

# Student Life and Health Services

February 2015

# SPOTLIGHT

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## *A Message from Your ASO President*

Hello AVC Students!

The Associated Student Organization (ASO) has begun this semester with a running start! Over the past two months a new student-created and run program, Marauders Academic Peer Success (MAPS) was approved. This program will provide peer-to-peer mentorship for students who meet the eligibility requirements. If you are interested in being a part of this program as a mentor or a mentee or would just like more information about it, visit the Student Life office, SSV 180. The ASO held its semester planning retreat on January 9th and set the dates of several future events. All ASO meetings during the Spring semester will be held on Fridays at 9:00AM.



Statewide and nationwide news for community colleges remained positive over the month of January. The proposed California Governor's budget came out and it contained positive budgeting for community colleges. The budget proposed \$200 million for student success and \$106.9 million for increased access (which will allow about 45,000 more students to enroll). Soon after this budget came out, the President of the United States, Barack Obama proposed a plan to make two years of community college free for students who "work for it". The ASO is excited to keep up with the Governor's budget and the development of President Obama's proposal. Finally, the California Board of Governors approved 15 community colleges to start offering a unique baccalaureate program. Antelope Valley was one of these 15 colleges and will start offering a four-year degree in Aircraft Manufacturing Technology as soon as the 2017-18 academic year! Congratulations to the team at AVC who put together such a great program in so little time. This program will benefit prospective students, our college, and the community.

January was jam-packed and the ASO expects February to be even more busy! We are eager to take on new projects and to reach out to more AVC students. Good luck in this new semester and remember to reach out to the ASO with any questions, comments, or concerns about your student experience!

Sincerely,  
Megan Louise Turrill  
ASO President, 2014-15

STUDENT LIFE & HEALTH SERVICES  
OFFICE HOURS:  
Monday - Thursday, 7:30 a.m. - 6 p.m.  
Fridays 7:30 - 11:30 a.m.  
SSV 180





# AV College Foster Youth Liaison

Antelope Valley College is please to introduce Kendra Doss, the liaison for AVC Foster Youth. Kendra understands and wants to help link our foster youth to support services and resources.

Kendra is here to help our AVC Foster Youth with the following:

- Filling out the FAFSA and CHAFEE Grant Application
- Connecting you with on-campus programs and services
- Connecting you with off-campus resources
- Providing a supportive and friendly environment to help you succeed



If you have any question, please contact Kendra in the Financial Aid Office or call (661) 722-6300 ext. 6337.



## Musical Mondays

Come to the Library Plaza every Monday from 11 a.m. - 1 p.m. and enjoy the musical ambiance.



## NEW! Group Therapy Sessions Available

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.

<b>Goals &amp; Time Management</b>	<b>Finding Your Happiness</b>	<b>Anxiety and Stress</b>	<b>Nutrition, Healthy Eating &amp; Weight Loss</b>
Mondays	Tuesdays	Wednesdays	Tuesdays
1 - 2 p.m.	2 - 3 p.m.	2 - 3 p.m.	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

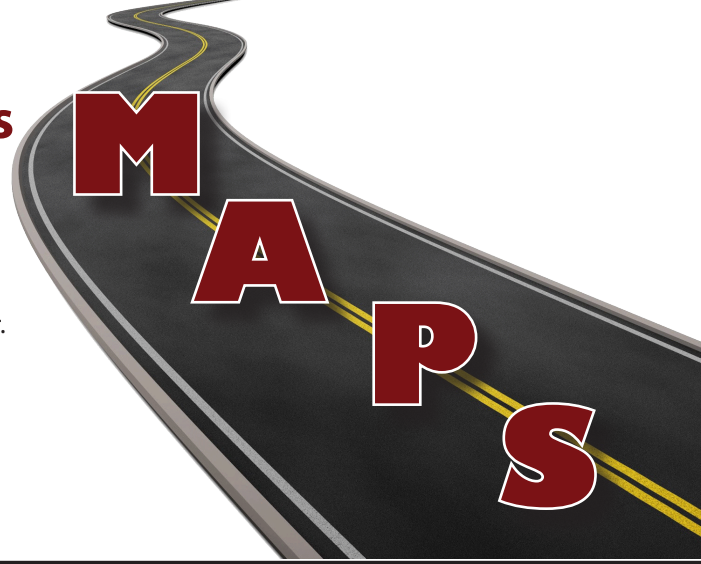
To receive full benefits of the group, students must commit to all 5 sessions of the group.

