

COUNSELING CONNECTIONS



MISSION COLLEGE Counseling/Matriculation

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Mission Library Goes Virtual

by Pat Hernas, Outreach Librarian

Mission College Library isn't just a 22,500 square foot building with shelves and nice windows—it is a virtual library stretching from Sonoma in the north to San Diego in the south and Reno, Nevada to the East.

This virtual library provides students, faculty and staff with access to materials ranging from the deliciously dishy bestseller to doctoral dissertations. Millions of titles are available from this virtual library and may be in hand only 2-3 days after placing a request.

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Get A Jump On 2006-2007 Financial Aid Application

by Janet Stevenson, Financial Aid Office

January 1, 2006, is the time to renew or apply for Financial Aid for the 2006-2007 academic year. Those who have their Federal Application (FAFSA) postmarked by March 2nd will receive priority processing. You may apply after March 2nd, however, your application will be processed after the priority applications.

In order to maintain Satisfactory Academic Progress (SAP), remember to comply with all regulations learned in your SAP Session. You need to remain in all of the units for which you were registered for by February 11, 2006. Dropping more than 1/3 of your units will cause you to be placed on Financial Aid Probation or Disqualification and may require you to repay a portion of your financial aid.

If you feel you need a review of the financial aid rules and regulations feel free to attend another SAP session or access the SAP policy on-line at our web site: www.missioncollege.org/student_services/financial_aid/default.html. A new schedule of the SAP sessions for the Spring, 2006 semester will be posted in the Financial Aid Office window mid-January.

Financial Aid Web Site

The Financial Aid Web Site has been updated. To view this site, go online in the Mission College website (www.missioncollege.org). Choose “**Student Services**” then “**Financial Aid**”. Look for information and links to different Financial Aid information, forms and applications.

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Campus News

Avanza Project Gears Up

The Avanza Project (Title V) and the Greater San Jose Hispanic Chamber of Commerce (GSJHCC) have worked together to develop a student ambassador and mentoring program for Mission College and the community.

The student ambassadors attended five training sessions with members from the Chamber where they learned how to represent the college to the community, conduct themselves with professionalism, make presentations to the public, and motivate others. At the completion of the training, ambassadors, Edie Duncan and Karina Ramirez were given awards for their accomplishments by the GSJHCC at the monthly business networking luncheon.

Carlos Figueroa, passed GSJHCC President, and Angie Cordoza, current President, had nothing but positive things to say about the program.

“These two young women are delightful. They are poised, professional and are ready for whatever you send them to do in the community,” President Cordoza said.

In the Spring, the GSJHCC will be working with Connie Morales, (Avanza Student Services Coordinator), to provide mentoring sessions with new students who’ve been recruited for the Avanza Project.



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Dealing With The Holiday Blues

by Thuy Trang, Counselor

Although the holidays can usually usher in excitement and cheer, they may also bring us a strong sense of stress and anxiety on both a financial and emotional level. Listed below are suggestions for handling common holiday woes.

“I Can’t Afford Presents for Everyone”

- Place a price limit on the presents you and your family/friends will spend on each other. What’s more important is the company you share and the memories that you create this holiday season.
- Organize a Secret Santa/White Elephant Gift Exchange among family, friends or co-workers – this can reduce your stress and/or guilt of having to find a gift for everyone you know.
- If you are going to buy some expensive gifts, begin hunting for bargains and special deals on the Internet. If you can get your gifts early, you avoid the mad rush at the last minute.
- Instead of buying a gift, consider making something – e.g. creating jewelry, pottery, greeting cards.
- Instead of a material gift, create “coupons” for your loved ones that are redeemable for a special occasion together – e.g. “Coupon good for a quiet evening stroll on the beach” or “Coupon good for a free massage.”

“I Feel Alone During the Holidays ...”

- Mission College has both general and crisis counselors available to support you and help you deal with issues of loneliness and depression that may be amplified due to the holiday season.
(You Can Call 855-5030 for assistance)
- If you are far from home, consider joining a student club or organization on-campus and coordinating a dinner or luncheon (potluck) to meet new friends and celebrate together.
(Check out the list of clubs currently active on campus: http://www.missioncollege.org/student_services/asb/index.html)
- Consider volunteering your time to help others less fortunate than you. A useful website to get you started is <http://www.volunteerinfo.org/>.

