



**MAY 15-21, 2023**

## Enroll Now for Summer & Fall 2023 Classes!

It's time to enroll in your Summer and Fall classes. To search for classes and to enroll online, visit the [mycollege.laccd.edu Student Portal](https://mycollege.laccd.edu). If you need help enrolling, contact the [LAVC Welcome Center](#).

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## Feeling Blue? Take Care of Your Mental Health

**Wednesday, May 17 from 12-1 p.m.**

*SU 216 - Student Union, 2nd Floor ([view map](#))*

Learn to manage cognitive and behavioral, and physiological symptoms of depression, in a supportive setting at the [Take Care of Your Mental Health Workshop](#). Gain greater awareness, skills, strategies, and practices that promote lifelong self-care and reduce depressive symptoms. Lunch and activity materials will be provided.

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## Free Wednesday Concert: Evaluating Music - Greatness and Genre

**Wednesday, May 17 at 2:30 p.m.**

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

The theme of this week's [Free Wednesday Concert](#) is Evaluating Music - Greatness and Genre. New Students in the Applied Music Program will present music of various styles/time periods in preparation for their end-of-semester juries. Our secondary theme of "Entartete Musik."

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## Mental Health Awareness for You & Your Child Workshop for Student Parents

**Wednesday, May 18 from 12-1:30 p.m.**

LAVC Family Resource Center – Oxnard & Campus Drive ([view map](#))

Stress can drastically affect a child's brain development. But parents and caregivers can help children process their stress or sadness and prevent long-term effects. Join us at the [Mental Health Awareness Workshop for Student Parents](#) and learn how to support your child's mental well-being. Lunch will be provided. Please RSVP at [frc@lavc.edu](mailto:frc@lavc.edu) or 818.778.5612.

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## STEM Transfer 101 Basics

**Thursday, May 18 at 3 p.m.**

Administration & Career Advancement (ACA) 2606 ([view map](#)) & Online (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.

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## Musical Theater Broadway Class Showcase

**Friday, May 19 at 7 p.m.**

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

Music 453 Broadway class students will give a [showcase performance](#) as a culmination of their semester course work. Admission is free.

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## In-Person Monarch Registration Day

**Saturday, May 20 from 9 a.m. - 1 p.m.**

Student Services Plaza ([view map](#))

Let us help you apply and enroll in Summer and Fall classes! Come to our [In-Person Monarch Registration Day](#) for in-person assistance from Counseling, Financial Aid, Admissions, and much more!! FREE food and win prizes! Details on our [Monarch Registration Days page](#).

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## LAVC's Welcome Center is Ready to Help You!

The [LAVC Welcome Center](#) is here to help you find what you're looking for at Valley College! They are available Monday-Thursday from 8 a.m.-7 p.m. and Friday 8 a.m.-1 p.m. to 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 \(craniumcafe.com\)](#)
  - **Phone** - [\(818\) 938-8418](#) (press 1 for Welcome Center)
  - **Email** - [LAVCStudentSupport@laccd.edu](mailto:LAVCStudentSupport@laccd.edu)
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## 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](#).

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## Upcoming Events

### [Late Night Crunch Time for Spring 2023 Finals](#)

*Monday-Thursday, May 22-25 from 7-10 p.m. at the Cafeteria*

Finals are coming. Don't sweat it alone! The Academic Resource Center (ARC) and the ASU are hosting [Crunch Time](#) with four evenings of dedicated study space, free coffee/snacks, massages (yes, massages), counseling, and tutoring. For more information, call the Academic Resource Center at (818) 947-2922, email [arc@lavc.edu](mailto:arc@lavc.edu) or visit [lavc.edu/arc](http://lavc.edu/arc).

### [Yoga Relaxation Session](#)

*Tuesday, May 23 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. The yoga sessions are open to all students, staff, and faculty.

### [Nurturing Our Internal Self-Talk](#)

*Wednesday, May 24 from 12-2 p.m. in SU 216*

Learn to self-reflect and identify goals, aspirations, and dreams. Identify daily practices that can help you manifest and achieve your goals. Take your vision board home to keep a visual reminder of desired changes. Lunch and activity materials will be provided.

### [2023 Art Student Annual Exhibition](#)

*Wednesday, May 24 from 2-4 p.m. in the LAVC Art Gallery*

Please join us in celebrating the work of 2022-23 LAVC Art Students. Selected by department faculty, the exhibition includes works from ceramics, painting, printmaking, sculpture and graphic design. Free and open to the public.

### [Queer Gamer Night](#)

*Wednesday, May 24 from 2-5 p.m. in Mosaic Village Unity Center*

Queer Gamer Night is an end of the semester celebration put on by the Rainbow Pride Center and ASU that will feature Super Smash Bros and Mario Kart. The event is open to all students. For more information, contact Natalie Guerrero at [guerren3@lavc.edu](mailto:guerren3@lavc.edu).

### [Free Wednesday Concert: Applied Student/Faculty Mentor Final Concert](#)

*Wednesday, May 24 at 2:30 p.m. in the Music Recital Hall*

The theme of this week's [Free Wednesday concert](#) is Applied Student/Faculty Mentor Final Concert. Students completing the two-year Applied Music Program will perform their final concert. Featuring Mio Asakura, Jaylen Harvey, Chris Hi, Ashkhen Kharatyan, Brody Alba Morales, Ben Ricci, and Grace Seukunian. Our secondary theme of "Entartete Musik" includes a performance of music by Kurt Weill.

### [Fatherhood: Finding your Place and Purpose Workshop](#)

*Wednesday, May 25 from 12 - 1:30 p.m. on Zoom*

As a father you are an important part of your child's life. Join us to learn how a sense of purpose can help shape you as a father. Join the [Fatherhood: Finding Your Place and Purpose Workshop Zoom](#).

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

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## Upcoming Dates & Deadlines

The following is a list of important holidays and academic dates you should be aware of. Please check your [myCollege.laccd.edu Student Portal](https://myCollege.laccd.edu) for class specific deadlines:

- **Memorial Day (Holiday)**  
*Monday, May 29, 2023*
  - **Spring 2023 Finals Examinations**  
*May 30-June 4, 2023*
  - **Summer Term 2023 – 1<sup>st</sup> 5 Week Session Begins**  
*June 12, 2023*
  - **Summer Term 2023 – 6 Week Session Begins**  
*June 12, 2023*
  - **Summer Term 2023 – 1<sup>st</sup> 5 Week Session Begins**  
*July 17, 2023*
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*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.*

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