**To enroll in a session stop by Student Health Services (SSV 180) or call (661) 722-6300 ext. 6683.**

## 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](mailto:StudentLife@avc.edu), SSV 180, or call (661) 722-6300 ext. 6354.



### Covered California Enrollment Event

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.

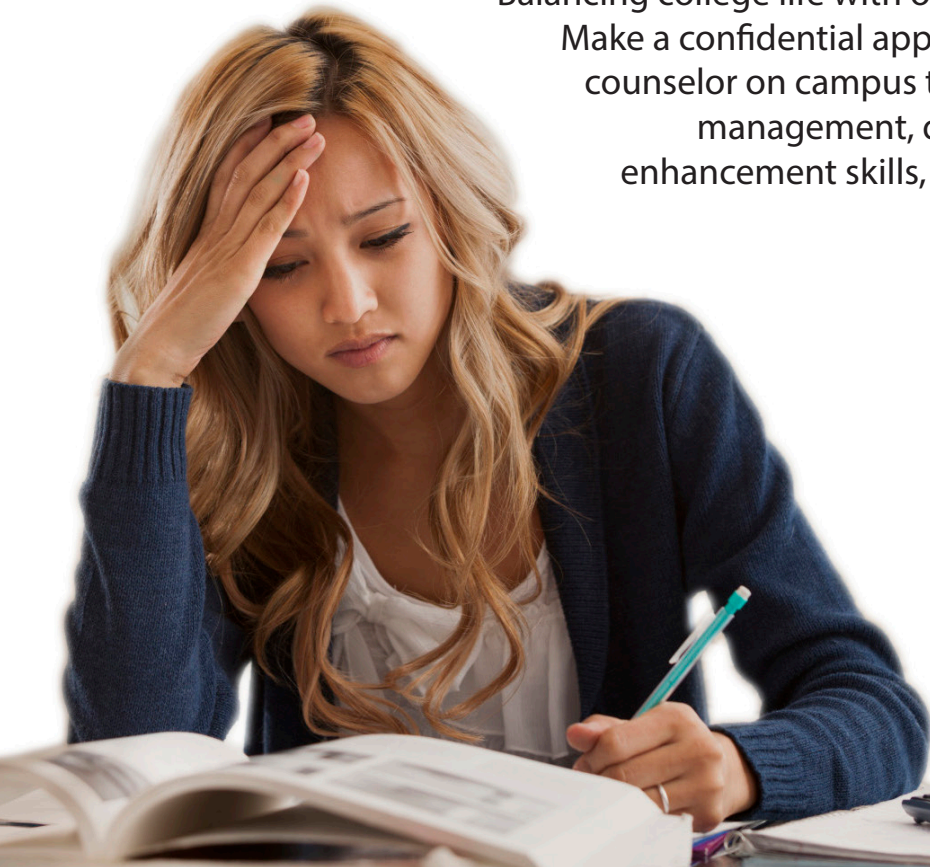
## Need Someone to Talk To?

Balancing college life with other life responsibilities can be difficult. Make a confidential appointment with a personal mental health counselor on campus to assist with anxiety, depression, stress management, drug and alcohol concerns, building life enhancement skills, and other mental health related issues.

To make an appointment stop by Student Health Services (SSV 180) or call (661) 722-6300 ext. 6683.



ANTELOPE VALLEY COLLEGE  
STUDENT HEALTH SERVICES





## Don't Forget to Get Your Student I.D. Card!

AVC requires students to obtain a free college ID for use of various college services including the Library, IMC, Learning Center, open computer labs, Financial Aid and others. Cards are available at the Student Life and College Activities Office (SSV 180).

You must bring another picture ID and be currently enrolled in classes in order to receive your card. It is recommended that students carry the AVC ID card at all times and it may be requested by Security, faculty, or staff to verify your identity.

## Club Rush

Join us as we get together with some of your clubs to celebrate the spring semester!

Stop by our tables and be entered for a chance to win some great prizes.

