DON’T WAIT UNTIL TOMORROW, START SCHOOL TODAY!

Attend a Virtual New Student Registration Orientation to:

• Learn about Santa Ana College student services and resources.
• Find out your English & math course recommendations.
• Plan your SAC classes with a counselor.
• Discover Career and Academic Pathways at SAC.

How to Get Ready for the Registration Orientation

• Apply for Admission to SAC
• Have your 7-digit SAC ID number
• And make sure you are registered to attend!

PH: +1 (714) 564-6148
W: SAC.EDU/ORIENTATION

RSVP FOR ZOOM LINK TODAY!
FEBRUARY 2021
VIRTUAL ENGAGEMENT OPPORTUNITIES

19 BLOOD DRIVE
W-107; 10:00AM-4:00PM
Be the lifeline patients need. Please visit RedCrossBlood.org and enter Sponsor Code: SACollege to schedule an appointment.

19 ZUMBA
(FITNESS FRIDAY SERIES)
11:00AM-12:00PM
Dance to great music and burn a ton of calories without even realizing it!

24 ASK THE DOCTORS
11:00AM-12:00PM
Do you have questions related to coronavirus, COVID-19, and the vaccine? We are joined by Dr. Yocam, SAC physician, and Dr. Kapil, SAC psychologist.

26 STRENGTH TRAINING
(FITNESS FRIDAY SERIES)
11:00AM-12:00PM
Build strength and endurance by targeting your major muscle groups. No weights necessary!

FULL SCHEDULE AT SAC.EDU/BHM

FOLLOW US
@SAC_ASG
RSVP TO UPCOMING EVENTS @ SAC.EDU/STUDENTLIFE
WELLNESS WORKSHOPS via ZOOM

Want to learn new tools to manage your stress, get rid of worry thoughts, understand emotions, or improve daily sleep?
Join SAC Health and Wellness Center for weekly Wellness Workshops. Participants will learn coping strategies to: enhance well-being, manage a range of emotions, and increase stress management skills.

**Stress Management Skills**
Identify symptoms of stress, and how stress impacts you. Increase tools to decrease stress.
- March 9 11AM
- May 4 10AM

**How to Increase Positive Emotions**
Increase acceptance and understanding of feelings. Increase healthy emotional experiences.
- February 16 11AM
- March 16 11AM
- April 20 11AM

**Get Rid of Worry Thoughts**
Learn how thoughts impact your mood and behavior. Reframe negative thoughts and beliefs.
- February 23 11AM
- March 23 11AM
- April 27 11AM

**Tips to Sleep Better at Night**
Review common sleep myths and patterns of sleep. Sleep hygiene skills for healthy sleep.
- March 2 10AM
- April 13 11AM

**Tuesdays**
All workshops are free and 1 hour long.

Register on [Health and Wellness Center Website](#)

With Licensed Psychologist, Dr. Jill Kapil
SAC HEALTH AND WELLNESS CENTER IS OPEN BY APPOINTMENT ONLY!

Telehealth & Face-to-Face Consultations Available with Medical and Psychological Services

Contact us today!

714) 564-6216 or SACHEALTH_CENTER@SAC.EDU

Monday-Wednesday 10am-2pm (on-campus)
Monday-Thursday 9am-5pm, Friday 8am-12pm (virtual)

Free Virtual Workshops on various topics: Stress, Procrastination, Anxiety, Relationships, Anger, Self-Esteem, Sleep
Register via Health Center Website
STUDENT MENTAL HEALTH AND WELLBEING WORKSHOPS VIA ZOOM

Join us for virtual workshops designed for the advancement of student mental health. Participants will gain insight and learn coping skills necessary to build personal resiliency and improve well being.

Coping with Anxiety
February 22nd at 10:00 AM
March 29th at 11:00 AM
May 3rd at 12:00 PM

Anger Management
March 1st at 10:00 AM
May 10th at 12:00 PM

Overcoming Procrastination
March 8th at 10:00 AM
April 12th at 11:00 AM
May 17th at 12:00 PM

Coping with Rejection & Loss
March 15th at 10:00 AM
April 19th at 11:00 AM
May 24th at 12:00 PM

Building Self-Esteem
March 22nd at 10:00 AM
April 26th at 11:00 AM

Register on Health and Wellness Center Website
With Licensed Psychologist, Dr. Michael Izadi
All workshops are 1 hour long.
ASK THE DOCTORS

W/ DR. RENEE YOCAM & DR. JILL KAPIL
SAC HEALTH PROFESSIONALS ANSWER YOUR QUESTIONS
ABOUT THE COVID-19 VACCINE AND STAYING HEALTHY.

