

COUGAR MENTOR NEWS

The Cougar Mentor Program, where students help students succeed!



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Important Dates for Spring Semester:

- Drop without a "W" Deadline: March 6 (Friday)
- Drop Deadline: April 3 (Friday)
- Spring Break: April 6 - 12
- Memorial Day Holiday: May 25
- Instruction Ends: June 4 (Thursday)
- Commencement: June 5 (Friday)

School in the Fast Lane

By Jeff Best

Write about something you know. That was what I was asked to do for this article, and at the current stage in my life I happen to know plenty about race cars and college. So what better to do than write about how racing cars compares to college! It is a risk I was willing to take.



Having raced a 1972 Monte Carlo in a circle track division out at Toyota Speedway for an entire season, I can actually see how it relates to going to school (and no...I'm not talking about the drive in the parking lot). For starters, racing takes a lot of dedication, time, and money. Sound like school yet? Also, if you don't follow the rules, formally known as cheating, you get penalized. Aren't obvious facts in life grand?

As is to be expected, all drivers go out with one goal...to win! If a driver didn't go out to win, then he's wasting his time. If you're not always shooting for an "A", then you're wasting your time!

Strategy...PACE yourself.

You shouldn't go too hard in the beginning, nor should you wait to go too hard in the end. Near the end of a race (semester) students start to get worn out, much like the equipment on a car. Keeping a consistent pace to preserve your car (mind) is vital to

success. Maintaining a balanced schedule, diet, and amount of sleep are all required to keep you in the lead pack. Slacking off is the equivalent of going a lap down. Cutting courses is the equivalent to missing a race altogether! Solution = DON'T DO IT.

Racing isn't something you can just start off being good at; it requires practice and lots of time on the track. You can't assume you'll learn anything by just hopping into a race car, and this parallels school and homework. When you're taking a math course, you don't just absorb the formulas and theorems, you have to practice them and get them set into your skull! In an English class, you can't discuss a reading assignment without actually (check this out!) **READING!**

Hopefully this has been a benefit to someone, showing how two entirely unrelated venues together can teach a valuable lesson.



Meet a Mentor!

Want to talk with a fellow student about college life? Have questions about the resources available on campus to help students? 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) 362-3141 to schedule a time to meet with a Cougar Mentor

Coffee Corner By Kristen Cheriegate



Sit down, relax, and enjoy a cup of fresh **FREE** coffee! Need a place where you can just unwind and vent about school related struggles, personal issues, and everything in between? Then come check out Coffee Talk presented by the Cougar Mentor Program.

Last semester, our program had many successful Coffee Talks with facilitator Fran Willson, Ph.D., who is one of COC's clinical psychologists from the Student Health and Wellness Center.

Come join one or all of our sessions this semester

and enjoy a comfortable atmosphere! We meet every other Thursday from 1:00-2:00pm in STCN-129. Our next Coffee Talk is on March 19th and will continue throughout the semester (April 2nd, 16th, 30th, etc.). Discussion topics are open to whatever is on your mind. And as always, free Starbucks coffee and snacks will be provided.

Call (661)362-3141 to reserve your seat at the next free Coffee Talk!

▶▶▶ To Win a Scholarship By Nandika Hettiarachchi

"Hard work is rewarded." This is an inspirational quote from my father. He is a man who believes in working hard and giving it your 'best shot' in whatever you do. The reward for hard work may come in the form of a good grade, a scholarship, or a prize. Speaking of scholarships, the Financial Aid Office at College of the Canyons organizes an annual scholarship program for students, called the Institutional Scholarship Program. By completing just 1 application, COC students are considered for numerous scholarships. The 2009-2010 scholarship application deadline is April 12, 2009.

Many of us may ask ourselves, "I'm not a straight A student, but I work hard," or "I work two jobs and I go to school," or "I'm a working single parent taking college classes," or "I'm an international student and struggle with the challenges of being in a foreign country" and wonder "how would I be a good candidate for a scholarship?" The Institutional Scholarship Program rewards students for their courage, determination, and hard work towards their studies. These scholarships are not only for students who excel academically, but for those who work hard to attend college while balancing all their other commitments in life.