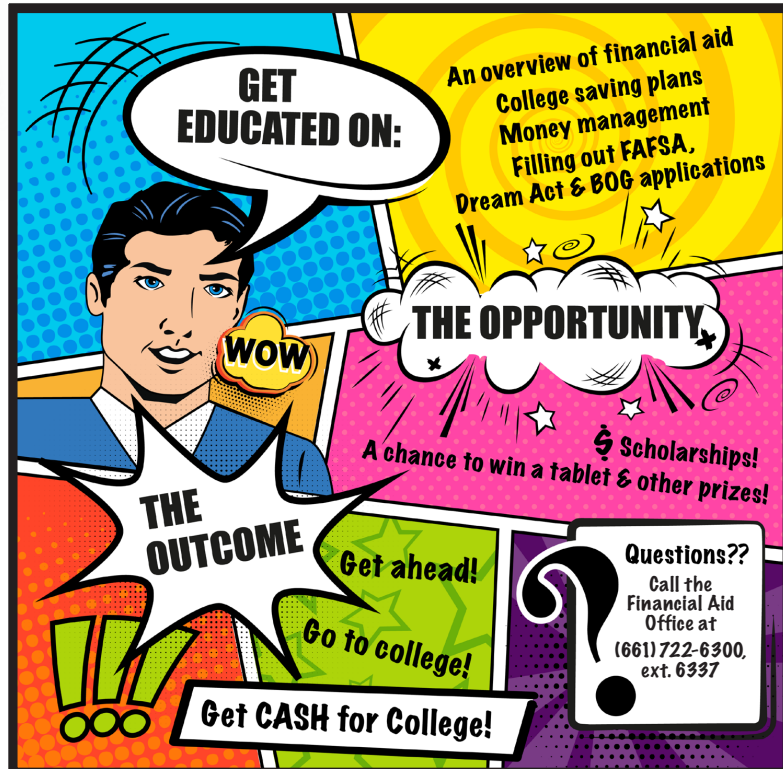
**When:** Feb 10th & 11th  
**Time:** 11:30am-2:00pm  
**Location:** Library Plaza

With 25 active clubs on campus, there's a club that fits your interests! Get involved this semester!

2015



Friday • February 20, 2015 • 11 am-6 pm



Start at the Information Booth in the Antelope Valley College Cafeteria



**CEASE THE GREASE**  
 a nutritionist revamps your lunch

START READING TODAY  
 TEXT **AVC** TO **40691**



STUDENT **health101**





# Self-Defense Event

sponsored by Student Health Services

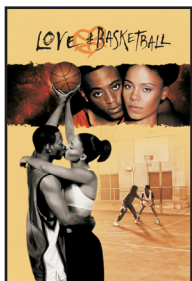
Tuesday, 2/17  
2 - 4 p.m.  
Student Lounge



## B.Y.O.L. (Bring Your Own Lunch)

### Movie Thursdays

Join us every Thursday in the Student Lounge from Noon - 2 p.m. for BYOL (Bring Your Own Lunch) Movie Thursdays! Each Thursday a new movie will be featured.



2/12



2/19



2/26





# Walk-In Wednesdays

## Student Lounge

### Random Acts of Kindness Event

2/18, 2 - 4 p.m.

Stop by the Student Lounge and learn ways you can share random acts of kindness. Take the RAK challenge and share your stories on Instagram/Facebook #RAKAVC

### Eating Disorder Awareness Event

2/25, 2 - 4 p.m.

Worried about a friend or classmate? Learn more about eating disorders and how you can help those who need it most.

Coming next month: BINGO, Craft Day, Nutrition Day, and Celebration of Women's History Event.



## 30 FREE PAGES!

EACH SEMESTER  
with the purchase of your  
ASO sticker!



The ASO will be hosting future Dress for Success events during the spring semester. Many students find themselves preparing for a job interview and realize they do not have any business attire to wear. These events help our fellow students purchase business apparel at a minimal cost.

Do you have way too much business apparel or just a bunch of apparel in the wrong size? Feel free to drop off any business apparel donations at SSV 180! Any donations would be greatly appreciated. We just ask that the donations be limited to apparel that would be appropriate for job interviews and an office setting, be clean, and be without any visible wear.



