



College of the Canyons Canyon Country Campus Student Newsletter

March Calendar

- 3/9 ASG Sunset Smiles Event (Upper Plaza/Science Center)
- 3/10 Deadline to apply for Spring 2023 Graduation
- 3/22 Blood Drive (Science Center Lobby)

April Calendar

- 4/3-4/9 Spring Break (no classes)
- 4/14 Fall 2023 registration dates available
- 4/28 CCC Star Party

*Please visit our website at www.canyons.edu/ccc for information on upcoming events, deadlines, support services and other important information.

Admissions & Records

Summer registration has started. If you are a current student, you should have received a registration date for Summer. If you did not receive one, please call or come by the Admissions Office. Deadline to apply for Spring 2023 Graduation is March 10th.

We are here to help you! Come by and visit us at our new space in the new Student Services & Learning Resources Center, 2nd floor. If you have any questions, please contact the Admissions Office at 661-362-3280, email Admissions@canyons.edu, or visit us in-person.

To view the full list of the Summer 2023 courses available, visit www.canyons.edu/ClassSchedule, or check your MyCanyons account.

Employment Center & Internships

We are happy to be in our new space in the new Student Services & Learning Resources Center, 1st floor. Come by and visit us! Our in-person service hours are Thursdays, 9am - 4:30pm. We are here to help you with your job and/or internship search and preparation!

If you have any questions, please contact the us at 661-362-3286, or visit us in-person. For more information, please visit us at www.canyons.edu/employmentcenter

Welcome Center

NEED HELP? HAVE QUESTIONS?

Information | Guidance | Support with:

- Canyon ID activation
- Student portal set up
- My Canyons navigation
- Math/English/ESL Assessment
- Academic Advising
- MAP (My Academic Plan)
- Online Orientation
- Class registration
- And much more!

CONNECT WITH US!

- Monday-Thursday: 9am-6pm
- Friday: 9am-10pm
- 661-362-3817

WELCOME CENTER @ CANYONS.EDU

STUDENT SERVICES & LEARNING RESOURCES BUILDING level 3 room 337

GET STARTED: WWW.CANYONS.EDU/NEWSTUDENT

Welcome Center

As you begin your college journey, know that the Welcome Center is here to help you! Our team supports future students, high school students and new, first-time students! Come visit us in the new Student Services building, We are located on the 3rd floor, room 337. For more information, please visit us at www.canyons.edu/welcomecenter

If you have any questions, please contact our office at 661-362-3817.

March 2023

- ### Campus Services
- We're Here to Help!*
- Our student support services are available both in-person and through remote options. Please visit each department's webpage for specific hours and the best way to reach them, whether in-person, by phone, email, Zoom, etc.
- Visit these departments in our new Student Services & Learning Resources Center, across from the Takeda Science Center!
- Academic Accommodation Center (AAC), formerly DSPS
 - Admissions & Records
 - Basic Needs Center (BaNC)
 - CalWORKs
 - Campus Life & Student Engagement
 - Employment Center / Internships
 - Counseling
 - Extended Opportunities Program/ Services (EOPS)
 - Financial Aid
 - Inspire Scholars
 - Library
 - Personal & Professional Learning (Noncredit)
 - Student Business Office
 - Student Health & Wellness
 - The Learning Center (TLC)
 - Undocumented Resource Center
 - Veteran's Center

"When you are kind to others, it not only changes you, it changes the world." - Harold Kushner

Associated Student Government (ASG) Welcome Week a Success!!

Thank you to all who volunteered and who participated in our Spring 2023 CougarFest at both campuses. Every Fall and Spring semester, our office makes connecting COC students with departments, clubs and alliances our priority, with the goal of helping them to access the tools they need to be successful and to feel a part of the campus community. We had fun giving out free Jersey Mike's subs, tote bags and Regal movie tickets. We look forward to doing it again during Fall semester.

*Campus Life now accepts credit/debit cards for any purchases.



