

Student Life and Health Services

May 2015 SPOTLIGHT

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Antelope Valley College and Valley Oasis: Partnership for Sexual Assault Prevention and Awareness

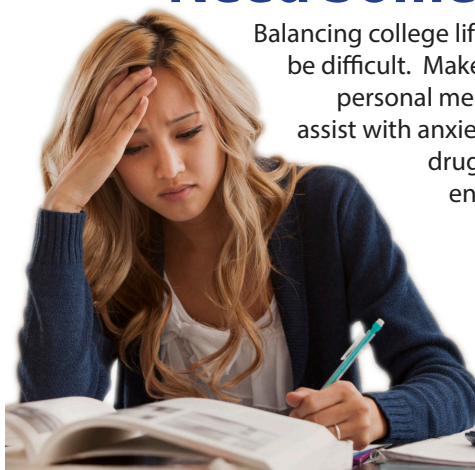
Please welcome Angelina Alvarez to Antelope Valley College! Angelina is a Project Coordinator and Case Manager at Valley Oasis Sexual Assault Response Services (SARS). She has a strong passion to bring awareness and education to the Antelope Valley College Community. Angelina will be working with AVC on Title IV and Clery Act compliance.



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.



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

FINANCIAL AID AWARENESS DAY



Get your slice of the pie...
Apply for Financial Aid!

COME TO THE STUDENT LOUNGE

May 13, 2015
11 a.m. – 2 p.m.

Complete the Financial Aid Survey for your:

Information will be available on:

- How to complete the 2015-16 FAFSA Application
- Foster youth/Veterans/Cal grants
- Loans/Federal Work Study/Scholarships
- General information

Financial aid staff will be on-site to answer your questions.

ENTER A PRIZE DRAWING TO WIN A TABLET

(Need not be present to win.)



For your free pizza lunch and a chance to win a tablet, simply complete the financial aid survey that will be available in the student lounge.

FREE PIZZA

Provided by



(while supply lasts)



ANTELOPE VALLEY COLLEGE

FOR MORE INFORMATION CALL THE FINANCIAL AID OFFICE • 722-6300, EXT. 6337

Upon request three business days before the event, reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360 (voice/relay).



Student Trustee, ASO, and Faculty Inspirational Award Election Results 2015-16 School Year

Student Trustee
Kimbirly Dolatowski

Executive Director of Special Programs
Christopher Turner

President
Shawn R. Smith

Treasurer
Ho Young Moon

Vice President, Academic Affairs
Maranatha Javines

Secretary
Ani Alaberkyan

Vice President, Student Services
Dolores Avendano

Academic Senators
Jennifer Corona
Hector Camachol

Vice President Club Affairs
Noemi Bustamante

Senator, Enrollment Services
Roxanna Vasquez

Executive Director, Public Relations
Brenda Solis

Faculty Inspiration Award
Dr. Darcy Wiewall

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.

Dental

Lancaster

5/14, 8 a.m. - 4 p.m.
5/28, 8 a.m. - 4 p.m.

Medical

Lancaster

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

Palmdale

5/05, 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



Over 100 students participated in Student Health Service's AVC Clothesline Project to raise awareness of sexual assault and domestic violence. Each of the colors of the shirts represent different kinds of sexual assault or violence that someone may have experienced. Students were welcomed to choose a shirt, write their own story, write someone else's story, or write a message of support for other people who may have experience sexual assault or violence.

Students also participated in Denim Day. Wearing jeans on this day is a symbol of protest against harmful attitudes about rape. What someone wears is never an excuse for rape.

These events were amazing and truly demonstrated how supportive our AVC students are.





Red Cross Blood Drive

Monday, May 4 - Tuesday, May 5

9 a.m. - 3 p.m.

