



ANTELOPE VALLEY COLLEGE

SPOTLIGHT

Student Life and Health Services
• February 2016 •



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NATIONAL EATING DISORDER SCREENING WEEK

Have Questions? Worried About a Friend or Family Member?

It is estimated that 10 million women and 1 million men in the United States suffer from an eating disorder. Many worry about being judged if they seek help. We are here to help. Come visit a Mental Health Counselor for a quick eating disorder screening or to answer any questions you may have on:

February 22-24
11 a.m. - 1 p.m.
Bookstore Hallway



NO BODY IS PERFECT

For more information on Eating Disorder Awareness visit:
www.nedawareness.org



"Life's most urgent question is: What are you doing for others?" - Martin Luther King Jr.

February 10 • Global Youth Service Day Planning

Event: Join other Palmdale Youth in discussing service in the community and help plan the April 2016 Global Youth Service Day. Chimbole Cultural Center, 38350 Sierra Hwy in Palmdale from 6 - 8 p.m.

February 20 • Spring Cleaning: Join Adopt-a-Plane groups in preparing the display of historic airplanes with AV Connections for another season welcoming visitors from around the world. Joe Davis Heritage Airpark, 2001 East Avenue P in Palmdale at 8 a.m.

March 5 • Spring Cleaning: Join Advancing Communities Together (ACT) and New Image Church, partnering with students of AV YouthBuild, in the annual spring cleaning of the service center at 8 a.m.

For more volunteer opportunities in your community visit:

- www.onelinc.org
- www.volunteermatch.org
- www.cityofpalmdale.org/engaged



UPCOMING WORKSHOPS

Deadline to apply for scholarships is March 2, 2016.

Need help completing the Foundation Scholarship Application?

Bring the following to one of the workshops:

- A personal statement between 600-1200 words. (The key to writing a strong personal statement is to be personal and specific. Include concrete details to make your experience come alive. The 'who,' 'what,' 'where,' and 'when' of your topic. The simplest experience can be monumental if you present honestly how you were affected. The personal statement should be written in Word, and then copied and pasted into the application. This will assist you with grammar and spelling. You can save it on a USB to make it easier to transfer into the application during the workshop or print it and bring to workshop)
- Transcripts (high school transcripts for those in high school and/or AVC Transcripts)
- If you received any honors or awards please write down the names and dates received as well as any details about it you want to include.
- Additional contact name and contact info including address.
- You will need the names and email addresses of the people who will be writing a recommendation letter for you. The individuals writing a recommendation should be an instructor, employer or member of the community (1 will need to be an instructor).

DATE	LOCATION	TIME
January 29	BE 314	9 - 10 a.m.
February 2	BE 314	4:30 - 5:30 p.m.
February 10	BE 314	11 a.m. - Noon
February 24	BE 314	11 a.m. - Noon
February 25	BE 314	4:30 - 5:30 p.m.

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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 keep you directed?"

"The Learning and Tutoring Center helps me to understand the materials from my classes."
-Stephanie

"Joining a study group and having friends on campus with the same goals has helped me know how to achieve my goals." -Matthew

"I had great experiences with my professors at AVC. They are passionate about the material and keep me directed towards my goals. I especially enjoyed Professor Kulkami's chemistry class. She was very enthusiastic." -Melissa

"Professors Vento and Lubick have helped me throughout the Honors program. They understand I have goals and they help direct me to achieve them"
-Nikasha



STUDENT HEALTH FEE EXPLAINED

The mission of Student Health Services is to provide health care and education to students in support of their well-being so they may attain their educational goals. We also serve as a health and medical resource for the campus community. The Student Health Services provide medical, dental and mental health services for students who are enrolled and attending classes. In promoting wellness, both physical and emotional, students are encouraged to choose positive life-styles.

Student Health Services also offers health education and awareness events throughout the year.

As part of the Student Health Services Fee, students receive the following at no cost:

Medical Services

The Care-A-Van mobile clinic is available at our Lancaster campus every Thursday from 8 a.m. - 4 p.m. Appointments can be made by visiting Student Health Services (SSV 180) or calling (661) 722-6300 ext. 6683.

