



**MAY 1-7, 2023**

## Snag Your Spot—Enroll Early in Summer & Fall 2023 Classes

You can enroll for your Summer and Fall terms before classes open to the public! Check the [mycollege.laccd.edu Student Portal](https://mycollege.laccd.edu) to find your priority registration date, search for classes, and to enroll online. *TIP: Start shopping for classes BEFORE your registration date, so it's quicker for you to enroll in preferred classes on your registration date.* If you need help, contact the [LAVC Welcome Center](#).

## Need Assistance? Let LAVC's Welcome Center Help

**Monday-Thursday from 8 a.m.-7 p.m. & Friday from 8 a.m.-1 p.m.**

*In-Person, Virtual, Phone and Email*

The [LAVC Welcome Center](#) is here to help you find what you're looking for at Valley College! They can help answer general questions and provide registration assistance.

- **In-person assistance** - Welcome Center, 1st Floor of the Student Services Center (SSC) ([view map](#))
- **Chat live** - [Welcome Center Virtual Lobby \(craniumcafe.com\)](https://craniumcafe.com)
- **Phone** - [\(818\) 938-8418](tel:8189388418) (press 1 for Welcome Center)
- **Email** - [LAVCStudentSupport@laccd.edu](mailto:LAVCStudentSupport@laccd.edu)

## Humanities & Communications CAP Game Day!

**Tuesday, May 2 from 12-2 p.m.**

*Administration & Career Advancement (ACA) 1601*

Join instructors from the departments of English, History, Humanities, World Languages & Cultures, Philosophy, and more for an afternoon of [playing board games](#)! Free Pizza! Plus, \$240 in Bookstore Vouchers will be raffled!

---

## Activating First Gen Voices: Art Activity

**Tuesday, May 2 from 1-3 p.m.**

*Mosaic Village Unity Center – Campus Center 127 ([view map](#))*

First generation students are invited to join in an art project to creatively express our campus's dedication to supporting First Gen students. Although this is a professional development event for employees, students are welcome to drop in to participate in the art project. View the [Activating First Gen Voices Flyer](#).

---

## A Place Called Home: Spring Connect

**Wednesday, May 3 from 11 a.m.-2 p.m.**

*Campus Center - Monarch Hall ([view map](#))*

A Place Called Home: Spring Connect is a resource fair put on by the Rainbow Pride Center, Guardian Scholars, and Basic Needs with David Ambroz (The author of "A Place Called Home"). The event is open to all students. For more information, contact Natalie Guerrero at [guerren3@lavc.edu](mailto:guerren3@lavc.edu).

---

## Career Panel of Experts in Health and Public Service

### CAP

**Wednesday, May 3 at 1 p.m.**

*Online (Zoom)*

Please join us and learn more about the disciplines in our Health and Public Service area: Nursing, Education, Early Childhood Education, Respiratory Therapy, Administration of Justice, Fire Technology, and Psychology. See the [flyer](#) for details. [Career Panel of Experts in Health & Public Service CAP Zoom Link](#).

---

## Free Wednesday Concert: Functional Music - Music for Moving

**Wednesday, May 3 at 2:30 p.m.**

Music Recital Hall (Music 106) ([view map](#))

The theme of this week's concert is Functional Music - Music for Moving. Music composed for marches and dancing. Featuring a DJ set and a demonstration of various dance styles by professional dancers from the LA area. Our secondary theme of "Entartete Musik" includes a performance of music by Irving Berlin.

---

## Art is Good for You! Workshop: Sound Bath for Healing Energy

**Wednesday, May 3 from 12-1 p.m.**

LAVC Art Gallery ([view map](#))

Come to the LAVC Art Gallery for a sound bath, which is a deeply-immersive, full-body listening experience. It is an ancient sound-healing practice whereby the practitioner relaxes in a savasana position and allows the healing sounds of traditional musical performances to bathe over them. What to bring: Yoga mat or beach towel, and your beautiful self with an open mind and heart.

