


Orientation for Graduating High School Seniors
April 19, 2014
Agenda

8:15am-9:00am	Registration Check-in.....(Outside Gym)			
9:00am-9:15am	Opening and Welcome..... (Gym)			
9:25 am-9:40am	Making the Most of Your First Year			
9:40am-10:20am	Student Panel			
9:25am-11:30am Parent Session	Navigating Higher Education(Cafeteria & CC3-336) Making the Most of Your First Year Student/Parent Panel Campus Tour			
10:30am-11:30am	Career Exploration (Groups 1-12)..... (Various Computer Labs)			
10:30am-11:00am	LMC 101 (Groups 13-18).....(L-109) Campus Tour (Groups 19-24)			
11:00am-11:30pm	LMC 101 (Groups 19-24).....(L-109) Campus Tour (Groups 13-18)			
11:30am-12:05pm	Lunch & Information Fair.....(Outdoor Quad)			
12:15pm-1:15pm	Career Exploration (Groups 13-24).....(Various Computer Labs)			
12:15pm-12:45pm	LMC 101 (Groups 1-6).....(L-109) Campus Tour (Groups 7-12)			
12:45pm-1:15pm	LMC 101 (Groups 7-12).....(L-109) Campus Tour (Groups 1-6)			
12:15pm-1:15pm Parent Session	Financing College..... (Cafeteria & CC3-336) [Financial Aid & Scholarships]			
1:20pm-1:40pm	Next Steps to Registration(Gym)			
1:50pm -2:10pm	Learning Community & Program Session 1.....(See OVER)			
2:15pm-2:35pm	Learning Community & Program Session 2.....(See OVER)			
DSPS	Honors	Puente	Summer Bridge	Transfer Academy




LOS MEDANOS COLLEGE

WELCOME TO:

LMC Resources-101*
(*Learning My College)

Learning My College (LMC) Resources




- ✓ How do I access...?
Online Systems
- ✓ Where do I go for....?
Campus Resources
- ✓ How do I pay for...?
Financing College

Admissions & Records

Where do I get help with my college records?

- Get Registration Forms
- Pay Fees
- Change Your Major
- Order Transcripts
- Apply for Graduation
- Meet with Veterans Rep.
- Meet with International Students Rep.
- And much more




Counseling

What are my options?

- Information on degrees, transfer, and certificates
- Setting goals and choosing your career/major

What classes should I take?


- Educational Planning



Career Center

How do I plan for a career beyond LMC?


- Online Career and Job Search Tools
- Resume and Cover Letter Help
- One-on-one Appointments
- Campus Job Board
- Interview Skills



DSPS (Disabled Students Programs and Services)

What if I have a disability?


- Testing and accommodations for students with identified physical and learning disabilities
- Designated Counselors
- Priority Registration



Tutoring Services

What if I need help with classwork?


- Center for Academic Support (CORE)
 - Individual consultations for reading/writing
 - Free peer tutoring
- Math Lab
- Instructors Office Hours



Student Life

How do I get involved ?


- Associated Students
- Student Clubs
- Leadership Programs
- Student Ambassadors
- Welcome Week
- Film Series

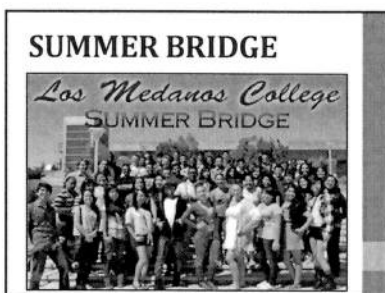
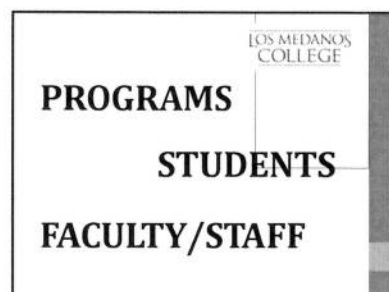
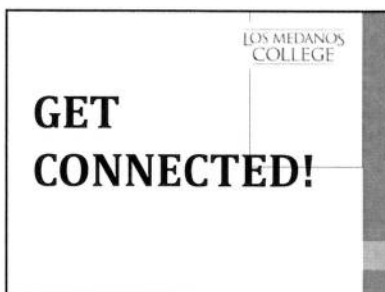
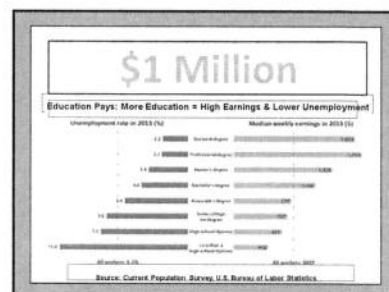
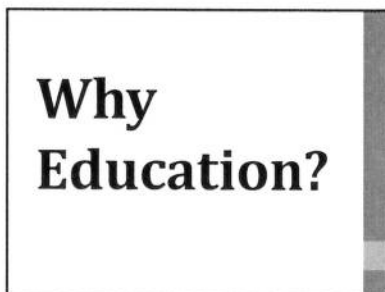



Transfer Center

Where should I go if I want to transfer ?