Personal Mental Health Services

Balancing college life with other life responsibilities can be difficult. Make a confidential appointment with a 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. Our counselors are available Monday through Wednesday at the Lancaster campus. Appointments can be made by visiting Student Health Services (SSV 180) or calling (661) 722-6300 ext. 6683.

Extended Off-Campus Medical and Dental

Currently enrolled AVC students can utilize the urgent care walk-in medical services and dental services at the Antelope Valley Community Clinic at no charge. To make an appointment send an email to scheduling@avclinic.org with your name, DOB, and location to be seen. A scheduler will phone you during business hours to book an appointment within 24-48 hours. Students must present proof of current enrollment when visiting the off-campus clinic. The only proof of current enrollment accepted is a print out of Spring 2016 schedule.



"HOP INTO SPRING" LUNCH

First Year Experience (FYE) is hosting a "Hop Into Spring" lunch! We are excited to welcome our current and future FYE students. We will highlight exciting campus events and opportunities happening in spring. This will also be your opportunity to ask any questions you may have about the FYE program.

Thursday, February 18
Student Lounge
11:30 a.m. - 1 p.m.
(RSVP by 2/12 to fye@avc.edu)

What is the FYE Program?

The FYE program aims to support first generation college students who tested at the basic skills level or two levels below.

We know that there is nothing like your first year of college. New challenges and opportunities are around every corner. This is an exciting time, but it can be a little frightening at the same time. That is why we created the First Year Experience (FYE). FYE is a program at AVC that is here to help you make a smooth and successful transition to college life. Participating in all of the FYE activities will help you build a firm foundation of success that will support you during your first year at AVC. We are here to help you get in college, through to graduation, and beyond to your career!

For more information on the FYE program visit:
www.avc.edu/studentservices/firstyear



MOTIVATIONAL MONDAYS

Stop by the Musical Monday table in the Library Plaza every Monday from 11:30 a.m. - 1 p.m. and contribute to our weekly motivational boards! The completed boards will be posted in the bookstore hallway near the Student Lounge.

"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place."

-Nora Jones



VETERAN COFFEE SOCIAL

Every other Wednesday, the AVC Veteran Resource Center hosts a coffee social. This is a great opportunity for veterans and their families to get to know their veteran community on campus.

Hosted in the Veteran Resource Center (SSV 126) from 8:30 to 10 a.m. every other Wednesday:
 2/17, 3/02, 3/16, 3/30, 4/13, 4/27, 5/11, 5/25

FITNESS BOOT CAMP

Presented by Student Health Services

FREE

to currently
enrolled
students

- All experience levels are welcome
- Improve strength, agility, core, self-esteem, and determination
- Stay motivated in an encouraging group setting

Every Tuesday Starting February 16
Student Lounge
4 - 5 p.m.





FAFSA WORKSHOPS

Need assistance filling out your FAFSA? AVC's Financial Aid Office has workshops to help you fill out your financial aid application.

- Wednesday, 2/10, 8:30 a.m. - 10 a.m., BE 321
- Wednesday, 2/17, 11 a.m. - 12:30 p.m., BE 321
- Wednesday, 3/01, 3 - 4 p.m., BE 321

No pre-sign up is required. Children are not allowed.



STUDY ABROAD OPPORTUNITIES

Did you know AVC students have an opportunity to study abroad? A study abroad experience offers an educational experience unlike any other.

For more information on Study Abroad Programs stop by the Welcome Center in the Student Services Building.



AVC VETERAN RESOURCE CENTER

Are you a veteran or veteran dependent and attending AVC? The AVC Veteran Resource Center (VRC) is here for you!

Come by and visit the new and improved center is located in the Student Services Building, Room 126. The VRC has 4 computers for your convenience, conference tables and office chairs perfect for all your study groups or club meetings, and a new area to lounge and read or hang out with fellow veterans!



WALK-IN WEDNESDAY EVENT: B-I-N-G-O!

Join your fellow students in a friendly game of BINGO! This event will take place in the Student Lounge on 2/24 from 1 - 3 p.m. This event is restricted to currently enrolled students only. There is no cost and prizes will be given out each round!



