



**OCTOBER 16-22, 2023**

## Last Chance to Enroll in Fall 2<sup>nd</sup> 8-Week Classes

Complete sooner by taking a full load of classes! Enroll now in Fall 2<sup>nd</sup> 8 week classes that begin on October 23. Secure your spot today by enrolling online through your [mycollege.laccd.edu Student Portal](https://mycollege.laccd.edu). If you need help registering, contact the [LAVC Welcome Center](#).

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## Mindful Monday

**Monday, October 16 at 12 p.m.**

*Online (Zoom)*

Join Student Health Education every Monday at 12pm on [Zoom for Mindful Mondays](#). Mindfulness is our ability to pay attention to the present moment, with curiosity & without judgement. We will practice different Mindfulness techniques every Monday. Follow us on Instagram & Facebook for updates @LAVC\_StudentHealth.

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## ASU Club Day

**Tuesday, October 17 from 10 a.m.-1 p.m.**

*Student Union Plaza & North Mall ([view map](#))*

Join the Associated Student Union for [Club Day](#) on campus! Join clubs, participate in activities and have fun! Pay your ASO \$10 semester fee in the Business Office for free food.

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## In-Person Monarch Registration Day

**Wednesday, October 18 from 10 am-2 pm**

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

Want to register for a Fall late start class? Want to see a counselor? Need enrollment assistance? Come join us at our [In-Person Monarch Registration Day](#) on campus. Get a FREE Metro pass and win prizes!

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## Wellness Wednesdays: Self-Guided Meditations on Green Spaces

**Wednesday, October 18 at 12 p.m.**

TBA - Follow on social media for event location

Student Health Education invites you to Wellness Wednesdays, most Wednesday at 12pm. We will visit different green spaces on campus for self-guided meditations. We will provide all you will need to relax and enjoy being in the moment. Follow us on Instagram & Facebook for location updates, @LAVC\_StudentHealth.

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## American Red Cross Blood Drive

**Thursday, October 19 from 8:45 p.m.-3:15 pm**

Outside of the Allied Health & Sciences Center ([view map](#))

The American Red Cross Bloodmobile is on-campus for students, faculty and staff to donate blood. Sign up today for the [American Red Cross Blood Drive](#) to make a life-saving donation!

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## Basic Needs Center Weekly Food Distribution

**Thursday, October 19 at 11:30 a.m.**

Outside Unity Center, CC 127 ([view map](#))

The LAVC Basic Needs Center's [Monarchs Market Weekly Food Distribution](#) is open every Thursday from 11:30 am until food runs out. Any student is eligible to receive a wide variety of fresh produce and non-perishables.

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## FREE Online Math 259/260 Workshop

**Thursday, October 19 from 4-5:30 p.m.**

Online ([Zoom](#))

Are you enrolled in Math 259 or 260 this semester? Don't miss the free Online Math 259/260 Workshop on [Graph of Trigonometric Functions](#) so you understand the content and earn higher grades.

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## FREE Math Success Workshop

**Friday, October 20 from 10:30-12 p.m.**

Online ([Zoom](#)) & LARC 212 ([view map](#))

Join us online or in-person for the Math Success Workshop on [System of Linear Equations](#). If it's been a while since you took math or if math was never your favorite subject, this workshop can succeed in your math class!

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## Open Student Government Positions – Treasurer & Inter-Club Council Rep

**Application Deadline: Friday, October 20 at 1 p.m.**

The Associated Student Union is looking for an ASU Treasurer and an Inter-Club Council Rep. Apply for an opportunity to get appointed. Student Leaders get a transcript notation, a stipend and more! Applications will be available in the [ASU Website](#) or go to [Fall 2023 Vacant Positions](#). Apply online by October 20 at 1pm. Call 818.778.5516 for more information.

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## FREE Online Writing Workshop

**Saturday, October 21 from 10-11:30 a.m.**

Online ([Zoom](#))

This interactive [Business Writing: How to Deliver Good and Bad News](#) will help you improve your writing, grammar, and be ready for Final papers and projects.

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## Relay for Life Across the Greater Valley

**Saturday, October 21 at 10 a.m.-9 p.m.**

Soccer Field ([view map](#))

The American Cancer Society is holding its [Relay for Life Across the Greater Valley](#) at LAVC.

