

COUGAR MENTOR NEWS

The Cougar Mentor Program, where students help students succeed!

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Important Dates for Fall Semester:

- Add Deadline: Sept 2 (Fri)
- HOLIDAY- Labor Day: Sept 5 (Mon)
- Drop without a W Deadline: Sept 16 (Fri)
- Withdrawal Deadline: Oct 14 (Fri)
- HOLIDAY-Veteran's Day: Nov 11 (Fri)
- HOLIDAY- Thanksgiving: Nov 24-27 (Th-Su)
- Last Day of Fall Semester: Dec 10 (Sat)

The Importance of Time Management

By Brandon Kimball

Greetings COC Students! As a COC student myself, I must say that one of the most important things I have learned to do while in college is managing my time. I can say this to be true as I learned the hard way. This past semester, I enrolled in ten courses at once while maintaining my obligations to other things. It was not fun to handle at first—being terrible at time management myself—but once I began planning my weeks and jotting the down assignments, I was able to successfully handle the courses I was in. Therefore, I urge you to explore the possibility of implementing time management into your life with these following tips:



- **Make sure to schedule in study time:** For every unit you take at COC, professors expect you to study 2 to 3 hours outside of class (read for next lecture, reviewing notes, working on projects, getting help, etc.).
- **Make sure to schedule in relaxation time:** We are not super-humans, otherwise we would not need this. Be sure to schedule in time to enjoy life; otherwise, it gets boring!
- **Make time PRODUCTIVE!!!:** Make sure that in your block of time that you are productive with it. Do not be afraid to say NO to someone, sign off of social networking sites, turn off the music (or turn it down for those who cannot work without it), etc.

These are just some few tips to help you use your time more efficiently here at College of the Canyons. Please do not be afraid to visit our office in the Student Center Room 102 for any advice, and look forward to the time management workshops coming to campus soon! I hope you have a great semester here at College of the Canyons!



Meet a Mentor!

Want to talk with a fellow student about college life? Have questions about the resources available on campus to help you succeed? Would you like to find out more about College of the Canyons? Then come talk with a Cougar Mentor today!

Please stop by the Office of Student Development in STCN-102 or call (661) 362-3142 or email us at cougarmentor@canyons.edu



▶▶▶ What is MESA?

By Nandinee Rajyagor

One of College of the Canyons most successful student associations is the Math, Engineering, and Science Achievement Program (MESA), located on the lower level of Aliso Lab. It is a wonderful resource for students majoring in any math, engineering, or science programs because it provides tutoring as well as group support. Students are constantly surrounded by peers who have similar goals and career paths, which both encourage them and challenge them to do better. Some other resources offered by MESA for MESA students is a kitchen, so students can snack and study simultaneously, group study sessions, workshops, calculator and laptop loan programs, counseling, and academic advisement.



However, to join MESA, one must have the correct eligibility and requirements. Career paths, GPA, current financial status, and many other factors are all taken into consideration. If a student is not eligible to join MESA directly as a student, they can become a “Friend of MESA.” As a “Friend” one can reap some of the many benefits that the program has to offer.

While at College of the Canyons, every student should take advantage of the opportunities and benefits that the college has to offer. Not only will it make the stay here more interesting, but it will also help you achieve your educational goals and plan your future dreams.

Further information about this program or access to an application can be found at www.canyons.edu/offices/MESA. Applications can also be picked up in person at the MESA lab located on the bottom floor of Aliso Lab.

Let the Job Hunt Begin! By Kerrie Thayer

There is no doubt that finding a job in a struggling economy is no easy task; you can't just go down to the local grocery store, ask if they're hiring, and start packing groceries the next day. If only it were that easy, but this is California not a small town in the Midwest. However, to make the job hunt easier and more successful College of the Canyons has a resourceful program—the Career Services and Job Placement.

The Career Services and Job Placement program is a **FREE** center that offers students and community members the following:

- Career exploration, assessment and advisement
- Online job database
- Resume
- Workshops on writing resumes, doing an interview, preparing and attending job fairs, etc
- Bi-annual job fairs
- On campus recruitment

And much more!

The Career Services and Job Placement Center strives to help find the perfect career for *you* and to get the job that *you* want, so stop by today and talk to one of the advisors.

Walk in and appointments are available, located in STCN 123 on the Valencia Campus and Building 1B on the Canyon Country Campus.

For more information visit the Career Services website, <http://www.canyons.edu/offices/CareerCenter/>, or call (661)362-3286.



▶▶▶ Meet the Cougar Mentors

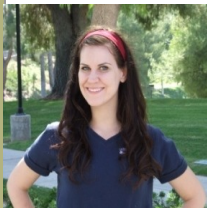


Taylor Adachi I am eighteen years old and have been at COC for the past four years. I have recently graduated from Academy of the Canyons: Middle College High School. I plan on finishing up my general education within the next year so I can transfer to Cal Poly San Luis Obispo. My major is event planning and management. I love hanging out with my friends, meeting new people and reading books. I am a very energetic person and love to smile. I enjoy being a Cougar Mentor because I have the chance to help students succeed.