---

## Chicaterranean Food Truck Open in the Evenings

We are excited to announce a new food option on campus! The Chicaterranean food truck is open Monday through Friday from 2:30 p.m.-8:30 p.m., and located near Lot F (between Community Services Center and Monarch Athletic Center). They offering a variety of entrees, including chicken and lamb over rice, falafel plates and sandwiches, gyros, quesadillas, cheeseburgers, chicken tenders, and more! Please view their [online menu](#).

---

## Having a Rough Day? We've Got Your Back!

LAVC provides FREE 24/7 virtual mental health and well-being services to students. Access 24/7 Emotional Support, Schedule Counseling with a provider of your choice, Practice Self-Care using

Nutrition, Yoga, and meditation features. Visit [timelycare.com/LAValley](https://timelycare.com/LAValley) and register with your school email address.

---

## FREE COVID-19 Rapid Antigen Tests

Students and employees can pick up to two FREE Covid-19 at-home rapid antigen testing kits (per person, each week). Pick up tests in-person on Monday-Thursday from 8 a.m.-7 p.m. & Friday from 8 a.m.-12 p.m. at LAVC Staff Services in ACA 1701 ([view map](#)). Please show your student or employee ID when picking up your kits. For more information, check the [LAVC Covid-19 Antigen Home Testing Kit Distribution](#).

---

## Check Out the Computer Commons Lab (above the Library)

The Computer Commons has 97 Windows computers, two iMACs, a B&W and color printer/copier, a high-resolution scanner, two study rooms, and dedicated staff to assist you. The lab is open Monday-Thursday from 7 a.m. to 7:45 p.m., and Friday from 7 a.m. to 4 p.m. in LARC 234 (second floor of the Library & Academic Resource Center). Visit [LAVC Computer Commons](#) online or on the [Cranium Café](#).

---

## Important Dates & Deadlines

The following is a list of important Spring academic dates and holidays. Please check your [myCollege.laccd.edu Student Portal](https://myCollege.laccd.edu) for more info:

- [Summer/Fall 2023 - Registration for Group 4 Begins](#)  
Thursday, May 4
  - [Summer/Fall 2023 - Registration for Group 5 / Open Enrollment Begins](#)  
Monday, May 8
- 

## Upcoming Events

STEM Career Exploration

*Monday, May 8 at 1 p.m. at ACA 2606 & Zoom*

Unsure of your STEM transfer options? Join us to learn about STEM transfer basics, STEM requirements for CSU and UC, student educational planning, and university requirements. Lunch and beverages will be served as supplies last, and you can enter win a \$100 LAVC Bookstore voucher. See the [flyer](#) for details. [Register online](#) for Zoom link.

## American Red Cross Blood Drive

*Tuesday, May 9 from 8:45 a.m.-3:15 p.m. at the Bloodmobile in front of AHS*

The American Red Cross's Bloodmobile will be on-campus for students, faculty and staff to donate blood. To schedule your appointment, visit [RedCrossBlood.org](http://RedCrossBlood.org) (sponsor code: LAVC).

## Active Shooter Training

*Tuesday, May 9 from 10 a.m.-2 p.m. in ACA 2505*

This is a 2-hour FEMA-based [Active Shooter Training](#) course features interactive segments and life skills that you can use anywhere. For more information, email LACCD Safety and Security Services at [SafetyAndSecurityServices@laccd.edu](mailto:SafetyAndSecurityServices@laccd.edu).

## Yoga Relaxation Session

*Tuesday, May 9 from 12-1 p.m. in Monarch Square*

The Mosaic Village Unity Center and Student Health Education will be hosting Yoga Relaxation Sessions led by Ana Maria Delgado. If there is bad weather, the session will be moved to the Mosaic Village Unity Center, CC127. The yoga sessions are open to all students, staff, and faculty.

