

Student Life and Health Services

April 2015 Sexual Violence Awareness Month

SPOTLIGHT

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Hello AVC Students!

It's been awhile since I last left you with an Associated Student Organization update! So what have we been doing? Let me give you a quick update and a few things to look forward to in the month of April!

- **March in March:** ASO officers and students traveled to Sacramento, California to represent AVC students and meet with Assemblyman Tom Lackey! At this event, many community colleges were represented and all advocated for a better and more accessible education.
- **Constitution and Bylaw Review:** The Associated Student Organization is currently making revisions to the ASO Constitution and Bylaws. Please contact me for more information.
- **Equity and Diversity Committee:** The ASO recently established an Equity and Diversity committee that will focus on raising awareness about equity issues and ensuring a more diverse and welcoming campus. Look out for “#realtalkTuesday” on April 21st: an informational session and open discussion about prejudice and discrimination.
- **Sustainability Committee:** The ASO Sustainability committee is planning an Earth Week full of mother nature inspired activities and information. Look forward to an inspiring and educational week of fun.
- **Associated Students Unite:** On several days during the next couple of months the ASO officers will be out greeting AVC students on campus. Be on the look out!
- **ASO ELECTIONS!:** The ASO Elections will begin on April 27th! If you are interested in running for an ASO position, please ask the front desk at SSV 180 for more information or email me at asopresident@avc.edu.

There are so many great things happening on campus right now and even more ways to get involved. Remember, going to college isn't just about passing classes, it's also about getting involved. This involvement leads to amazing experiences and a great network of peers and acquaintances. Please feel free to contact me at asopresident@avc.edu with any questions!

Sincerely,



Megan Louise Turrill
 ASO President, 2014-15
 Student Senate for California Community Colleges



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



Grad Finale

Thursday, April 16

1 - 6 p.m.

Student Lounge

Ultimate Exposures invites all graduates to sign up for their on-campus Cap & Gown portrait session during the Grad Finale event. Sittings start at \$12.

SCHEDULE YOUR SITTING

Go to www.ultimateexposures.com, click "Schedule a Sitting," then click "Cap & Gown."

THE SITTING PROCESS

You should arrive 10 minutes early. Cap and gowns are provided for your session, however special cords and sashes should be brought by the student. Women should wear solid colored tops with a collar. Men should wear a suit and tie. You will view your photos immediately on a laptop computer and select your picture package. Any reshoots are done immediately to guarantee 100% satisfaction.

PRODUCT PURCHASES

Ultimate Exposures offers generous specials when ordering on the same day and a robust online system for ordering afterwards.

ADDITIONAL PURCHASES

Additional items will be available for purchase during this event. Items include class rings, commencement invitations, license plate frames, etc.

MyAVC COMMENCEMENT GROUP

For more information about Commencement visit the Commencement group on MyAVC. To access this group log in to MyAVC, select the "Groups" icon on the top right corner, click on the "Groups Index" tab, choose Academics > Commencement > Files > 2015.



Lancaster Library Plaza

Palmdale SV3A

Monday, April 13, 11 a.m. - 4 p.m.

Thursday, April 16, 8 a.m. - Noon

Tuesday, April 14, 12:30 - 5:30 p.m.

Have you ever found yourself preparing for a job interview and realized you have nothing to wear? Buying business attire can be expensive and hard to find, that's why the Associated Student Organization (ASO) wants to help students out!

This shop will feature various sorts of business apparel in several sizes. This business apparel will be sold at the "Dress for Success" shop for only a miniscule fraction of the cost! Imagine a blazer for \$5 or slacks for \$3! That's what you'll be happening upon.

Make sure to stop by and check out the great deals!

Are you on the opposite side of this situation? 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.



Hosted by your Antelope Valley College
Associated Student Organization (ASO)

Get Ready!

Summer and Fall Class Registration Begins on Tuesday, May 5

April 17 Priority Registration Deadline

- New/Returning Students must apply online and complete all Matriculation steps in order to have priority registration.
- Continuing students must log into their myAVC account and click the Student Success tab to verify they have completed Matriculation steps in order to receive priority registration.