NOW ACCEPTING APPLICATIONS

SOAR (Students on the Academic Rise) High School is a specialized high school located on the Antelope Valley College campus but it is part of the Antelope Valley Joint Union High School District. It is an Early College High School which integrates college courses into the high school curriculum. SOAR students will be treated as college students. Successful students will receive both a high school diploma and an associate's college degree within five years. SOAR High School has an emphasis in mathematics, science and engineering. Parents and students are encouraged to be actively involved in the program. Average students who are high potential but low performing in the traditional educational system and who have not yet begun high school are encouraged to apply.

Who Can Apply?

Students who meet at least one of the following criteria:

- current 8th grade students
- low socioeconomic status
- first generation college-going youth
- underrepresented students
- students under performing in the traditional setting who have the potential to be successful.

The deadline to submit applications for the 2016-17 school year is February 25, 2016 at 2 p.m.

For more information and to access the application visit www.avc.edu/academics/avsoar.



LOOKING FOR A MENTOR?

ASO Marauder Academic Peer Success (MAPS) is a student run program dedicated to help students reach their full potential by setting and acquiring attainable goals.

- Build strong study and time management skills
- Participate in social and cultural activities
- Get connected to college resources
- 1-on-1 peer mentoring

For more information, stop by SSV 180 or visit www.avc.edu/asomaps

EMERGENCY EVACUATION DRILLS

**AVC BUILDING EVACUATION DRILLS
WILL CONTINUE FEBRUARY 2016**

Sometime during the week of February 22 there will be drills in:

DRILL ZONE 2: Includes FA1, PA, North & South Athletic Fields, MS1-4, T850-1

DRILL ZONE 4: Includes LH, OF1, GYM, T800, SA, S1-S9, SR, SBS, TE6, TE8

These drills are for the Lancaster campus. There will be a daytime drill and a nighttime drill and they may be on different days. Specific dates and times will not be pre-announced.

Future drills will be announced -

THEY MAY JUST SAVE YOUR LIFE



Get rewarded for making
healthy decisions!
Win prizes!

Stop by Student Health Services
(SSV 180) and
sign up for **FREE!**



Antelope Valley College Student Health Services has partnered with Antelope Valley Partners for Health (AVPH) to bring the YOLO program to the AVC campus.

You can YOLO anytime and anywhere! Whether you jog in the park, ride your bike with a friend or enjoy a healthy salad for lunch, simply snap a photo of your YOLO activity or the receipt from the vendor and email it, along with your name, member # and date of your activity to points@myyolo.org.

Earn points for making healthy choices! AVPH will add the activity to your log and credit you with the points earned making it easier than ever to earn YOLO points as you enjoy a healthier lifestyle.

Here's how points are awarded:

- Self-reported physical activity - 1 point
- Organized fitness/wellness class - 3 points
- Healthy meal out or at home - 1 point
- Community activity (Farmer's Market, etc.) - 5 points
- Preventative healthcare visit - 10 points

Incentives from AVPH:

- Sign up (new member) = Backpack + 50 points
- Sign up (old member) = 100 points
- 100 cumulative points = T-shirt
- 300 cumulative points = Cap
- 500 cumulative points = sweater
- 1000 cumulative points = jacket

Prize Given by AVPH:

- \$5000 grand prize for the most points and end of calendar year

Prizes Given by AVC:

For AVC community registrants who have the most points at the end of Spring Semester (students/staff):

- 1st Prize = Fit Bit HR
- 2nd Prize = \$100 Dick's Sporting Goods gift card
- 3rd Prize = Apple iPod Shuffle



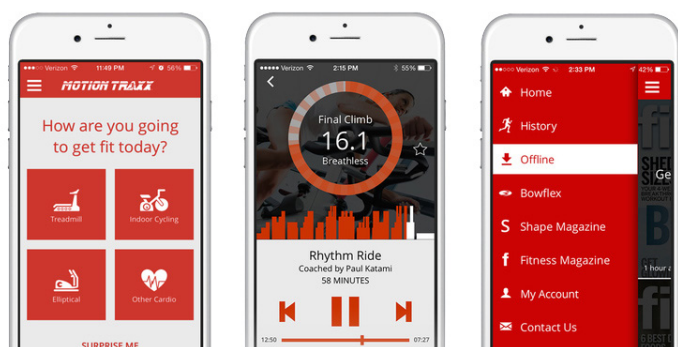
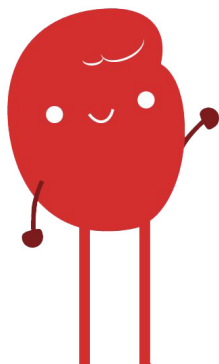
Antelope Valley Partners for Health

Community Collaborative Promoting Health and Wellness
A Project of Partners in Care Foundation™



ANTELOPE VALLEY COLLEGE
STUDENT HEALTH SERVICES





APP OF THE MONTH: MOTION TRAXX

How many times have you thought, “I should really work out. Wait, there’s a new episode of Empire on Hulu?” Motivation is one of the hardest parts of getting moving, and Motion Traxx can help. It’s like having a personal trainer in your pocket.

