECT BLUE: FOSTER CARE AWARENESS RALLY**  
Thursday, May 26 from 11 a.m. - 2 p.m. in the Library Plaza

Did you know there are over 400 students at Antelope Valley College that are part of the foster youth community? Show your support on this day and wear blue.

There will also be some fun activities for all of the AVC community to join in and show their support to our foster youth community.

- Blue photo booth
- Blue candy table
- Blue face painting
- Opportunity drawings
- Resource tables
- Foster youth testimonies
- Foster youth club recruitment

# STUDENT EQUITY EVENTS



## SPRING FINALS STUDY JAMS

Attention students! Last Study Jam of the semester is available for all students needing a quiet place to study. Come and prepare for finals and enjoy refreshments while you study. Tutoring will be available (subjects available will be announced closer to May 25).

Upcoming Study Jams:

- Wednesday, May 25
- Thursday, May 26
- Monday, May 31
- Wednesday, June 1

Each day from 9 a.m. - 1 p.m. and from 4 - 7 p.m. in the Student Lounge.



## LOLIS ERIC ELIE

## UNTOLD STORY OF BLACK NEW ORLEANS

This event is open to students, faculty, staff, and community members.

Thursday, May 12

Cooking Workshop from Noon - 1:30 in HS 135

Documentary Film from 4 - 6 p.m. in HS 181

## ALL EVENTS ARE FREE

At Student Equity, it is our goal to engage, connect, and value our students and their success by hosting events, implementing programs and activities that nurture, direct, and create focus in their lives both academically and socially giving them a sense of community.

For more information visit:

<https://www.avc.edu/studentequityevents>

# MAY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
		<p>Priority registration for summer and fall begins.</p> <p>TED Talks Student Lounge, 11:30 a.m. - 12:30 p.m.</p> <p>Dress for Success SSV 184, 2 - 3 p.m</p> <p>Fitness Bootcamp, Student Lounge, 4 - 5 p.m.</p>		Cinco de Mayo Fiesta Student Lounge, 11 a.m. - 1 p.m.		
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	Huntington Hospital Blood Drive Front of HS Bldgd 9 a.m. - 3 p.m.	Huntington Hospital Blood Drive Front of HS Bldgd 9 a.m. - 3 p.m.		Student Equity Event: Lolis Eric Elie, Untold Story of Black New Orleans. Cooking Workshop Noon - 1:30 p.m. in HS 135. Documentary Film 4 - 6 p.m. in HS 181.		
		<p>TED Talks Student Lounge, 11:30 a.m. - 12:30 p.m.</p> <p>Dress for Success SSV 184, 2 - 3 p.m</p> <p>Fitness Bootcamp, Student Lounge, 4 - 5 p.m.</p>				
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
		<p>TED Talks Student Lounge, 11:30 a.m. - 12:30 p.m.</p> <p>Dress for Success SSV 184, 2 - 3 p.m</p> <p>Fitness Bootcamp, Student Lounge, 4 - 5 p.m.</p>		Open registration for summer and fall begins at 8 a.m.		
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
		<p>TED Talks Student Lounge, 11:30 a.m. - 12:30 p.m.</p> <p>Fitness Bootcamp, Student Lounge, 4 - 5 p.m.</p>	<p>Study Jam Student Lounge 9 a.m. - 1 p.m. and 4 - 7 p.m.</p> <p>Walk-In Wednesday: Tasty Teas Student Lounge 2 - 4 p.m.</p> <p>FYE End of Year Celebration Fine Arts Quad, 4 - 6 p.m.</p>	<p>Study Jam Student Lounge 9 a.m. - 1 p.m. and 4 - 7 p.m.</p> <p>Project Blue, Foster Care Awareness Rally, Library Plaza, 11 a.m. - 2 p.m.</p>		
<b>29</b>	<b>30</b>	<b>31</b>	<b>June 1</b>	<b>June 2</b>	<b>June 3</b>	<b>June 4</b>
	Memorial Day Campus Closed	Study Jam Student Lounge 9 a.m. - 1 p.m. and 4 - 7 p.m.	Study Jam Student Lounge 9 a.m. - 1 p.m. and 4 - 7 p.m.	Commencement Practice, Brent Carder Marauder Stadium 2 p.m.	Commencement Brent Carder Marauder Stadium 7 p.m.	