



Connections

Re-Entry Program

March 2024
Vol.3

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>



Attend 3 Re-Entry Program workshops during the Spring semester to receive a \$20 bookstore gift card at the end of the semester!



Attend any Re-Entry Program workshop to be entered into a drawing to win a \$50 bookstore gift card at the end of this semester



Sign up for our workshop on
Tuesday, 3/5 at 11:00 a.m. on Zoom

Stress Management

The goal of this workshop is to help students identify sources of stress and explore tools to help regulate their nervous system and instill a greater sense of focus and balance in daily life.

Attend our workshop on
Thursday, 3/21 at 11:00 a.m. on Zoom

Resources for Student Success

There's no doubt about it: college can be stressful and busy and it's easy to forget the many resources available to students. And the best part? They're free! Take the time to find out about the resources available and how they can specifically benefit you and your education.

Join us for an overview of the Cerritos College Success Center, Student Health Center, The Falcon's Nest, Campus Police, and Career Services and learn about the various resources each department offers and how they can help you be a more successful student.

15th Annual Community Resource Fair at Cerritos College

Tuesday, 3/26 from 10:00 a.m. - 1:00 p.m. in the Student Center

Stop by and speak with local social service and community resource agencies to find out about the services they offer and the resources available to you, learn about volunteer opportunities, and enter our opportunity drawing to win fabulous prizes!

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.

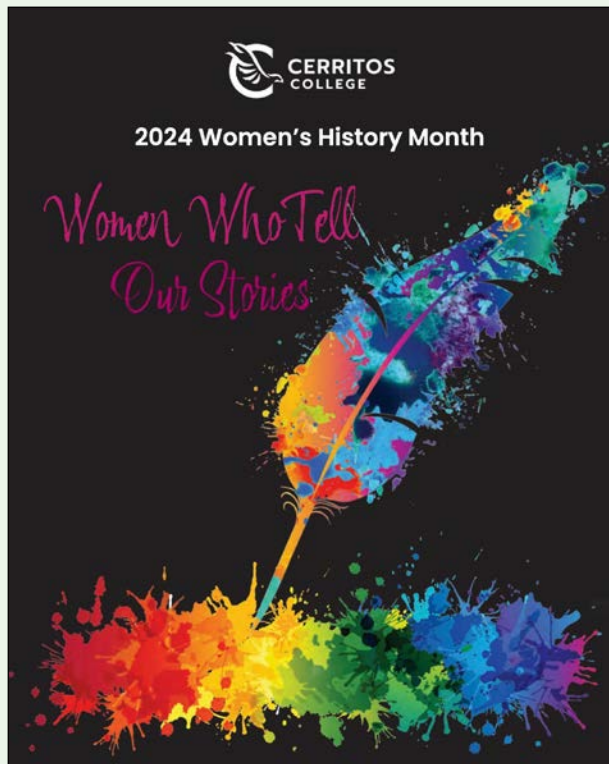


Campus Corner

Summer registration begins Monday, March 4th. Make sure to check your MyCerritos portal for your enrollment date.

The Spring 2024 2nd 9-week session starts on Monday, March 18.

2024 Women's History Month – This year's theme is Women who Tell Our Stories. See linked flyer for the calendar of events throughout March.



Mental Health Crisis Walk-in Hours – Offered daily Monday – Friday at 11:00 a.m. and 1:00 p.m. in Student Health Services. Some reasons to attend a crisis hour appointment may include panic or excessive anxiety, experiencing or witnessing a traumatic event, extreme changes in mood, etc. See linked flyer for more information.