May 5 Priority Registration Begins

May 21 Open registration begins. Be sure to check myAVC to verify your registration date/time.

Group Therapy Session Available

To sign up, visit Student Health Services (SSV 180).



Anxiety & Stress

It can be difficult to balance college life with other responsibilities. Connect with others and learn ways to manage and reduce your stress so you can be successful.

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.

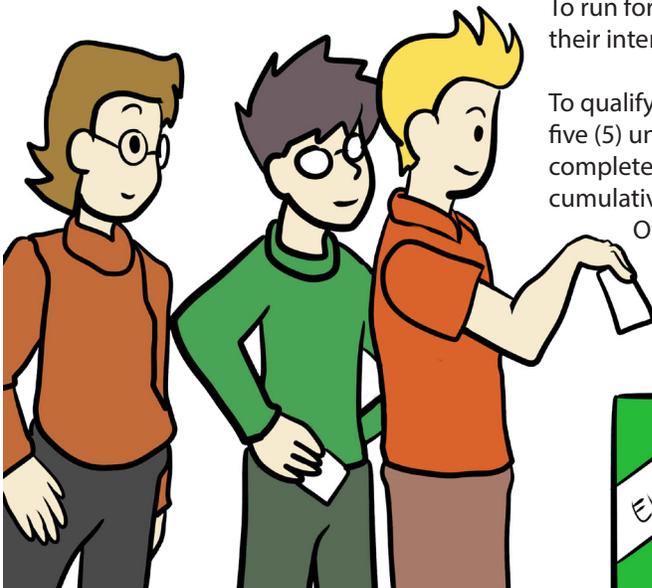
The biggest advantage to a group therapy session is you realize you are not alone and there are other people who are facing the same issues. You can support each other and suggest new ways of dealing with these similar issues. Participants often gain different perspectives, ideas, and viewpoints.

Wednesdays, 2 - 3 p.m.

- April 22
- April 29
- May 6
- May 13
- May 20

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

Student Elections are Coming!



To run for any ASO Officer, Senator or Student Trustee position, students must declare their intent to run by April 20 at 4 p.m. in SSV 180.

To qualify for an ASO or Student Trustee position you must maintain and complete five (5) units of course work at AVC per semester. In addition, you are required to have completed a minimum of five (5) units with a 2.0 GPA during the spring semester and a cumulative GPA of a 2.0, and be in good academic standing at AVC.

Other qualifications may apply as well. To learn more, pick up an Election Code packet at SSV 180.

Voting for the following positions will be April 27 - 30 through myAVC:

- ASO Office and Senator positions
- Student Trustee
- Faculty Inspiration Award

THE MOST **POPULAR** AND **REQUESTED** SEXUAL ASSAULT PREVENTION PROGRAM IN THE COUNTRY!

SEX SIGNALS



SEX SIGNALS provides a provocative look at the issues of dating, sex, and ultimately non-stranger rape among college students. The program distinguishes itself by mixing improvisational and scripted **comedy** along with audience **interaction**, culminating in a candid, informed, **discussion** about these serious topics.



**THE REAL LIFE FUNNY
SORT-OF-IMPROV SHOW**
ABOUT A GUY, A GIRL, DATING & OTHER STUFF

Tuesday, April 21 • 5 - 7 p.m.

