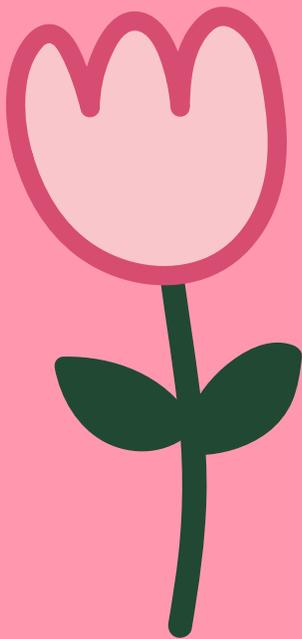


**COLLEGE
OF THE
CANYONS**

**THE PAW
PRINT**



**SPRING
INTO
ACTION!**

SPRING 2024 ISSUE

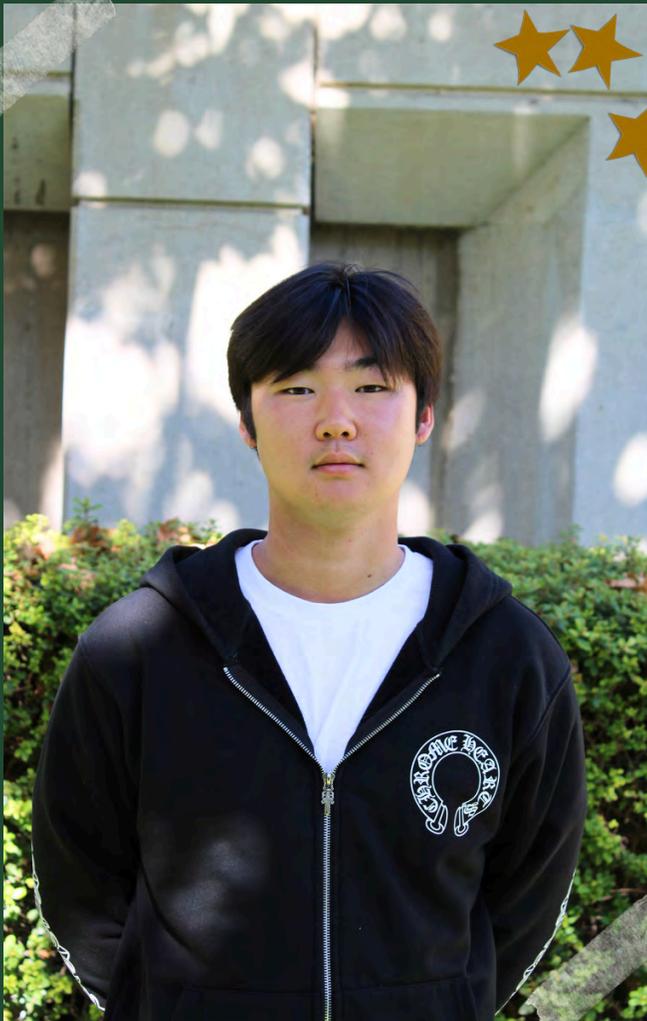
**FEATURING:
THE OUTDOOR
ADVENTURE
CLUB, THE
WORKPLACE
EXPERIENCE
EDUCATION
CENTER, AND
MORE!**



READ NOW!

A letter from the

EDITOR



Harrison Kim
(He/Him) Officer of Marketing &
Information | Editor-in-Chief

Hi all,

To everyone viewing this, I cannot begin to thank you from the bottom of my heart. This project, since my inauguration, has been a highly personalized and ambitious goal of mine. Both prompts have reflected a journey within me, from celebrating the past and looking forward to finally realizing those goals which I set for myself. Each article has had months of time and love poured into it from everyone on my team. Since day one, we've all been hard at work planning, writing, designing, and putting together this semester's edition of the Pawprint. Not to mention the amount of outside involvement - I cannot thank you all enough for helping with this project. Everything you see on these pages was hand crafted from nothing but this semester's prompt: "Spring Into Action". With the turning of a new year, everyone was excited to transform, to become someone better than they were. This semester's theme is a reminder to those who promised to turn a new leaf in the year of 2024, to hold accountable those who swore they wanted to move forward. Included are some incredible articles about personal health, internship information, ways to get involved in the community, an homage to health professionals, and a new summer playlist. Please enjoy this project that we worked so hard on, and I hold so dear to me!



THE PAW PRINT

Meet the Team!

Editor-in-Chief

Harrison Kim (He/Him)

Assistant Editor

Rachel Koshy (She/Her)

Staff Writer

Kaitlin Phung (She/Her)

Graphic Designer and Staff Writer

Alexa Gabrielle Empleo
(She/Her)

Hey, Cougars! We're thrilled you've decided to check out yet another issue of The Paw Print! Spring is all about rebirth and renewal. It's an opportunity to let go of our past mistakes and embrace new beginnings and challenges. Some of us will be graduating this semester, and some of us have only just begun our journey here at COC. Nevertheless, no matter where we find ourselves in, we all have the extraordinary capacity to grow and achieve our goals. Hence, this issue is wholly dedicated to the idea of taking action in our lives, and we hope you enjoy it as much as we've enjoyed writing and curating it!

Sincerely, The Paw Print Staff

RACHEL KOSHY

Rachel Koshy is a full-time student majoring in Biology. She spends her time volunteering at a hospital in Glendale, with an interest in vision science. When she's not studying, she likes trying new cafes and restaurants, and she enjoys watching sad movies.



ALEXA GABRIELLE EMPLEO

Alexa Gabrielle is currently a full-time nursing student and a part-time published freelance writer. Her work has been featured in various publications, such as Local Wolves and Antifragile Zine. When she's not writing stories for her clients or care plans for her patients, she can be found drinking yet another overpriced matcha latte and having a great time with friends.



KAITLIN PHUNG

Thank you for reading and browsing through the Paw Print! All four of us have worked hard to perfect this for the students, and we hope that you enjoy this year's edition.



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SPRING 2024

FUTURE BUSINESS LEADERS OF AMERICA

BY HARRISON KIM

FBLA (Future Business Leaders of America) is the largest business club-organization at the high school and collegiate level. I've had the immense pleasure of finally interviewing their leadership team and advisors, who give us insight into what the club is all about.



PHOTO CREDIT: FBLA

Leadership Board Spring 2024

Justin Zundel - Accounting, President

Rose Brown - Business Management/Marketing minor, VP of Programs

Mikel Forrer - Business Administration, Secretary

Austin Quire - Business Admin/Cybersecurity double major, VP of Marketing

Professor Bob Maxwell - 1 of 2 advisors, teaches business and accounting

Professor Christina Chung - 1 of 2 advisors, teaches business

Not included: David Mendoza - Mechanical Engineering, VP of Membership

Q1: What is FBLA? Please tell us more

Prof. Maxwell - "The club's goal is to help people develop the career skills, the business skills, the networking skills they need to have successful careers. So, the focus is on leadership, and how to become leaders in today's world. I've been advising this club for 15 years, since the beginning, a student came to me and said 'we need a business club on campus', and we were just the local business club for 2 years. Then, another student who had previously done FBLA in high school came, got the charter, and we've had one ever since."

Q3: This newsletter's theme is "Springing Into Action". How can business students utilize FBLA to build important professional skills?

Justin - "Here at FBLA we try and teach business skills that you can implement into your future career ambitions or present lives. Examples of this may include LinkedIn management, elevator pitches, and other skills of that nature. Business students can gain an immense amount of utilization through FBLA, such as putting us on resumes and transfer applications. There are also incredible opportunities we've been able to offer to our members, and we're working towards only improving that area of our club."

Austin - "One thing I would add is that the networking aspect is huge, especially at the competitions we attend every semester. I've met people from all over the US, even international, and they have taught me different skills and given me relationships in different areas of the country."

Q4: Can students outside of business join? What skills can they gain?