If you would like more information on services or getting involved in ASG, please email Joanna.Kelly@canyons.edu or call 661-362-3840. Also, click here for a list of all our upcoming ASG events: <https://www.canyons.edu/student-services/campuslife/calendar/index.php>

A HUMAN kind Blood Drive

College of the Canyons
Canyon Country Campus Blood Drive

Don Takeda Science Center Lobby (Level 1)
17200 Sierra Highway
Canyon Country, CA 91351

Tuesday, February 28, 2023 - Rescheduled!
Wednesday, March 22, 2023
8:30am-2:30pm

Park in Lot 3 or 6 (no staff spaces) and bring your picture ID

To schedule your life-saving appointment, please visit redcrossblood.org and enter Sponsor Code: COCCC
Or call 1-800-RED CROSS (1-800-733-2767).

If you have any questions, please email joanna.kelly@canyons.edu or call 661-362-3865.

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767

Support Workshops March 2023

Date	Support Workshop Name	Duration: 75 Minutes
March 1st 11PM	Overcoming Addictive Behaviors	
March 1st 11PM	Life Vision & Intentional Living	
March 2nd 9AM	Healing From a Breakup	
March 2nd 11PM	Skyrocket Your Self-Esteem	
March 2nd 3PM	Mastering Forgiveness & Releasing Resentment	
March 3rd 9AM	Self-Actualization & Enlightenment Simplified	
March 3rd 11PM	Expressing Your Needs	
March 3rd 3PM	Cultivating Courage & Purpose	
March 6th 9AM	Overcoming Loneliness	
March 6th 11PM	Who Am I? The Fundamentals of Identity	
March 6th 3PM	Overcoming Jealousy & Building Trust	
March 7th 11PM	Masterclass on Meditation	
March 8th 11PM	Weekly Morning & Evening Health Routines	
March 8th 3PM	Overcoming Perfectionism	
March 9th 9AM	Radical Acceptance & Unconditional Love	
March 9th 11PM	Foundations For A Better Life	
March 9th 3PM	Anxious to Calm	
March 13th 9AM	Repairing Relationships	
March 13th 11PM	Happiness is a Choice: Learning to Choose Freedom	
March 13th 3PM	Ditching Your Fear of Death	
March 14th 9AM	Habit & Routine Development	
March 14th 11PM	Positive Post-Traumatic Growth	
March 14th 3PM	Emotional Mystery & Self-Denial Programming	
March 15th 11PM	Technology Hacks for Magnificent Mental Health	
March 15th 3PM	Building Self-Identity, Security, & Confidence	
March 16th 11PM	Releasing Negative Thoughts & Feelings	
March 16th 3PM	Gratitude: The Shortcut to Endless Joy	
March 20th 9AM	From Madness to Mindful: End That Noisy Mind	
March 20th 11PM	Setting Boundaries: Goodbye People-Pleasing	
March 20th 3PM	Setting & Achieving Goals	
March 21st 11PM	The Keys to Secure Relationships	
March 22nd 11PM	Terminate Guilt & Shame	

Student Health & Wellness Center

Please take advantage of the March lineup of workshops available to you. Attend one, two, or all of them simply by dropping into them anytime using the contact information listed on this flyer! Additional workshops are available on our website.

We are here to help keep our students physically and mentally healthy so that you can succeed in school and life. We provide clinical services, health education, referrals, and assistance in getting health insurance.

Please check our website for the most up to date information, including hours, health-related information, and for many additional resources available to you at: <https://www.canyons.edu/student-services/health/index.php>.

If you have general inquiries, medical questions, or need to make a remote counseling appointment, you can email us at studenthealthcenter@canyons.edu or call 661-362-3259, and we'll get back to you within 24-48 hours, or earlier if possible.

Announcements from Counseling

The Counseling Department welcomes you to visit us in our NEW Location! You can find us on the first floor of the New Student Services & Learning Resources Center. We are available during the following hours:

In-Person Office Hours:
Monday - Thursday: 9:00 a.m. - 6:00 p.m.
Friday: Closed

In-Person Express Drop-in Counseling Hours:
Monday - Thursday 11a.m. - 2 p.m. & 4 - 6 p.m.