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## FREE Online Math 227 Workshop

**Saturday, October 21 from 10:30 a.m.-12 p.m.**

Online ([Zoom](#))

This [Chapter 7 Confidence Interval](#) session is tailored to the content being taught by your Math 227 professor and will help you prepare for test and exams, so you understand the content and earn higher grades.

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## Football vs Glendale College

**Saturday, October 21 at 1 p.m.**

Monarch Stadium ([view map](#))

Football returns home for a Western State Conference game on Saturday, October 21 against Glendale. Head out to cheer on the Monarchs! For more information, check the [LAVC Athletics](#).

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## Need Help? LAVC Welcome Center is Here for You

If you've got questions or not sure where to find something at Valley, let our [Welcome Center](#) assist you! They are here to answer general questions, help you register, and more on Monday-Thursday, 8 a.m.-7 p.m. & Friday, 8 a.m.-1 p.m. (except on holidays).

- **In-person assistance** - Welcome Center, 1st Floor of the Student Services Center (SSC) ([View campus 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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## Dia de Los Muertos Community Altar

All students, faculty & staff are welcome to participate. Please provide a photo of a loved one who has passed away along with their name. We will honor your loved one in the community altar located in the Study Lair (Room 216, 2nd floor of the Student Union). Please submit your photo no later than Monday, October 30 in the Office of Student Life (Room 208).

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## Upcoming Events

### [Mindful Monday](#)

*Monday, October 23 at 12 p.m. on Zoom*

Join Student Health Education every Monday at 12pm on [Zoom for Mindful Mondays](#). Mindfulness is our ability to pay attention to the present moment, with curiosity & without judgement. We will practice different Mindfulness techniques every Monday.

### [College Fair](#)

*Tuesday, October 24 from 9 a.m.-2 p.m. in Monarch Square*

The Career and Transfer Center is hosting the annual College Fair! Receive information from CSU, UC, Private and HBCU representatives! Students can participate in a Passport Activity to receive a Scantron or Green Book and be entered into the giveaway!

### [ASU Executive Council Meeting](#)

*Tuesday, October 24 from 2-5 p.m. in the Skybox Conference Room (SU 215)*

The Executive Council meeting is open to all students. Come and find out what your elected student body representatives are discussing.

### [Go Big Green Day!](#)

*Wednesday, October 25 from 11 a.m.-1 p.m. in the Student Union Plaza*

Join the Associated Student Union in showing support for LAVC's Football Team before their Homecoming match against Pierce College. Unleash your Valley warrior by crafting one-of-a-kind Monarch bracelets & designing game posters! Pay your ASO \$10 semester fee in the Business Office for free snacks & beverages.

### [Wellness Wednesdays](#)

*Wednesday, October 25 at 12 p.m.; Follow @LAVC\_StudentHealth for event location*

Join us for Wellness Wednesdays and visit different green spaces on campus for self-guided meditations. We will provide all you will need to relax and enjoy being in the moment.

### [ASU Inter-Club Council Meeting](#)

*Thursday, October 26 from 1-3 p.m. in the Skybox Conference Room (SU 215)*

The Inter-Club Council (ICC) is a governing body made-up of one representative from each chartered LAVC club. It is the voice of clubs on campus. ICC provides a forum for discussion and information exchange about upcoming events, and creates an opportunity for clubs to collaborate and work together.

### [ASU Halloween Carnival](#)

*Tuesday, October 31 from 12-3 p.m. in the Student Union Plaza*

Join ASU, for their Annual Halloween Carnival! Enjoy an afternoon of fun, games, mazes and more! Pay your \$10 ASO fee in the Business Office or through your SIS Portal for free food.

### [Celebracion De El Dia De Los Muertos](#)

*Wednesday, November 1 from 4-7 p.m. in the Student Union Plaza*

Join the Associated Student Union for a Dia de los Muertos Celebration. The In Tlanextli Tlacopan Fire Dancers will perform a blessing Ceremony. Come for face painting, free food and music. Pay your ASO \$10 semester fee in the Business Office for free food & face painting.

### [First-Generation College Celebration](#)

*Wednesday, November 8 from 11 a.m.-1 p.m. in the Student Services Plaza*

The First-Generation College Celebration will be an opportunity for LAVC staff, faculty, and students to recognize and celebrate the contributions and experiences of first-generation students and personnel at LA Valley College.

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

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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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