



# Student Life and Health Services January 2015 **SPOTLIGHT**

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## STUDENT LIFE & HEALTH SERVICES

### OFFICE HOURS:

Monday - Thursday, 7:30 a.m. - 6 p.m.

Fridays 7:30 - 11:30 a.m.

SSV 180

## *A Message from Your ASO President*



Happy New Year, AVC Students!

Like myself, I am sure many of you have resolved to do something in the new year. It may be big or it may be small, but certainly it is significant. Some would say that a new year is nothing but a new day. Yet we must remember, that whether a day marks a new year, a new month, or a new week, each day is a chance to resolve to change. Whether 2014 was a good year or a bad year for you, you survived and you're a better person for it. Look back on 2014 and be proud of your accomplishments; resolve to make 2015 an even better year!

My experience at AVC has changed my life for the better and I will be sad to see it come to a close after this semester. I am resolving to fill this semester with positive memories by networking with as many students as possible. The Associated Student Organization (ASO) wants to hear from you: What positive experiences have you had at AVC? How can your experience be bettered?

To find out more about the ASO, to meet your ASO representatives, to join a club, to just reach out and find out how to get involved in some way on campus, feel free to email me at [asopresident@avc.edu](mailto:asopresident@avc.edu). I look forward to hearing from you!

Wishing you a blessed and prosperous new year,

Megan Louise Turrill  
ASO President, 2014-15







# SAVE THE DATE

## CASH FOR COLLEGE EVENT

Friday, February 20 • 11 a.m. - 6p.m.  
Cafeteria

The Antelope Valley College Financial Aid Office is excited to bring back their Cash for College event!

Cash for College is a partnership of financial aid experts that are here to guide students, parents, and community towards making more successful decisions in finance for their future educational accomplishments.



### Senior Kick Offs

Antelope Valley College's Outreach department is hosting a senior kickoff event for our local high school students who will be starting college in fall. The transformation from high school life to college life can be exciting and sometimes overwhelming. This

event is geared to make this transition as easy as possible for the students and acclimate them into college life. If you happen to see this group of students on campus feel free to say hello and welcome them to AVC.



### Group Therapy Sessions Available in Spring

Group therapy sessions are a place for you and other students to come together and discuss experiences, share ideas, and provide emotional support for one another. Each session is led by a professional therapist and is completely safe and confidential.

The biggest advantage to a group therapy session is you realize you are not alone and there are other people who are facing the same issues. You can support each other and suggest new ways of dealing with these similar issues. Participants often gain different perspectives, ideas, and viewpoints.

Goals & Time Management	Finding Your Happiness	Anxiety and Stress	Nutrition, Healthy Eating & Weight Loss
Mondays 1 - 2 p.m.	Tuesdays 2 - 3 p.m.	Wednesdays 2 - 3 p.m.	Tuesdays 3 - 4 p.m.
2/23, 3/02, 3/09, 3/16, 3/23	3/24, 3/31, 4/14, 4/21, 4/28	4/22, 4/29, 5/06, 5/13, 5/20	5/05, 5/12, 5/19, 5/26, 6/02

To receive full benefits of the group, students must commit to all 5 sessions of the group. **To enroll in a session stop by Student Health Services (SSV 180) or call (661) 722-6300 ext. 6683.**



## 8 Ways to Take Control of Your Time

Developing time-management skills now will help you in your college career and beyond. Use these 8 tips to get started and stay on schedule.

1

### Make a to-do list every day

Put the most important tasks at the top, even if they're things you're dreading, and tackle them first. Include things you want to do on your list too, so you have items you're looking forward to. Try motivating yourself with a reward if you get to everything on your list.

2

### Keep your work with you

That way, if you find yourself with extra time—while on the train or bus or waiting for an appointment—you can get something done.

3

### Don't be afraid to say no

It's OK to say no if your friend asks you to go to a movie one night but you have a test the next morning. Instead, find a time that works for both of you and go see the movie then.

4

### Find your productive time

Are you a morning person or a night person? You'll be more efficient if you work when you're at your best.

5

### Create a dedicated study time

Set up a time devoted only to studying or homework. Shut off your phone and respond to calls or texts when your work is finished. Don't check email or surf the Web (except when you need to for the work you're doing) during this time either.