Apply For Financial Aid

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Features Include

- A link to the 2006-2007 Free Application for Federal Student Aid (Active 1/06)
- A link to the Satisfactory Academic Progress (SAP) Policy
- A link to the Request for Review of SAP Status (Appeal) Form
- A link to the Mission College Scholarship Application for 2006-2007 (Active 1/06)
- A link to the Review of Financial Need Status Forms
- A link to the Review of Dependency Status Forms

BOARD OF GOVERNOR'S WAIVER (BOGW)

The 2005-2006 Board Of Governor's Fee Waiver application is online at www.missioncollege.org. Look for the link to the application form. The 2005-2006 application is good only until the end of Spring Semester, 2006.

The 2006-2007 application will be activated in April for Summer, 2006 through Spring, 2007.

If you received a BOGW for the Spring of 2006, you will need to reapply for the fee waiver to be active in the Summer, 2006.

Federal Stafford Loans

Mission College will again begin distributing Federal Stafford Loan applications beginning February 15th through April 7th, 2006, for the continuing 2005-2006 academic school year. Students will not be able to apply for a student loan until they have received an award letter. If you haven't received a letter, check with the Financial Aid Office for requirements.

Students who have received their first loan check for Fall, 2005 will receive their second loan check sometime after mid-March, 2006. Student ID numbers will be listed in the Financial Aid Office window when checks have been received by our office. As soon as you see your number posted, come to our office with a picture ID to pick up your check(s).

Cal Grant B, C & A

Regarding the **2006-2007 Cal Grant** applications, students who have completed at least 16 transferable college units at Mission College **do not** have to complete a "2006-2007 Cal Grant GPA Verification" form because their GPA's will be sent electronically to the California Student Aid Commission.

However, these students must still complete a 2006-2007 FAFSA. Students who have not completed at least 16 Mission College units, including units transferred here, must obtain a Cal Grant GPA Verification form from the Financial Aid Office and go to their high school to have the GPA Verification form completed. For the 2006-2007 school year, the deadlines for those students who apply for the Cal Grant are March 2nd, 2006, and September 2, 2006. If you have a Community College CalGrant A Reserve Award, you must contact the Student Aid Commission and the Financial Aid Office at your chosen college to activate the award.

Transferring Students

If you are going to transfer to another college for Fall, 2006, make sure to check with your chosen college/university for their Financial Aid deadlines. Some institutions have early deadlines for priority packaging. File your FAFSA as soon as possible after January 1, 2006.

Historically Black Colleges

Historically Black Colleges and Universities (HBCUs) are those that were founded before 1964 as postsecondary academic institutions whose educational mission has historically been to educate African Americans.

There are about 120 historically Black Colleges and Universities. Most HBCUs are located in the Southern United States such as Clark Atlanta University, Morehouse College, Spelman College, Xavier University of Louisiana, Hampton University, and Lemoyne-Owen College.

Historically Black Colleges and Universities are open to all students.

Visit: www.smart.net/~pope/hbcu/hbculist.htm for more information.

Source: Franchesca Tyler



Library Goes Virtual

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If a title isn't available in the stacks here at Mission College, there might be one at UC Riverside or University of Nevada, Reno.

Of course this huge virtual library includes far more than mere books. Mission College Library provides access to 4154 e-journals through subscription to several databases. No need to worry about newsprint on the hands when reading the Los Angeles Times from the *eLibrary* database. *Facts.com* database provides a daily news feed from Reuters along with editorials and political cartoons—to name just a few offerings. Interested in reading news from a diverse viewpoint? The *Ethnic NewsWatch* database contains articles from such diverse publications as “The Arab American News,” “Asian Week,” “African Times” from LA, and “Africa Analysis” from London. Two of the library's database subscriptions provide information in Spanish: *Ethnic NewsWatch en Espanol* and *Encyclopedia Universal en Espanol*.

And no virtual library experience would be the same without the virtual network—a wireless network! The library has wireless connectivity available so students and faculty can hook-up with information throughout the building and avoid the one hour time limit of the library-provided computers.

The newest addition to the library's virtual collection is the acquisition of nearly 3,000 e-books. Titles include such diverse material as: “Biodiversity Conservation in Costa Rica,” “Building the Bridge as You Walk on It,” “Learner-Centered Theory and Practice in Distance Education,” “Reading the Vampire Slayer” and “Assessing Students' Written Work.”

By simply using your student or faculty ID number, library resources can be accessed 24/7 from any computer anywhere. Mission College Library—going virtual to meet the educational needs of our diverse learning community! www.missioncollege.org/lib/lib.html