Brandon Kimball Hello! I have been at a student at COC for the last three years and currently am in my fourth—all the years being involved in Academy of the Canyons Middle College High School. I hope to transfer to a 4-year university in the near future and get degrees in my majors of Philosophy, Political Science, and Sociology. Along the way I have been involved in many clubs including the Biology and Sociology Clubs at COC and hope to join the Progressive Student Alliance this semester. I look forward to helping and meeting you—never be stressed, and ultimately, enjoy college life because being here is ultimately a life changing and life rewarding experience.



Amanda Krogh I am 21 years old and I have been going to COC for three years. I enjoy theater, music (especially classic rock and 80's), collecting vinyl records, comedy improv, dorky stuff like Harry Potter and Lord of the Rings, etc, and getting to know people. After struggling to decide what I want to major in, I have decided to go with my gut and major in English with Emphasis in Writing and minor in Theater Performance. I love going to COC and I love being a Cougar Mentor! I have experience in figuring out Financial Aid and in living on your own, so if you need help in these fields, I am the person to go to! I am looking forward to making many new friends, and I am happy to help everyone out!



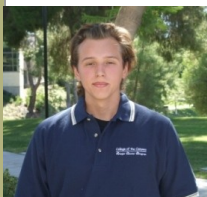
Elizabeth Olivier I am just your average college student, studying hard, balancing school with a social life, and ALWAYS broke. This will be my second year as a Cougar, I am currently studying to be a nurse. Hopefully, I will receive my AA in nursing by Summer 2012. I knew I wanted to be a nurse my Sophomore year of high school when I took Human Anatomy, from there on I just knew what I would be happy with doing for the rest of my life. Other than filling up my time watching the Discovery Health channel, I enjoying playing tennis with my dad, going to dance classes with my mom, hanging out at the beach with my friends, snowboarding with my cousin over winter break (but failing miserably), performing duets with my best friend, and most of all I LOVE spending my time at Disneyland.



Tyler Pohl My name is Tyler Pohl. I have been at COC for around 3 years now earning my degree in Graphic Design. I have enjoyed my time here so far and hope to pass on my knowledge to you and help.

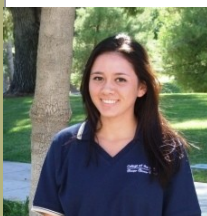
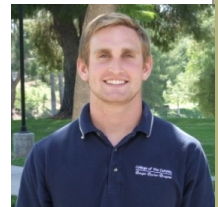


Nandinee Rajyagor My name is Nandinee Rajyagor and I am a 19 year old college student. I graduated from Academy of the Canyons in 2010. This is my second year as a full-time student. My major is Kinesiology and I plan on becoming a physical therapist in the future. The reason I want to become a physical therapist is because I absolutely love helping people, which is also the reason I became a Cougar Mentor.



Xavier-Quinn Roman Hey guys, I'm Xavier. I'm a political science major and am currently finishing up my last year here at COC, I love to make things and my punk concerts, I'm an avid outdoors man and an all around nice guy. So if you need help adjusting to COC or have a variety of other concerns stop by the Student Development office, across from the book store in the Student Center, and we will do our best to help.

Troy Sincomb My name is Troy Sincomb and I have been at C.O.C. for a little over a year. I am getting my A.A. degree in Mathematics and in Biology. I am also planning on transferring into San Diego State University to get my B.A. in Environmental Engineering.



Kerrie Thayer Hello there! This is my fifth year here at COC! I started college when I began high school at Early College High School, then I continued on and graduated from Academy of the Canyons in May of 2011. It has been a very interesting experience that I wouldn't change one bit. Now that high school is over, I've begun a new journey at College of the Canyons by becoming a Cougar Mentor. I'm really excited to be a part of the Cougar Mentor Program and to be able to help students be successful at this wonderful school. As a Media Entertainment Arts major, I plan to transfer to a university in the next year or two where I can begin a career in the Film and Television industry.

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*Where
students help
students
succeed!*

About Us



The Cougar Mentor Program is a peer advisement program that provides support and guidance to new students during their first year of college. Students can meet with a Cougar Mentor to find out about campus resources, student success tips, and how to navigate their way

through College of the Canyons. We look forward to seeing you!

Program Coordinators: Kelly Dapp

Cougar Mentors: (First Row) Kerrie Thayer, Nandinee Rijyagor, Elizabeth Olivier, Taylor Adachi (Second row) Xavier -Quinn Roman, Amanda Krogh, Tyler Pohl, Brandon Kimball, and Troy Sincomb.

Cougar Mentor Mission Statement

It is the mission of the Cougar Mentor Program to help each student achieve his or her scholastic and personal goals, comfort level, autonomy, and sense of community at College of the Canyons through peer advisement, referrals, and interaction.



We're on the Web: www.canyons.edu/cougarmentor

Fun Facts about COC!



- ◆ College of the Canyons is among the top 10 fastest growing community colleges in the nation of community colleges with students of 15,000 and more
- ◆ Nearly 45% of the college's staff members were once COC students
- ◆ Aliso Lab houses an actual morgue, with two human cadavers. We can assure you, though, that they serve an educational purpose to our nursing students, and were obtained legally.
- ◆ COC is a popular site for film crews. Shows that have been filmed here include *Terminator: The Sarah Connor Chronicles*, *The Riches*, *Weeds*, *Cold Case*, *Ugly Betty*, *Monk*, *House*, *CSI*, *JAG* and *NCIS*, as well as Several other TV shows, movies, and commercials.