



**MAY 8-14, 2023**

## LAVC's Welcome Center is Ready to Help You!

The [LAVC Welcome Center](#) is here to help you find what you're looking for at Valley College! They are available Monday-Thursday from 8 a.m.-7 p.m. and Friday 8 a.m.-1 p.m. to answer general questions and provide registration assistance.

- ***In-person assistance*** - Welcome Center, 1st Floor of the Student Services Center (SSC) ([view map](#))
- ***Chat live*** - [Welcome Center Virtual Lobby \(craniumcafe.com\)](#)
- ***Phone*** - [\(818\) 938-8418](#) (press 1 for Welcome Center)
- ***Email*** - [LAVCStudentSupport@laccd.edu](mailto:LAVCStudentSupport@laccd.edu)

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## Open Enrollment Begins for Summer & Fall 2023

**Monday, May 8**

Enrollment is now open for Summer and Fall classes. Check the [mycollege.laccd.edu Student Portal](https://mycollege.laccd.edu) to search for classes and to enroll online. If you need help, contact the [LAVC Welcome Center](#).

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## STEM Career Exploration

**Monday, May 8 at 1 p.m.**

ACA 2606 ([view map](#)) & Zoom

Unsure of your STEM transfer options? Join us to learn about STEM transfer basics, STEM requirements for CSU and UC, student educational planning, and university requirements. Lunch and beverages will be served as supplies last, and you can enter win a \$100 LAVC Bookstore voucher. See the [flyer](#) for details. [Register online](#) for Zoom link.

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## American Red Cross Blood Drive

**Tuesday, May 9 from 8:45 a.m.-3:15 p.m.**

*Bloodmobile parked in front of AHS (near Ethel Avenue and Burbank Boulevard) ([view map](#))*

The American Red Cross's Bloodmobile will be on-campus for students, faculty and staff to donate blood. To schedule your appointment, visit [RedCrossBlood.org](https://RedCrossBlood.org) (sponsor code: LAVC).

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## Active Shooter Training

**Tuesday, May 9 from 10 a.m.-2 p.m.**

*ACA 2505 ([view map](#))*

This is a 2-hour FEMA-based [Active Shooter Training](#) course features interactive segments and life skills that you can use anywhere. For more information, email LACCD Safety and Security Services at [SafetyAndSecurityServices@laccd.edu](mailto:SafetyAndSecurityServices@laccd.edu).

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## Yoga Relaxation Session

**Tuesday, May 9 from 12-1 p.m.**

*Monarch Square ([view map](#))*

The Mosaic Village Unity Center and Student Health Education will be hosting a [Yoga Relaxation Session](#) led by Ana Maria Delgado. In the event of bad weather, the session will be moved to the Mosaic Village Unity Center, CC127. The yoga sessions are open to all students, staff, and faculty.

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## Academic Complex 1 Groundbreaking Ceremony

**Wednesday, May 10 from 9:30 a.m.**

*Academic Complex 1 Construction Site (off Burbank Boulevard between Parking Lot A and Ethel Avenue ([view map](#)))*

LAVC celebrates the start of construction of the LAVC Academic Complex 1 building with a [groundbreaking ceremony](#). The new Academic Complex 1 will be a multi-story classroom building that will be the future home of the college's Business Administration, CSIS, Emergency Services, Mathematics, Psychology/Statistics and Sociology/Ethnic Studies departments. Light refreshments will be served. Free parking is available in Parking Lot A. [RSVP online](#).

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## In-Person Monarch Registration Day

**Wednesday, May 10 from 10 a.m. - 2 p.m.**

*Student Services Plaza ([view map](#))*

Let us help you apply and enroll in Summer classes! Come to our [In-Person Monarch Registration Day](#) for in-person assistance from Counseling, Financial Aid, Admissions, and much more!! More information, check our [Monarch Registration Days page](#).

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## ASU Club Day

**Wednesday, May 10 from 10 a.m.-1 p.m.**

*Student Union Plaza ([view map](#))*

Come and play games and learn about all the different clubs at [ASU Club Day](#). There will be a soccer tournament in the North Mall from 11am-1pm

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## One Book, One College (OBOC): Student Project Showcase

**Wednesday, May 10 from 12 noon - 4 p.m.**

*Art Gallery ([view map](#))*

This [LAVC One Book, One College Program Student Showcase](#) will feature LAVC student work related to the OBOC selection "Maus" in Fall 2022 or Spring 2023 semesters. Four prizes are awarded in the following categories: Most Creative; Best STEM; Best Equity Themed; and Best Written. For more information, visit [LAVC One Book One College](#).

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## Vision Board Con Corazon

**Wednesday, May 10 from 1-3 p.m.**

*SU 216 - Student Union, 2nd Floor ([view map](#))*

Approaching mental health through a spiritual lens. Create a vision board to manifest personal goals. Tap into your mind, body, spirit, heart, and culture to help identify hope, needs, aspirations, and dreams. Lunch and activity materials will be provided.

