



Connections

Re-Entry Program

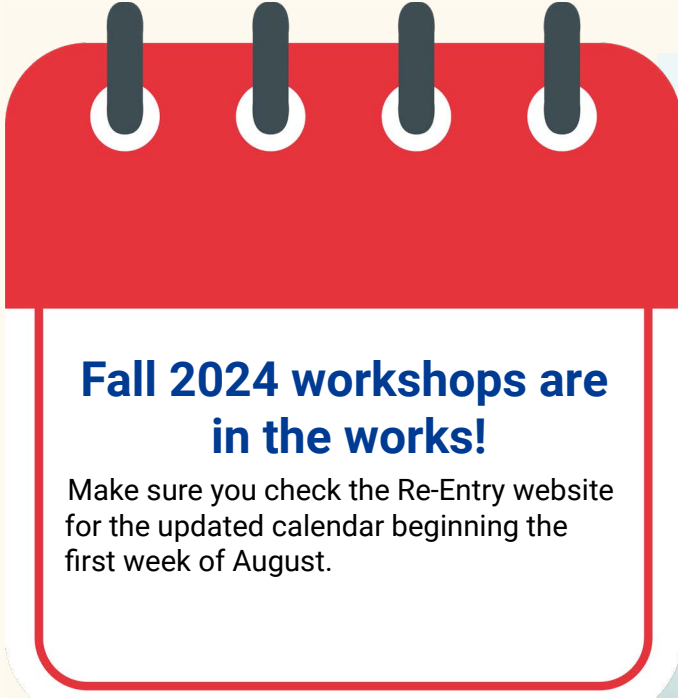
May 2024
Vol.5

The Re-Entry Resource Program is designed to support adult learners, 23 years or older, who are new to college or returning after a break of three or more years.

Connect with Shannon Estrada in the Re-Entry Program at: sestrada@cerritos.edu

The Inside Scoop – All things Re-Entry

To register/RSVP for our workshops, please visit the Re-Entry Program website at: <https://www.cerritos.edu/re-entry-program/workshops-and-events.htm>



Fall 2024 workshops are in the works!

Make sure you check the Re-Entry website for the updated calendar beginning the first week of August.

FREE Coffee and Donuts!

Is studying for finals stressing you out? Need to refuel? Stop by Career Services in MP (Multi-Purpose) 201 for a little break and a treat on the following days:

**Tuesday & Wednesday
May 7 & 8,
between 9 a.m. - 4:30 p.m.**



Have a quick question? Need a counseling appointment? Pop into the Re-Entry Drop-in session on [Zoom](#) every **Wednesday** between **4 p.m. – 5 p.m.**

Student Support

- [Academic Support](#)
- [Basic Needs](#)
- [Career Services](#)
- [Financial Aid](#)
- [Library](#)
- [Re-Entry Program – Helpful Resources](#)