The app comes with audio coaching for various gym or home workouts. You’ll also get:

- High-intensity interval training (HIIT) workouts
- Music that syncs to your workout intensity
- Guidance from top personal trainers
- Workouts for all major cardio machines (e.g., treadmill, elliptical, spinning bike, rowing, and stairclimber)
- Social media sharing to motivate yourself and your friends

Price: Free (\$4.99 for access to unlimited workouts)

Devices: Android and iOS



THIS V-DAY, GIVE THE GIFT OF MINDFUL COMMUNICATION

Clear communication is the key to a strong connection, whether that’s with your family, roommate, partner, professor, boss, or anyone else. Unfortunately, it can be hard to say what’s on your mind or just as hard to hear what’s on someone else’s.

Practicing mindfulness isn’t just about listening to a guided meditation or breathing deeply and deliberately. It’s also about applying those skills as you go through your day; for example, by slowing down your reactions and giving yourself the time and space to be thoughtful. Next time you’ve got something on your mind, follow these steps.

1. Check in with yourself. Are you super rattled? Wait until you’re calm enough to have a thoughtful conversation.
2. Think about what you want to say. Is it true, kind, necessary, and the right time?
3. Use “I” statements: “I am feeling hurt and angry,” not “You are a thoughtless jerk.”
4. Listening is more important than speaking. Listen fully until you understand the other person’s perspective and feelings.
5. In a difficult conversation, “respond,” don’t “react.” Instead of saying the first thing that comes to mind, take a couple of breaths and let the first wave of emotion pass. Then, respond truthfully, directly, and kindly.
6. Made a mistake? Saying “I’m sorry” and meaning it is the only way to right a wrong.
7. It’s easy to notice the things that drive us crazy. Make an effort to also notice the kindness and humor in your close connections.

Tip: The secret to happy relationships? Keep the compliments coming. Research shows that couples stayed happy as long as the partners complimented each other five times more often than they criticized.

"So often you find that the students you're trying to inspire are the ones that end up inspiring you."

-Sean Junkins



DREAM ACT WORKSHOP

The Dream Act provides access to institutional scholarships and state-based financial aid for AB 540 eligible undocumented students at California colleges & universities.

Please join us for a hands-on workshop to complete the Dream Act and AVC's scholarship applications.

You will receive assistance from our Financial Aid staff who will be happy to answer your questions relating to the Dream Act process.

What should you bring?

- W-2's for all jobs worked in 2015 for yourself and your parents (if applicable)
- 2015 Tax Returns for you and your parents (if applicable)
- Social Security Number for you and your parents (if applicable)

February 11, 2016 5:30-6:45 p.m.

February 25, 2016 5:30-6:45 p.m.

Location: Antelope Valley College
Business Education Building, BE314

If you have any questions regarding this event, please contact the AVC Financial Aid Office at (661) 722-6300 ext. 6337.



ASO HEARTS AND HANDS PANTRY

The ASO Hearts and Hands Pantry provides daily or weekly meals to our students in need. If you are an AVC student in need of nutritional meals stop by SSV 180 and ask about the Hearts and Hands Program.

*Give Blood
Give Life.*



FEBRUARY BLOOD DRIVES

The blood mobile parks in front of the Health Science building from 9 a.m. - 3 p.m. on the following days:

- 2/08 - 2/09: Huntington Hospital Drive
- 2/22: Red Cross Drive

For more upcoming blood drives visit:
www.avc.edu/donateblood



FREE FIELD TRIP OPPORTUNITY: FLY PERFORMANCE - PASADENA PLAYHOUSE

The AVC Student Equity Department is providing an opportunity for our AVC community to experience the live performance of "Fly" at the Pasadena Playhouse.