- One-on-one Appointments with University Reps
- Tours to Transfer Schools
- College Catalogs
- Drop-in Advising
- Transfer Workshops
- TAG Agreements
- Concurrent Enrollment at UCB and CSUEB

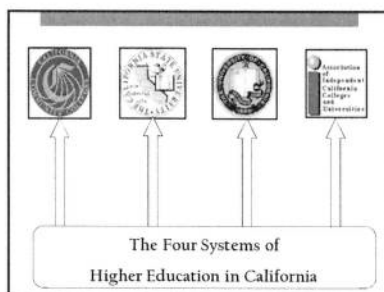








Understanding Higher Education

LOS MEDANOS COLLEGE

CA Community Colleges

- 110 campuses
- Open to any students pursuing higher education
- Provide TRANSFER options for students seeking a B.A. / B.S.
- Offer Vocational Training



Los Medanos College

- 38 Majors or programs of Study

Los Medanos College

Two Paths:

- Transfer Programs
- Associates of Arts & CTE Programs

Los Medanos College

LMC
1 Transfer
2 AA and CTE

Transfer Programs	Career Technical Ed.
Liberal Arts CSU GE, IGEC	Associates of Arts (2 yr) Certificates (1 yr)

Transfer Programs (2 yrs)

Liberal Arts
General Ed

Academic Majors: Psych, Bio, Engineer, Math, Sociology, Music, Art, Chemistry

CTE Programs

Associate of Arts (2 yrs)
PTEC, Art, Nursing, Auto, Business, Welding

Certificates (1-2 yrs)
PTEC, Computer Science, Auto, Business, Welding

Career Technical Professions

Career technical training prepares learners for jobs that are based in manual or practical activities, traditionally non-academic and related to a specific trade, occupation or vocation

Career Technical Degrees Offered at LMC:

- Administration of Justice
- Fire Technology
- Appliance Service Technology
- Graphic Communications
- Automotive Technology
- Journalism
- Business
- Nursing
- Child Development
- Process Technology
- Computer Science
- Recording Arts
- Travel Marketing
- Electrical/Electronic Technology
- Emergency Medical Services
- Welding Technology



- Visit Information Tables at lunch
- Attend program sessions this afternoon
- Meet program coordinators and participants
- All programs still have openings
- Apply today!

*Apply & Get Accepted
before your academic counseling sessions
so that you sign-up for the right classes*

SIGN-UP TODAY!

**How Much Time
Does It Take
To Be a Good Student?**

Full time Student

- Must enroll in 12 or more units

To Succeed

- Needs to control the time in and out of class
- Depends on the support from family and friends

Take the time seriously

- A full-time student is like being at a full-time job...

Units

- 5 units
- 3 units
- 4 units
- 3 units
- 15 units

A 15-unit schedule required a time commitment of at least 45 hours a week

What gets in the way of a full-time student?

Work • 30 hrs/week (40%)

Sleep • 8 hrs/week (11%)

Driving • 3 hrs/week (4%)

Social Life • 10 hrs/week (14%)

Exercise • 2 hrs/week (3%)

Meals • 10 hrs/week (14%)

TV • 10 hrs/week (14%)

Others • 10 hrs/week (14%)

Student - 15 units • 15 hrs/week (21%)

There are only 168 hrs in a week

HELP!!

Important:
Take an appropriate number of Courses to fit with personal needs & commitments!

Some Things to Consider:

Be Aware of the following:

Signs of Stress

Fatigue	Headache	Stomach Upset
Increased heart rate	Anxiety	Irritability
Negativity	Mood swings	Tearfulness
Confusion	Feeling hopeless	Inability to concentrate
Changes in sleeping patterns	Changes in eating patterns	Increased use of alcohol
Increased use of drugs	Relationship conflicts	

Celebrate the following:

Friends & Family

- Developing new friendships
- Open communication with family

Faculty & Counselors

- Having open communication with them
- Building good relationship

Building Student Confidence

Safety

- Knowing how to enter safe on campus
- Working on or off campus with responsible friends

On-campus clubs

- Being involved in their activities
- Joining in leisure activities
- Continued in leadership opportunities

Resources

- Finding help when its needed
- Handling with campus resources

Time Management

- Creating a chronological master schedule
- Following to a more academic responsibilities
- Identifying or setting career goals
- Meeting goals
- Making time for exercise