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# Student Development and Services

# SPOTLIGHT

MAY 2014



ANTELOPE VALLEY COLLEGE



## Spring INTO Fall

### with early registration!

Beginning in 2014, registration for Fall semester will run concurrently with Summer session registration.

Watch for early appointment dates. Meet with your counselor and be prepared!

Summer/Fall Priority Registration begins 5/6/2014. Summer/Fall Open Registration begins 5/29/2014.

# Give Blood. Give Life.

## BLOOD DRIVE

Monday, May 12

9 a.m.—3 p.m.

In front of Health & Sciences building



To make an appointment email

Terri.Hill@providence.org

Appointments Preferred ... Walk-Ins Welcome!

### Student Services Office Hours:

Monday to Thursday

7:30 a.m.—6 p.m.

Friday

7:30—11:30 a.m.

### Care-A-Van Lancaster Hours:

Monday

10 a.m.—6 p.m.

Thursday

8 a.m.—4 p.m.

### Care-A-Van Palmdale Hours:

Every 1st Tuesday

10 a.m.—6 p.m.

Every 3rd Wednesday

8—4 p.m.

### Mental Health Counseling

#### Lancaster Hours:

Monday

10 a.m.—6 p.m.

Tuesday and Thursday

8 a.m.—4 p.m.

### Mental Health Counseling

#### Palmdale Hours:

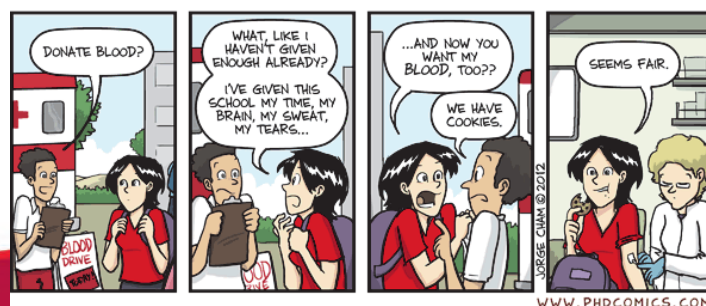
Wednesday

8 a.m.—12 p.m.

### Dental Cleaning Lancaster Hours:

Every 2nd, 3rd, and 4th Thursday

8 a.m.—4 p.m.



WWW.PHDCOMICS.COM

**Worried about a friend or classmate?**

**Have you wanted to talk to a fellow student dealing with a problem, but weren't sure how?**

**What if the problem is bigger than you know how to handle?**

In this unique, game-based simulation you will learn how to determine when a friend needs help, how to talk to a friend you're worried about, and where you and your friend can turn for help.

To take the course, follow the instructions below:

Go to: <http://www.kognito.com/ccc>  
Create a New Account  
Follow the on-screen instructions

*If you experience any technical difficulties, please email [support@kognito.com](mailto:support@kognito.com)*

**at-risk**  
for Students

Help a Friend  
Who is Struggling



**Every student that completes the at-risk training simulation before 5/30/14 will automatically be entered into an opportunity drawing.**

**5 Students Will Receive a Gift Card!**

**RaveAlert**



Antelope Valley College has partnered with Rave Mobile Safety, the leader in mobile safety, to offer an emergency notification system, Rave Alert, capable of sending users text, voice, and email messages.

Antelope Valley College will only send you messages related to emergencies. You will never receive advertisements and your information is never provided to advertisers.

Any student, staff, faculty, or community member of the Antelope Valley College can subscribe to the Rave Alert service. Community members can sign up at Rave's registration site. Faculty, staff, and students can use the Rave channel inside [myAVC](#).

Your username is your Antelope Valley College email address and your password is whatever you set when you sign up.

Sign up at: [www.getrave.com/login/avc](http://www.getrave.com/login/avc)



## SPOTLIGHT

Richa Duggal: Licensed Social Worker



Richa Duggal obtained her Master's degree in social work from New York University. Since then, she has worked with several other organizations that help improve the overall mental well-being of those in the community.

Richa is a licensed social worker mental health therapist, contracted for the Antelope Valley College students. She takes great pride in helping students improve their overall psychological well-being and emphasizes that mental health services is not taboo and it is very common for students to feel the need to talk to someone. She encourages any students who are undergoing anxiety, stress, depression, PTSD, bipolar, or just need to talk to someone to make an appointment with her.

She finds it rewarding to help students find their strengths and build upon them, track negative thinking and find the source of those thoughts, and help with the small steps to improve their mental health.

To make an appointment with Richa call Student Health Services at (661) 722-6300 ext. 6683 and begin your journey to a better you!



