



Connections

Re-Entry Program

October 2026
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 the Re-Entry Program, [email Shannon Estrada](mailto:Shannon.Estrada@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



Register for our workshop on Tuesday, 10/6 at 11:00 am on Zoom

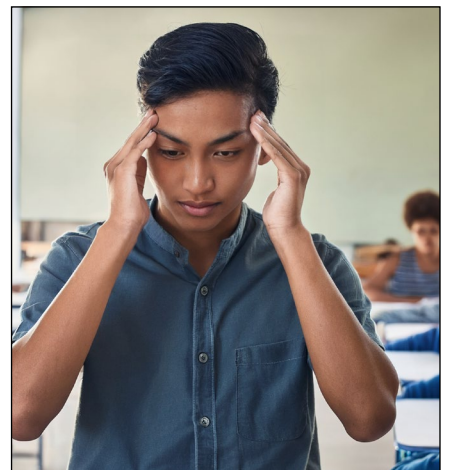
Stress Management Workshop

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 Wednesday, 10/14 at 11:00 a.m. in MP 101

Financial Wellness Workshop

This workshop will cover understanding your money attitude, how to manage your wants and needs, how to create a spending plan and budget, and understanding your credit and debt.



Have a quick question? Need a counseling appointment? Pop into the Re-Entry Drop-in session on **Zoom** every Wednesday between 4pm – 5pm.

Campus Corner

Spring enrollment starts this month! Make sure to check your MyCerritos account for your enrollment date.

The **Success Center** can help you prepare for mid-terms with FREE tutoring and workshops! You can also earn a \$50 bookstore voucher if you attend five tutoring sessions!

Falcon’s Nest has a crew of social work interns and other staff who can assist you with food, hygiene, and clothing needs. You can even obtain professional clothing at **the Nest**, which can be tailored for FREE! And, if you attend three of their Financial Wellness workshops, you will be eligible for a **\$300 grant**.

Domestic Violence Awareness Month – Throughout the month of October, Cerritos College will offer activities and educational opportunities designed to raise awareness about domestic violence, promote healthy relationships, and connect our campus community with available resources. See linked flyer for event information.

Rest & Express: Sticker by Number Art – Tuesday, October 6, from 12:30 p.m. - 2:00 p.m. in AP 12A. This is part of a series of therapeutic art-based workshops. Come get your creative flow on and rest for a while! All supplies will be provided, and no experience is needed. See linked flyer for additional dates.

Fall 2026 Job Fair – Thursday, October 8, from 10 a.m. - 1 p.m. in the Student Center. Obtain job and internship information, network with over 30 employers, explore career leads, and bring copies of your resume. We will have counselors on-site to review your resume.

Pause, Play, and Produce – Wednesday, October 7, from 11 a.m. - 12:30 p.m. on the sidewalk near the Liberal Arts building. Pause the stress, play games, eat snacks, and hang out. No sign up required.

Great Shake Out Earthquake Drill – Thursday, October 15 at 10:15 a.m. Cerritos College will be participating in the California Great Shake Out Drill. The entire campus will be participating as we practice Drop! Cover! & Hold on! And then we will evacuate all the buildings and classrooms on campus.

Coloring Break Series – Thursday, October 15 and 29, from 11 a.m. - 12:30 p.m. on the sidewalk outside Liberal Arts. Drop by, grab a coloring sheet, and take a break! Stay for a few minutes or the whole time. All materials will be provided.

L.A. Regional Food Bank Distribution – Wednesday, October 28, from 9am – 11am in Lot 1 near Falcon Stadium. Everyone is welcome.



DOMESTIC VIOLENCE Awareness Month

EMPOWER | EDUCATE | SUPPORT

Join us throughout October as we bring awareness to domestic violence, healthy relationships, prevention, advocacy, and survivor support.

Together, we can promote awareness, prevention, safety, and support.

All Students, Faculty, & Staff are Welcome!