Boardroom, SSV 151

food will be served

SHOW YOUR PROTEST AGAINST SEXUAL VIOLENCE

DENIM DAY IN LA & USA

Wear Jeans
WEDNESDAY, APRIL 29

HISTORY

For the past 15 years, Peace Over Violence has run the Denim Day in L.A. and USA campaign on Wednesday, April 29 in honor of Sexual Violence Awareness Month. The campaign was originally triggered by a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim. Peace Over Violence developed the Denim Day campaign in response to this case and the activism surrounding it. Since then, wearing jeans on Denim Day has become a symbol of protest against erroneous and destructive attitudes about sexual assault. In this rape prevention education campaign we ask community members, elected officials, businesses and students to make a social statement with their fashion by wearing jeans on this day as a visible means of protest against the misconceptions that surround sexual assault.

source: denimdayusa.org



SAVE THE DATE
April 9, 2015

PRESS CONFERENCE AND RALLY

To Educate and Advocate for the Passage of a Long-Term Transportation Infrastructure Bill

1:00 p.m. to 4:30 p.m. @ Palmdale Transportation Center

Live Band "Bedford Park" • Food • Raffle • Prizes

Help send a message to Congress that the expansion, maintenance and upkeep of our public transit, roads and bridges needs to be dealt with NOW and we need long-term investment in our aging infrastructure.

**Join us and together we will
make our voices heard!**

For more information, please contact
Kelly Miller, Community Outreach Specialist 661-729-2203

standup4transportation.org



Mindful Meditation Group

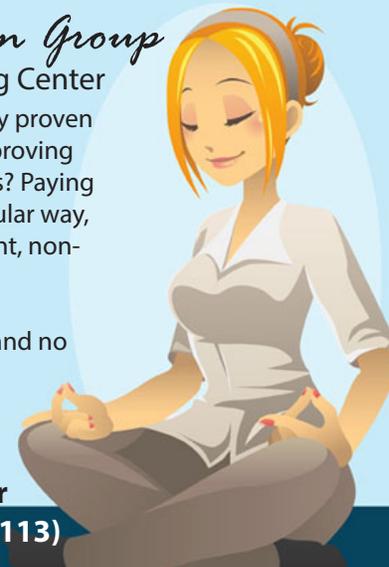
presented by: Counseling Center

Mindful meditation is an empirically proven means of reducing stress and improving concentration. What is mindfulness? Paying attention to something, in a particular way, on purpose, in the present moment, non-judgementally.

Students and staff are welcome and no appointment is necessary.

**Every Tuesday
Noon - 1 p.m.**

**Student Success Center
(Learning Center Bldg., LC 113)**



AVC Students Took the Pledge!

According to the National Safety Council, there are nearly 1.6 MILLION texting and driving related accidents each year!

On March 24th, AVC students made a positive choice and pledged not to text and drive. Students also used a real-life simulator to experience how driving while distracted or intoxicated impairs your ability to operate a vehicle.

AVC Student Health Services would like to express our appreciation to The Jacob Hefter Foundation, California Highway Patrol of Antelope Valley, American Medical Response, and Quartz Hill Driving School for such a successful event. Lastly, a HUGE thank you to all of the AVC students and staff that made the pledge to not text and drive!

Did you miss the event?
Take the pledge at:
www.itcanwait.com



Are you planning on transferring to a 4-year college after AVC? Do you have questions about transferring?

Visit the AVC Transfer Center in SSV 101.

The Transfer Center also hosts information events and invite other colleges to the AVC campus to meet with you.

4/14, 11 a.m. - 1 p.m.

Speak to a **National University** Representative to get school details.

4/21, 9 a.m. - 2 p.m.

Speak to a **Devry University** Representative to get school details.

4/29, 2 - 3 p.m.

Learn about the RN to BSN program available at **Brandman University**.

Student Health Services

As part of your Student Health Fee, you can make appointments for medical, dental, and personal mental health counseling services at no additional charge. Simply, call our office and make an appointment.

Medical

Lancaster

Mondays, 10 a.m. - 6 p.m.
Thursdays, 8 a.m. - 4 p.m.

Palmdale

11/14, 8 a.m. - 4 p.m.

Dental

Lancaster

4/16, 8 a.m. - 4 p.m.

Personal Mental Health

Lancaster

Mondays, 10 a.m. - 6 p.m.
Tuesdays, 8 a.m. - 4 p.m.
Wednesdays, 1 - 4 p.m.

Palmdale

Wednesdays, 8 a.m. - 12 p.m.