Rose - "Of course! Any career path someone chooses to go down will require demonstration of traits such as leadership and communication. Our club helps develop these skills through competitions, where you present in front of judges, think quickly on your feet, and build morale and camaraderie. If you're shy, this

club is great at helping you come out of your shell as well. You can also always come to a meeting, and there are many social events we host that members can go to. We have a social event planned with the high schools and their FBLA chapters, a recent social event at MB2, community service with Project Linus, and the SCV River Rally. "

Prof. Maxwell - "Every year, the new officer team wants to focus on a different area, whether that's community service, social events, or workshops. For example, we had somebody from Logix come in and talk about financial literacy, investing, and saving money. There's a lot of things we do that are geared towards helping you get an understanding of what a professional career and skills you need as a professional are going to be."



PHOTO CREDIT: FBLA



PHOTO CREDIT: FBLA

Q5: How has FBLA personally helped you gain professional experience?

Mikel - “Personally, over the summer, I applied for and got a job as a server. I think the key to the interview was that I have a medal in public speaking, which highlights my ability to spontaneously walk up and check in on a table, strike a conversation, and be a welcoming server. I also gained the valuable skill of professional dialogue in a business setting. Knowing how to discuss a deadline in a polite and professional manner is an underrated skill FBLA taught me. To have the confidence to speak efficiently is something that I learned here and practiced during the competitions, and that helped me in getting that job.”

Austin - “There have been a few situations where learning when to change my tone from casual to professional has helped. When talking to professors or networking with individuals who can offer me a job, I want to have those professional mannerisms. Having those skills and

showcasing them is going to make or break, especially in the business world, whether they think you’re mature enough for the role. When applying for these professional jobs, the recruiter will look at our age and think that we are not mature enough to handle the responsibility of the role. When you are well-spoken, it demonstrates a higher level of maturity, showing these recruiters that you’re serious and ready for the job’s expectations.”

Mikel - “Tying back to the question and piggybacking off what Austin just said, when I walked into the interview for the server position, my recruiter was put off by my age. I could tell he thought I was too young for the position, but the way I spoke to him and the way I was able to convey my accomplishments both academically and through FBLA, is what I think ultimately convinced him to give me the role.

Austin - Especially nowadays, with social media, and the lack of front facing communication, people struggle with that skill. Many people at community college aren’t very open: they want to finish their degree and leave. However, they’re giving up a great opportunity to join a club like

FBLA and improve themselves, to help them become more well-spoken, meet new people, and put yourself out there. “

Rose - “As a dually enrolled student at both CSUN and COC, I took CSUN's Business 302 Gateway Experience class. The entire premise of the course is to view case studies and present them, but the problem is people don't know how to present them. And I didn't realize this until after joining FBLA, because here you learn how to present properly. People don't know how to do that, and the fact that they are graded on these criteria makes it worse. I think that if they had been exposed to a club like FBLA they would've learned those skills and done better. “

Prof. Chung - I couldn't have said it better. Adding onto what everyone else has said, I think what's great about this club is that we are open to everyone. Any student of any major can come in and invest as much time as they want and participate as much as they want. If they like the social aspect, they can join our social activities, if they like workshops, they can attend the Logix workshops, if they like to compete, we have the conferences, both state and national, and if they want leadership opportunities, they can become chapter officers, like you have here. As students grow, you can see their skills and confidence grow as they spend more time with the club. That's what's been great for me to see: the transformation.

“The ability to market yourself and explain to others what you can offer them is an invaluable skill to have. ”



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PHOTO CREDIT: FBLA

Empowering Futures: A Counselor's Guidance for Transfer Students

By Rachel Koshy



The journey from community college to a four-year university is not an easy one, but it can be made more manageable with the guidance of our dedicated counselors. Ann Marchesan is a Canyons Promise counselor here at College of the Canyons with a strong passion for education and counseling, who does her very best helping students navigate the complexities of transfer.

Ann has been a Canyons Promise counselor at College of the Canyons since July 2023. After earning a bachelor's degree in marketing from CSUN and exploring different fields, including interning with the LA Clippers and working at an ad agency, she found her true calling in counseling.

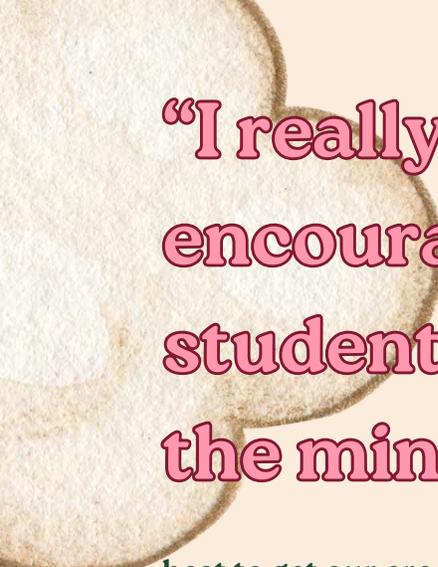
She began her journey here in 2018 as a volunteer at the Career Center, and after transitioning through different roles, such as teaching both non-credit and credit courses, working with EOPS, and part-time counseling, her journey led to her dream job as a full-time Canyons Promise counselor, where she pours her heart into empowering students on their educational journey.



with Ann Marchesan

A typical day for her is filled with student appointments, both in-person and online, assisting students with educational planning. For students who are certain of what they want to do, she helps them figure out what classes they need. For students who are uncertain of their plan, she has conversations about what they are interested in and possibly passionate about.

Thinking about long-term career and life goals is a big thing. As students, we do our



“I really try to encourage students to flip the mindset.”

best to get our credits and get out, but we may get too occupied with thoughts of majors and schools and neglect thinking about future careers or what we truly want to do for the rest of our lives.

A great way to explore potential majors or careers is the Counseling-110 class, which Ann has taught dual-enrollment at high schools and here on campus. The class begins with examining who you are, your interests, and how your interests determine your future career. It also goes into writing resumes and applying for internships.

Counseling-150 is also a great option that slightly delves into this topic and is UC-transferable.

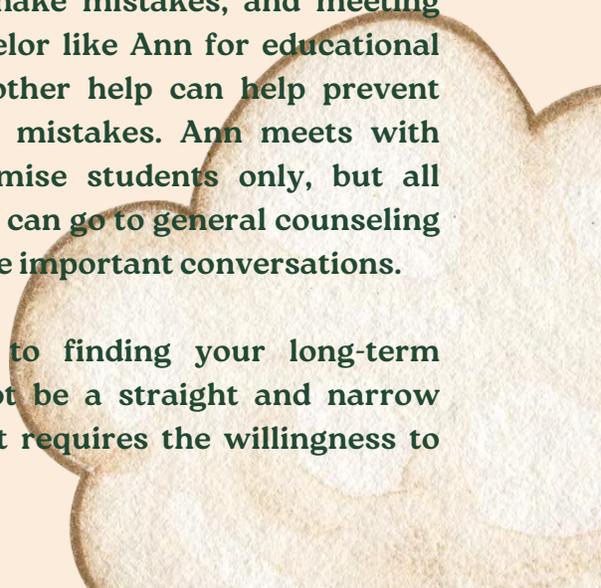
Furthermore, another option is talking to counselors about long-term career goals to gain knowledge about what to do. The biggest challenge Ann sees transfer students face is applying to transfer, and her biggest piece of advice is to meet with a counselor.

The entire process is confusing and detailed, and most students do not realize that. The requirements that need to be met are very specific. If you don't meet specific deadlines, have the right units, or meet GPA requirements, you can miss out on various opportunities, such as TAP (Transfer Alliance Program with UCLA) and UC TAG (Transfer Admission Guarantee). UC transfer students and those in STEM tend to face a high intensity of classes and high expectations, which may require extra time and effort that cannot be pushed into two years.

Doing this is not easy, and it may not always be something that can be figured out within two years at community college. It is time to take away the stigma of being at community college for more than two years. With extra time, we can take care of our mental health and wellness and have time for shadowing, volunteering, internships, and informational interviews, which are all key to finding our calling.