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## Free Wednesday Concert: Evaluating Music - What is Good Music?

**Wednesday, May 10 at 2:30 p.m.**

*Music Recital Hall - Music 106 ([view map](#))*

The theme of this week's [Free Wednesday Concert](#) is Evaluating Music - What is Good Music? Performed by LAVC Music Department Faculty and students in the Applied Music Program. Our secondary theme of "Entartete Musik" includes a performance of music by TBA.

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## SoCal Gas Career Panel & Award Ceremony

**Thursday, May 11 from 11 a.m.-12:30 p.m.**

*Online (Zoom)*

Join us online for the [SoCal Gas Career Panel & Award Ceremony](#). Speak with industry professionals and explore diverse careers at SoCal Gas. Check the [SoCal Gas Career Panel 2023 flyer](#) to register online.

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## Stress Management Workshop for Student Parents

**Wednesday, May 11 from 12-1:30 p.m.**

*LAVC Family Resource Center – Oxnard & Campus Drive ([view map](#))*

Being a student parent can be stressful and overwhelming. Come gain helpful strategies for stress management. Get ready to feel uplifted and learn how to navigate times of high anxiety and stress. Lunch will be provided. RSVP at [frc@lavc.edu](mailto:frc@lavc.edu) or (818) 778-5612.

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## Men's Mental Health: Break the Stigma

**Thursday, May 11 from 1:30-2:30 p.m.**

*SU 216 - Student Union, 2nd Floor ([view map](#))*

The ASU is hosting a [talk about men's mental health](#). Topics include PTSD, depression, and anxiety. Let's dive deep into the importance of knowing the symptoms and seeking help. Gain the confidence to address your own mental health without feeling emasculated. Workshop is open to all. Lunch is provided.

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## Summer 2023 Kick-Off

**Thursday, May 11 from 4-7 p.m.**

*Student Union Plaza ([view map](#))*

Join ASU to celebrate the ending of the spring semester at the [Summer Kick Off](#). Welcome the summer with yummy refreshing snacks, summer music, fun arcade games, photobooth, dance floor & more!

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## Need Canvas Help? Contact Valley College Online

Got questions or need help with your online class? [Valley College Online](#) (formerly known as Virtual Valley) is the place to help you with resources and assistance on Canvas! You can also reach the [Valley College Online Help Desk](#) on Mondays-Fridays from 10:30 a.m.-6:30 p.m. at:

- ***In-person assistance*** - Valley College Online Help Desk, 2nd Floor of the Library and Academic Resource Center (LARC) ([view map](#))
  - ***Phone*** - (818) 778-5834
  - ***Email*** - [LAVC-VVHD@laccd.edu](mailto:LAVC-VVHD@laccd.edu)
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## Upcoming Events

### Feeling Blue? Take Care of Your Mental Health

*Wednesday, May 17 from 12-1 p.m. in SU 216*

Learn to manage cognitive and behavioral, and physiological symptoms of depression, in a supportive setting, at the [Feeling Blue? Take Care of Your Mental Health Workshop](#). Gain greater awareness, skills, strategies, and practices that promote lifelong self-care and reduce depressive symptoms. Lunch and activity materials will be provided.

### Free Wednesday Concert: Evaluating Music - Greatness and Genre

*Wednesday, May 17 at 2:30 p.m. in Music Recital Hall*

The theme of this week's [concert is Evaluating Music - Greatness and Genre](#). New Students in the Applied Music Program will present music of various styles/time periods in preparation for their end-of-semester juries. Our secondary theme of "Entartete Musik" includes a performance of music by TBA

## Mental Health Awareness for You & Your Child Workshop for Student Parents

*Wednesday, May 18 from 12-1:30 p.m. in LAVC Family Resource Center*

Stress can drastically affect a child's brain development. But parents and caregivers can help children process their stress or sadness and prevent long-term effects. Join us for a [Mental Health Awareness for You & Your Child Workshop for Student Parents](#), and learn how to support your child's mental well-being. Lunch will be provided RSVP at [frc@lavc.edu](mailto:frc@lavc.edu) or 818.778.5612.

## STEM CAP: STEM Transfer 101 Basics Workshop

*Thursday, May 18 at 3 p.m. in ACA 2606 & Zoom*

Unsure of your STEM transfer options? Join us in-person or Zoom to [learn about STEM transfer basics](#), STEM requirements for CSU and UC, student educational planning, and university requirements. Lunch and beverages will be served as supplies last, and you can enter win a \$100 LAVC Bookstore voucher. See the [flyer](#) for details. [Register online](#) for Zoom link.

To find additional upcoming events, check the [LAVC Calendar of Events](#).

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*LACCD encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact the event organizer listed in the link above as soon as possible, but no later than ten (10) business days prior to the event.*

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