OCTOBER 1, 2026
DVAM Tabling Event
Living Learning Center, Santa Barbara Building
10:00 AM - 1:00 PM
Stop by our tabling event to learn about Domestic Violence Awareness Month, grab a program flyer of October events, and get connected to resources and support services available to students. We're here to help you, or someone you know.

OCTOBER 6, 2026
Healthy Relationships Workshop
Living Learning Center, Santa Barbara Building
12:00 PM - 1:30 PM
Learn the foundations of healthy relationships and how they impact our daily lives. This workshop explores healthy boundaries, effective communication, and recognizing signs of unhealthy or abusive behaviors. Participants will gain tools to build stronger relationships with partners, family members, and friends. We will also discuss how early experiences can shape future relationship patterns.

OCTOBER 13, 2026
UndocuWeek of Action: U Visa Rights & Reporting Options
Living Learning Center, Santa Barbara Building
12:00 PM - 1:30 PM
Stephany Ramos will partner with Chirla and Iveth from the UndocuAlly Program to discuss U Visa protections and reporting options available to undocumented survivors. Participants will learn about available rights, resources, and support services. The presentation will provide information in a safe and welcoming environment. Attendees will leave with a better understanding of survivor protections and community resources.

QUESTIONS?
Stephany Ramos, Confidential Campus Advocate
sramos@cerritos.edu
If you or someone you know needs support, resources are available. You are not alone.

OCTOBER 14, 2026
The Intersection of Labor Trafficking and Domestic Violence
Living Learning Center, Santa Barbara Building
12:00 PM - 1:30 PM (Remote and In-Person)
This event will be held through TEAMS.
Meeting ID: 290 450 988 910 178
Passcode: p9A19eb7
This workshop examines the connection between labor trafficking and domestic violence. Participants will learn how power and control tactics can impact individuals both at home and in the workplace. The presentation will cover warning signs, risk factors, and barriers survivors may face when seeking help. Resources and support options will also be discussed.

OCTOBER 19, 2026
Self Defense Workshop Part II
Living Learning Center, Santa Barbara Building
12:00 PM - 1:30 PM
Registration required for this event (Space is limited)
To register: sramos@cerritos.edu
Build confidence and strengthen personal safety skills through this interactive self-defense workshop. Participants will learn practical techniques, situational awareness, and strategies for protecting themselves. The workshop encourages empowerment through education and preparedness.

OCTOBER 27, 2026
Bystander Intervention Training
12:00 PM - 1:30 PM (Remote only)
This event will be held through TEAMS.
Meeting ID: 213 763 412 848 086
Passcode: Vy6G4L6f
Learn how to safely recognize and respond to situations that may place someone at risk. Participants will explore practical intervention strategies that promote safety and accountability. The training empowers individuals to support others while maintaining personal safety. Together, we can create a more caring and responsive campus community.

CERRITOS COLLEGE

If disability accommodations (e.g. communications access, alternate formats) are needed to participate fully in this event, please submit your request at <https://www.cerritos.edu/accommodations-request> within 7 school days in advance of the event.



FACILITATED BY THE FALCON'S NEST

LA REGIONAL FOOD BANK DISTRIBUTION

WEDNESDAY, JUNE 26
WEDNESDAY, JULY 24
WEDNESDAY, AUGUST 28

FALCON STADIUM
ENTRANCE - LOT 10
9-11AM

WALK-UP SERVICES ONLY, NO DRIVE-THRU
PARK IN LOT 1, OFF ALONDRA BLVD.

Participants are encouraged to bring own bags, carts, dollies, etc., and must carry own food to the table. Up to 40 lbs. of food provided.

October

Coloring Break Series

DATE: Thurs, Oct 15 & Thurs, Oct 29

TIME: 11:00 AM - 12:30 PM

LOCATION: Sidewalk near Liberal Arts Building

Drop by, grab a coloring sheet, and take a break! Stay for a few minutes or the whole time.

All materials will be provided.

If disability accommodations (e.g. communications access, alternate formats) are needed to participate fully in these events, please submit your request at <https://www.cerritos.edu/accommodations-request> within 7 school days in advance of the event.