## Tips for Getting a Good Night's Sleep:

- Avoid stimulants like caffeine and nicotine in the evening.
- Set a wake and sleep schedule to go by every day of the week, including weekends.
- Your body temperature drops during sleep—keep your thermostat at a cool, but comfortable, temperature between 60-70 degrees.
- Avoid afternoon naps.
- Try not to watch TV or do work in bed; if you do, stop an hour before you would like to be asleep so your brain has time to unwind.
- If you typically exercise in the afternoon or evening, try to fit your workout in earlier in the day.



## CLASSMATE CLASSMATE

*tips and tricks from your fellow classmates*

**"Finals exam week can be the most stressful time of the year. How do you manage your stress during this time and what tips and tricks do you have for your fellow classmates?"**

"Play video games and hang out with friends." -Kimberly

"Take a good bubble bath, read, or enjoy a walk in the park." -Jasmine

"Yoga" -Kim

"I make sure to get plenty of sleep." - Ana

"Work out, running to clear the mind, listen to music, watch a movie on Netflix, have some quality time with friends, play with my dogs." Alexis

"Walk away for a bit and then come back to refresh my brain." - Ben

"Organize what tasks need to be done in order of priority. I also find it helpful to eliminate any distractions." - Amber

"When I feel stressed I take a walk and enjoy some quiet time outdoors away from any electronics." - Lisa

"Take a nap, eat healthy, manage my time, and relax." - Margarita

## SEX SIGNALS

Last month, Student Health Services hosted a Sex Signals event on campus and they had an amazing turnout! Students described the event as hilarious, entertaining, and enlightening.

Through improvisation and audience interaction, the play explored how social pressures, gender stereotypes, unrealistic fantasies, and false preconceptions all contribute to the tensions often found in dating. Then, through a semi-improvisational scene, the presenters demonstrated how these, and other factors can lead to sexual assault. These scenes enabled the students to recognize the true nature of rape, and to place full responsibility with the rapist.



### Available Resources and Hotlines

AVC Student Health Services  
(Free mental health services available to students)  
661) 722-6300 ext. 6683

RAINN (Rape, Abuse & Incest National Network)  
Hotline: (800) 656-HOPE  
[www.rainn.org](http://www.rainn.org)

Rape & Battering Hotline  
(310) 392-8381

Sexual Assault Hotline  
(800) 366-8288



Student Health Service would like to thank the generous donors of our recent Red Cross blood drive on 4/7 and 4/8. The units collected at this drive are able to save the health and lives of up to **\*149\*** patients in our local hospitals!!!!



## The Alliance (LGBTQ)

Serving the queer student body of AVC

The Alliance advocates for a more accepting and safe campus for lesbian, gay, bisexual, trans\*, queer, and questioning (LGBTQ) students of AVC.

Our meetings are a safe and fun place to hang out and be open with other accepting individuals. We have talks and groups discussions about various issues facing the LGBTQ community, as well as activities to get to know your fellow queer and ally students better.

We meet ever Thursday from 2—4 p.m. in the Library. Please follow us on Facebook for our full schedule. You can also text “@alliance10” to (818) 877-4659 to receive mobile updates.

Need more info?

Like us on Facebook: [www.facebook.com/theallianceavc](http://www.facebook.com/theallianceavc)

Email us at [theallianceavc@gmail.com](mailto:theallianceavc@gmail.com)

## Learning Center



Finals are right around the corner and the Learning Center is here to help! The Learning Center provides students with a variety of services aimed to promote their success in college.

The following services are offered:

- Instructor-led workshops and one-on-one sessions
- Individual and small group tutoring by trained peers
- Supplemental instruction
- Access to computers and online programs
- Academic support, study skills, learning assistance, and tutor training courses taught by faculty learning specialists

### Department Contact Information (661) 722-6300

Academic Skills Center	Ext. 6461
General Tutoring	Ext. 6233
Learning Center Front Desk	Ext. 6458
Math Center	Ext. 6232
Reading Center	Ext. 6229
Supplemental Instruction	Ext. 6233
Writing Center	Ext. 6984

## Your Newly Elected Student Body for 2014—2015

### ASO Officers

#### President

Megan Turrill

#### VP of Academic Affairs

Raul Curiel

#### VP of Student Services

Juliana Arana

#### VP of Club Affairs

Daniel Mendez

### Student Trustee

Chris Dundee

### Senators

Jennifer Corona  
Michael Gonzalez  
Elizabeth Wells  
Shawn Smith  
Maranatha Javines