**CRISIS
WALK-IN
HOURS:**
MON - FRI:
**11 AM &
1 PM**
CALL 562-860-2451
EXT. 2321 (DIAL 3)

FOR AFTER
HOURS CRISIS
SUPPORT,
CALL/TEXT/
CHAT 988

**Student Health
Services**

SOME REASONS TO ATTEND A CRISIS
HOUR APPOINTMENT MAY INCLUDE,
BUT ARE NOT LIMITED TO:

- THOUGHTS OF SELF-HARM
- THOUGHTS OF HARMING OTHERS
- PANIC OR EXCESSIVE ANXIETY
- EXPERIENCING OR WITNESSING A TRAUMATIC EVENT
- DEATH OF FRIEND OR FAMILY MEMBER
- EXTREME CHANGES IN MOOD
- DIFFICULTY COPING WITH INTRUSIVE THOUGHTS
- RECENT ASSAULT OR ABUSE



Financial Aid Saturday Workshops – Saturday, March 2, between 9:00 a.m. - 12:00 p.m. in the Financial Aid office. Get assistance with your FAFSA and/or CA Dream Act applications. Workshops are open to all students and no registration is needed, just show up. Participants will be entered into the Cash-4College \$1,500 scholarship raffle. See linked flyer for additional dates.

A Streetcar Named Desire by Tennessee Williams – Saturday, March 2, from 8:00 p.m. - 10:00 p.m. in the Performing Arts Center. This is one of the most critically acclaimed plays of the twentieth century. Tickets can be purchased, and additional dates are shown [here](#).

Therapy Dogs in the Success Center – Tuesday, March 5, from 11:00 a.m. - 1:00 p.m. in the Success Center, located downstairs in the LRC. See the linked flyer for more information on how to schedule a visit.

Feeling stressed? You could use some
**DOG
THERAPY**

Petting a dog can decrease stress, improve your energy, self-esteem, and mood. **Make an appointment for 15 minutes** with our therapy dogs by visiting tinyurl.com/sc-dogs

Limited to groups of 6 at a time. Drop-in is available, but this will book up fast so appointments are highly recommended.

The Success Center is located downstairs in the Learning Resource Center (LRC), beneath the Library.

Visit tinyurl.com/sc-dogs to make an appointment today!



Employer Panel – Thursday, March 7, from 2:00 p.m. - 3:00 p.m. In MP 101. Various employers will be on hand to talk about and answer questions on hiring practices, hiring trends, critical skills needed on the job, and to give tips on effective resume writing and interviewing skills.

Spring Break – is scheduled for March 11 – 17, with the campus being closed on Friday, March 15.

Choosing a Major Workshop – Tuesday, March 19, from 11:00 a.m. - 12:00 p.m. in MP 201. Explore major and career choices using a hands-on career assessment through this advanced "Choosing a Major" workshop.

Egg Hunt – Wednesday, March 20, every 30 minutes between 11:00 a.m. - 1:00 p.m. in MP 201. Get Egg-cited about Career Services! Find the golden egg and win a prize!

Journaling for Wellbeing – Thursday, March 21, from 11:30 a.m. - 12:30 p.m. in the Success Center, LC 137. Stop in and get your creativity on by crafting your own personalized journal. See linked flyer for more information.

Career Cafe – Monday, March 25, from 2:00 p.m. - 3:00 p.m. in MP 201.

L.A. Regional Food Bank Distribution – Wednesday, March 27, from 9am – 11am in Lot 1 near Falcon Stadium. Everyone is welcome.

Financial Aid News

- **CAL GRANT Deadline is April 2, submit your FAFSA or CA Dream Act application before then to meet eligibility.**
- **CAL GRANT Deadline is April 2nd**

MID MARCH - FAFSA Issues should be resolved:

There is conversation that the issues revolving the FAFSA will be resolved around MID-MARCH. That includes issues related to non-ssn contributors and others currently experienced on the FAFSA.

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.

- **24-25 Student Aid Estimator** is available to students and families to view aid eligibility for the upcoming school year. [Click here to use the tool and see what you may be eligible for!](#)



Financial Aid Saturday Workshops

FREE hands on **FAFSA** and **CADAA** workshops

- \$1,500 Cash4College Scholarship Raffle
- Financial Aid Assistance
- Scholarship Information
- Workshops in English & Spanish
- Free food & more!!!

Refreshments will be provided!

**ALL WORKSHOPS TIMES ARE:
9 a.m. – 12 p.m.**

January 27	February 24	March 23
February 3	March 2	March 30
February 10	March 9	

 **Financial Aid**

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.