In-Person Express Drop-in Counseling is designed to give students immediate access to a Counselor. Express Drop-in sessions are generally short 10 - 15-minute consultations to address your most immediate questions. Express Drop-in works on a first-come, first served basis. During Express Drop-in, we can assist with:

- Clearing pre-requisites (unofficial or official transcripts required)
- Changing major
- Adding or dropping classes
- Academic program and/or course information
- Selecting courses for the upcoming term
- Checking progress toward your educational goal
- Referrals to campus resources

For more comprehensive educational planning, please schedule a counseling appointment for a 60-minute meeting with a counselor.

Looking to add a late start class? Consider a Counseling class this Spring! We have multiple sections with some courses starting in April and May. Visit the schedule of classes for more details or stop by our office for more information.

- COUNS 100 Success Strategies for the Adult Re-Entry Student
- COUNS 110 Career Life-Planning
- COUNS 120 University Transfer Planning
- COUNS 142 Learning to Learn
- COUNS 150 Student Success

Will you be graduating with your associate degree this spring or summer term? Stop by the counseling office to file your graduation petition. The deadline to submit your graduation petition is:
Spring 2023 graduation petition is March 10, 2023
Summer 2023 petitions are due by July 7, 2023

If you plan to complete your degree during summer, file your petition by April 1st so your name may be included in the graduation program! Congratulations graduates, we are so proud of you!

Are you interested in Nursing?
Attend our Pre-Nursing Advisement Workshop. This workshop is an hour and a half and will provide you with an overview of which classes to take in order to prepare for the Associate Degree of Nursing program as well as pre-licensure BSN or RN-BSN programs. It will also give into details about how to make yourself as competitive as possible, take advantage of volunteer or internship opportunities, TEAS study guide information, and your grades. We will also review the common application timeline for different programs. We will hold the following workshops in-person at CCC. Stop by our office or call us to reserve your spot.
Wednesday, March 22nd at 9a.m. - 10:30 a.m.
Monday, April 17th 1 p.m. - 2:30 p.m.
Wednesday, May 10th at 11 a.m. - 12:30 p.m.

Visit the counseling website for a comprehensive schedule including online workshops and workshops held at the Valencia Campus.

Are you considering a career in the legal profession?
Consider joining the Pathway to Law School Program. This program is designed to support students interested in pursuing a career in the legal profession. We have partnerships with 13 law schools and offer several pre-law activities throughout the year. This program is a great way to learn more about the law school admission process and how to make yourself a competitive candidate. It is also a great way to network with professionals in the field and get a head start! For more information, complete the program interest survey online and attend one of our upcoming information sessions. Visit the Pathway to Law School Website for more information: www.canyons.edu/lawschoolpathway.
Upcoming Information Sessions: March 22, April 24 & May 10th. All information sessions are online and take place from 5-5:50 p.m. Join us on Zoom: <https://canyonsonline.zoom.us/j/6613623807>

Are you undecided or undecided about your future academic and career goals?
Take time to engage in career exploration! We have career counselors available to help you identify a career that aligns with your interests, values, and abilities. Appointments entail in-depth career and major exploration, career assessments and interpretation, career research and connecting the dots to help you identify your path! Visit the Counseling website to schedule your appointment. <https://www.canyons.edu/student-services/counseling/career-counseling/index.php>

Financial Aid

The Financial Aid office is here to help! Visit us on floor 2 of the new Student Services building!
Hours: Monday - Thursday, 9am - 6pm

You can apply for the 22/23 FAFSA application at www.fafsa.gov.

AB540 students are eligible to apply for state-funded student financial aid programs which include the California Student Grant and the Cal Grant program. You can apply for the 22/23 CADAA at <https://dream.csac.ca.gov>.

For questions about financial aid applications (FAFSA or CADAA), disbursements, forms, resources, and types of aid, visit our website at <https://www.canyons.edu/student-services/financialaid/>, contact a financial aid representative at 661-362-3215, or email finaid@canyons.edu.