CERRITOS COLLEGE

Student Health Services



Financial Aid News



THINGS TO KNOW

- The 2027-2028 FAFSA and CADAA were NOW AVAILABLE! Complete/Renew a FAFSA at (studentaid.gov); CADAA applicants can apply at (<https://dream.csac.ca.gov/landing>)
- Check this link to determine which financial aid application is for you: (<https://www.csac.ca.gov/apply>)
- Make sure to ADD CERRITOS COLLEGE to the list of colleges
- Apply before the MARCH 2nd, 2027 Cal Grant Deadline
- Is your major FINANCIAL AID ELIGIBLE? [Check here](#) to find out! You can meet with a counselor to discuss financial aid eligible career paths options.

Cal Grant – Web Grant 4 Students Account

Reminder to check your personal email to confirm if you received an email from **CSAC (California Student Aid Commission)** to **create a WebGrants 4 Students account**. CSAC sent emails to Cal Grant recipients to create a WebGrants 4 Student account and verify your school of attendance. If you have received an email, please complete the account creation process to receive your Cal Grant award.

How to Receive Your Disbursement?

"PERSONAL CODES" to create your BankMobile Profile will be sent at the end of JULY via email. Make sure to set up your BankMobile profile to receive your disbursement!

If you do not have a bank account, we encourage you to create one with your local bank or credit union.

FAST FACTS for ALL STUDENTS "Did You Know?"

1. The 2027–28 FAFSA Launched Early

The U.S. Department of Education is officially in Phase 1 Beta Testing for the upcoming 2027–2028 FAFSA. A select group of high schools and community organizations are testing the form to catch tech glitches before the nationwide release.

2. Parent PLUS & Graduate Loan Caps Active

For students and families who began new programs this academic year:

Parent PLUS Limits: Annual Parent PLUS borrowing is capped at \$20,000 per year per student, with a lifetime aggregate ceiling of \$65,000.

Grad PLUS Sunset: Graduate PLUS loans are officially unavailable for new graduate students. Unsubsidized Direct Loans are capped at \$20,500/

year for general graduate programs and \$50,000/ year for specific professional programs.

3. "RAP" Repayment Transition Window

Borrowers who entered repayment or consolidated loans after July 1, 2026, are entering their first quarterly billing cycle under the Repayment Assistance Plan (RAP):

Low-Income Minimum: Qualified single borrowers making under \$10,000/year see required payments set at \$10 per month.

Auto-Pay Incentive: Borrowers enrolling in automatic debit before September 30 receive an active 1% interest rate reduction on eligible direct loans.

Critical August/October Deadlines

California Transfer Success Pathway (TSP) Alignment: For California community college students planning to transfer, FAFSA/CADAA submissions for program eligibility due October 3rd.

The Financial Aid Office is available to assist in-person, online, or by phone.
Don't hesitate to reach out ,



(562) 860-2451 ext. 2397



[Financial Aid](#)

Student Support



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



Campus Spotlight: The Transfer Center



It's Application Season!!

If you're planning on transferring in Fall 2027 (meaning you finish your classes in Spring 2027), it's time to:

- Go to a [transfer application workshop](#)
- See a [university representative](#)
- Meet with a [transfer counselor](#)

Make sure you get your application reviewed before you submit it! How? Attend [in-person Computer Lab session](#) or [Application Drop-in](#). UC/CSU application deadline for fall 2027 is November 30.

Want to attend a university tour? Check out our [schedule](#) to see where we're going next! To sign up, stop by the Transfer Center front desk.

New to college or coming back with the goal of transferring? Check out the [Transfer Academy](#) for guidance in preparing early.

The Transfer Center is in the Administration Building Quad near the west entrance.



Monthly Motivation

"Keep going. Because you deserve to see what happens when all your hard work pays off. Keep going, because you are stronger than you think you are. Keep going, because every step forward brings you one step closer to your goals. Keep going, because the best is yet to come."

Unknown



Re-Entry Program



Visit the Re-Entry Program Website for more information

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