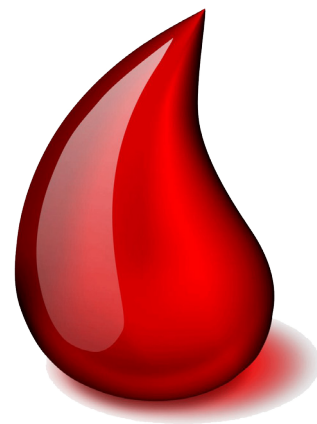
Front of the Health Science Building

Providence Blood Drive

Monday, May 11 - Tuesday, May 12

9 a.m. - 3 p.m.

Front of the Health Science Building



*How career services
can help right now*

START READING TODAY

TEXT **AVC** TO **40691**



@SH101atAVC #spreadthehealth

Get Ready!
**Summer and Fall Class
Registration Begins on
Tuesday, May 5**



May 5 Priority Registration
Begins

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

ASSEMBLYMAN TOM LACKEY HOSTS A WOMEN'S SAFETY & SELF-DEFENSE WORKSHOP



You never know when you may find yourself in a threatening situation. Attend this course for a hands-on demonstration of helpful defense moves and learn about laws that impact women's safety.

Wednesday, May 13, 2015 | 3:30PM – 6:00PM

Lancaster City Park, Stanley Kleiner Activity Center

43063 North 10th Street West, Lancaster, CA 93534

This workshop is open to women and girls of all ages.

For safety reasons, please do not attend if you are pregnant or have back problems.

Guest Instructors:

Detective Smith, Los Angeles County Sheriff's Dept.

Mary Reina, MSN, Director of Antelope Valley Hospital's Forensic Services Unit

For more Information or to **RSVP** please email assemblymember.lackey@assembly.ca.gov
or call the District Office at **(661) 267-7636**.



HOUSE of CARDS

— WORKOUT —

USE THESE CUES TO
KEEP YOU MOVING
THROUGH EACH EPISODE

OPENING SEQUENCE

MARCH OR JOG IN PLACE
FOR DURATION

FRANK SPEAKS TO THE CAMERA

15 SQUATS

CLAIRE CHANGES HER OUTFIT

30 SECONDS JUMPING JACKS

GATHERING OF THE PRESS

10 TRICEP DIPS

FRANK OR CLAIRE USES

A CELL PHONE

10 PUSHUPS

ROLLING CREDITS

30 SECOND PLANK



ANTELOPE VALLEY
COLLEGE
STUDENT
health101

TEXT **AVC**
TO **40691**



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 (LC 113)

WALK IN WEDNESDAYS

Student Lounge • 2 - 4 p.m.

Every Wednesday

May 6

In Recognition of
Cinco de Mayo
Celebration

May 13

Challenge your
friends at Game
Day!

May 20

Have some fun
playing BINGO!

May 27

Take a break
from studying
for finals and
enjoy "Laugh
More Stress Less"
event!

TEDtalks THURSDAY

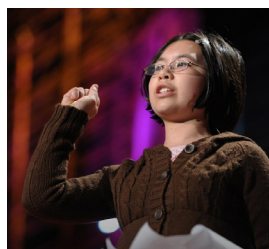
IDEAS WORTH SPREADING

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.



"Dare to Disagree"

Student Lounge
Thursday, May 7
Noon - 2 p.m.



**"What Adults Can Learn
From Kids"**

Student Lounge
Thursday, May 14
Noon - 2 p.m.



**"All it Takes is 10
Mindful Minutes"**

Student Lounge
Thursday, May 21
Noon - 2 p.m.



it's ***your***
moment
commencement
2015

Frequently Asked Questions

What, where, and when is Commencement?

WHAT: commencement is the ceremony held at the end of each spring semester to recognize degree and certificate achievement. all students who apply for graduation are eligible and encouraged to participate in the ceremony. Participation in the annual commencement ceremony does not indicate the completion of your degree or certificate.

WHERE: Commencement 2015 will be held at the Brent Carder Marauder Stadium.

WHEN: Commencement will begin promptly at 7 p.m. on Friday, June 5, 2015. Participants and guests should plan to arrive by 6 p.m. The gates will open at 6 p.m.

Is there a practice and do I have to go?

