



IN THIS ISSUE:

National Stalking Awareness Month	2
10 Finals Study Tips	2
Student Success Factor: Focused	3
2016-17 Scholarships	3
Resolution Fusion Event	3
Calendar	4

AVC IS THANKFUL TO OUR COMMUNITY

The ASO Hearts and Hands Pantry recently received generous donations from giving members of our community. Kaiser Permanente (top photo) placed donation bins in all of their medical offices for visitors to donate items for the ASO Hearts and Hands Pantry. Home Depot also donated a freezer (bottom photo) to the pantry to allow for more storage of frozen items.

The ASO Hearts and Hands Pantry assists current AVC students who are making forward progress in their academic pursuits and are homeless and or hungry in circumstances where supplemental nutritional snacks/food will benefit their academic success.

To be a participant of the ASO Hearts and Hands Pantry the currently enrolled AVC student must meet certain criteria. Students interested in applying can fill out an application at the Student Life office (SSV 180).



For more information on the ASO Hearts and Hands Pantry visit:
<https://www.avc.edu/studentservices/studentlife/aso/heartsandhands>



JANUARY IS NATIONAL STALKING AWARENESS MONTH

Stalking is defined as engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for his or her safety or the safety of others, or to suffer substantial emotional distress.

MYTH: You can't be stalked by someone you're dating.

FACT: If your "friend" tracks your every move in a way that causes you fear or anxiety, that is stalking.

MYTH: Technology is too expensive and confusing for most stalkers to use.

FACT: Stalkers can buy easy-to-use surveillance equipment for as little as \$30.

MYTH: If you confront the stalker, he or she will go away.

FACT: Confronting or trying to reason with a stalker can be dangerous. Get help.

MYTH: Only celebrities are stalked.

FACT: The vast majority of the 7.5 million people who are stalked each year are ordinary citizens.

MYTH: If you ignore stalking, it will go away.

FACT: Stalkers seldom "just stop." Victims should seek help from law enforcement to stop the stalking.

MYTH: Stalking is annoying but not illegal.

FACT: Stalking is a crime in all 50 states and the District of Columbia.

If you or someone you know is being stalked on campus, contact the AVC Campus Police at (661) 722-6399 or dial 4444 from any campus phone. Any stalking activity off campus should be directed to your local police authorities:

- Los Angeles County Sheriff, 42011 4th Street West, Lancaster, (661) 974-7800
- Palmdale Sheriff Station, 750 E. Avenue Q, Palmdale, (661) 272-2400

10 FINALS *Study tips*

Even though Interession has just begun, finals aren't that far away. Be prepared.

1 *keep energy levels high*
sleep 7-9 hours so you can be more awake and energized.

2 *50-10 rule*
study 50 minutes for every hour, spend 10 minutes clearing your mind.

3 *organize your calendar*
designate time for studying, free time, and exam times.

4 *make study guides*
begin preparing and making study guides one week before the exam.

5 *study in groups*
but only if it helps you, don't let it be a distraction.

6 *take your time*
plan ahead and take your time studying.

7 *exercise*
let off steam and clear your mind, an active mind is more productive.

8 *relax*
keep your stress levels low and worry less.

9 *do a practice quiz*
ask friends to quiz you on subjects that are difficult.

10 *eat healthy*
your body will feel better and you will be more alert.

6

STUDENT SUCCESS FACTORS - HOW IS AVC HELPING YOU TO BE SUCCESSFUL?

Evidence indicates that when these factors are implemented inside and outside the classroom, students achieve a higher level of success in college.

Nurtured

Focused

Directed

Engaged

Connected

Valued

"How does AVC help you keep focused?"

"The tutoring provided by the Learning Center helps keep me focused." -Pamela

"When the professors provide a clear and detailed syllabus. It is especially helpful when professors provide a clear outline of the class schedule, syllabus, and when things are due." -Rodney

"Working on campus helps keep me connected to the campus community. This allows me to be more aware of events and activities that are available on campus to keep me focused on my goal." -Adriana

"I really like the new banners that were recently hung around campus. They have pictures of AVC graduates and details of their accomplishments. I know some of them and seeing their face and what they have accomplished helps keep me going. If they can do so can I." -Gabriela

"The quiet library helps keep me focused when I need to study. The faculty and staff also keep me focused." -Brianna



**2016-2017 FOUNDATION
SCHOLARSHIP APPLICATIONS ARE
NOW OPEN**

To apply for over 200 scholarships with one application, go to: www.avc.edu/studentservices/financialaid/scholarships.

Deadline to apply is March 2, 2016.

Need help? Workshops are coming soon! If you have any questions please contact the Financial Aid Office at 661.722.6300 ext. 6337 or email at financial_aid@avc.edu.



RESOLUTIONS FUSION EVENT

Need some support in accomplishing those common new year's resolutions?

This event will be a fusion of resolution stations here to give you the information and support you need to help you accomplish your resolutions this year.

Join us in the Student Lounge on January 26 - 27 from 11 a.m. - 2 p.m.

JANUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Campus Closed	Campus Closed
3	4	5	6	7	8	9
Campus Closed						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
	Campus Closed for Martin Luther King Day					
24	25	26	27	28	29	30
		Resolution Fusion Event Student Lounge, 11 a.m. - 2 p.m.	Resolution Fusion Event Student Lounge, 11 a.m. - 2 p.m.			

Note:

2/6 Intersession ends
2/8 Spring semester starts