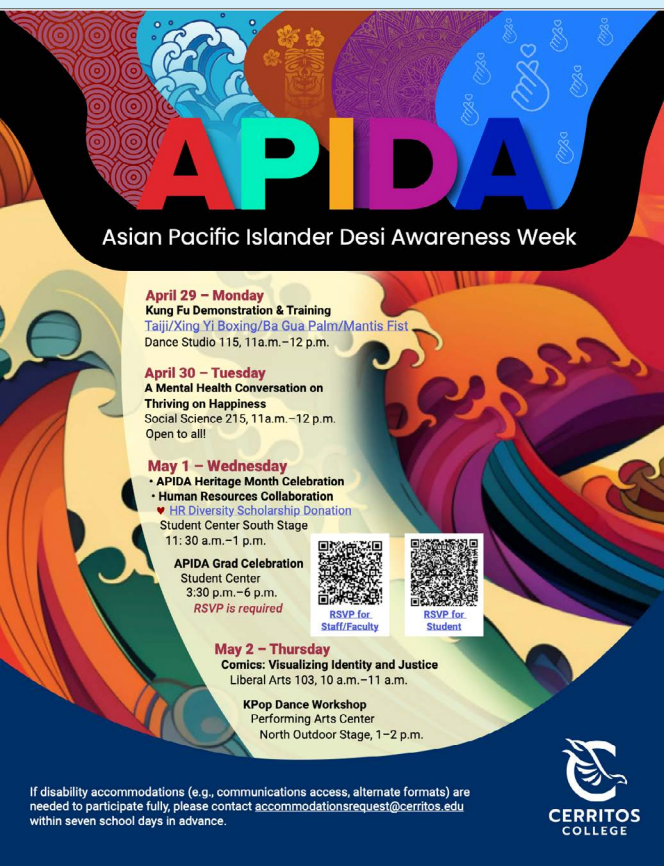
Campus Corner

Fall 2024 enrollment began on Monday, April 29th. Make sure to check your MyCerritos portal for your enrollment date. You don't want to miss it! For more information, reach out to the Re-Entry Program.

If you need help determining your classes for fall, make sure you see a counselor as soon as possible...appointments fill up fast! Contact the Re-Entry Program if you need assistance setting up your appointment. Our counselors also offer drop-in hours to help with classes for next semester. Check out our expanded schedule [here](#).

True Colors: LGBTQIA+ Support Group – Wednesday, May 1, from 12:00 p.m. - 1:00 p.m. in the Santa Barbara Building. This is a safe space where you can explore and share thoughts, experiences, and questions in a non-judgmental environment. See linked flyer for more information.

APIDA Awareness Week – Monday, April 29 – Thursday, May 2. Join us as in commemorating Asian Heritage Month as we embrace the beauty and diversity of Asian heritage. View the linked flyer for the schedule of events happening each day.



The flyer for APIDA (Asian Pacific Islander Desi Awareness Week) features a vibrant, colorful background with traditional patterns and symbols. The text is organized into sections for each day of the event:

- April 29 – Monday**
 - Kung Fu Demonstration & Training
 - Taiji/Xing Yi Boxing/Ba Gua Palm/Mantis Fist
 - Dance Studio 115, 11a.m. – 12 p.m.
- April 30 – Tuesday**
 - A Mental Health Conversation on Thriving on Happiness
 - Social Science 215, 11a.m. – 12 p.m.
 - Open to all!
- May 1 – Wednesday**
 - APIDA Heritage Month Celebration
 - Human Resources Collaboration
 - HR Diversity Scholarship Donation
 - Student Center South Stage
 - 11:30 a.m. – 1 p.m.
- APIDA Grad Celebration**
 - Student Center
 - 3:30 p.m. – 6 p.m.
 - RSVP is required
- May 2 – Thursday**
 - Comics: Visualizing Identity and Justice
 - Liberal Arts 103, 10 a.m. – 11 a.m.
- KPop Dance Workshop**
 - Performing Arts Center
 - North Outdoor Stage, 1–2 p.m.

QR codes are provided for staff/faculty and student RSVPs. A note at the bottom states: "If disability accommodations (e.g., communications access, alternate formats) are needed to participate fully, please contact accommodationsrequest@cerritos.edu within seven school days in advance." The Cerritos College logo is in the bottom right corner.

Mental Health Crisis Hours – Walk-in hours are offered daily, Monday through Friday at 11:00 a.m. and 1:00 p.m. in the Student Health Center. See the linked flyer for more detailed information.

Therapy Dogs in the Success Center – Thursday, May 2 and Tuesday, May 7, from 11:00 a.m. - 1:00 p.m. in the Success Center, located downstairs in the LRC. See the linked flyer for more dates and information on how to schedule a visit.

Tools for Calming the Body & Mind – Online meditation – Thursday, May 16, from 10:30 a.m. - 11:00 a.m. on Zoom. Join us for a 30-minute exploration of the many ways you can find balance. See the linked flyer for more information and the Zoom link to join.

Crocheting Workshop – Thursday, May 16, from 12:00 p.m. in LC 137 (Success Center). Discover the artistry of crochet in our beginner-friendly workshop! You will learn essential techniques, fundamental stitches, and how to follow patterns. Yarn and hooks will be provided. See linked flyer for more information.