Yes, there is a practice run at 2 p.m. on Thursday, June 4, 2015 at the stadium. We highly recommend that you attend this practice but you are not required to be there.

If I graduated this December, do I get a 2015 charm on my tassel?

No. If you graduated in December 2014, it is still part of the 2014-15 school year and as such is the 2015 graduation.

What are the bookstore hours?

The bookstore is open 7:30 a.m. - 6 p.m. Monday - Thursday and 7:30 - 11:30 a.m. on Fridays.

Do I need tickets to go to the Commencement?

No. Seating is "first come, first served". You cannot save seats.

Will I receive my diploma at commencement?

No, you must pick up your diploma at the graduation office. Diplomas for spring graduates will be available by the end of July 2015 and by the end of September 2015 for summer graduates.

Will there be another commencement ceremony for 2014-15?

No, this is the only commencement ceremony and it includes those who completed their graduation requirements in Fall 2015 and Spring 2015 or will complete them in Summer 2015. The ceremony will be held rain (or wind) or shine.

Where do I buy my cap & gown and how much does it cost?

Caps & gowns are available for purchase in the Marauder Bookstore. the price is \$27.95 plus tax.

What other graduation-related items does the Marauder Bookstore carry?

Also available are maroon and silver tassels with a 2015 charm for \$4.95 plus tax and maroon and silver announcements at \$12.95 for a pack of five.

What's the required GPA to wear a gold Honor's tassel?

A minimum GPA of 3.25 is required to wear a gold tassel. It can be purchased at the Marauder bookstore for \$4.95 plus tax. NOTE: Those students that have applied for graduation and qualify for the purchase of an honors tassel will have their name on a list in the bookstore. The list will not include those students with a privacy hold on their account.

Is parking free?

Yes, parking is free. We'll be using parking lots 1 and 3 which are accessible from Avenue K via Entrances A, B, and C.

Do I have to sign up to participate?

Yes! You will need to complete a survey to participate. The survey can be accessed at: <http://tiny.cc/AVC2015>. You must also apply for graduation online at: www.avc.edu/studentservices/graduation.

No coolers will be allowed in the stadium - no exceptions.

No smoking, no drugs, and no alcohol allowed.

For more information visit www.avc.edu/commencement

MAY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4  Red Cross Blood Drive Front of HS Bldg. 9 - 3 p.m.  Musical Monday Library Plaza 11 - 1 p.m.	5  Red Cross Blood Drive Front of HS Bldg. 9 - 3 p.m. 	6 Walk-in Wednesday In Recognition of Cinco de Mayo Student Lounge 2 - 4 p.m. 	7 TED Ideas worth spreading "Dare to Disagree" Student Lounge Noon - 2 p.m.	8	9
10 	11  Providence Blood Drive Front of HS Bldg. 9 - 3 p.m.  Musical Monday Library Plaza 11 - 1 p.m.	12  Providence Blood Drive Front of HS Bldg. 9 - 3 p.m. Self Defense Student Lounge 2 - 4 p.m.	13 Walk-in Wednesday Game Day, Student Lounge, 2 - 4 p.m. Financial Aid Awareness Day Student Lounge 11 - 2 p.m.	14 TED Ideas worth spreading "What adults can learn from kids" Student Lounge Noon - 2 p.m.	15 LAPD Testing LH 102 1:30 - 8 p.m. 	16
17	18 Musical Monday Library Plaza 11 - 1 p.m. 	19	20  BE THE MATCH Library Plaza 9 - 2 p.m. Walk-in Wednesday Bingo Student Lounge 2 - 4 p.m.	21 TED Ideas worth spreading "All it takes is 10 mindful minutes" Student Lounge Noon - 2 p.m.	22	23
24	25 Holiday Campus Closed 	26	27 Walk-in Wednesday Laugh More. STRESS LESS. Student Lounge 2 - 4 p.m.	28 Laugh More. STRESS LESS. Palmdale Campus SV3A 11 - 1 p.m.	29	30