

# 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

# FEBRUARY

20

VIRTUAL ENGAGEMENT OPPORTUNITIES

21



BLACK HISTORY MONTH

HEAR OUR SONG

FULL SCHEDULE AT SAC.EDU/BHM

# 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.

# ZUMBA

(FITNESS FRIDAY SERIES)
11:00AM-12:00PM

Dance to great music and burn a ton of calories without even realizing it!

# 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.

#### STRENGTH TRAINING

(FITNESS FRIDAY SERIES)

11:00AM-12:00PM

Build strength and endurance by targeting your major muscle groups. No weights necessary!





#### Health and Wellness Center - Psychological Services

VL-211, 1530 West 17th Street, Santa Ana, CA 92706 T: 714-564-6216 | F: 714-558-3732

# 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 <u>Health and Wellness Center Website</u>

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



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# 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 12:00PM

#### **Anger Management**

March 1st at 10:00 A 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.

SAC HEALTH AND WELLNESS CENTER
ASSOCIATED STUDENT GOVERNMENT

# ISH THE DUCTURS

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







REGISTER FOR THE TOWN HALL

© SAC.EDU/STUDENTLIFE

# CENTER FOR TEACHER EDUCATION



# **Spring 2021 Activities & Events**



#### **CONTACT US TO SIGN UP!**

**Zoom** • sac.edu/teachered-contact Email • teacher edesac.edu **Phone** • (714) 564-6352

#### 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 <u>libguides.sac.edu/etextb</u>ooks



#### 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

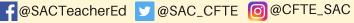
## Child Dev. Permit Workshops

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

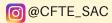
Monday, February 22 5:00 pm - 6:00 pm Monday, March 8 5:00 pm - 6:00 pm 5:00 pm - 6:00 pm Thursday, March 25 Monday, April 19 5:00 pm - 6:00 pm Monday, May 10 5:00 pm - 6:00 pm

#### **REGISTER FOR CFTE EMAIL UPDATES:**

www.sac.edu/teachered







## 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. Stav tuned for our full schedule of virtual events!

May 3-7, 2021





# **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

#### UC IRVINE - CALTEACH

Chelsea Barilli, CalTeach Science & Math Program

#### 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!

SAC HEALTH AND WELLNESS CENTER ASSOCIATED STUDENT GOVERNMENT

# ASH THE DUCTURS

W/ DR. RENEE YOCAM & DR. JILL KAPIL
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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

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

Inter-Club Council's Social Media Contest.

# **APR**

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

# MAY

Movies for Mental Health - Sexual Assault Movies for Mental Health - BIPOC & LGBTQ Inter-Club Council's Game Night Asian Pacific American Cultural Event Finals Stress Relief Fitness Friday Series



Commencement



#### Asian Pacific Student Program

#### sac.edu/apsp

#### **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.



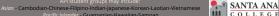
· Counseling appointment · Documented workshop

Career Center: sac.edu/career

attendance or services, including: Academic Computing Center: sac.edu/acc

Learning Center: sac.edu/learningcenter Math Center: sac edu/mathcenter Student Life: sac.edu/studentlife University Transfer Center: sac.edu/transfer









EXTENDEDI

APPLY FOR OVER

130 SCHOLARSHIPS

WITH JUST ONE

APPLICATION!

SANTA ANA COLLEGE FOUNDATION

# 2021-2022 ANNUAL SCHOLARSHIP COMPETITION

October 14, 2020 - March 5, 2021

EXPRESS 30 MINUTE WORKSHOPS OFFERED EVERYDAY, CLICK HERE TO SIGN-UP!

## **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.