The flyer for the Crocheting workshop features a background image of hands crocheting with red yarn. The text is as follows:

The Success Center is offering a series of fun workshops this Spring! Come join us!

Crocheting

Discover the artistry of crochet in our beginner-friendly workshop! Embark on a journey of creativity and craftsmanship as you learn essential techniques, fundamental stitches and how to follow patterns. Yarn and hooks will be supplied. All participants will be entered into a raffle to win a hand-crocheted item.

Thursday
May 16th, 12:00pm

Workshop located in the
Success Center LC 137

The Cerritos College logo is in the bottom left corner.

Resume Overview Workshop – Wednesday, May 15, from 11:00 a.m. - 12:00 p.m. on Zoom. See the linked flyer for the Zoom link.

Interview Overview Workshop – Wednesday, May 29, from 2:00 p.m. - 3:00 p.m. on Zoom. See the linked flyer to sign up.

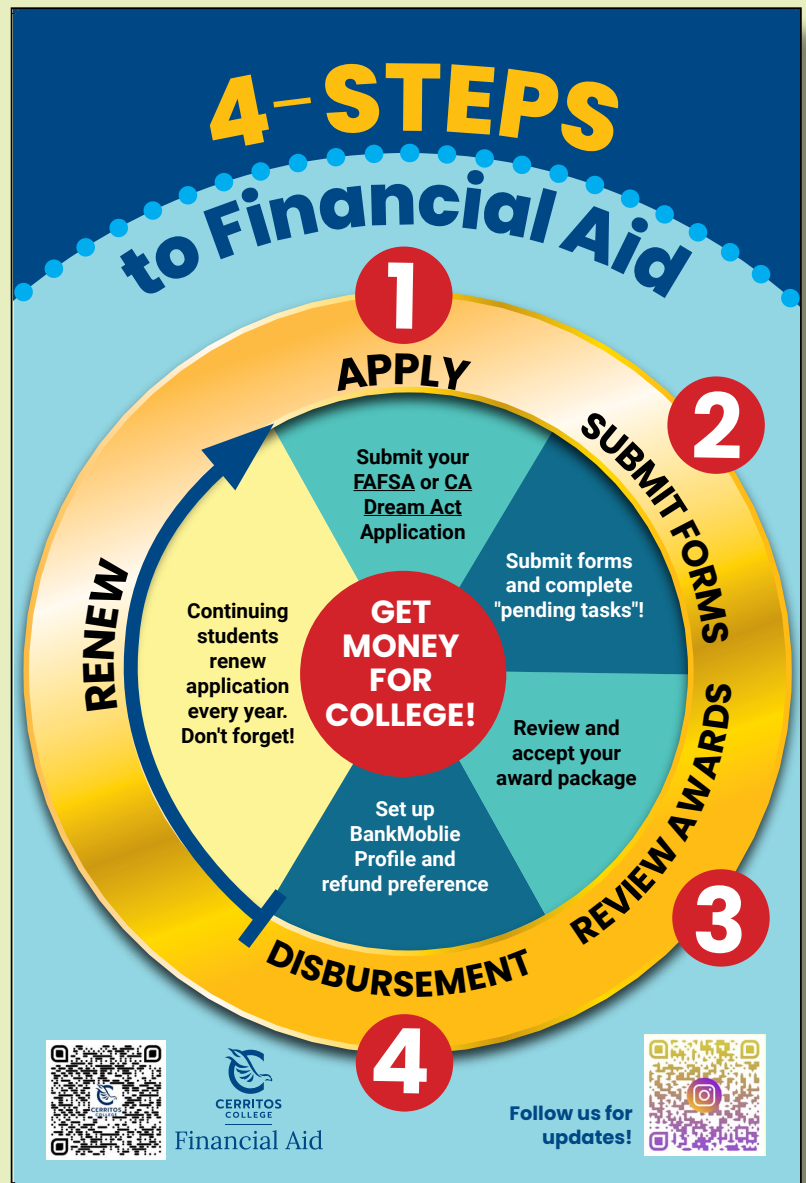
L.A. Regional Food Bank Distribution – Wednesday, May 22, from 9am – 11am in Lot 1 near Falcon Stadium. Everyone is welcome.