Ann claims the most rewarding part of her job is seeing students find their passion at COC and become successful, as well as how rewarding it is to see students relieved and thankful for guidance at the end of their counseling appointment. It is easy for students to make mistakes, and meeting with a counselor like Ann for educational planning or other help can help prevent any potential mistakes. Ann meets with Canyons Promise students only, but all COC students can go to general counseling and have these important conversations.

The journey to finding your long-term goals may not be a straight and narrow path. Often, it requires the willingness to



explore and invest the necessary time and effort, even if it means a longer time at community college. Never be afraid to ask for help and use the resources available to you. There are so many people at COC who simply want to help. Ann's belief in the importance of education reminds us that with the right guidance, every student has the chance of success.

There are plenty of opportunities for counseling, so please book your session today!



(canyons.edu/student-services/counseling/connect).

check out our

ASG Socials!



instagram

COC's Podcast:
Cougalamity

tiktok



@coc_asg



@asgmarketingcoc



@coc_asg



FOODS TO MAKE AS COLLEGE STUDENTS

BY KAITLIN PHUNG



As college students, we never seem to have the time to make proper meals. This has us resort to frozen meals, instant ramen, and anything that we can make in a quick manner. Unfortunately, this does not give us the efficient energy needed to complete assignments or study. This is especially important for students who will be transferring to a four-year university and living on their own. Below are meals that you can make when you're in a rush, yet still provide you with the energy you need to thrive in college!



Recipe 1: Baked Potato

ingredients: potato (possibly other foods if you want to extenuate the taste)

- poke holes in potato with any utensil (ex. fork)
- microwave for 5-6 minutes on each side
- after finished, cut open the potato vertically in half
- optional: decorate with cheese, butter, onions, etc.

Recipe 2: Ramen

ingredients: any instant ramen packet (optional: egg, kimchi, cheese, onions, chili oil., etc.)

- cook your instant ramen (soup or not, does not matter)
- add egg(s) while boiling your ramen
- after, put aside kimchi to eat separately
- add in cheese, onions, chili oil, and any other (possibly: meat like spam)



Recipe 3: Grilled Cheese

ingredients: bread, cheddar cheese
(optional: butter)

- butter the bread on one side and cook it on a skillet; put cheese on top
- place another bread on the top after buttering it (this time, the side with the butter should be facing up)
- cook until both sides are brown (flip)



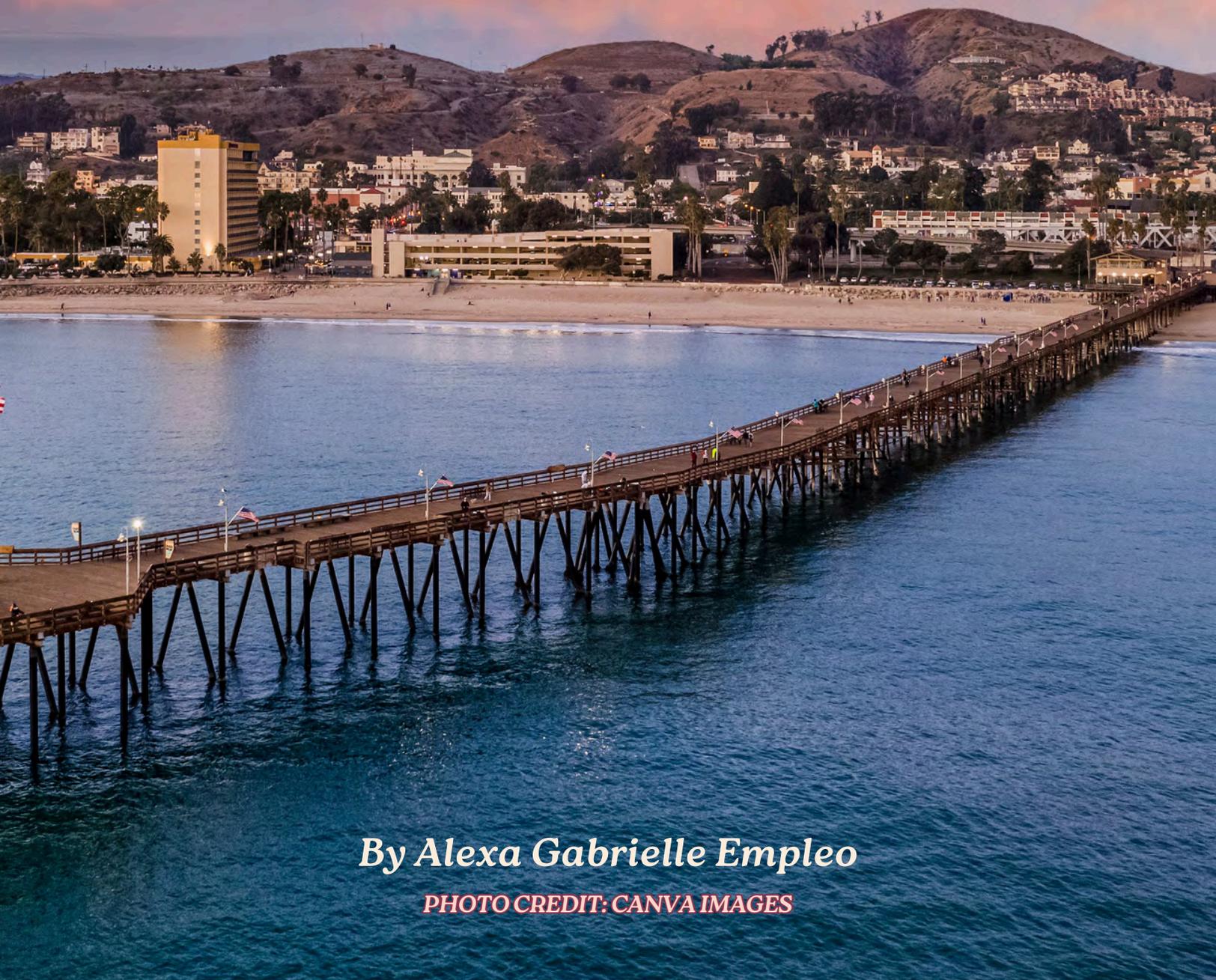
Recipe 4: Broccoli Cheese Soup

ingredients: broccoli, cheddar, half-and-half, onion, butter, garlic, carrots, flour, salt, pepper

- add how much butter you want
- dice onion into small pieces and then cook the onion in the butter
- add in the garlic
- add in the shredded carrots
- season with salt and pepper
- add in your flour (could also replace with rice flour)
- add in chicken broth
- add in broccoli and cook for 10 minutes
- add in half-and-half
- add in your cheese



SPRINGING INTO *Summer 2024!*



By Alexa Gabrielle Empleo

PHOTO CREDIT: CANVA IMAGES

Many of us here in Southern California start looking forward to summer the moment the sun starts setting after 5 p.m. and the weather peaks at 75 degrees. We hold our breaths in anticipation for the warmth we've so desperately craved the last few months, nodding our heads yes – we do need the rain but we're also so tired of it. There's also the fact that with summer comes a whole new plethora of opportunities – the opportunity to finally relax after a grueling semester, the opportunity to travel and explore new places, to hang out with friends and family for longer periods of times, and the opportunity to do different activities. Here at The Paw Print, we wanted to give you Cougars the chance to explore some of the fun events and opportunities that are unique to this upcoming summer of 2024.

SUMMER CONCERTS

If you want to stay local, don't forget to look out for Santa Clarita's hottest summer event: Concerts in the Park. These free concerts are held at Central Park every Saturdays at 7:00 p.m., beginning July and running through August. Those attending are welcome to bring their own food, chairs, and blankets, and may also purchase concessions from a variety of food trucks.



