Los Medanos College Foster Youth Program Name “BRAVO” Decided By Foster Youth

Los Medanos College foster youth students met for their orientation for Spring semester on March 10, 2016. The festive event included food, drinks, and lots of information presented by Los Medanos College management, faculty, and staff members endeavoring to support foster youth and help improve educational outcomes.

About 25 students have joined the all new foster youth program, thus far, implemented in Spring 2016. At the orientation foster youth came up with names as well as some suggested by staff but decided they wanted their program name to be called “BRAVO”. Read the article below to see what the acronyms stand for.

BRAVO Voted & Here Are The Results!
by Eva Monteverde

Good Afternoon FY (Foster Youth)Team!

Thank you all SO MUCH for a successful FY gathering last Thursday. What a great afternoon!

Special Thanks to:
- Those who helped assemble the Goodie bags (Eva Monteverde, Kim Wentworth, Haydee Lindgren, Peggy Peters, Letta Green)
- Patsy Sherman for the plates, case of water and napkins
- Letta Greene for the case of soda
- Kim and the youth that carried half the pizzas and the other youth who covered me with his umbrella
- the FAO, especially to Javier & Harmeet for bringing down both dollies packed with the supplies, water and Goodie bags
- those who presented (Connie Woods, Haydee Lindgren, Jeffrey Benford, Peggy Peters, Melissa Keane, Letta Green, Kim Wentworth, Eva Monteverde)

Thank you to Tamara Green for the valuable insight into the “Eligible and Not Eligible” Expenditure Guidelines.

How Foster Youth Participants Voted
Survey Results (Ranked in order of most votes)

Social Activites Desired:
1. Ice Cream Social
2. Movie Night
3. Bowling Night
4. Pizza Party

Workshops Desired:
1. “Study & Test Taking Strategies” workshop
2. “Time Management” workshop
3. “Test Anxiety” workshop

How do you get to school?
1. Most ride the bus
2. Almost 1/2 have their own car
3. Get rides from Foster family or friends

Items that student would be in most need of:
1. Gas card
2. Bus pass
3. School Supplies

BRAVO decided to meet:

Wednesdays between 3:00 – 5:00 p.m. but it was decided with some students being a part of other clubs, the group will meet from 3:30 – 5:00 p.m.

The FY chose their name to be “BRAVO”!!!

B – Breaking cycles placed on you!
R – Rewarding yourself by being yourself!
A – Academic Success is a priority!
V – Visions seen not only through your eyes!
O – Overcoming adversities and not letting them overcome you!
Congratulations to 25 Foster Youth Students at Los Medanos College who received the John Burton Scholarship Book Fund!

Book funds are available up to a maximum of $350 per semester, depending of the number of units enrolled.

Appointments can be made by contacting the Counseling department at (925) 473-7449.

Keep up the good work BRAVO!!

Los Medanos College DSPS Info

By Haydee Lindgren

It is the mission of the Disabled Students Programs and Services (DSP&S) to facilitate access for students with all disabilities to the educational programs, student services, and activities of Los Medanos College.

Visit our office or learn more at this link: www.lmcsdps.org/index.php

Follow LMC DSPS on Facebook! https://www.facebook.com/LMCDSPS

Foster Youth Immediate Checklist

1. Make sure LMC English & Math Assessments are Complete.
2. Make an Appointment w/ Connie Woods, Foster Youth Counselor to complete educational plan, get resources, and welcome package. Call (925) 473-7449.
3. Make sure your FAFSA is complete. Apply for Chafee Grant, and Board of Gover- nors fee waiver. Visit Financial Aid Office. Meet with Eva Monteverde.
4. Utilize resources such as EOPS program, Career Center (to explore careers), Math Lab (help with math courses), Transfer Center, Student Jobs (get an on-campus job), Scholarship Center, Clubs, Athletics, and other resources.
5. Consider joining the Contra Costa ILSP Program, located on LMC cam- pus. Offers great resources, support, scholarships for foster/former foster youth.