## Groundbreaking Ceremony for LAVC's Academic Complex 1

*Wednesday, May 10 at 9:30 a.m. in Old Parking Lot H*

Please join us as we celebrate the start of construction of our new Academic Complex 1 building with a groundbreaking ceremony. The multi-story classroom building will be home of the Business Administration, CSIS, Emergency Services, Mathematics, Psychology/Statistics, and Sociology/Ethnic Studies departments. Light refreshments will be served. [RSVP online to the LAVC Academic Complex 1 Groundbreaking](#).

## In-Person Monarch Registration Day

*Wednesday, May 10 from 10 a.m. - 2 p.m. in the Student Services Plaza*

Let us help you apply and enroll in Summer classes! Come to our [In-Person Monarch Registration Day](#) for in-person assistance from Counseling, Financial Aid, Admissions, and much more!! More information, check our [Monarch Registration Days page](#).

## ASU Club Day

*Wednesday, May 10 from 10 a.m.-1 p.m. in the Student Union Plaza*

Come and play games and learn about all the different clubs. There will be a soccer tournament in the North Mall from 11am-1pm

## One Book, One College (OBOC): Student Project Showcase

*Wednesday, May 10 from 12-4 p.m. in the Art Gallery*

This LAVC One Book, One College Program showcase will show LAVC student work related to the OBOC selection "Maus" in Fall 2022 or Spring 2023 semesters. Four prizes are awarded in the following categories: Most Creative; Best STEM; Best Equity Themed; and Best Written. For more information, visit [LAVC One Book One College](#).

## Vision Board Con Corazon

*Wednesday, May 10 from 1-3 p.m. in SU 216*

Approaching mental health through a spiritual lens. Create a vision board to manifest personal goals. Tap into your mind, body, spirit, heart, and culture to help identify hope, needs, aspirations, and dreams. Lunch and activity materials will be provided.

## Free Wednesday Concert: Evaluating Music - What is Good Music?

*Wednesday, May 10 at 2:30 p.m. in the Music Recital Hall - M 106*

The theme of this week's concert is Evaluating Music - What is Good Music? Performed by LAVC Music Department Faculty and students in the Applied Music Program. Our secondary theme of "Entartete Musik" includes a performance of music by TBA.

## SoCal Gas Career Panel & Award Ceremony

*Thursday, May 11 from 11 a.m.-12:30 p.m. on Zoom*

Join us for the SoCal Gas Career Panel & Award Ceremony. Speak with industry professionals and Explore diverse careers at SoCal Gas. Check the [SoCal Gas Career Panel 2023 flyer](#) to register online.

## Stress Management Workshop for Student Parents

*Wednesday, May 11 from 12-1:30 p.m. in the Family Resource Center*

Being a student parent can be stressful and overwhelming. Come gain helpful strategies for stress management. Get ready to feel uplifted and learn how to navigate times of high anxiety and stress. Lunch will be provided RSVP at [frc@lavc.edu](mailto:frc@lavc.edu) or 818.778.5612.

## **Men's Mental Health: Break the Stigma**

*Thursday, May 11 from 1:30-2:30 p.m. in SU 216*

ASU is hosting this talk about men's mental health. Topics include PTSD, depression, and anxiety. Let's dive deep into the importance of knowing the symptoms and seeking help. Gain the confidence to address your own mental health without feeling emasculated. Workshop is open to all. Lunch is provided.

## **Summer 2023 Kick-Off**

*Thursday, May 11 from 4-7 p.m. in Student Union Plaza*

Join ASU to celebrate the ending of the spring semester and welcome the summer with yummy refreshing snacks, summer music, fun arcade games, photobooth, dance floor & more!

To find additional upcoming events, check the [LAVC Calendar of Events](#).

---

*LACCD encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact the event organizer listed in the link above as soon as possible, but no later than ten (10) business days prior to the event.*

---