We look forward to helping you!

Emergency Preparedness

On Wednesday, March 1st, an emergency shelter-in-place practice drill was held at both campuses. The drill presented students, faculty and staff with an opportunity to practice locking-down and becoming familiar with the resources available to them in their classrooms and office spaces, in case of a real emergency. We encourage your feedback and comments for future drills, and look forward to the next drill, most likely a practice evacuation drill. Be prepared, stay safe!

The Learning Center (TLC)

The Learning Center (TLC) offers FREE Tutoring, workshops, GLAs, and testing services for all COC students. Whether you are looking for a tutor, need help with a paper, or are here to take or make-up an exam, TLC is the place to be!!

Face-to-Face Tutoring
Monday - Thursday: 10:00am - 3:00pm

TLC Test Proctoring
Monday - Thursday: 10:00am - 12:00 pm & 1:00 pm - 3:00pm

Online Live Tutoring
Monday & Thursday: 10:00am - 5:00pm
Tuesday & Wednesday: 10:00am - 7:00pm
Friday & Saturday: 10:00am - 3:00pm

Tutoring appointments are available for Math/Science & Writing.

For more information, please visit our TLC website at www.canyons.edu/tlc We are here to help!

Veteran's Resource Center (VRC)

The College of the Canyons Veterans Resource Center is available to help veterans and veteran dependents apply to College of the Canyons, enroll in classes, and request VA Education or Vocational Benefits.

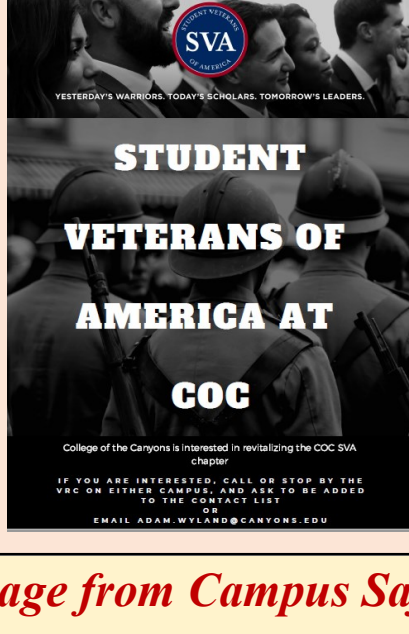
Come visit us at our new location on the 2nd floor of the Student Services & Learning Resources Center.

The Student Country Campus VRC doors are open:

- Monday - Thursday: 9am-4pm

For more information, please contact the VRC via email at veterans@canyons.edu, via Zoom, or phone (661) 362-3469, or visit our website at:

We look forward to serving you!



The Library

The library space in the new Student Services and Learning Resources Building is open!

The library has moved into the new building and will be open four days a week during the spring semester. We still offer books (now with more volumes on the shelves), computer stations and features. There are now group study rooms and a quiet study room for use, as well as more computer stations and study carrels.

Come check out our fantastic new space. We look forward to seeing you here and to helping you move towards your academic goals.

Hours: Monday-Thursday, 9-5pm during spring semester.

Zoom is also available Monday-Thursday 10am-1pm & 1:30pm-4pm at (<https://canyonsonline.zoom.us/j/95498642695>)

Updated information and links to all Library services can be found at www.canyons.edu/Library.

Hope to see you soon!

Message from Campus Safety

Welcome Back!! We now have student parking available (in student spaces) on Dr. Dianne G. Van Hook Drive in front of our new Student Services & Learning Resources Center. Student parking is also available in parking lots #1, #2, and #3 (in student spaces) and you can purchase daily or full semester parking permits through your My Canyons account. All information regarding parking permits can be found on the website: <https://www.canyons.edu/student-services/sbo/parkingpass/>. When driving on campus, remember to adhere to the speed limits, yield to pedestrians and watch for construction vehicles. For questions, please check the campus website, or contact us at 661-362-3977. Thank you!