6

### Budget your time

Figure out how much time you usually spend on your activities and then create a weekly schedule to follow. Determine how much free time you have before you add any commitments. And don't forget to schedule time to relax.

7

### Don't get sidetracked

If you find yourself wasting time on unimportant things, stop, check your to-do list and get back to what's at the top. Maybe you're procrastinating because you're not sure how to move forward on a school project. If that's the problem, check with your teacher to clear things up so you can get moving.

8

### Get a good night's sleep

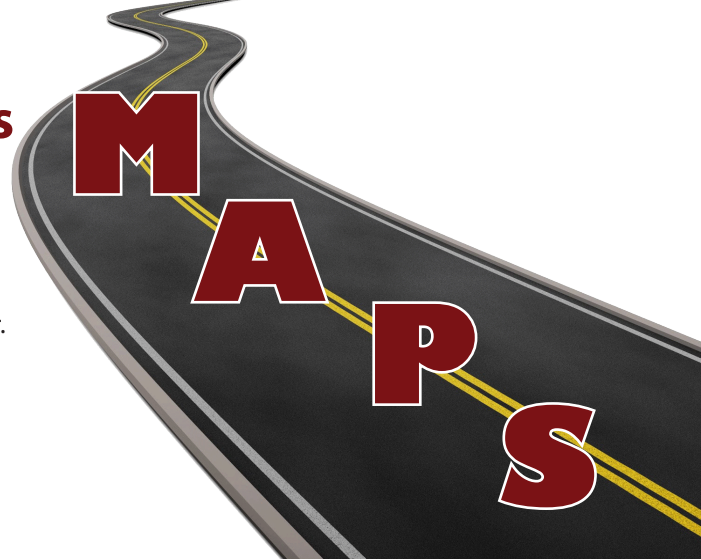
Your brain needs rest to perform at its peak. If it's time to sleep, list the things you still need to get done on the next day's to-do list and go to bed.

<https://bigfuture.collegeboard.org/get-started/inside-the-classroom/8-ways-to-take-control-of-your-time>

# Marauders Academic Peer Success (MAPS) Program

AVC's Associated Student Organization (ASO) has developed the MAPS peer mentoring program to help students who have been at AVC but are unsure about what direction they want to take their education and/or future career. More details to come in future Spotlight editions.

For more information, please contact ASO at StudentLife@avc.edu, SSV 180, or call (661) 722-6300 ext. 6354.



## Covered California Enrollment Events

January 5 - 8 and February 9 - 12  
11 a.m. - 2 p.m.  
Bookstore Hallway

The deadline to enroll for covered California is February 15. Stop by and meet with Covered California representatives to ask questions and/or enroll.

## 2015 Greater Los Angeles Homeless Youth Count Be Counted and Be Heard!

### What is the Youth Count?

Coordinated by the Los Angeles Homeless Services Authority, the Greater Los Angeles Youth Count provides an estimate of how many unaccompanied minors and transition age youth (age 18-24) are experiencing homelessness in our communities on any given night.

### Why is there a Youth Count?

Since homeless youth often "hide in plain sight," and are not easily found during traditional homeless enumerations, a Youth Count helps ensure young people are represented in our estimates of individuals, families, and youth experiencing homelessness. The data we get from the Youth Count directly impacts local, state, and federal funding for homeless youth services, and is a powerful tool for local planning and advocacy.



### How to Support the Youth Count

#### Are You 18-24 Years Old, and Homeless or Formerly Homeless?

- Join the Youth Count planning efforts in your area to share your expertise on where and how to identify homeless youth
- Serve as a Youth Counter

#### Are You a Community Member?

- Sponsor Youth Counters on the day of the count by donating breakfast items, water, snacks, or gift cards
- Volunteer for the Greater Los Angeles Homeless Count at [www.TheyCountWillYou.org](http://www.TheyCountWillYou.org)

#### Are You Ready to Get Involved?

Contact Laura Petry  
Homeless Count Manager  
[lpetry@lahsa.org](mailto:lpetry@lahsa.org) | (213) 689-4096