SCV CONCERTS IN THE PARK

- July 6 – Super Soul Groove: Disco, Funk, Soul and R&B
- July 13 – In The End: Tribute to Linkin Park
- July 20 – Buffet Beach: Tribute to Jimmy Buffet
- July 27 – The Boy Band Project: Tribute to '90s & '00s Boy Bands
- August 3 – The Travelin' Band: Tribute to Creedence Clearwater Revival John Fogerty
- August 10 – Fast Times: 80's Concert Experience
- August 17 – Rebel Heart: Tribute to Modern Country Music
- August 24 – Adelaide Pilar's Latin Divas Show: Tribute to Selena, Shakira, Gloria Estefan, Celia Cruz



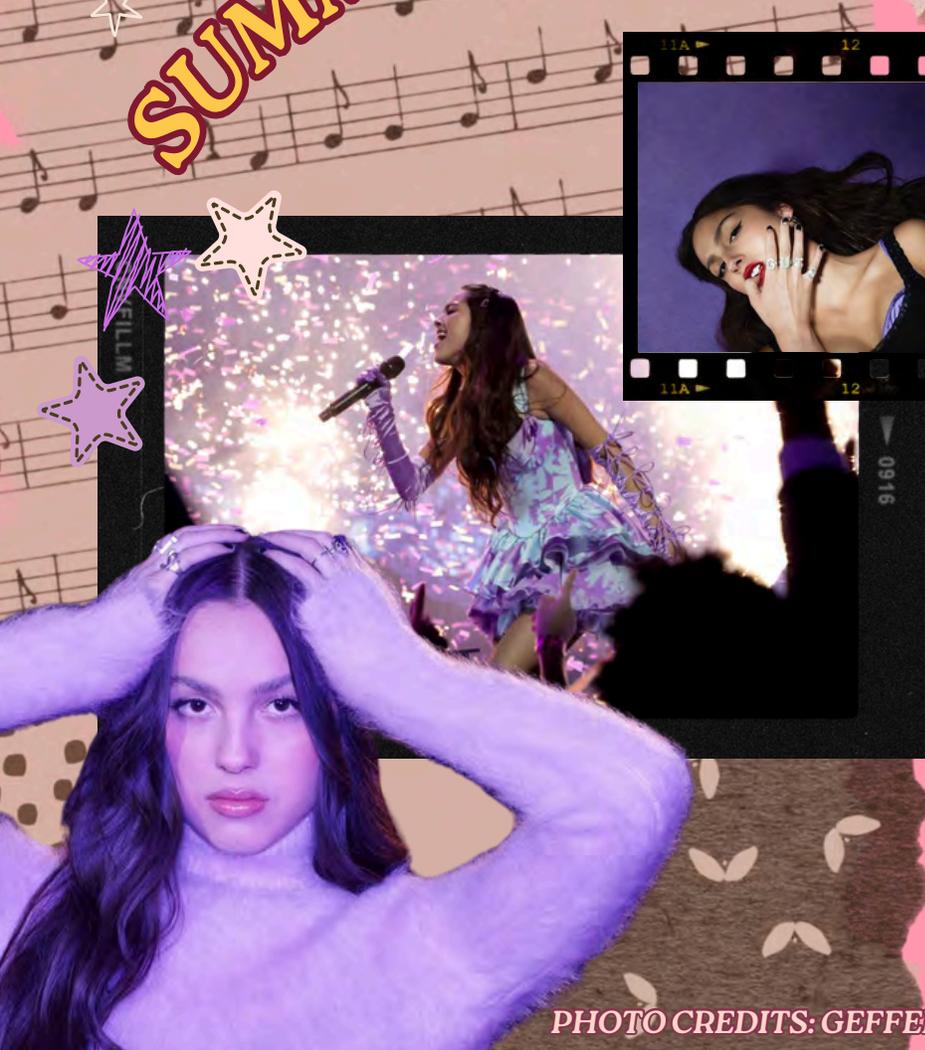
LAUFEY WITH THE L.A. PHIL HARMONIC

The iconic Icelandic-Chinese Jazz musician returns to L.A on August 7th for her Goddess tour at the Hollywood Bowl with special guest: The L.A. Philharmonic. The “From the Start” singer has taken over the world with her heartfelt songwriting and music, capturing the hearts of many young romantics (hopeless or not), classics, and jazz-lovers.



PHOTO CREDITS: AWAL

SUMMER CONCERTS

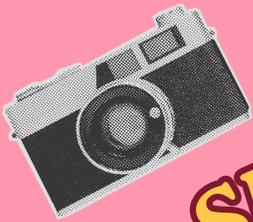


OLIVIA RODRIGO: THE GUTS WORLD TOUR

It seems that August is going to be a fiercely iconic month as Olivia Rodrigo will also be bringing her GUTS World Tour to her Los Angeles hometown. The 21-year-old artist will be playing four sold-out nights at The Kia Forum, starting on August 13th and ending on August 17th.

PHOTO CREDITS: GEFEN RECORDS





SUMMER SPOT HIGHLIGHT



STREET FOOD CINEMA

Street Food Cinema is SoCal's largest outdoor movie series that combines four carefully curated elements into one amazing experience with popular outdoor movies, street food, audience games, live music and more. Their new season began on April 27 at the Autry Museum where they played the iconic summer 2023 Barbie movie. On May 18, they'll be playing Disney Pixar's Up at the L.A. Arboretum, Crazy Rich Asians on May 25 at The Autry Museum, and the original Little Mermaid on June 8 at the Hansen Dam Aquatic Center. To see the full lineup and the kind of activities they offer, you can visit their website and/or check out their Instagram

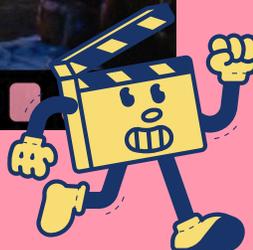


PHOTO CREDITS: STREET FOOD CINEMA & GOOGLE IMAGES

SUMMER

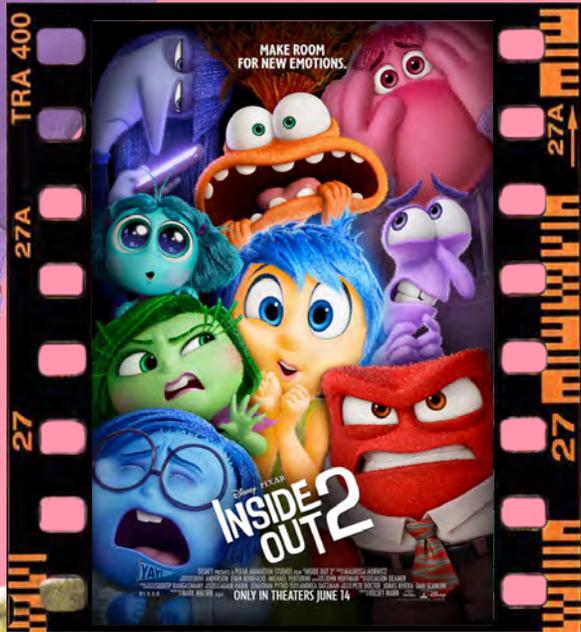


PHOTO CREDIT: DISNEY PIXAR

The highly anticipated sequel of the hit Disney and Pixar movie Inside Out comes out in theaters on June 14. The premise, according to Pixar, is as follows: "Inside Out 2 returns to the mind of newly minted teenager Riley just as headquarters is undergoing a sudden demolition to make room for something entirely unexpected: new Emotions! Joy, Sadness, Anger, Fear and Disgust, who've long been running a successful operation by all accounts, aren't sure how to feel when Anxiety shows up. And it looks like she's not alone."



