Los Medanos College Foster Youth Events & Resources

To Contact the Los Medanos College Counseling Department: (925) 473-7449        April 2016

Los Medanos College

BRAVO

Los Medanos College

FY Events

Los Medanos College Foster Youth Events
Planned by Foster Youth Success Team & Committee

Dear BRAVO Students and foster/former foster youth,

Here are this month’s upcoming events. Please come out and enjoy them. These events are designed to be informational, supportive, and fun!!

Foster Youth Summit - April 28, 2016
Our big Foster Youth Summit will be held on Thursday, April 28th at 4 pm – 7pm. We are also seeking BRAVO (foster youth) students for a panel to share information with potential future Los Medanos College students who are foster youth in high school currently. There will be plenty of information, food, fun, and even gift cards for foster youth. Please come out and enjoy the evening.

Test Taking & Anxiety Workshop - April 14, 2016 by Haydee Lindgren, DSPS Counseling Faculty (see flyer on page 2 for more information)

Library Workshop - April 22, 2016 by Kim Wentworth, LMC Librarian (see flyer on page 3 for more info)

Ice Cream Social - April 22, 2016 following the Library Workshop - April 22nd, 2016

Pick Up Your Roadmap To Success at the Los Medanos College Counseling Dept. Today!

Get Your Roadmap Today!!! Los Medanos College’s Roadmap to Success is available to all Students, Staff, Faculty, Community, & Organizations. The roadmap was developed by Los Medanos College’s Foster Youth Committee & Success Team to ensure that foster youth students as well as all other students had a detailed plan on how to navigate enrolling at Los Medanos College, utilizing resources, and ultimately graduating and transferring to a four year college.

To Find Out More Info about Foster Youth and Los Medanos College Visit Our Web Page at: www.losmedanos.edu/fosteryouth

Events This Month:
Foster Youth Summit: April 28, 2016
Test Taking & Test Anxiety Workshop April 14th, 2016
Library Workshop: April 22, 2016
Ice Cream Social: April 22, 2016

APRIL

Complete or Update Your Educational Plan Today! Make An Appointment with the Foster Youth Counselor! Appointments can be made in person or by contacting the LMC Counseling Office: Call (925) 473-7449

Your success is our goal!
FY News & FY Events

FY News & FY Events is dedicated to supporting and helping our foster youth students at Los Medanos College. It provides information and resources of importance to foster youth students. If you have any questions, want to submit an article, or provide information and news contact Connie Woods: cwoods@losmedanos.edu. (925) 473-7449

Foster Youth Summit

For Who: East County Foster Youth Junior & Senior High School Students

Why: To Find Out Info All About Los Medanos College & What We Offer Foster Youth In Completing Their Higher Education

When: April 28, 2016; 4 pm - 7pm

What: Tour, Department Information, Foster Youth Agencies, Fun, Food, Games, Gift Cards, & More...

Brought to you by Los Medanos College & Contra Costa County Office of Education. Free Event!! For more info: emonteverde@losmedanos.edu

April Sudoku

How to solve sudoku puzzles

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty on this puzzle is easy.

BRAVO (LMC’s Foster Youth Club)

THURSDAY, APRIL 14 2:30 – 4:00 P.M.

WORKSHOP ON TEST TAKING AND TEST ANXIETY

Come and join us to find tips on studying, test taking, handling test anxiety and managing your time.

SMART Goals

Specific

Knowing What You Will Do and How

Measurable

Having Precise Way To Measure

Attainable

Being Able To Visualize Path

Realistic

Being Able To Visualize Results

Time bound

Having Timeline for Achievement
Library Workshop/Ice Cream Social

Los Medanos College BRAVO (Foster Youth) Students are encouraged to attend Library Workshop. Ice Cream and treats immediately following. This event is FREE!!

BRAVO (LMC’s Foster Youth Club)

Library Workshop &

Ice Cream Social

Walking Library Tour & Intro to Library Databases: Find out where all the good stuff is!
PLUS: Learn how to check out Reserve Textbooks.

Friday, April 22th 12:30pm – 2:30pm
(Meet at the LMC Library entrance)

We can help you:
- Find research materials for an assignment
- Print your schedule
- Choose a book
- Find an article
- Locate a place on campus
- Create a work cited
- Search library databases
- Use eBooks and streaming video

Come borrow our:
- Reserve textbooks
- Books
- DVDs
- Dry erase markers
- Headphones

Come use our:
- Computers
- Group Study Rooms
- Free Wireless
- Study space
- Magazines
- Journals
- Newspapers