To learn more or to attend a workshop about this scholarship program, visit the Financial Aid website. To apply, go to: www.canyons.edu/scholarships. According to Professor Joe Gerda (my favorite statistics professor), "There is a 100% probability of not receiving anything if you don't APPLY".

Save on College Textbooks By Kate Doldjeva

Do your college books cost a small fortune? Is the bookstore too expensive for your wallet? With the two new programs available at College of the Canyons, you may now be able to rent your textbook at a cheaper price or borrow it at no cost.

The Textbook Rental Program (TRiP), sponsored by the Associated Student Government and the COC Foundation, is already available on campus. The program is here to help you lower the expense of college textbooks. With TRiP, students can rent their books for 25% of the bookstore price for new

books. To see the program requirements and list of available textbooks, visit: <http://www.canyons.edu/Offices/Finaid/TRip.asp>

The second textbook program is called the CTE Lending Library. Students can borrow their vocational textbooks at NO cost. Students must meet the eligibility requirements to qualify. To apply, just complete a CTE Lending Library application form in the Financial Aid Office or check out this website: <http://www.canyons.edu/Offices/Finaid/CTELendingLibrary.asp>



Ask a Cougar Mentor

“What can students do to save many while attending college?”



“Here are a couple of ideas:

Use the TLC lab on campus to save money on tutoring!

Print your assignments for free in the ASG Computer Lab in the Student Center!

Check out the new rental textbook programs available on campus!”

- Kate Doldjeva



“Carpooling. Getting a carpool together with another student will not only save money, but could also save time and space in the parking lot with less people fighting over spots. The more people in a carpool, the more everyone saves! ”

- Jeff Best



“Bring food from home. If you do buy lunch on campus, avoid buying junk food that will only give you energy for a short while. Instead, check out the Cougar Cafe's hot value meals that are only \$1.69 for breakfast and lunch.”

- Nandika Hettiarachchi



“Be smart by keeping a bird's eye watch on everything from new scholarships to flyers advertising used books that are for sale for 40% of the bookstore's cost! You might even have to sacrifice spending that extra two hundred dollars on the latest phone you want; you have to figure out your priorities in life.”

- Kristen Cheriegate



“Bringing a bag lunch to school instead of paying for food everyday in the cafeteria is a sustainable way to eat. Joining student clubs is a great way to spend free time, and usually club activities cost little or nothing. ”

- Rob Norton

March 2009

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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 facilitate a full schedule of workshops and special events on both campuses. These programs are intended to inform, support, and inspire students. Look for our flyers and posters, or check out our website for a list of upcoming events.

**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



Come Find the Leader in You!

By Kristen Cheriegate

Disappointment, problematic people, and ethical dilemmas all sound like things that you want zapped out of your everyday life, right? These problems can cause your day to be much more difficult than you were hoping it to be. Now, add this into the picture: You are an owner of a business and are having to deal with that list! Or if you can't imagine *that* at the moment, just picture yourself running your own club on campus or even doing a group project with your classmates. What do you do when you are in a leadership position and encounter problems that block your path to success?

Unfortunately, there is no quick and easy answer; but there is a light at the end of the tunnel! Introducing (drum roll, please) ... the Emerging Leaders Program!

"The program is designed to provide opportunities for College of the Canyons' students to develop their leadership skills and techniques through participation in skillshops and to network with local leaders in business, industry and city government." - Kelly Dapp, Program Coordinator

The Emerging Leaders Program's skillshops have been helping students at COC find their inner leader (as well as helping current leaders) since Spring 2007. From workshops on how to deal with difficult people to simply finding balance in your life, this program gives 110% to helping you become a better leader. If students attend a certain number of skillshops, they may enjoy the following benefits:

- First year's membership dues in SCV Jaycees paid for by the Associated Student Government
- Official certificate of completion that can be attached to a university, scholarship or job application
- Acknowledgement of the Emerging Leaders Program on your Student Development Transcript

For more information, or to apply for this program and to save a spot at the next workshop, visit the Emerging Leaders Program website at:

http://www.canyons.edu/Offices/Student_Development/EL/default.asp