The fourth installment of the Despicable Me franchise is set to be released on July 3. "Gru, the world's favorite supervillain-turned-Anti-Villain League-agent, returns for an exciting, bold new era of Minions mayhem, alongside his wife and fellow Anti-Villain League-agent Lucy, their three adopted girls –Margo, Edith and Agnes – and the newest member to the Gru family, Gru Jr., who is intent on tormenting his dad. The family is forced to go on the run when they become targeted by escaped criminal Maxime Le Mal and his femme fatale girlfriend Valentina." – Universal Pictures and Illumination



PHOTO CREDITS: UNIVERSAL PICTURES & ILLUMINATION

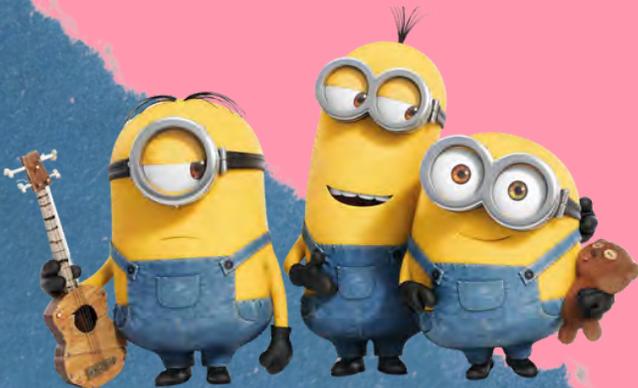


PHOTO CREDITS: UNIVERSAL PICTURES & ILLUMINATION

MOVIES



Deadpool and Wolverine, the highly anticipated upcoming 34th film installment of the Marvel Cinematic Universe (MCU) and the sequel to Deadpool (2016) and Deadpool 2 (2018), comes to theaters on July 26. According to the official trailer from Marvel, in the film, the Time Variance Authority (TVA) pulls Deadpool from his quiet life and sets him on a mission that will change the history of the MCU with Wolverine.

PHOTO CREDIT: MARVEL STUDIOS



The film adaptation of Colleen Hoover's popular 2016 novel *It Ends with Us*, is set to be released on June 21 despite the controversy surrounding the casting and the production delays from the 2023 SAG-AFTRA strike. The story follows Lily Bloom, played by Blake Lively, a Boston flower-shop owner recently out of college who meets a dashing doctor who seems promising at first glance. It doesn't take long when their love story takes a violent return, echoing the relationship between Lily's mother and abusive father.

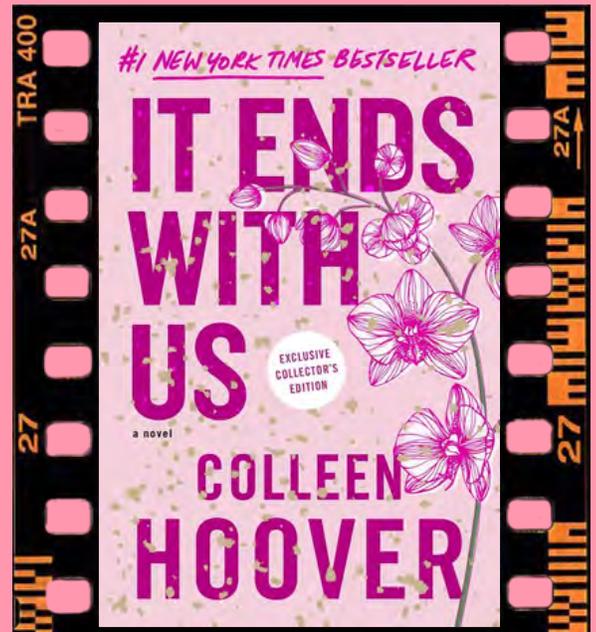


PHOTO CREDIT: SIMON & SCHUSTER

rongly believe, the
moment you

at your choser
you'll become me





wee!

by Harrison kim

The Internship Program is the hidden gem no one on campus talks about! Their program allows students to gain access to internships or jobs and earn college credit for it through the Work Experience Education (WE) courses. I had the pleasure to speak with Cynthia Nelson, Internship Coordinator, to give us some insight into the Internship Program and new facelift!

Q1: There is some exciting news about work experience courses! Could you please share more about it?

Cynthia - Yes! One of the functions of the Internship Office is to assist students with enrollment in a course to earn credit for their job or internship. The Cooperative Work Experience (CWE) courses will be transitioning into Work Experience (WE) courses starting with the Fall 2024 semester. There will be new programs such as Hospitality Management and Recreation being offered, as well the expansion and maintenance of over 20 programs requiring or recommending WE. The Internship Program is designed to help link students to internships, assist with the application process, and allow them to receive college credit for their efforts!

Q2: What is an internship? What's the benefit of having one?

Cynthia - The goal of the internship program is to prepare students for the real world of work. Internships offer students the opportunity to apply knowledge, skills, and abilities acquired in college courses into an actual work setting. Interns can gain insight into a career path, make informed decisions about their career and modify career goals if needed. In addition to the experience, you may gain valuable business contacts and references for use in future opportunities.

Q3: What fields do we currently have internships for?

Cynthia - We have internship partners that offer experience in a variety of fields of study. Students can apply for Internships through our job & internship database, Jobspeaker or through other resources. Jobspeaker is a platform where businesses and partners

of WEE can list their internship or job opportunities to students directly. While some programs of study require internships to complete, such as AUTO-AS, Filmmaking-AA, and Paralegal Studies-AA, students in all programs are encouraged to explore career paths through an internship.

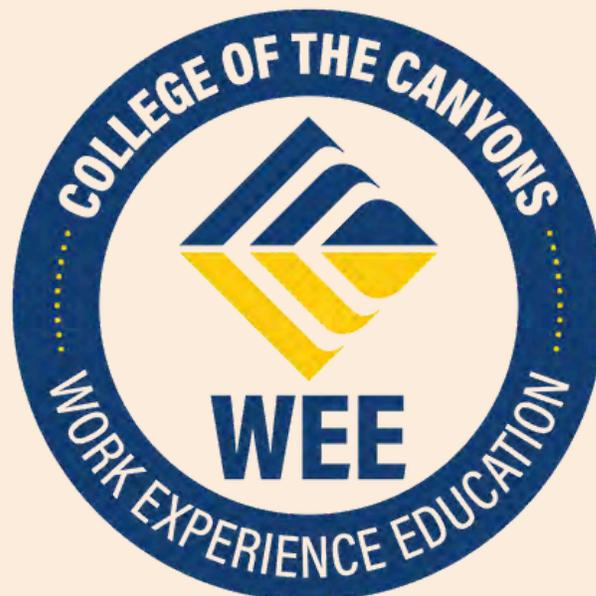
There are two different types of WE courses: WE-186 and WE-189. The WE-186 course is for students participating in an internship and are enrolled in a program of study that requires the WE course, or a student enrolled in a program that offers the WE course as an elective. WE-189 is for more general workplace experience, such as students who want to use their current paid job that is unrelated to their major to earn college credit or students who are involved in internships that are not related to a WE pathway.

Q4: What does the time commitment look like?

Cynthia - Starting in Fall of 2024, all students enrolled in a WE course are required to complete 54 hours per unit enrolled over the course of the semester. For example, 1 unit will require 54 hours, 2 units 108, and so forth. Students can enroll in up to 4 units of WE per term and must ensure that they can complete the required hours at their job or internship before the semester ends.

Q5: I want to do an internship: where can I get started?

Cynthia - Well, first prepare your



resume. You are required to upload a resume when applying for positions through Jobspeaker. The Internship team collaborates with the Employment Center to help with the internship search and application process. The Internship Office can provide you with information on internships available in your program of study as well as assistance with earning college credit for an internship. The Employment Center can help with resume and cover letter review, internship or job search through Jobspeaker or other resources, interview preparation, LinkedIn profile, and more. We are open Monday-Friday on the Valencia campus in building X6, located next to Campus Safety and the two PE halls, so please stop by for more information! We also offer our services at the Canyon Country campus one day a week during the fall and spring terms in CCSS-105. Check our website for the exact day and hours of operation on the Canyon Country campus.