You did it!  
*Congratulations*



















# MAY 2014

## Mental Health Awareness Month



Brought to You By: Student Development and Services

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Skills Club BBQ Front of TE1/TE2 Bldg. 11 a.m.—2 p.m. 	<b>2</b> Laugh at some of life's hassles. Finding amusement in challenging situations can lower stress and foster optimism.	<b>3</b> Sign up for that class you've always wanted to take. Maybe it's painting, maybe it's yoga, maybe it's guitar lessons. This is a good way to make friends with common interests as well as learn something new.
<b>4</b> Take care of your spirit through religion, meditation, or connecting to what you find meaningful. Spirituality offers improved disposition and lowers anxiety.	<b>5</b> Switch up your daily routine. Take a different way to school or try a new food. Trying new things can open your mind to making bigger lifestyle changes.	<b>6</b> Try yoga. Exercise can increase the flow of blood to the brain, stimulate "feel good" hormones, and reduce stress.	<b>7</b> Walk-In Wednesday "Throw Down Your Heart" Movie, Student Lounge 4—6 p.m. 	<b>8</b> Skills Club BBQ Front of TE1/TE2 Bldg. 11 a.m.—2 p.m. 	<b>9</b> Silent Game Night Student Lounge 5:30—8:30 p.m.  STEM Mathlete Competition Student Lounge 12—2:30 p.m.	<b>10</b> Spend 10 minutes on a funny website. Laughter can decrease pain and reduce anxiety; positivity has been linked to a decrease in stress hormones.
<b>11</b> FUN FACT: On this day, 38 years ago, the Apple 1 was created.	<b>12</b> Consider donating time or money to a worthy cause. By helping others one fosters a sense of belonging and can remind him or herself that they are relatively lucky.	<b>13</b> STEM Snow Cone Fundraiser Event Library Plaza 11 a.m.—3 p.m. 	<b>14</b> Walk-In Wednesday Movie "Kung Fu Panda" Student Lounge 3—5 p.m. 	<b>15</b> Skills Club BBQ Front of TE1/TE2 Bldg. 11 a.m.—2 p.m. 	<b>16</b> Take the stairs instead of the elevator. Exercise can increase the flow of blood to the brain, stimulate "feel good" hormones and reduce stress.	<b>17</b> Hold doors open for people. Research shows that those who consistently help others experience less depression and better health.
<b>18</b> Reconnect with a relative you haven't spoken with in a while. Maintaining strong relationships is essential to happiness.	<b>19</b> Blood Drive (Providence) Near Health Science Bldg. 9 a.m.—3 p.m.  <b>Finals Relaxation Day Obstacle Course</b> Behind Library 10 a.m.—1 p.m. 	<b>20</b> Try to identify the positive aspects of a challenging situation or circumstance. Research shows that people who focus on positives in their lives are less upset by difficult memories.	<b>21</b> <b>Finals Relaxation Day</b> Photo Booth Library Plaza 10 a.m.—1 p.m.  <b>Walk-In Wednesday Spoken Word</b> Student Lounge 3—5 p.m. 	<b>22</b> Skills Club BBQ Front of TE1/TE2 Bldg. 11 a.m.—2 p.m.  <b>Fashion Show</b> Cafeteria 7 p.m. 	<b>23</b> Go for a walk or jog with a friend and play catch-up. Enjoying your exercise is a good way to ensure that you remain physically active. Exercise has been shown to benefit mental health.	<b>24</b> Call or email a good friend. Studies have found that the difference between happy and unhappy individuals comes in the form of good relationships.
<b>25</b> Want to reduce stress? Take a walk. A 20-minute walk in the fresh air can help blow the cobwebs away and improve your mood.	<b>26</b> Write about a positive future life. Envision your goals and dreams coming true to foster optimism in your life.	<b>27</b> Share something good that happened in your life with someone else. By sharing, you get to relive the good news and enjoy another person's reaction to your good fortune.	<b>28</b> Add salmon, walnuts or flax seeds to something you eat today. Studies have shown a link between omega-3 fatty acids and decreased rates of depression.	<b>29</b> Send someone a thank you note. Noticing and appreciating the positives can offer a boost in mood.	<b>30</b>  <b>Commencement!</b> Starts at 7 p.m., be there at 6 p.m. Brent Carder Marauder Stadium	<b>31</b> Enjoy Memorial Day Weekend! Make sure to enjoy 15 minutes of sunshine, then apply sunscreen. Sunlight synthesizes Vitamin D, which experts theorize is a mood elevator.

All events are subject to time and location change.