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Student Life and Health Services

SPOTLIGHT

OCTOBER 2014

Upcoming Blood Drives

Providence: Monday, 10/20; Tuesday, 10/21 (9 a.m.—3 p.m.)

Red Cross: Monday 10/27 (9 a.m.—8 p.m.)

Front of Health Science Bldg.

Student Life Office Hours:

Monday to Thursday
7:30 a.m.—6 p.m.
Friday
7:30 a.m.—11:30 a.m.

Fall Care-A-Van Hours:

MEDICAL	<p>Lancaster Mondays, 10 a.m.—6 p.m. Thursdays, 8 a.m.—4 p.m.</p> <p>Palmdale 8/25, 9/9, 10/7, 11/4, 12/2 8 a.m.—4 p.m. 9/17, 10/22, 11/19, 10 a.m.—6 p.m.</p>
	<p>Lancaster 8/14, 9/11, 9/25, 10/16, 10/23, 11/6, 11/20, 12/4 8 a.m.—4 p.m.</p>
MENTAL HEALTH	<p>Lancaster Mondays, 10 a.m.—6 p.m. Tuesdays, 8 a.m.—4 p.m. Wednesdays, 1—4 p.m.</p> <p>Palmdale Wednesdays, 8 a.m.—12 p.m.</p>

Times and location are subject to change.

Walk-In Wednesdays



Breast Cancer Awareness Event

Wednesday, October 1 (2—4 p.m.)
Student Lounge



Safety On and Off Campus

Wednesday, October 22 (2—4 p.m.)
Student Lounge



Spoken Word

Wednesday, October 8 (2—4 p.m.)
Student Lounge



Spooky Movie Marathon

Wednesday, October 29 (2—4 p.m.)
Student Lounge



Overseas Military Appreciation

Wednesday, September 15 (2—4 p.m.)
Student Lounge

Message from Your ASO President

Fall has officially arrived! Midterms are just around the corner and workloads are steadily increasing. As you prepare for important exams and essays, make sure to utilize resources we have on campus such as the Learning Center, computer labs, and online Library. Remember, you're not alone! Don't hesitate to reach out to family, friends, and AVC peers for encouragement and guidance. If you have questions about your student experience, feel free to contact the Associated Student Organization. We're here for you!

Be sure to take the time to relax and get involved on campus! Save the date for events such as Community Day on October 1st and the Homecoming game on October 4th. Make it your goal to join something on campus this month: a student club, the Associated Student Organization, the Hearts and Hands Pantry, or even a study group.

Remember, the Associated Student Organization (ASO) is here to listen to and advocate for you. If you have ideas, questions, or concerns about your student experience at AVC, the ASO would love to hear from you. Come to a meeting on Fridays at 9:00 a.m. in SSV 184 or contact me at asopresident@avc.edu.

Stay positive and keep your eyes on the prize!

Your ASO President,
Megan Louise Turrill



October is Breast Cancer Awareness Month

Join the Antelope Valley College and the AVC Cares Team in the following events:

Ta Ta Tuesdays

Every Tuesday in October, students and faculty and staff members are encouraged to wear pink around campus.

Paint the Campus Pink

All departments are invited to participate in a campus-wide decorating contest. All participants must finish decorating by Friday, October 10. Judging takes place Monday, October 13. 1st Place: Department lunch. 2nd Place: Dessert. 3rd Place: Bagels.

AVC Cares— Student Appreciation

October 9 the AVC Cares team has a table at the National Student Appreciation event in the Library Quad.

AVC Home Football Games

October 4 and 24, come and watch our Marauders football team wear pink accessories with their uniforms to raise Breast Cancer Awareness. Stop by the AVC Cares table to have your face painted pink and to buy pink AVC merchandise.

AVC Bookstore

Shop at the AVC Bookstore for pink AVC merchandise—a percentage of the proceeds is donated to breast cancer research. At check-out, donate to the AVC Care team and we will display your name as a “thank-you.”

Breast Cancer Walk

Join the AVC Cares team October 18 for the Breast Cancer Walk at the Palmdale Amphitheater at Marie Kerr Park.

Walk-In Wednesday

October 1 from 2—4 p.m. is Walk-In Wednesday in the Student Lounge.

Learn how to give a breast exam.

Listen to AVC instructor Kathy Bingham explain how to “eat clean” with the Cancer Diet.

Freshen your look with a “Pink Polish Manicure” by Marinello School of Beauty.

All donations will be given to the American Cancer Society through the AVC Cares team.

All donations raised in the Antelope Valley, stay in the Antelope Valley!

For more event information or to join or donate to the AVC Cares team, please contact the Information and Welcome Center at 722-6331.



Student Health Services Presents

Community Day

Wednesday, 10/01
12—2:30 p.m.
Library Plaza

Gather valuable information from various services in the Antelope Valley Community. We will also have opportunity drawings for those who come to the event.



... and more!

HELLO
my name is

Your ASO
Representative

Here is your chance to meet the students that represent the Associated Student Organization (ASO). Your ASO members represent the entire student body and are an advocate for you!