**ASSOCIATED STUDENT ORGANIZATION**

**Purchase your  
ASO sticker TODAY  
at the CASHIER'S OFFICE.**

ask for the  
**PARKING PASS COMBO!**





# 8 Ways to Get the Most From Your College Experience

## **Know Your Schedule**

If you miss class or have not worked out the best way to balance your home and school life, college will seem more like a burden than the great opportunity that it is. Make sure that when you walk on to campus for the first time you are set and organized to have a healthy work, home, and school balance.

## **Take Advantage of Volunteer Opportunities**

Volunteer opportunities are always the best place to start when looking to get involved in your campus. If you are interested in volunteering, for events or activities on campus, stop by Job Placement in the Student Services Building.

## **Get Involved with Campus Clubs**

A great way to meet faculty members, practice for your classes, meet classmates, and make an impact on your campus is to become part of clubs and groups on campus. To join or start a club stop by the Student Life Office in the Student Services Building (SSV 180).

## **Take a Class That Might Not Be Major Specific**

Some times branching out of your major classes will help keep you engaged in your degree program. For example, courses like Psychology can help keep you excited about learning in a different way than you may have expected. Also branch out from your chosen field a bit in an elective.

## **Participate in Campus Events**

Campus events are great chances for you to have some fun with your classmates and friends right on campus. Be sure to check the monthly Spotlight, AVC website, and Facebook for upcoming events.

## **Get to Know Your Faculty and Staff**

Your faculty and staff will be your best networking guides and problem solvers while you are navigating your way through your degree program. Most faculty, adjunct and full time, have years of experience in the field and still know the best people to reach out to for job opportunities. Staff members are always approachable and ready to answer any questions you may have, but knowing the best person to go to for a specific answer will cut down on your search time.

Also, don't be afraid to ask questions. They are there to help and it shows you are an interested student.

## **Have Fun!**

This goes without saying, but if you have fun while working towards your degree, it's a great indicator of what is to come for your career!



# February 2015



SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b>	<b>2</b> Red Cross Blood Drive Front of HS Bldg. 9 a.m. - 3 p.m.	<b>3</b>	<b>4</b> Basketball AVC vs. LA Valley Men 5 p.m. Women 7 p.m.	<b>5</b>	<b>6</b>	<b>7</b> <b>Interession Ends</b>
<b>8</b>	<b>9</b> <b>Spring Semester Begins</b>  Providence Blood Drive Front of HS Bldg. 9 a.m. - 3 p.m.  Musical Monday Library Plaza 11 a.m. - 1 p.m.	<b>10</b> Providence Blood Drive Front of HS Bldg. 9 a.m. - 3 p.m.  Club Rush 11:30 a.m. - 2 p.m. Library Plaza	<b>11</b> Club Rush 11:30 a.m. - 2 p.m. Library Plaza	<b>12</b> BYOL (Bring Your Own Lunch) Movie Event "Love & Basketball" Student Lounge, Noon - 2 p.m.	<b>13</b> <b>Campus Closed President's Weekend</b>	<b>14</b> <b>Campus Closed President's Weekend</b>  Basketball AVC vs. Santa Monica Men 5 p.m. Women 7 p.m.
<b>15</b>	<b>16</b> <b>Campus Closed President's Weekend</b>	<b>17</b>	<b>18</b> Walk-In Wednesday "Random Acts of Kindness" Student Lounge 2 - 4 p.m.  Basketball AVC vs. Glendale Men 5 p.m. Women 7 p.m.  Coach's vs Cancer Fundraiser Event	<b>19</b> Chinese New Year Event Student Lounge 11 a.m. - 12p.m.  BYOL (Bring Your Own Lunch) Movie Event "Joy Luck Club" Student Lounge, Noon - 2 p.m.	<b>20</b> Cash for College 11 a.m. - 6 p.m. Cafeteria	<b>21</b>
<b>22</b>	<b>23</b> Musical Monday Library Plaza 11 a.m. - 1 p.m.	<b>24</b> National Eating Disorder Screenings Bookstore Hall 11 a.m. - 1 p.m.	<b>25</b> Walk-In Wednesday "Eating Disorder Awareness" Student Lounge 2 - 4 p.m.	<b>26</b> BYOL (Bring Your Own Lunch) Movie Event "42: Movie About Jackie Robinson" Student Lounge, Noon - 2 p.m.	<b>27</b>	<b>28</b>