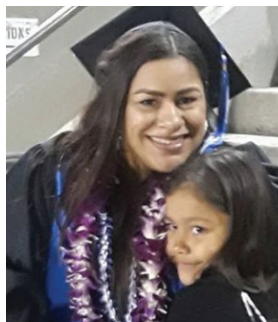


August  
2018

# Newsletter

## CALWORKS STUDENT SPOTLIGHT



*Aviance Garcia*

Hello, my name is Aviance Garcia, and my major is Pharmacy Technology. I chose Pharmacy Technology because I have always been interested in how the body functions when taking prescription medications. When my father was very ill, I saw how the medications he was taking kept him alive and functioning and this strengthened my interest in the field. I am looking forward to working as a pharmacy technician in order to provide important information about medications and their benefits.

I was in the CalWORKs Program for three years and when I heard about the GAIN Program and the opportunity to obtain vocational training, I decided to return to school after learning more about the program. During orientation for the Cerritos College CalWORKs Program, I was told about all the services that were available to CalWORKs students.

I believe that I have become a successful student because of the great resources the Cerritos College CalWORKs Program offers. For instance, when I didn't have a laptop or desktop computer at home, I was able to complete and turn in all of my assignments on time by using the computer lab in the CalWORKs office. I am most grateful to the CalWORKs counselors. They guided me in the right direction by helping me select classes, listening to me when I needed advice, and being supportive and understanding.

My advice to new CalWORKs students is to take advantage of the resources the program offers such as the computer lab, tutoring, on-campus Work-Study Program, and especially the counselors. See a counselor regularly even if it is just for emotional support. They want the best for their students and the advice you will receive will help you to be successful.

On a personal level, one of my strongest motivations for attending school is my daughter. She is the reason I went back to school. She is my everything and all my accomplishments and success is for her. We love to spend time together, and we both love soccer. We are also big fans of the L.A. Galaxy. My daughter is my biggest supporter and I am pleased to be able to see her grow into a happy and bright child.

### Work Study

Interested in an on-campus job that doesn't affect your Cash-Aid benefits? Join the CalWORKs Work-Study Program!

The Cerritos College CalWORKs Work-Study (CWS) Program provides CalWORKs students with on-campus work opportunities in order to develop and/or strengthen workplace skills. With the help of our dedicated on-campus employers, students learn how to enter or re-enter the workforce with the confidence that is needed to achieve career satisfaction and economic self-sufficiency. For more information on eligibility make an appointment with Zoey Leon at (562) 860-2451 ext. 2593.

### Pre-Employment Preparation Workshops



Friday  
September 28, 2018  
11a.m.-12 p.m.

Friday  
November 16, 2018  
11a.m.-12 p.m.

Friday  
October 19, 2018  
11a.m.-12 p.m.

Thursday  
December 6, 2018  
11a.m.-12 p.m.



## WORKSHOPS

### MONTHLY

#### ATTENDANCE 101

Need help completing the LA County Monthly Attendance Report also known as MAR?

Attend our upcoming Monthly Attendance Report 101 Workshop and learn the ins and outs of completing the Monthly Attendance Report. Learn how you add classroom hours as well as how many study hours you are eligible to report each month. Space is limited so don't miss out!

### CAL STATE UNIVERSITY

Are you graduating soon? Are you starting to look into California State Universities in the area?

Attend the upcoming CalWORKs & EOPS CSU workshop where you can learn about Cal States in the area and all that each school has to offer. More information and date coming soon.

### TURKEY GIVEAWAY

Trying to stretch that holiday budget?

Stay on the look out! The CalWORKs office will be hosting their annual turkey giveaway this fall 2018. Eligibility and dates are coming soon! Do not let this opportunity pass you by!



## BACK TO SCHOOL TIPS

1. Be early for class. Be in your seat 10 minutes before class starts.
2. Attend every class. You cannot do the work if you are not there.
3. Sit at the front of the class. This is a good way to get to know your instructors and know when their office hours are.
4. Understand the class syllabus.
5. If you do not understand, ask questions.
6. Be an active learner, take notes in class, and participate in classroom discussions.
7. Write summaries of major points and information in your textbooks and notes.
8. Find a "study buddy." Studies indicate that those who study with other successful students do better.
9. Be organized. Use a daily planner. Note the dates of exams, assignments, etc.
10. Get a referral for the Student Success Center. They provide workshops: How to Manage Your Time, How to Study, How to Take Tests, etc.
11. Do your class assignments. You should study two hours for every hour of class.
12. Turn assignments in on time.
13. Read important information in your Class Schedule. For example, page 3, *Important Dates* and page 23, *Pass/No Pass Classes*.
14. Meet with a counselor before you register for classes; and get an educational plan.
15. Know Cerritos College resources such as: CalWORKs, CARE, Counseling, Financial Aid, Health & Wellness, Career Services, EOPS, etc.
16. Find an ideal place to study with few distractions.
17. Strive for good grades. Set goals for yourself and work very hard to achieve them.
18. Take responsibility for yourself and your actions. Own up to mistakes and move on. Being an adult means taking responsibility for everything that happens to you.
19. Get involved in campus activities. It will help you learn valuable skills, expand your social network, and enhance your self-confidence.
20. Learn to use the library. Do library research early so that you have time to sort through the material.

## IMPORTANT REMINDERS



Make sure to turn in your Verification of Benefits and Continuing Student Form dated August 2018.



Schedule your Educational Materials Workshop for books and supplies.



Do not wait until last minute. Schedule your tutoring appointment. Tutoring dates and hours vary.