Come by the ASO table at the Community Day Event.

Wednesday, 10/01

12—2:30

Library Plaza



AVC Spirit Week

Homecoming week is 9/29—10/04.

Show your school spirit this week!

- Mon, 9/29** Enjoy the ambiance of school fight songs. Sports schedules will also be available for pick-up. Library Plaza, 11 a.m.—1 p.m.
- Tue, 9/30** Students and employees are encouraged to wear their favorite team jersey (can be NFL, Alma Mater, etc.)
- Wed, 10/01** Show your support for the first day of October's Breast Cancer Awareness Month. Wear pink!
- Thu, 10/02** Show your AVC spirit! Wear your AVC colors; maroon and white!
- Fri, 10/04** Homecoming Football Game
AVC vs. LA Valley
Brent Carder Marauder Stadium, 7:00 p.m.



Events brought to you by
Inter Club Council (ICC)
and Student Activities
Council (SAC)

Look Up. Be Aware. Do Something!

Fellow Students, it is time to get our heads up from our cell phones, be aware of what is going on, and **do something!** Sometimes we get so caught up in our own daily lives that we don't realize what's going on around us. Join us for any of the events below and learn how you can become better educated and how to make the world a better place.

<p>Minorities in STEM</p> <p>Tuesday, 10/07 Hosted by: STEM Club</p>	<p>How to be an LGBTQ Ally</p> <p>Tuesday, 10/21 Hosted by: AVC Queer Alliance Club</p>	<p>Audism Awareness</p> <p>Tuesday, 11/04 Hosted by: ASL Club</p>	<p>Palm Oil Awareness</p> <p>Tuesday, 11/18 Hosted by: Anthropology Club</p>
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Student Lounge, 12:30—2:30 p.m.

Food will be served. Bring your own beverage (non-alcoholic).

HISPANIC HERITAGE MONTH



Source: <http://hispanicheritagemonth.gov/about/>

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.

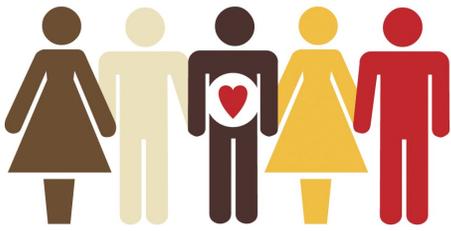


Carlos Arturo

Join the Celebration!
Thursday, October 9
12—2 p.m.
Library Plaza

AV Dance Salsa





HUNGER AWARENESS EVENTS

PLANNING MEALS ON A BUDGET

Meal planning is great for saving time and money too. When you are on a strict budget, it can seem overwhelming to plan a healthy inexpensive meal.

Learn how to efficiently create a delicious and healthy meal plan on a budget, read those overwhelming labels on the back of products, and some smart shopping tips from your local Sam's Club representative.

Thursday, October 23
Student Lounge, 12—2 p.m.



Homecoming Week Canned Food Drive

Donate 5 non-perishable food items for a free entry into the homecoming game! Donations will be collected at the ticket Booth from 5:30—8 p.m.

Homecoming Game

Saturday, 10/04
from 7 p.m.
Brent Carder
Marauder Stadium



at-risk
for Students

Help a Friend Who is Struggling



One of these friends
is **at-risk**

Interact with student avatars in this online game

Topics include:

- Techniques to talk to a friend you are concerned about
- How to recognize signs of distress
- What support services are available on your campus

Access simulations 24/7 at:

<http://kognito.com/cc>

Antelope Valley College is aware of the amount of stress students are experiencing and its negative impact on their health and academic performance.

To address this concern, AVC Student Health Services has adopted an At-Risk online training simulation for students. At-Risk for Students shows students how to have challenging conversations with friends and peers around mental health and how to motivate them to seek help from campus support services.

Each month, a random student who has completed the At-Risk training will be awarded a prize!

A message from ...

AVC Financial Aid

Important Changes Beginning Fall 2014


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Pell Grant

Starting with the 2014-2015 school year, the Federal Pell Grant awards will be divided in two payments each semester (with the exception of students enrolled in less than half time, they will continue to receive one payment). The first refund will be on the second week of the semester. The second refund will be on the eleventh week of the semester. At the end of the eighth week of the semester your enrollment will be checked. You may be required to pay a portion or your entire grant if you withdraw from any or all your classes.

Refunds will be made to eligible students with complete financial aid files. Payments are based on the number of full-term units at the time of the disbursement. Late start classes must begin for units to be included in the first disbursement; otherwise they will be included on subsequent disbursements. For students whose financial aid files were incomplete at the beginning of the school year or were awarded later in the term, payments will be issued on subsequent disbursement dates.

Experimental Initiative

Starting with the 2014-2015 school year, Antelope Valley College has been approved by the U.S. Department of Education to participate in an experimental initiative regarding "over-borrowing" that allows our college to reduce or eliminate Unsubsidized Loan eligibility and borrowing for certain groups or categories of students.

