



Los Angeles Valley College

A Program for Academic Success



January—February 2012

Hi TRiO Family,

IMPORTANT NEWS: WE WANT TO CONGRATULATE OUR COUNSELOR ALEIDA GOMEZ, ON ATTAINING A PERMANENT COUNSELOR POSITION AT MISSION COLLEGE. HOWEVER, WE ARE VERY SAD THAT SHE IS LEAVING US. SHE WILL BE HERE UNTIL JANUARY 19TH SO IF YOU WANT TO SCHEDULE AN APPOINTMENT WITH HER. CALL US ASAP. WE HOPE TO HAVE A NEW COUNSELOR IN PLACE BY THE START OF THE SPRING SEMESTER OR SHORTLY THEREAFTER.

- January is the last chance for those of you who have not completed your participation agreement (2 counseling appointments and 2 activities each semester) to schedule a counseling appointment or workshop with Aleida or a one on one workshop with me. Also, if you need a counseling appointment, schedule one immediately since Aleida's time with us is limited. Enclosed is the calendar for January which you can use to schedule a workshop. You will be receiving a call from either me or one of my staff if you are missing this requirement. Remember that you need these activities in order to be eligible for the scholarship in May.

We will have limited tutoring in the winter semester so if you need tutoring, call as soon as possible to set up appointments.

Barbara Schneider,

Director

Dear students,

I have good and bad news. The good news for me is that I have been offered and accepted a permanent counseling position at Los Angeles Mission College in the Counseling Department. This new position is a step up in my counseling career. The bad news is that I will be leaving TRiO/SSS and that I will greatly miss you. It has been wonderful working with you and seeing your progress towards your educational goals. I wish you great success in your educational and personal lives.

I will be here until January 19th so if you still need an appointment with me, book it as soon as possible by calling 818-947-2487.

Good luck in your finals. Happy Holidays!

Aleida Gomez,
Counselor

SCHOLARSHIP GRANT:

Attached to this newsletter is a flyer giving you information about the TRiO scholarship grant given in May. At the beginning of the spring semester, I will send out the application. Read it carefully and if you qualify, complete it and return it to the TRiO office. One of the qualifications is participation in TRiO activities and we will take participation activities and counseling appointments through the middle of April to count towards this scholarship. Only 32 people will receive these scholarships so it may come down to the person with the most activities. Don't be left out. Remember, other activities on campus will count if you complete an activity form write up which is available in the TRiO office.



FINANCIAL AID FAFSA WORKSHOPS:

TRiO will be hosting workshops for the completion of the FAFSA (FREE APPLICATION for FEDERAL STUDENT AID) in January and February. Technicians from the Financial Aid Office will be here to aid students in completing the FAFSA online. Since there are only 9 available computers in our office, please make sure to sign up as soon as possible for one of the workshops. Look on the flyer in this newsletter for the dates.

Call (818-947-2487 to sign up.

The FAFSA is due March 2 in order to be eligible for Cal Grants.



If you want to be considered for work-study at LAVC, you must turn in your FAFSA application at the first priority date. Contact the Financial Aid Office for more information.



TRIO
STUDENT SUPPORT SERVICES



FINANCIAL AID WORKSHOPS

DO YOU HAVE QUESTIONS ABOUT COMPLETING THE
FAFSA FORM?

DEADLINE: 3/2/2012 FOR CALGRANT ELIGIBILITY

COME TO A WORKSHOP IN THE TRIO OFFICE AND
HAVE A FINANCIAL AID TECHNICIAN WORK WITH
YOU ON THE COMPUTER TO COMPLETE THE FORM.

YOU MUST RSVP TO RESERVE A COMPUTER FOR THESE
WORKSHOPS.

947-2487 947-2483

DATES:

1/12/2012: 2:30-3:30

1/18/2012: 2:30-3:30 1/31/2012: 2:30-3:30

2/16/2012: 2:30-3:30 2/27/2012: 2:30-3:30



MONEY! MONEY! MONEY! MONEY!
MONEY!

ARE YOU ELIGIBLE FOR THE TRIO SCHOLARSHIP TO BE
DISBURSED IN SPRING, 2012?

IF YOU MEET THE ELIGIBILITY REQUIREMENTS ON THE AP-
PLICATION, YOU COULD RECEIVE A MINIMUM OF \$555.00

AFTER THE INITIAL REQUIREMENTS ARE MET, DECISIONS
WILL BE BASED ON FREQUENCY OF CONTACTS IN THE
TRIO OFFICE, SO COME IN OFTEN - MEET WITH OUR COUN-
SELOR, USE OUR TUTORS, COME TO OUR WORKSHOPS
AND OUR TRIPS. YOU WILL HAVE UNTIL THE END OF APRIL
TO ACCUMULATE AS MANY ACTIVITIES AS YOU CAN. RE-
MEMBER, ATTENDING OTHER DEPARTMENT ACTIVITIES
WILL ALSO COUNT IF YOU DO AN ACTIVITY WRITE-UP.



Hints for Success

- Know why you are in college.
- Shop around for challenging instructors and worthwhile courses.
- Study two hours for every one hour of class.
- Start your papers early. Don't wait until the last minute.
- Go to class!
- All the classes you take are important whether they are in your major or not.
- Get involved in something - a club, music, sports, etc.
- Keep an open mind about your courses.
- The university is a world of ideas. Learn a variety of perspectives. It's part of being an educated person.



Assume responsibility for your education.

Enjoy yourself!

Fighting Procrastination

- Have you become an expert at putting off your studies and making excuses for why you did not get your assignments in on time? If this sounds like you, read through the tips below on fighting procrastination.
- When you feel like putting it off, create action and GET STARTED!
- Ask yourself the following questions: Why is this important? What will be the consequences if it does not get done? What will be the outcome if I put this off until later? (Be honest with yourself).
- Reward yourself for completing a task or deny yourself a reward or privilege for not completing a task.
- Remind yourself of the consequences of putting off or not completing your work.
- Decide to do your projects and schoolwork first and then go have fun.

Goal Setting

- Setting goals is important for helping you get what you want. The following are some important tips to consider when setting your goals:
- Set both short range and long range goals.
- Be specific. Set up clear objectives and measurable steps for accomplishing your goals.
- Make your goals realistic. Do not set a goal for yourself that you know will be impossible to achieve.
- Challenge yourself.
- Ask yourself what you are willing to give up for what you want.
- Have a friend or family member sign as a witness to your plan for reaching your goals.
- Reward yourself for reaching your goals.
- Remember goals are an ongoing process. If you do not succeed at first, keep at it – do not give up.



Tutors Hours and Subjects for Winter Semester

Melissa Gordon: Subjects: English, Speech, Psychology, Theatre, Journalism, Philosophy, Sociology
Hours: Mondays and Wednesdays 11:00am—3:00pm
Tuesdays and Thursdays 11:00am—3:00pm

Steven Gee: Subjects: Chemistry, Mathematics - All levels - Algebra, Pre Calculus, Calculus I,
Calculus II, Trigonometry, Geometry, Statistics.
Hours: Mondays and Wednesdays 10:00am—4:00pm
Tuesdays and Thursdays 10:00am—4:00pm
Fridays 10:00am -3:00pm

LOS ANGELES VALLEY COLLEGE
5800 Fulton Avenue, Valley Glen, CA 91401
Student Services Center Room 228
(818) 947-2487

Monday	8:30-6
Tuesday	8:30-7
Wednesday	8:30-7
Thursday	8:30-6
Friday	8:30-3