East County Resources

Financial Assistance
CalWORKS (families) ........................................1-877-505-4630
General Assistance (Individuals) ...............1-877-505-4630
Money Management Int'l ....................................1-866-336-0624

Rental Assistance
Concord Family Service Center ....................925-825-3099
Season of Sharing .............................................925-521-5065
Shelter, Inc. .........................................................925-335-6858

Emergency Services
American Red Cross ........................................ 1-866-272-2237

Utility Assistance
Reach Utility Assistance Program ...............925-778-0088
Utility Shut off Assistance .....................1-800-743-5000
Home Energy Assistance .........................925-681-6830

Teens Services
Reach Project Antioch .................................. 925-754-3673
Teens Services/Safe Place ..........................1-800-718-4357
Suicide
Contra Costa Crisis Center ...................... 1-800-833-2900
National Suicide Hotlines ......................1-800-273-8255
Shelter
Concord Shelter (single's only) ....................1-800-799-6599
Contra Costa Homeless Outreach ..............925-812-3511
SAFE Place - Martinez (Youth 9-17) ....... 1-800-718-4357
Shepherd’s Gate - Brentwood ....................925-308-7507

Los Medanos College FosterYouth Success Team

Foster Youth Committee & Success Team

works to ensure the success of foster youth at Los Medanos College and greater community!

Connie Woods, Committee Chair, Counseling Faculty
Robin Armour, Director of Admissions & Records
Tawny Beal, Business Faculty
Jeffrey Benford, Dean of Counseling & Student Support
Don Graves, Contra Costa County ILSP
Letta Green, Student Success & Retention
Tamara Green, Student Equity
Robin Harrison, CARE/EOPS
Haydee Lindgren, DSPS/Counseling
Eva Monteverde, Financial Aid
Tue Rust, Math Faculty
Patsy Sherman, Foster & Kinship Care Education
Reginald Turner, Employment Coordination
Kim Wentworth, Librarian/Interim Director

For more info contact us: (925) 473-7449

How procrastinators can get started and keep it moving

Researchers say chronic procrastination is an emotional strategy for dealing with stress, but it can also lead to issues in relationships, jobs, finances and health. Here are five ways for procrastinators and others to get started:

1. Break the project into specific, concrete sub-goals and designate the amount of time they should take.
2. Just get started. Have a narrow focus. Choose a topic and do something on it now. A long list of tasks can be overwhelming.
3. Remember that completing a project now helps you in the future. Putting it off won’t make it more enjoyable.
4. Set up “micro costs” that make stalling behavior harder. Have a separate log-in for computer games.
5. Reward yourself for completing a sub-goal.

Timothy Pychyl (say pitch-ell), a psychology profes- sor at Carleton University in Ottawa, says procrastination is: “We’re giving in to feel good.”

Many procrastinators feel they don’t want to get started on a task because they want to do it perfectly. Instead, studies show procrasti- nation isn’t tied to perfe- ctionism, but to impulsiveness. It’s a tendency to act immedi- ately on other urges.

It’s not anxiety that keeps them from getting going. Anxiety, in fact, is the cue to get going for people low on im- pulsiveness. Highly impulsive people shut down when feeling anxiety and want to do some- thing else to get rid of the bad feeling.

The mental-health ef- fects of procrastination are well-documented, say experts quoted in The Wall Street Jour- nal. Procrastinators have high- er rates of depression and anx- iety and poorer feelings of well-being.

Psychologists at the University of Sheffield, in England, are studying the ef- fects of procrastination on se- rious health problems. So far, they have found that procrasti- nators with high blood pressure and heart disease were less likely to engage in active strategies for coping with their illnesses.
**Education 101**

by LMC Counseling Department

Your educational goal is the objective of your education. There are several educational goals that you can achieve at Los Medanos College. You may choose more than one. You may also change your educational goal at any time. You will be more motivated to stay in school and achieve good grades if you have a goal for your future.

### Associate Degree

An Associate Degree is the first college degree you can earn. It requires the completion of 60 units of required and elective courses, and a minimum GPA of 2.0 (“C”) or higher. You can earn an Associate Degree in two years if you attend full time (15 units a semester), but it will take longer if you attend part-time. More than 60 units may be required if you need developmental courses or are undecided about your major.

### Transfer to 4-Year College

At Los Medanos College you can complete the first two years of coursework (“lower division”) required to earn a Bachelor’s Degree at a four-year college or university. You can then transfer to the 4-year institution as a junior. You can meet transfer requirements with or without earning an Associate Degree. Transfer and Associate Degree requirements, while similar, are not identical. For instance, transfer requires a more advanced math course.

### Certificate of Achievement

A Certificate of Achievement, which is not a college degree, may be earned in certain technical, vocational, or business majors at Los Medanos College. Certificate programs focus almost exclusively on preparing you for a specific occupation. Few courses outside the major are required, except for competency requirements (found in the Graduation Requirements section of the LMC Catalog).