The following groups or categories of students will not be eligible to borrow Unsubsidized Loans:

- Students approved on Satisfactory Academic Progress appeal
- Students whose Satisfactory Academic Progress is calculated as low GPA or low unit completion and are on warning
- 1st year students (under 30 units completed)

(Students who are non-residents, or not Pell eligible due to a high EFC greater than 5157 are excluded from the above conditions.)

Direct Loans

Starting with the 2014-2015 school year, Direct Loans will also be divided in two payments each semester. The first refund will be made on the seventh week of the semester. The second refund will be made on the thirteenth week of the semester.

Students with a GPA below 2.0, assessed at basic skills level, in categorical program, or students not meeting Satisfactory Academic Progress will be required to attend additional counseling.



Loan Requirements

All students applying for loans during the 2014-2015 year will be required to attend a loan workshop, be enrolled in six or more units, and have completed the following steps of matriculation:



- Assessment
- Online Orientation
- Counseling
- Educational Plan

Matriculation Status

To view which steps of the matriculation process you still need to complete, do the following:

- Log-in to your myAVC account
- Click on the Student Success tab on the top of the page
- View the Matriculation Box (steps completed will have a green check mark, steps not completed will have a red X)

Friendly Reminders

Disbursement Process: The disbursement process takes approximately 10 business days to complete, and funds will not be refunded to you until 10 business days after they are disbursed. All disbursements are contingent upon funding and number of units enrolled. Cal Grant and FSEOG funds will continue to be released in one payment per semester.

AVC Debit Card: All financial aid funds are refunded electronically through Higher One. Students will receive an AVC Debit Card and will need the card to choose a refund preference. If you choose the Easy Refund method when activating your card, funds will be posted to your AVC card on the scheduled refund date, or if you choose ACH transfer, your funds will be delayed 2-3 business days from the scheduled refund date. Please visit www.avcdebitcard.com for more information.

Lifetime Eligibility Used (LEU): Students receiving Federal Pell are limited to six years (12 semesters) or full time equivalent (600%) of aid. Once you have received 600% of Pell grant, you will no longer be eligible for additional Pell Grants at Antelope Valley College or any college/university in the country, regardless of completion of program of study or Bachelors.

Enrollment Status: Awards are based on enrollment status. Students must be enrolled in at least six units to be eligible for a Cal Grant, SEOG Grant, or a Direct Loan.

- 12 or more units = full-time enrollment status
- 9.0 - 11.5 units = 3/4 time enrollment status
- 6.0 - 8.5 units = 1/2 time enrollment status
- 5.5 units or less = less than half-time enrollment status

SPOTTED

around campus ...



Walk-In Wednesdays



Student Safety Event



Honey Day



Constitution Day Winner
President Knudson and Megan Turrill



Hispanic Heritage Celebration

OCTOBER 2014

Breast Cancer Awareness Month



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Community Day Library Plaza 12—2:30 p.m.  Walk-In Wed. Breast Cancer Awareness Student Lounge 12—2:30 p.m. 	2  Show Your AVC School Spirit! Wear Your AVC Colors and Swag!	3  Soccer Game Brent Carder Marauder Stadium 4 p.m.	4  Homecoming Game Brent Carder Marauder Stadium 7 p.m.
5	6 Musical Monday Hispanic Heritage Library Plaza, 11—1 	7  Ta-Ta Tuesday Breast Cancer Awareness Wear Pink Today! Look Up. Be Aware. Do Something. Minorities in STEM Student Lounge 12:30—2:30 	8 Walk-In Wed. Spoken Word Student Lounge 12—2:30 p.m. 	9 Hispanic Heritage Library Plaza 12—2 p.m. 	10  Volleyball Game AVC Gym 6 p.m.	11
12	13 Musical Monday Hispanic Heritage Library Plaza, 11—1 	14  Ta-Ta Tuesday Breast Cancer Awareness Wear Pink Today!	15 Walk-In Wed. Military Appreciation Student Lounge 12—2:30 p.m. 	16	17  Volleyball Game AVC Gym 6 p.m.	18 Breast Cancer Awareness Walk Marie Kerr Park 8 a.m. 
19	20  Blood Drive Providence Front of HS Bldg 9—3 Musical Monday Participant Library Plaza 11—1 	21  Ta-Ta Tuesday Breast Cancer Awareness Wear Pink Today! Blood Drive Providence Front of HS Bldg 9—3 	22 Walk-In Wed. Self Defense Safety Student Lounge 12—2:30 p.m. 	23  Creating Meal Plans on a Budget Student Lounge 12—2 p.m.	24  Volleyball Game AVC Gym 6 p.m.	25
26	27  Blood Drive Red Cross Front of HS Bldg 9—8 Musical Monday Participant Library Plaza 11—1 	28  Ta-Ta Tuesday Breast Cancer Awareness Wear Pink Today!	29 Walk-In Wed. Spooky Movies Student Lounge 2—4 p.m. 	30 Costume Contest Cafeteria (TIME) 	31  Soccer Game Brent Carder Marauder Stadium 4 p.m.	