WEDNESDAY
FEBRUARY 24, 2021
11:00 AM - 12:00 PM

FOLLOW US
@ SAC.ASG
REGISTER FOR THE TOWN HALL
@ SAC.EDU/STUDENTLIFE
Join us on Zoom to learn about the teaching profession including career opportunities, pathways to teaching, academic preparation, CBEST and CSET exams, credential requirements, teacher salary, and much more!

Information Sessions
Join us on Zoom to learn about the teaching profession including career opportunities, pathways to teaching, academic preparation, CBEST and CSET exams, credential requirements, teacher salary, and much more!

Tuesday, February 16 12:00 pm - 1:00 pm
Thursday, March 11 5:00 pm - 6:00 pm
Tuesday, April 13 12:00 pm - 1:00 pm
Thursday, May 13 5:00 pm - 6:00 pm

Counseling Appointments
Book a phone call or video chat appointment with a CFTE Counselor (recommended once every semester) for counseling, advisement, and to create or update your education plan!

Book Loan Program
Cancelled for Spring 2021 due to COVID-19.

Textbook Tip #1:
Find free eTextbooks by visiting the Nealley Library at libguides.sac.edu/etextbooks

Textbook Tip #2:
Save money by looking for Open Educational Resources (OER) or Zero Textbook Cost (ZTC) courses when registering! For more info, visit www.sac.edu/oer

Child Dev. Permit Workshops
Join us on Zoom to learn more about permit levels including education and experience requirements, the application process, and funding opportunities!

Monday, February 22 5:00 pm - 6:00 pm
Monday, March 8 5:00 pm - 6:00 pm
Thursday, March 25 5:00 pm - 6:00 pm
Monday, April 19 5:00 pm - 6:00 pm
Monday, May 10 5:00 pm - 6:00 pm

Future Educators Workshops
Participate in professional development seminars to enhance your knowledge and skills as a future educator!

Microsoft Innovative Educator
Friday, April 16, 2021
9am - 12pm

Social Justice through Children's Literature
To Be Determined

CBEST Prep Workshops
California Basic Educational Skills Test
Prepare to take the CBEST exam by attending free workshops led by experienced educators.
Register for Reading/Writing and/or Mathematics.

Reading & Writing
3-Part Series:
Saturday, February 20
Wednesday, February 24
Saturday, February 27
2:00 pm - 4:00 pm

Mathematics
3-Part Series:
Saturday, March 6
Saturday, March 13
Saturday, March 20
9:00 am - 12:00 pm

We recommend taking the CBEST before you transfer!

Teacher Appreciation Week
Since 1984, National PTA has designated this week as a special time to honor those who lend their passion and skills to educating our children. Throughout this week, we celebrate teachers and deliver our thanks and gratitude to them. Stay tuned for our full schedule of virtual events!

May 3-7, 2021

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CONTACT US TO SIGN UP!
Zoom • sac.eduteachered-contact
Email • teacher_ed@sac.edu
Phone • (714) 564-6352

REGISTER FOR CFTE EMAIL UPDATES:
www.sac.edu/teachered
@SACTeacherEd @SAC_CFTE @CFTE_SAC

View the CFTE Calendar at sac.edu/teachered-calendar for the most updated info!
UNIVERSITY REPRESENTATIVES

University representatives can advise students about the teacher preparation programs (undergraduate, graduate, and credential) that are available at their institution. We highly encourage students to speak with a representative early on in their educational journey!

CAL STATE FULLERTON
Jennifer Robles, Center for Careers in Teaching
30-Minute Advising Appointments
Tuesday, February 23 10:00 am - 1:00 pm
Thursday, March 18 10:00 am - 1:00 pm
Monday, April 19 9:00 am - 12:00 pm
Monday, May 3 9:00 am - 12:00 pm
Next Steps Workshop for Fall 2021 Admits
Friday, April 16

CAL STATE LONG BEACH
Wendy Muzien, College of Education Outreach
15-Minute Advising Appointments
Tuesday, February 23 1:00 pm - 3:00 pm
Wednesday, February 24 10:00 am - 12:00 pm
Tuesday, March 16 10:00 am - 12:00 pm
Wednesday, March 17 1:00 pm - 3:00 pm
Tuesday, April 13 2:00 pm - 4:00 pm
Wednesday, April 14 10:00 am - 12:00 pm
Liberal Studies/ITEP Info Session
Wednesday, March 3 12:00 pm - 1:00 pm
Thursday, March 18 4:00 pm - 5:00 pm
Becoming a Middle/High School Teacher Info Sessions
Wednesday, March 10 12:00 pm - 1:00 pm
Tuesday, March 16 4:00 pm - 5:00 pm
Student Ambassador Appointments
Gain a student's perspective about CSULB's teaching programs, student life, and more!
Schedule an Appointment: bit.ly/csulbsams

