

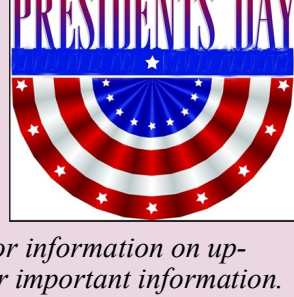


College of the Canyons Canyon Country Campus Student Newsletter

February Calendar

- 2/4 Last day of Winter session
- 2/6 Spring semester begins
- 2/16 CougarFest - Science Center Lobby
- 2/17-20 Presidents Day holiday
- 2/27 Start of Summer registration
- 2/28 Campus Blood Drive

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



February 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 us, whether in-person, by phone, email, Zoom, etc.

We are glad you are here and excited to serve and support you in a variety of ways.

Academic Accommodation Center (AAC), formerly DSPS

Admissions & Records

Basic Needs Center (BaNC)
CalWORKS

Campus Life & Student Engagement

Employment Center / Job Placement / 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

"Success is liking yourself, liking what you do and liking how you do it."
- Maya Angelou

Admissions & Records

We are happy to be in our new space in the new Student Services & Learning Resources Center, 2nd floor. Come by and check us out!

Don't forget to apply for Spring graduation with the Counseling Office by February 10th.

Winter Grades will be available on or before February 16th.

Registration for SUMMER will begin on February 27th.

We are here to help you! 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 Spring 2023 courses available, visit www.canyons.edu/ClassSchedule, or check your MyCanyons account.

Message from Dean

Welcome to Spring semester at the Canyon Country Campus! There is a lot happening on campus, most notably the relocation of student services (Admissions, Financial Aid, Counseling, TLC, Library, etc.) to the new Student Services & Learning Resources Center (aka "CCSS"). Please visit us and find out how we can assist you, and help to make this semester a great one!

Welcome Center

NEED HELP? HAVE QUESTIONS?

Information | Guidance | Support with:

- College application
- Canyons 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-1pm

661-362-3817

WELCOMECENTER@CANYONS.EDU

GET STARTED: WWW.CANYONS.EDU/NEWSTUDENT

STUDENT SERVICES & LEARNING RESOURCES BUILDING

level 3
room 337

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.

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
8:30am-3:00pm

Park in Lot 3 (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

Associated Student Government (ASG)



Come to our CougarFest event to find out what campus resources are available to you and how to get involved in one or more of our 40+ campus clubs/alliances.

This event will feature free COC swag, and free Jersey Mike sandwiches and Regal movie tickets will also be available for participating students (while supplies last).

Monday, February 13 from 11am-1pm
Student Center-Valencia Campus

Thursday, February 16 from 11am-1pm
Don Takeda Science Center Lobby (Level 1)-Canyon Country Campus

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>

SUPPORT WORKSHOPS
FEBRUARY 2023

WORKSHOPS START ON THE DOT!
Plan on arriving a few minutes early! Doors close at the start!

Duration: 75 Minutes

GO TO: SUPPORTWORKSHOPS.COM
OR
DIAL: (805) 706-5345

STARTS AT 1:00 PM

Interact With Us During The Workshop By
TEXTING: (215) 443-1046

Feb 1 st : Releasing Negative Thoughts & Feelings Deep Dive!
Feb 2 nd : Life "Balance": The Ultimate Secret Deep Dive!
Feb 3 rd : The Confidence & Self-Esteem Crash Course Deep Dive!
Feb 6 th : Self-Actualization & Enlightenment Simplified Deep Dive!
Feb 7 th : Cultivating Courage & Purpose Deep Dive!
Feb 8 th : Who Am I? The Fundamentals of Identity Deep Dive!
Feb 9 th : Master Class on Meditation Deep Dive!
Feb 13 th : From Madness To Mindful: End That Noisy Mind Deep Dive!
Feb 14 th : Radical Acceptance & Unconditional Love Deep Dive!
Feb 15 th : Letting Go of Fear: Anxiety-B-GONE! Deep Dive!
Feb 16 th : Happiness is a Choice: Learning to Choose Freedom Deep Dive!
Feb 21 st : Ending Bad Habits & Developing Healthy Routines Deep Dive!
Feb 23 rd : Master Your Emotions: Life's Most Essential Skill Deep Dive!
Feb 25 th : Rapid & Effortless Goal Attainment Deep Dive!
Feb 24 th : Technology Hacks For Magnificent Mental Health
Feb 27 th : Gratitude: The Shortcut to Endless Joy Deep Dive!
Feb 28 th : Relationships, Boundaries, & Communication Deep Dive!

QUESTIONS? EMAIL: HELLO@SUPPORTWORKSHOPS.COM

Student Health & Wellness Center

Welcome Back!!

Please take advantage of the February 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!

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

Happy New Year and Welcome Back! 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 11 a.m. - 2:00 p.m. & 4 - 6:00 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 a more comprehensive educational planning, please schedule a counseling appointment for a 60-minute meeting with a counselor.

Consider taking a Counseling Class this Spring! We have multiple open sections being offered in 5-week, 8-week and 16-week formats. 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*

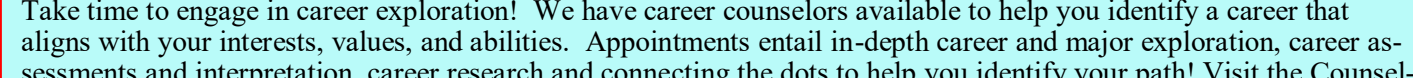
* Note if you plan to complete your degree during summer, file your petition by April 1st so your name may be included in the graduation program! Congratulations graduates, we are so proud of you!

Are you 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 11 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.

Are you undeclared or undecided about your future academic and career goals?

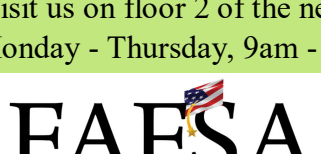
Take time to engage in career exploration! We have career counselors available to help you identify a career that aligns with your interests, values, and abilities. Appointments entail in-depth career and major exploration, career assessments and interpretation, career research and connecting the dots 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 would like to welcome our students back and remind you that we are open and here to help! Visit us on floor 2 of the new building!

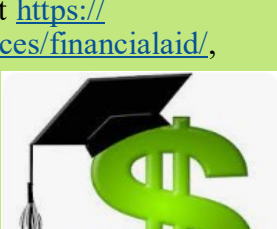
Hours: Monday - Thursday, 9am - 5pm



You can apply for the 2023-2024 FAFSA application at www.fafsa.gov.

For questions about your financial aid application (FAFSA), 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!

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 Canyon 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!

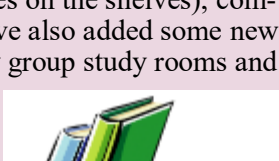


The Library

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 printing, but we've also added some new spaces 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, 9-5 during spring semester.

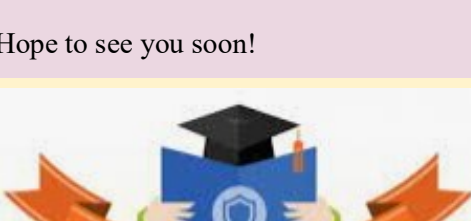
Zoom is also available Monday-Thursday 10am-1pm & 1:30pm - 4pm at (<https://canyonsonline.zoom.us/j/95498642695>)

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 building. 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 MyCanyons 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!



CAMPUS INFORMATION

17200 Sierra Highway, Canyon Country, CA 91351
Phone: (661) 362-3800 Fax: (661) 362-3979

Website: <http://www.canyons.edu/ccc>