Student Health Services SSV 180 • (661) 722-6300 ext. 6683

7 Feel-Good Things to Do During ... **Spring Break**

April 3 - 12

Have Yourself a Spa Day

You don't have to dish out a ton of money to have a relaxing, refreshing experience like you would at a spa. Get some relaxing bubbles, play some relaxing tunes, and enjoy the quiet time.

Start Your First Garden

Gardening soothes your stress and gives you something to feel proud of when the rest of your life is going nuts. Plus, you'll get to take advantage of the nice weather now that it's back.

Volunteer Outdoors

Doing a little outdoor community service over spring break is a quintuple win. You fill some of your volunteer hours, you get some sun, you gain some muscle, and you meet new people. Check out www.onelinc.org to see the opportunities available.

Give Your Bedroom a Makeover

It's spring - why not do a little spring cleaning? Yeah, it's a big project, but you've got nothing but time this week. Start off small by picking apart your wardrobe for stuff to donate. Then take a look around your room and make the sort of change that'll make you happy to get grounded.

Cook Brunch

What's even better than waking up late? Waking up late and having a long, leisurely brunch with a couple of close pals. Rather than going out to a restaurant and spending a ton, see if you can master a new dish.

Tone Up with Some Yoga

Don't think you're really the yoga type? You'll change your mind once you get in the mood (and see what it does for your stress levels & muscle tone). All you'll need are some comfy clothes, a quiet spot and some knowledge of the basics.

Read the Best Book Ever

Reading for school can seem stressful and boring. Reading on your own terms can be exciting and fun as long as you pick the right book. Whether you're into romances, thrillers or real-life dramas, pick up a title and dig in this week.



TED TALKS THURSDAY IDEAS WORTH SPREADING

Join us for an ongoing lunch series bringing the inspiring and thought-provoking ideas of TED to the AVC campus. We will be screening TED Talks during lunch (food welcomed), followed by an informal discussion lead by various volunteers. This will be a casual environment where you can eat your lunch while getting inspired and having deeper conversations. If you haven't experienced the mind-expanding effects of TED, this is the perfect environment to do so — free, informal, and inspiring.

Student Lounge

Thursday, April 23 • Thursday, April 30

Noon - 2 p.m.



April 2015

SUN	MON	TUE	WED	THU	FRI	SAT
			1 	2	3	4
5 	6	7	8	9 AVTA Transportation Rally, Palmdale Transportation Center, 1 - 4:30 p.m.	10	11
12 ASO Hearts & Hands Sam's club Fundraiser, Sam's Club Palmdale, 10 a.m. - 6 p.m.	13 Red Cross Blood Drive, Front of HS Bldg., 9 - 3 p.m. ASO Dress for Success, Library Plaza, 11 a.m. - 4 p.m.	14 Self Defense Event, Student Lounge, 2 - 4 p.m. ASO Dress for Success, Library Plaza, 12:30 - 5:30 p.m.	15 Tax Day Walk-In Wednesday, Karaoke, Student Lounge, 2 - 4 p.m. Study Abroad info Meeting, BE132, 11 a.m.	16 ASO Dress for Success, Palmdale SV3A, 8 a.m. - Noon Grad Finale, Student Lounge, 2 - 6 p.m.	17	18 Dance Demensions AVC Performing Arts Theater, 7 - 10 p.m.
19	20	21 Sex Signals Improv Show, Boardroom SSV 151, 5 - 7 p.m. 	22 Walk-In Wednesday, Family Day, Student Lounge, 2 - 4 p.m. Silent Witness Production in Honor of Holocaust Remembrance Day, AVC Blackbox Theater, 8 p.m.	23 TED Talks Student Lounge, Noon - 2 p.m.	24 Women in STEM Mini Conference APL 115, 5:30 - 7:30 p.m.	25
26	27	28	29 Denim Day - Wear Your Jeans Walk-In Wednesdays, BINGO Student Lounge, 2 - 4 p.m.	30 TED Talks Student Lounge, Noon - 2 p.m.		