# January 2015

SUN	MON	TUE	WED	THU	FRI	SAT
				<b>1</b> <b>Campus Closed</b>	<b>2</b> <b>Campus Closed</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>Intercession Begins</b> Red Cross Blood Drive, 9 a.m. - 3 p.m., Front of HS Bldg.	<b>6</b> ICC Meeting 12 - 2 p.m.	<b>7</b>	<b>8</b>	<b>9</b> ASO Retreat 10 a.m. - 3 p.m.	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Basketball @AVC vs. West LA Men's - 5 p.m. Women's - 7 p.m.	<b>15</b>	<b>16</b>	<b>17</b> Basketball @AVC vs. Citrus Men's - 5 p.m. Women's - 7 p.m.
<b>18</b>	<b>19</b> <b>Campus Closed</b> Martin Luther King Jr. Day	<b>20</b> ICC Meeting 12 - 2 p.m.	<b>21</b>	<b>22</b>	<b>23</b> Peer Mentor Training	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Basketball @AVC vs. Bakersfield Men's - 5 p.m. Women's - 7 p.m.	<b>29</b>	<b>30</b>	<b>31</b> Basketball @AVC vs. Canyons Men's - 5 p.m. Women's - 7 p.m.

## February

2/02 - Red Cross Blood Drive, Front of HS Bldg., 9 a.m. - 3 p.m.  
2/09 - Spring semester begins  
2/09 - Musical Monday, Library Plaza, 11 a.m. - 1 p.m.  
2/12 - BYOL (Bring Your Own Lunch) Movie Event, "Love & Basketball", Student Lounge, Noon - 2 p.m.  
2/17 - Self Defense and Personal Safety Event, Student Lounge, 2 - 4 p.m.  
2/13-16 - Campus Closed, President's Holiday  
2/18 - Walk-In Wednesday, Random Acts of Kindness Event, Student Lounge, 2 - 4 p.m.  
2/19 - BYOL (Bring Your Own Lunch) Movie Event, Student Lounge, Noon - 2 p.m.

2/23 - Musical Monday, Library Plaza, 11 a.m. - 1 p.m.  
2/24 - National Eating Disorder Screening Day, Bookstore Hallway, 11 a.m. - 1 p.m.  
2/25 - Walk-In Wednesday, Eating Disorder Support Event, Student Lounge, 2 - 4 p.m.  
2/26 - BYOL (Bring Your Own Lunch) Movie Event, "42", Student Lounge, Noon - 2 p.m.

## March

3/02 - Red Cross Blood Drive, Front of HS Bldg., 9 a.m. - 3 p.m.  
3/03 - Red Cross Blood Drive, Front of HS Bldg., 9 a.m. - 3 p.m.  
3/04 - Walk-In Wednesday, BINGO Event, 2 - 4 p.m., Student Lounge  
3/05 - BYOL (Bring Your Own Lunch) Movie Event, "Mona Lisa Smile", Student Lounge, Noon - 2 p.m.  
3/09 - Musical Monday, Library Plaza, 11 a.m. - 1 p.m.  
3/10 - Self Defense and Personal Safety Event, Student Lounge, 2 - 4 p.m.  
3/11 - Walk-In Wednesday, Random Craft Day Event, Student Lounge, 2 - 4 p.m.  
3/12 - BYOL (Bring Your Own Lunch) Movie Event, "Far & Away", Student Lounge, Noon - 2 p.m.

3/16 - Musical Monday, Library Plaza, 11 a.m. - 1 p.m.  
3/18 - Walk-In Wednesday, Nutrition Event, 2 - 4 p.m., Student Lounge  
3/19 - BYOL (Bring Your Own Lunch) Movie Event, "Too Fast Too Furious", Student Lounge, Noon - 2 p.m.  
3/23 - Musical Monday, Library Plaza, 11 a.m. - 1 p.m.  
3/24 - Texting/Driving Event, Student Lounge, 11 a.m. - 1 p.m.  
3/25 - Walk-In Wednesday, Women's History, 2 - 4 p.m., Student Lounge  
3/26 - BYOL (Bring Your Own Lunch) Movie Event, "Legally Blonde", Student Lounge, Noon - 2 p.m.  
3/30 - Musical Monday, Library Plaza, 11 a.m. - 1 p.m.