### Departmental Certificate Options

Departmental Certificates generally require less than 18 units of work and are currently available in Administration of Justice, Business, Child Development, Computer Networking Technology, Computer Science, Emergency Medical Services, Fire Technology, Management & Supervision, Travel, and Vocational Nursing. Consult specific department for details.

### Personal

If you don’t choose to pursue a degree, certificate, or transfer, your educational goal may be to:

- Enroll in personal interest courses
- Explore career interests
- Update current job skills
- Learn new job skills
- Improve basic skills, such as English or math
- Maintain a professional license
- Complete high school credits

About your first semester classes don’t be overly concerned if you are undecided about your major or what classes to take your first semester. Many students “explore” when they first start college.

**“Do you know you move your lips when you text?”**

Here are some first-semester suggestions:

- **College Success** Courses
  - Counseling 30, Orientation to College Counseling
  - Counseling 32, Career Development Counseling
  - Transfer Planning Counseling
  - Counseling 34, College Success

- **English Course**
  - Reading and writing are essential to success in almost all college classes.
  - Sign up for the English course recommended after your assessment.

- **Math Course**
  - Do you need to review the basics? All degree, certificate, and transfer programs at LMC have a math requirement.
  - What math course was recommended after assessment? Get started early!

- **Computer Course**
  - Computer literacy is a requirement for all LMC degrees and certificates, as well as for many jobs. Enroll in Computer Science 40, “Introduction to Computers,” or Computer Science 60, “Introduction to Microcomputers and Applications,” or Business 65, “Introduction to Word Processing.” In addition, you may wish to consider an Internet class, such as Computer Science 30, “The Internet.”

- **Library Course**
  - To make full use of the LMC library and improve your ability to do research papers and projects, enroll in Library Studies 14, “Introduction to Library Resources,” or Library Studies 17, “Introduction to Internet Information Resources.”

### General Education Course

- What subject interests you? Take a GE class in psychology, astronomy, history, ecology, or any of many other subjects.
- Make sure you have met any prerequisite for the class first.

- **Personal Interest Course**
  - Take something that appeals to you! LMC offers courses in art, ceramics, child development, computer graphics, automotive repair, music, office skills, photography, and physical education, to name just a few.

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**Financial Aid Workshops**

**New!! LMC Foster Youth Program**

Attention Foster Youth/Former Foster students! Los Medanos College offers a Foster Youth Program to better support our foster youth students. Apply today!

**What the Program offers:**

- Support & Guidance
- Academic & Personal Counseling
- Basic Needs Financial Support
- Referrals to Community Resources
- Financial Aid Assistance
- Educational Planning Services
- Scholarship Information
- Tutoring Referrals
- Foster Youth Success Course
- Social Events

**Eligibility Requirements**

- Currently enrolled in at least 6 units
- Must Meet with LMC Foster Youth Counselor at least once per semester
- Must be a foster youth or former foster youth

Contact the Counseling Department today for more information at: (925) 473-7449 or ewoods@losmedanos.edu.
College athletes hoverboard, but the dangers are well known

They are blamed for hundreds of visits to emergency rooms, banned from airplanes for bursting into flames, and no longer sold at some stores.

Better described as self-balancing electric scooters, they're part Segway, part skateboard and called hoverboards, even though they don't hover.

They're a popular challenge for their new owners and particularly with college athletes. Many players acknowledge that they own one, and others have used someone else's. They are really $350 electric skateboards.

College athletic directors quoted in USA Today say there is a virtual inevitability that some high-profile college athlete is going to have a hoverboard accident that could end his season, or end his or her sports career.

A recent round of hoverboard-related horror stories has caught the attention of some players who rushed to buy one. Michigan State football receiver R.J. Shelton says, "They're fun, but obviously a danger. I didn't want to have to say, "Yeah, I was on a hoverboard and fell." He doesn't want to get hurt.

Michigan State safety Montae Nicholson uses his to get around campus at about 6 mph. He says there is the injury factor, but once you get the hang of it, it's pretty easy to keep your balance. You lean forward to go forward or to the left or the right to go in that direction. It depends on where you put foot pressure.

Easy. But as many emergency room patients will tell you, you have to be endowed with good coordination, and be paying attention, not goofing off.

Put all that together, and there's a chance that you won't end up in the hospital. That includes many parents.