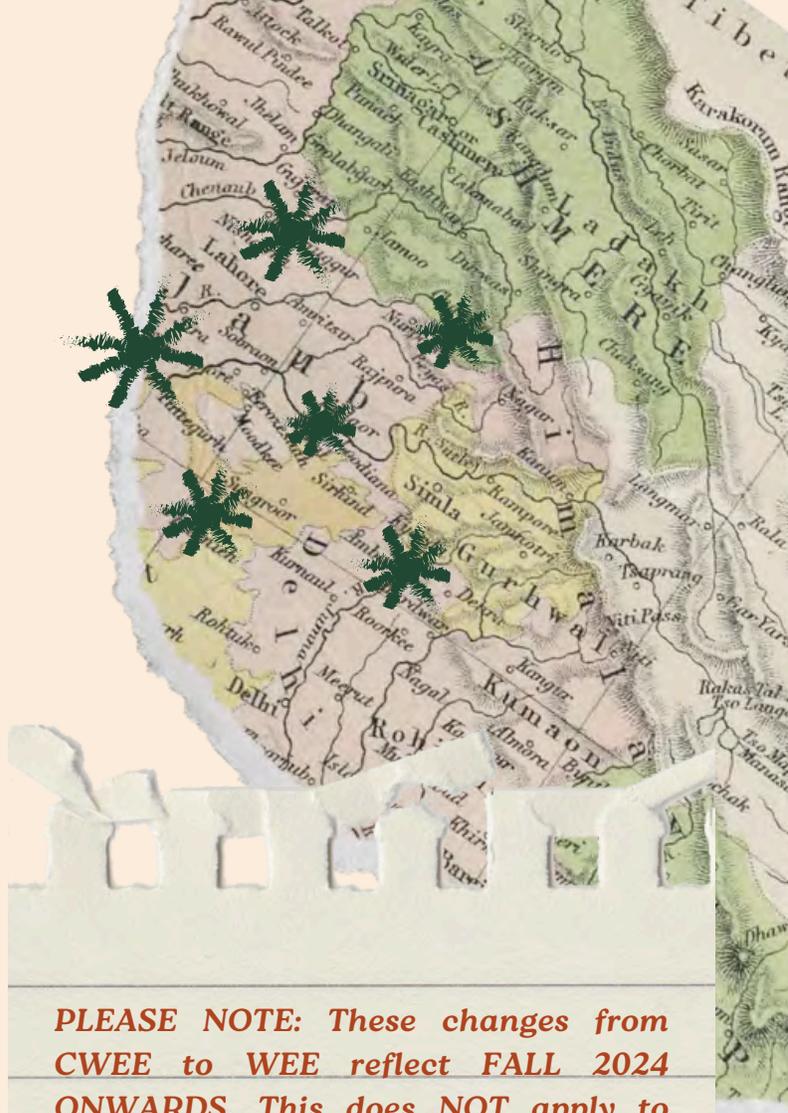
Q6: What are the requirements?

Cynthia - In order to be eligible to enroll in a WE course, a student must be enrolled at College of the Canyons, be over the age of 18, be in good academic standing, and have secured a current internship or job. However, a student cannot receive credit for a past internship or one conducted outside California. This position can be paid or unpaid, full time or part time, in person or remote and must be taking place during the term in which the student wants to participate in the WE course.

Those enrolled in the WE course must attend a one-time, two-hour class meeting at the beginning of the term. Students also must submit a timesheet and final project showcasing their newly gained experience along with some other course assignments.

* For international students please contact the International Student Program for assistance in determining your eligibility for internships. *

Hart High School District juniors and seniors may also enroll in Work Experience (WE) courses at College of the Canyons based on a recommendation from their counselor and the Hart District Career & College Readiness Department.



PLEASE NOTE: These changes from CWEE to WEE reflect FALL 2024 ONWARDS. This does NOT apply to SUMMER 2024. Students who wish to participate in an internship and earn college credit for the summer 2024 term should visit the Internship Program website for requirements for the CWEE program.

Additional Resources:

Internship Office: 661-362-3309, Career Central X6, www.canyons.edu/interns

Employment Center: 661-362-3286, Employment Center X6, www.canyons.edu/employmentcenter

Important Dates:

Mid-May Fall Internship Recruitment will begin and registration for the WE course open



Hands on Earth Club

By Rachel Koshy

BIODIVERSITY SHED MURAL



From its beginning in the spring of 2009, Hands on Earth has been a club dedicated to other species and improving our relationships with them. Professor Jeannie Chari, founder of Hands on Earth, claims her interests align with a club that focuses on other species.

The Hands on Earth club has always been on the smaller side, but this was made greater during the pandemic. They have, however, grown significantly since the club's creation and were able to reclaim their normal size. Events are held every two weeks with a focus on holding events on-campus encouraging participation from everyone. The club has a trash clean up event every semester, native garden maintenance events, and eco art projects, which are all events that are easy for anyone to participate in.

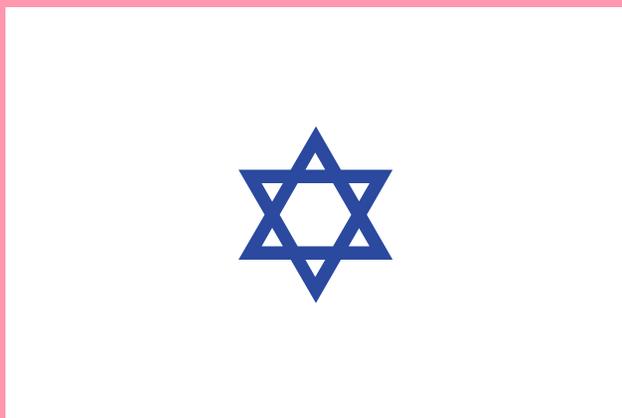
Meetings are every other Friday from 12 pm to 1 pm in Mentry Hall 340. Recognizing the importance of inclusivity, members are not required to attend meetings or events. They only ask that potential members have an enthusiastic appreciation for the events they attend and sign a waiver for off-campus events! For those interested in joining, please email handsonearth@my.canyons.edu.



PHOTO CREDIT: HANDS ONEARTH

PALESTINE AND ISRAEL

By Kaitlin Phung



You may have heard about Palestine and Israel news spreading across the nation, but behind the situation, there is a lot of context and background information contrary to the war between the two countries. Due to this, some people who are not from either countries have been doing their part by spreading awareness because as they say, “it is the least we can do.” This includes holding protests and strikes, organizing an ongoing boycott, and educating others about this on social media (Instagram, Twitter, etc.).

Palestine is a Middle Eastern country that has been occupied by Muslim, Christian, and Jewish Palestinians. The three groups have lived in peace and harmony as they demonstrated respect among them. However, due to certain circumstances, the Muslim and Jewish groups are currently at conflict with one another, with them both laying claim to the land.

The situation between Israel and Palestine has been a long-standing conflict. However, recently more attention has been directed towards it, especially among social media and informative websites, with support on both sides. For example, Israel’s supporters state that the land is theirs and they are victims after being attacked by the Hamas, the Palestinian military and political government. Palestine supporters state that their land and their civilians are being taken away as well; highlighting how Israel taking away Palestine's territories puts their people in danger and portrays unfairness. Both sides have different thoughts on the entire conflict while some individuals can choose to remain neutral. Nonetheless, it is important to recognize and be informed of the war that is going on right now.

How social media and support comes into play:

Twitter: If you have been on Twitter, or “X,” for the last few months, several hashtags trend worldwide almost every day in support of Palestine or Israel. A lot of Twitter users show their support by either retweeting, liking, or sharing updates on Palestine or Israel.

Instagram: There are also numerous posts educating Instagram users on this platform. Users on here are either showing support or awareness by reposting these posts on their story, creating their own posts about it, and sharing what is happening overall.

TikTok: TikTok is an app dedicated to many age groups, and in addition to that, a lot of users are creating TikTok to grab attention about this conflict. Especially since TikTok added the 10-minute video feature, users are allowed to inform others about Palestine and Israel in more depth and details.

Pop culture: Celebrities have used and taken advantage of their large platform to spread awareness and support. This includes Renee Rapp who called for a ceasefire in Gaza in her speech at the GLAAD awards of 2024. Another example includes Billie Eilish and Ramy Youssef wearing ceasefire pins at the Oscars.