CalTeach Science & Math Info Sessions
Thursday, March 4 12:00 pm - 1:00 pm
Thursday, April 15 5:00 pm - 6:00 pm
Thursday, May 6 12:00 pm - 1:00 pm
Advising Appointments upon Request
Calendar of Availability: tinyurl.com/y7urbsy8

CAL STATE DOMINGUEZ HILLS - CSI3
Lizeth Aguilar, CA STEM Institute for Innovation and Improvement at CSUDH
CSI3 & Teaching Opportunities Info Session
To Be Determined

CAL STATE LOS ANGELES
Ana Zambrano, Charter College of Education
CSULA College of Education Info Session
To Be Determined

UC IRVINE - EDUCATION SCIENCES
Jaycee Chu, School of Education
Education Sciences BA Info Session
To Be Determined

CHAPMAN UNIVERSITY
Integrated Educational Studies
Chapman Transfer Admission Guarantee (C-TAG) Info Session
To Be Determined

Is there another university you're interested in learning about? If so, contact us to ask questions and we can point you in the right direction!

For more information or to sign up, contact the CENTER FOR TEACHER EDUCATION
(714) 564-6352 • teacher_ed@sac.edu • sac.edu/teachered
ASK THE DOCTORS

W/ DR. RENEE YOCAM & DR. JILL KAPIL
SAC HEALTH PROFESSIONALS ANSWER YOUR QUESTIONS
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SANTA ANA COLLEGE
ASSOCIATED STUDENT GOVERNMENT

SPRING ACTIVITIES

FEB
- Club Rush
- Blood Drive
- Ask the Doctors - Virtual Town Hall
- Inter-Club Council's Welcome Back
- Fitness Friday Series

MAR
- Inter-Club Council's Social Media Contest
- Blood Drive
- Mindful Eating Habits
- Cross-Cultural Conversation: Know your Rights
- Cross-Cultural Conversation: Housing Justice
- Engineering Speaker Event
- DSPS Documentary & Discussion
- Fitness Friday Series

MAY
- ASG Elections
- Inter-Club Council's Watch Party
- #SAAM: Denim Day & Clothesline Project
- Cross-Cultural Conversation: Climate Justice
- Cross-Cultural Conversation: LGBT Day of Silence
- STEM Career Exploration
- Sustain-A-Palooza
- Fitness Friday Series

JUN
- Commencement

Text ‘Join SAC-LIFE’ to 30890 to receive information about events on campus!
Event dates are subject to change.

SAC.EDU/STUDENTLIFE
SAC.EDU/ASG
DARE TO LEAD!
Asian Pacific Student Program

Program Goal:
Connecting Asian Pacific Islander students to services at Santa Ana College to increase college and career readiness.

Benefit:
$50 SAC Bookstore voucher for students who complete two approved program services or activity.
Please note: voucher will be used toward book purchases only.

Approved Services / Activities:
- Counseling appointment
- Documented workshop attendance or services, including:
  - Academic Computing Center: sac.edu/acc
  - Career Center: sac.edu/career
  - Learning Center: sac.edu/learningcenter
  - Math Center: sac.edu/mathcenter
  - Student Life: sac.edu/studentlife
  - University Transfer Center: sac.edu/transfer

API student groups may include:
Asian - Cambodian-Chinese-Filipino-Indian-Japanese-Korean-Laotian-Vietnamese
Pacific Islander - Guamanian-Hawaiian-Samoan
SANTA ANA COLLEGE FOUNDATION

2021-2022
ANNUAL SCHOLARSHIP COMPETITION

October 14, 2020 - March 5, 2021

ELIGIBILITY CRITERIA

- Currently enrolled at Santa Ana College.
- Minimum 2.0 Cumulative College GPA.
- Enrolled in at least 6 units at SAC for the Fall 2020 and Spring 2021 Semester each.
- One Letter of Recommendation (Max 3 letters).
- Personal Statement.
- Unofficial SAC transcripts.

QUESTIONS?
CLICK TO LIVE CHAT WITH THE SCHOLARSHIP TEAM TODAY!

SCHOLARSHIP@SAC.EDU (714) 564-6995