This will be a culturally enriching opportunity to enhance literary knowledge, tolerance, historical empathy, and critical thinking by viewing a performance that is inspired by the American Heroism of the Tuskegee Airmen.

Two days available: Thursday, February 18 or Sunday, February 21. Event ticket, dinner, and transportation will be provided. Charter buses will departure from AVC between 3-4 p.m. on both dates and return closer to midnight. Must RSVP by February 11.

Priority will be given to students. Limited spots are available. Your reservation is not guaranteed until you receive a confirmation e-mail from the AVC Student Equity Office.

For more information and to sign-up, go to:
www.avc.edu/studentequityevents

*"Education is the most powerful weapon
which you can use to change the world."*
-Nelson Mandela



FREE FIELD TRIP OPPORTUNITY: A2MEND CONFERENCE

Moving the Needle: From Injustice to Equity

In response to the lack of educational success of African American male students in California Community Colleges, the African American male Educational Network and Development organization (A²MEND) in 2008 organized the First Annual African American Male Summit. This summit brings together faculty, staff, students, and administrators from across the country to address the administrative and instructional strategies that have an impact on the success of African American male students. Since the initial summit in 2008, hundreds of people have had the opportunity to dialog about the issues pertaining to the academic success of African American men in higher education.

The conference takes place March 3 - 4, 2016 at the Hilton LAX. Conference registration, hotel, food, and transportation will be provided by the AVC Student Equity Office.

All AVC students, staff, faculty, and administrators are invited to join the the group.

To learn more about the A²MEND Conference visit:
<http://a2mend.org/conference>

To sign up and be a part of the AVC group, go to:
www.avc.edu/studentequityevents. Must sign-up by February 11.

FEBRUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
			Softball vs. Palomar, 2:30 p.m.	Baseball vs. Imperial Valley, Noon and 2 p.m.		Intercession Ends Black College Expo LA Convention Center (Student Equity Event)
7	8	9	10	11	12	13
	Spring Semester Begins	Softball vs. Moorpark, 2:30 p.m.		Baseball vs. Victor Valley, 2 p.m. Deadline to register for the Student Equity Field Trips: "Fly" at the Pasadena Playhouse and the A2MEND Conference (see pg.7)	Lincon's Day Campus Closed Deadline to RSVP for the FYE Spring Into Lunch (see pg.4)	Local Holiday Campus Closed Baseball vs. El Camino, Noon Black Student Union Fashion Show, 2 - 5 p.m., Performing Arts Theater Women's Basketball vs. Bakersfield, 5p.m. Men's Basketball vs. Bakersfield, 7 p.m.
14	15	16	17	18	19	20
	Washington's Birthday Campus Closed	Fitness Bootcamp Student Lounge, 4 - 5 p.m. Women's Tennis vs. Ventura College, 2 p.m. Softball vs. Riverside, 3 p.m.	AVC Veteran Resource Center Coffee Social, 8 - 10 a.m., SSV 126. Women's Basketball vs. Santa Monica, 5 p.m. Men's Basketball vs. Santa Monica, 7 p.m.	Baseball vs. Barstow, 2 p.m. Softball vs. San Bernadino, 3 p.m. FYE Hop Into Spring Lunch, Student Lounge, 11:30 a.m. - 1 p.m.	ASL Club, Silent Game Night, 5:30 - 9 p.m., Student Lounge	
21	22	23	24	25	26	27
	Musical and Motivational Mondays, Library Plaza 11 a.m. - 1 p.m.	Eating Disorder Screenings and Information, Bookstore Hallway, 11 a.m. - 1 p.m. Fitness Bootcamp Student Lounge, 4 - 5 p.m. Women's Tennis vs. Santa Barbara City College, 2 p.m.	Eating Disorder Screenings and Information, Bookstore Hallway, 11 a.m. - 1 p.m. Walk-In Wednesday Event: BINGO, 1-3p.m., Student Lounge	Eating Disorder Screenings and Information, Bookstore Hallway, 11 a.m. - 1 p.m. Baseball vs. Cerro Coso, 2 p.m.	Softball vs. East LA, 1 p.m.	
28	29					
	Musical and Motivational Mondays, Library Plaza 11 a.m. - 1 p.m.					