Financial Aid News

The 2024–2025 Cal Grant Priority Deadline is May 2, 2024.

- **Submit your FAFSA or CA Dream Act application before the deadline to meet eligibility.**
- **Continuing/Returning Students** - Have your FSA ID login information ready. If you had a contributor (Parent, legal guardian, etc.) listed on your FAFSA application in prior years, the contributor will be required to create an FSA ID for this upcoming application.
- [How to create a parent \(contributor\) FSA without a Social Security Number / Spanish](#)
- 24-25 **Student Aid Estimator** is available to students and families to view aid eligibility for the upcoming school year. r. [Click here to use the tool and see what you may be eligible for!](#)



Returning Students – MUST KNOW

Pell Grant is limited to 600%!

- If you are enrolled as a full-time student every year receiving 100% of Pell, then you will max out your Pell grant in **6 years**.
- Do you know how much Pell is left?
 - Check your Lifetime Eligibility Used (L.E.U) at [Student Aid Website](#)

Cal Grant is limited to 4 years!

- If you are enrolled as a full-time student every year receiving 100% of your Cal Grant, then you will max out your Cal Grant in **4 years**.
- Check your Cal Grant usage or remaining amount at [WebGrants 4 Students](#)

SAP (Satisfactory Academic Progress)

- SAP standards must be met each semester to be eligible for financial aid. If you are returning, make sure your SAP status reflects as "MEETS" on your account. [Click here to view SAP STANDARDS](#). If your SAP status is "Not Met", please contact the financial aid office.

For additional information or questions, please contact the financial aid office for assistance :)

Phone: (562) 860-2451 ext. 2397

Email: finaid@cerritos.edu



Campus Spotlight: Esmeralda Torres

Hello my fellow Falcon peers, my name is Esmeralda Isabel Torres and this is my last semester at Cerritos College. I am a first gen, Latina, and Sociology major. I will be transferring to Cal State Dominguez hills this Fall to continue my Sociology pathway and maybe add a minor in Women's studies. I really love Sociology. It is a great subject and really get to know what is happening with society. I want to become a school counselor at a high school. My middle school counselors really helped me out and inspired me to have a career like theirs. When I first started my journey at Cerritos College which was right after high school in 2021. During the year of the pandemic I didn't get to experience my homecoming dance or gradnite. I was grateful that we had an in-person graduation and prom for my senior year in high school. During that time, I didn't know how things would be right after high school due to the pandemic till we got the clear to either have in-person, hybrid, or remote class options at Cerritos College. was so

excited to go in-person. My first year, I was doing really bad and would get distracted a lot. Till I realized that this is my career that I had to take it seriously. Cerritos College has helped me in numerous ways such as achieving my dreams with the help of these amazing guidance counselors we have. I just love the environment and diversity at Cerritos. It makes me sad that this will be my last year/spring semester. The major resources here at Cerritos college that really helped me were the Falcons Nest, the student health office, transfers center, and the counseling department. As a federal work study worker, I was able to get the opportunity to work at the Falcons Nest to this day. I am glad to be part of the Falcons Nest team. I give a huge shout out to my supervisors Amber and Pamela for being there for me and making the Nest a comfortable place to work at and not just them but my program leader Angelica, coworkers, the social work interns, and the Calfresh outreach team. I admire them so much and I love the connection that we all have built. To those who are shy and don't feel as confident it is okay you aren't alone you will all get through it though there will be obstacles to face but those obstacles will make us stronger. I highly encourage you all to take advantage of these great services Cerritos college has to offer. Thank You.

Monthly Motivation

"A little progress each day adds up to big results."

—Satya Nani



Re-Entry Program



Visit the Re-Entry Program Website
for more information

<https://www.cerritos.edu/re-entry-program/>