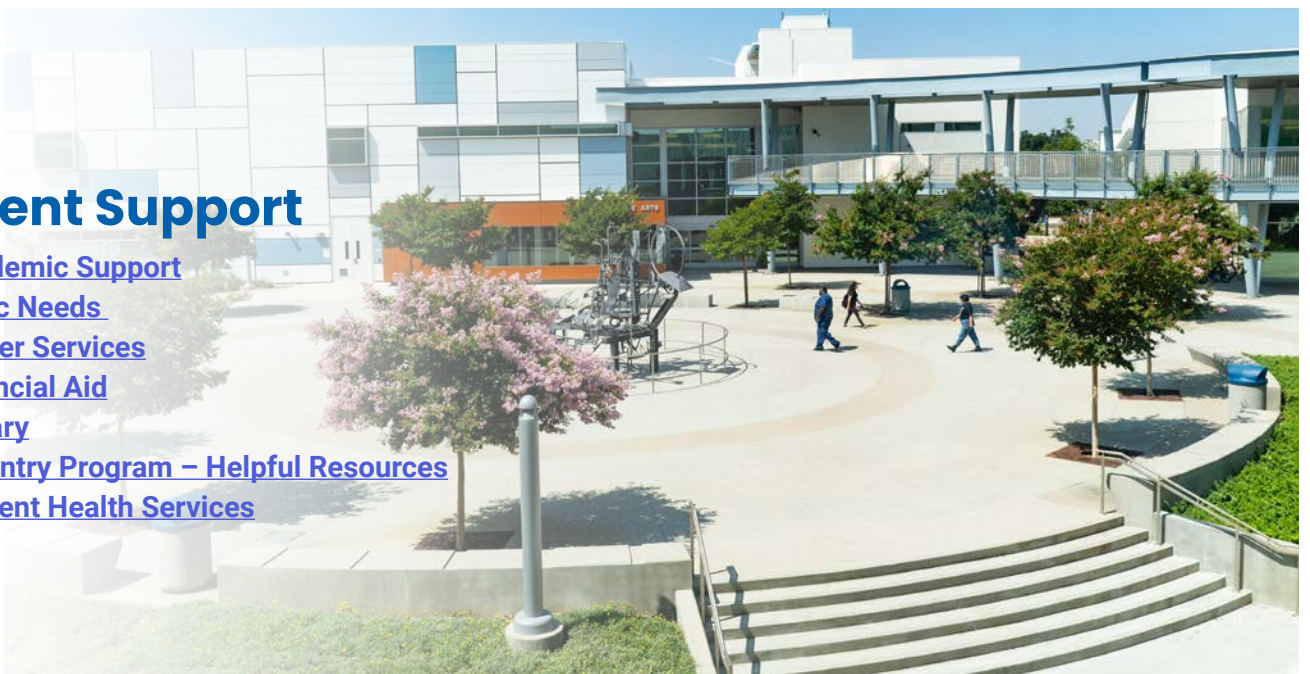
For additional information or questions, please contact the financial aid office for assistance :)

Phone: (562) 860-2451 ext. 2397

Email: finaid@cerritos.edu

Student Support

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





Campus Spotlight: The Falcon's Nest

The Falcon's Nest provides services and resources for students who may be struggling with meeting some of their basic needs.

- **Food resources** – Cal Fresh food benefits and grocery assistance through Franco's Market
- **Housing support** – Our partnership with Jovenes to provide housing support to individuals, families, and students of all ages.
- **Emergency Aid** – Assistance for when unexpected expenses threaten to interfere with your academic success.
- **Clothing and hygiene support** – hygiene items, Franco's closet, and laundry support.
- **Links to campus and community resources and programs.**

Please feel free to stop by Falcon's Nest – they are located near the food court. You may also visit the [Falcon's Nest website](#) or watch the [YouTube video](#) for additional information. If you would like to apply for assistance, please complete the [Falcon's Nest Referral Form](#).



Monthly Motivation

"Nothing is impossible. The word itself says I'm Possible."

–Audrey Hepburn



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Visit the Re-Entry Program Website
for more information

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