Boycotting: The boycott calls had originated on TikTok and other social media platforms as users came up with the idea to stop sharing support to Israel or Palestine. However, not only in a direct way, but in an indirect way, meaning cutting off all brands and chains that showed support to one group. For example, this includes McDonalds and Starbucks, who were found supporting Israel. Another example includes Charlotte Tilbury and Glossier which were found supporting Palestine. After finding out a corporation supported a particular side, social media users took to their respective platforms to call for a boycott.

By Alexa Gabrielle Empleo

THE ROAD TO COC'S NURSING PROGRAM

all you need to know!



Nursing, undoubtedly, is not for the faint of heart. It is one of the most challenging professions in our society, requiring not only intensive and rigorous education but also demanding unlimited time, empathy, and labor – both the physical and mental kind. Nurses are, therefore, at a higher risk for burnout due to these grueling demands – on top of already being at risk for the diseases they are constantly exposed to.

Despite the daunting trials and tribulations accompanying this profession, it is also one of the most rewarding and fulfilling. Nurses are directly involved in the care of people, listening to and advocating for their needs. Often, they harbor the last vestiges of humanity amid the harshness of the healthcare system, offering a sense of relief, comfort, and joy for the sick child, the dying adult, or the hopeless individual. Furthermore, nursing provides financial and job stability in this precarious economy, so it's no surprise that many people have decided to pursue this career.

As such, many nursing programs, especially those in California, have an extremely competitive admissions process. And the Nursing Program at the College of the Canyons is one of them.

But how does a prospective nursing student get started? How can they be competitive enough? What should they look out for or expect? What is the TEAS exam? Is nursing school really the end goal?

Here, The Paw Print breaks down all the information a prospective COC nursing student needs to start their journey, along with some friendly and well-thought-out advice from one of our counselors and current nursing students.

PHOTO CREDIT: ALEXA GABRIELLE EMPLEO

Brief Timeline of Application (Students are encouraged to attend a nursing information session for more details):

1. Students must submit documents to admissions and the online Nursing Program Application.
2. Summer/Fall Cycle: August 1–31 (For acceptance into the following Spring Semester)
3. Winter/Spring Cycle: February 1–28 (For acceptance into the following Fall Semester)
4. The Nursing Program will complete a Scholastic Eligibility check to calculate the students' probability of program success.
5. Eligible applicants will then be invited to take the Nursing Assessment Test: Test of Essential Academic Skills (TEAS).
6. Qualified applicants are selected using both multi-criteria screening for ranking and random selection.
7. Selected students are required to attend a mandatory orientation.
8. Students begin the nursing program!



COC NURSING PROGRAM PREREQUISITES:

ENGLISH 101 (3 SEMESTER UNITS OR 5 QUARTER UNITS)

ANATOMY (4 SEMESTER UNITS OR 6 QUARTER UNITS)

PHYSIOLOGY (4 SEMESTER UNITS OR 6 QUARTER UNITS)

MICROBIOLOGY (4 SEMESTER UNITS OR 6 QUARTER UNITS)

ELIGIBILITY FOR INTERMEDIATE ALGEBRA

***NOTE: THERE IS NO RECENCY POLICY FOR PREREQUISITES.**



ADVICE FROM JULIE HOVDEN, ALLIED HEALTH PROGRAMS COUNSELOR:



Firstly, I want to stress the importance of getting Academic Counseling support with questions about prerequisites and when/how to apply to the COC Nursing Program.

I also highly recommend that students attend one of the online COC Nursing Department Information Sessions.

Next, I want to encourage students to take their time with the core biology prerequisites, such as anatomy, physiology, and microbiology. If you can take each class one at a time per semester, you have a better chance of getting an A and becoming more competitive.



ADVICE FROM JULIE HOVDEN

Though taking each class at a time prolongs the prerequisite process, it allows you to get into doing volunteer work, job shadowing, and studying for the TEAS exam. You can even take COC's CNA class, which you can gain volunteer hours for. If you get a part-time job as a registered CNA and have 6 months of direct patient care, you can earn more points and be a more competitive candidate.

Finally, I also want to note that some nursing programs pay attention to whether you withdrew from a class and/or received a substandard grade the first time you took the core biology classes (anatomy, physiology, and microbiology). And the COC Nursing Program is one of those programs.

ALLIED HEALTH PROGRAMS COUNSELOR:

UPCOMING ONLINE INFORMATION SESSIONS:

JUNE 12, 2024 (3:00 PM TO 4:15 PM)

JULY 17, 2024 (3:00 PM TO 4:15 PM)

AUGUST 14, 2024 (3:00 PM TO 4:15 PM)

SEPTEMBER 18, 2024 (3:00 PM TO 4:15 PM)

OCTOBER 16, 2024 (3:00 PM TO 4:15 PM)

NOVEMBER 20, 2024 (3:00 PM TO 4:15 PM)

DECEMBER 11, 2024 (3:00 PM TO 4:15 PM)



ADVICE FROM OUR CURRENT STUDENTS!

What are some recommendations you have for pre-nursing students who are trying to be competitive for the program?

Jwamee Advincula, 2nd Semester: “It’s no secret that doing well in your core science classes and, on the TEAS, will make you a competitive applicant, but outside of the classroom, my recommendation would be to volunteer or work at a hospital if possible. The benefits include networking, seeing how the different healthcare staff interact, practicing interpersonal skills, and exploring if the environment is a place where you can professionally grow.”

Kayle Siccuan, 2nd Semester: “Aside from trying their best with all the pre-requisite classes, getting some type of experience in working with patients will give them an advantage not just during admissions but also when they are already in the program. This is something that I wish I had done since having that experience allows you to gain that confidence in yourself and your clinical judgment. Another recommendation is to do well in your TEAS exam. Since the COC nursing admission is a point-based system, higher scores are rewarded higher points which makes their application competitive.”

What are your recommendations on how to study for the TEAS exam?

Jwamee Advincula, 2nd Semester: “My biggest recommendations to study for the TEAS are practice questions and YouTube videos. There are a plethora of practice questions online (for free!), the Mometrix yellow book, and the ATI TEAS mobile app.



LEFT: JWAMEE ADVINCULA, RIGHT: KAYLE SICCUAN

This test was daunting but taking it one subject at a time and planning your days ahead will help keep you on track.”

Kayle Siccuan, 2nd Semester: “I recommend finding a review book or site that offers both the practice exams AND rationales for those questions. Doing a lot of practice exams will expose you to different ways the TEAS can ask questions and test your knowledge so when you take the actual TEAS, it will be easier to eliminate option choices, focus on relevant information in the text, etc. Also, reading the rationales will not just help explain what made the answer choice correct or wrong, it can also help you review concepts. So, don’t forget to read them!”

As a COC nursing student, what does a day in the life look like for you?

Jwamee Advincula, 2nd Semester: “The most beautiful thing about going to a CC nursing program is that you meet people who are at different stages of their lives, so a day in the life doesn’t look the same for everyone. Schedules vary, but most of my hours in the day consist of studying and finding balance for the people and activities that I love. Behind the long study hours, being able to apply what we learn in class to clinical is the most humbling and gratifying feeling—and being to do this alongside people who are supportive and just as passionate makes it even better. My biggest struggle with being a nursing student is giving myself grace. Oftentimes, as students, we put too much unnecessary pressure on ourselves and forget how much we’ve already accomplished or that it’s okay to be new at something— we all must start somewhere. So understanding that proficiency comes with time & experience, and it’s important to face things as they come and grow from them as we learn.”

Kayle Siccuan, 2nd Semester: “As a COC nursing student, my day starts with looking at my agenda for the day. This helps me condition myself by looking at a preview of what my day will look like. After I do some self-care in the morning, I go straight to doing the first thing on my agenda for the day. If it is a day before a lecture, I always download the PowerPoint and skim through it. I also read the book if I see a term or concept on the slide that I am not familiar with and write down some notes. If there are videos to watch, I always try to watch them before class. If it is a lecture day, I

“Proficiency comes with time & experience, and it’s important to face things as they come and grow from them as we learn.”

try my best to go back to what we learned that day to help reinforce all the information. But when it’s exam week, I put all my energy into reviewing and creating my study guide. This may sound tiring, but I’ve been using the Pomodoro technique which helps me stay on task without burning me out. At the end of each day, I always make sure to do my night routine to help my mind and body relax after a day of hard work. It may seem like I am studying 24/7 and, in all transparency, this will be the case in some days, especially before big exams. But this doesn’t mean that I don’t have a life outside nursing school.”

Can you share what you love most about being a nursing student and what you struggle with the most.

Jwamee Advincula, 2nd Semester: “I love that I’m continuing to learn how nursing is a science and an art. Behind the long study hours, being able to apply what we learn in class to clinical is the

most humbling and gratifying feeling—and being to do this alongside people who are supportive and just as passionate makes it even better. My biggest struggle with being a nursing student is giving myself grace. I think the saying that goes “we are our own worst critic” unfortunately holds weight. Oftentimes, as students, we put too much unnecessary pressure on ourselves and forget how much we’ve already accomplished or that it’s okay to be new at something— we all must start somewhere. So, understanding that proficiency comes with time & experience, and it’s important to face things as they come and grow from them as we learn.”



“Days full of studying, missing important moments with loved ones, and other sacrifices are being made by nursing students.”

Kayle Siccuan, 2nd Semester: “What I love the most about being a nursing student is learning new things about the profession each day. Also, I love learning these things with my peers who have been such a wonderful support system. Being a nursing student is hard. Days full of studying, missing important moments with loved ones, and other sacrifices are being made by nursing students. And personally, I’ve been struggling with getting to terms that I will miss a lot of important moments with my loved ones. Guilt is what I feel every time I have to say no to an invitation. There is always that “FOMO” when I look at pictures of family members who are enjoying the vacations and parties that I could’ve been a part of. What helped me handle this struggle of mine is reminding myself that all the sacrifices will be worth it in the end when I have that RN at the end of my name.”



Daiso!

By Kaitlin Phung

In the Golden Valley Plaza, Daiso opened on February 10th. If you are unaware what Daiso is or has, they are a retail store, and their products range from snacks and drinks to electronic tools. Some of the reasons why Daiso is so well-known is because they have a unique scope of products, have easy-to-navigate stores, and an aesthetically pleasing setup for their customers.

Daiso is also a great store for college students! In general, this store is targeted towards everyone, but teenagers and young adults are a big part of their audience.

They have many sections that are great for students especially since they are affordable. Many individuals who come to this store are fans of how “cute” the store is, and it inclines them to purchase things from Daiso rather than other stores like Target or Walmart. This type of marketing is what Daiso is going for in that attracts young people (for example, Hello Kitty fans are inclined to buy products only because they are Hello Kitty styled).

School supplies section: When going to stores or online stores, the price of school supplies had gone up including notebooks, postcards, sticky notes, and more. However, Daiso sells these products at an affordable price with great-quality supplies. This includes multi-colored notebooks, and they come in different sizes too according to what you are looking for whether you are looking for a journal or a small notebook for class.

Food section: Daiso has an incredible snack and drink section! These go for an affordable price as well, and this

comes with chips, ramen, coffee, and more. This is great for college students if you need to grab a quick snack before class or after class. If you are not looking for a snack, they also have multiple pre-packaged meals and nearly two sections filled with food of a wide variety!

Kitchen tools: As mentioned, college students will need to learn how to cook for themselves and live on their own. By getting a good amount of kitchen tools, this will help students not only learn how to make meals but also become motivated to learn how to. The purpose of getting materials helps people get up and do it; this mindset gives you an opportunity to learn.

Organizer boxes and lunch boxes: When you have your own living space, organization is key. A lot of students forget how to organize their stuff and leave it lying out causing lost things and confusion about where their things are placed. Daiso sells these boxes that can help you separate stuff whether it is your skincare, makeup, bathroom products, or more. Lunch boxes are also at Daiso, and this can help you carry food around when you make your meals. These do not have to solely for lunch, but also breakfast and dinner if you are busy later.

Stationary section: Daiso sells a lot of pens, pencils, lead, and more. For example, one popular product is their erasable pens, and the best part is that they come in different colors! Daiso also sells these erasers that come in the form of food, animals, etc. to further attract their audience, and this is one example of how they incorporate fun aspects (the reason how Daiso rose up to popularity).



PHOTO CREDIT: KAITLIN PHUNG



Meet Your



Harrison Kim
PRESIDENT



Jesus Martinez
EXECUTIVE VICE PRESIDENT



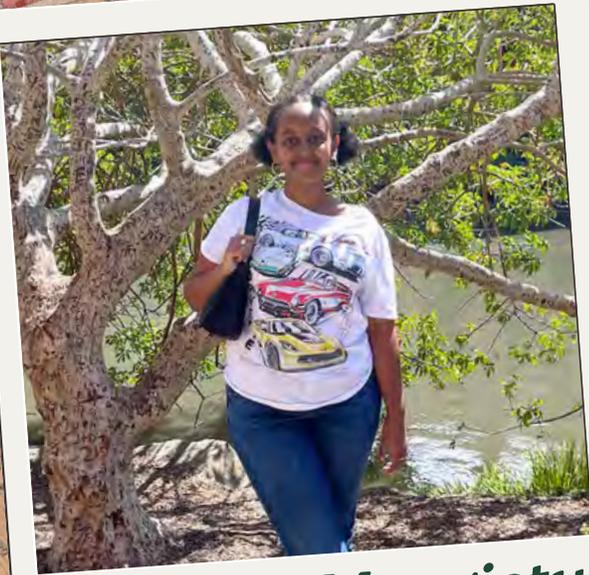
Sanjana Sudhir
STUDENT TRUSTEE
STUDENT TRUSTEE



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Kristian Mengistu
VP OF THE INTER CLUB
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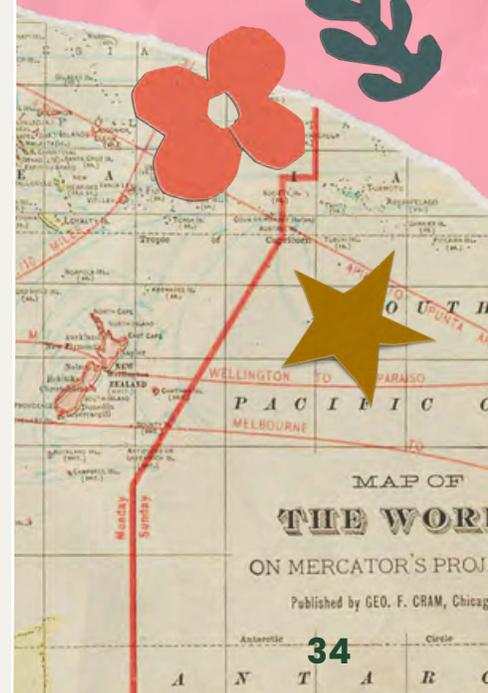


Sara Wali
VICE PRESIDENT OF ACTIVITIES



Moussa Haj Ghaban
VICE PRESIDENT OF EQUITY
STUDENT TRUSTEE

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Thank you for reading!

THIS PUBLICATION WOULD NOT HAVE BEEN POSSIBLE WITHOUT THE DEDICATED WORK AND TIME PUT FORTH BY MANY AMAZING INDIVIDUALS. EVERYTHING THAT YOU SEE IN THIS GAZETTE WAS WRITTEN, CREATED, AND EDITED BY STUDENTS. AS YOU READ THROUGH THIS EDITION OF THE PAW PRINT, WE HOPE THAT YOU ARE ABLE TO EXPERIENCE THE SAME JOY AND PRIDE THAT WE THE PAW PRINT STAFF FELT WHILE PUTTING IT TOGETHER.



*Check out last year's
spring issue*

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