Welcome to Mount San Antonio College

A letter from the editor:

Welcome, new and returning students to the Fall 2015 semester here at Mt. San Antonio College. For those unfamiliar with the newsletter, Ambassadors Monthly is presented to you by the Honors Ambassadors Club. Our purpose is to provide a straighter path for higher education, outreach to local high schools, community service projects, and a healthy social environment for the Honors community. It is our pleasure to present you with this monthly newsletter. Its content consists of valuable information, such as reminders, opportunities, and tips to help you succeed here at Mt. SAC. This month’s edition is dedicated to helping you get off with a good start, especially for the new incoming students. Starting off the year with a good attitude and good habits is essential for keeping up a high morale and G.P.A throughout the semester. So let’s start with our best foot forward and power through this semester.

Sincerely,
Abraham Ramirez, Newsletter Editor
Open Honors Courses
If you complete 30 units, including 15 units of Honors courses with a "C" or better, and achieve a 3.2 cumulative bachelor-level GPA plus maintain a 3.2 GPA in your honors coursework, you can be certified as a Mt. SAC Honors Scholar. Listed below are Honors courses that still have seats available as of print date:

- ANTH 1H — Biological Anthropology
- BIOL 4H — Biology for Majors
- BIOL 15H — Human Sexuality
- CHILD 10H — Child Growth and Lifespan Development
- ENGL 1AH — Freshman Composition
- NF 25H — Essentials of Nutrition
- SOC 1H — Sociology
- SOC 5H — Introduction to Criminology
- SPCH 8H — Professional and Organizational Speaking

-Study Tips-
Getting back in the flow of studying can be hard, especially if you’ve spent your summer binging on Netflix, going on adventures, or just plain hanging out with friends. So here are a few tips to jump start you back in to that student mentality. First, get in the mindset of keeping track of your responsibilities. Time management is crucial for students with heavy work loads. Think of studying as business, once you hit the books, play time is over. Set study goals and accomplish them. DO NOT PROCRASTINATE, the sooner you learn how to prioritize the better. Second, get used to how your professors assign work. Every professor has a different teaching style. Getting used to their methods is the best way to succeed in class. Also, do you know of those things called office hours? Take advantage of them! Most teachers have office hours set aside to help students with issues they are having in class. Visit them often because they also allow professors to get acquainted with you and that can be a possible doorway to a letter of recommendation. Third, remember to take good notes and read the book. There is no point in paying over one hundred dollars for a book and letting it catch dust in your room, read it! Looking over your notes is also essential. Your notes will contain material that the professor is emphasizing and will most likely be on your test. Next, make sure to use any Mt.SAC resources that can help you study. There are tutoring centers for writing, speech and sign, and math around campus. Do not shy away from seeking help if you struggle with any of these subjects. It’s free tutoring! And tutors help you out until you understand the material. Finally, it may be smart to get a study group going with some of your classmates. You are all going through the same struggle. Why not join forces? Others may be able to help you with problems you don’t understand; likewise, you may provide essential information for them. College isn't just about getting to the finish line, its also about helping your community of students in the process.

Programs on Campus
In addition to the Honors Program, Mt. SAC has many other great programs to help students succeed in college.

ACES Program
Achieving in College, Ensuring Success is a program that focuses on student support. It is a program that was established by congress to help students break class, social, academic, and cultural barriers to higher education. You are eligible if you are either a first generation student, come from a low income family, or are a disabled student. Services include individualized counseling, tutoring services, cultural enrichment activities, and more.

ARISE Program
This is a support program designed to help Asian American and Pacific Islander students. The name ARISE suggest that students from diverse cultures come together and lift each other up. The program is dedicated to empower ARISE students to achieve academic and personal success. Benefits include career planning and education planning, field trips, and a supportive studying environment.

ASPIRE Program
Aspire is a dynamic program designed to provide support and increase the academic success of African-American and other students. The program provides mentorships to encourage students to succeed. It provides cultural understanding by providing education on aspects of African-American culture and history.

These are only three of the many great programs at Mt.SAC. For more information please visit the Mt.SAC website.

-Student Resources-
Remember, there are plenty of resources available for student success and well-being. Listed below are some of those resources:

Mt.SAC Library
The Mt. SAC library (Building 6) offers a great environment for students who want a place to study. It is equipped with study rooms that can be reserved online or at the front desk. Classroom textbooks can be found at the reserve desk and the library's online database provides a good research platforms. If you are looking for research sources the library can also provide you with an IEALC library card. The IEALC library card allows Mt. SAC students to use the resources of surrounding libraries. Get yours at the reserve desk.

Health Center
The Health Center provides low cost/free health services for students. It helps keep students physically and emotionally healthy so they can perform at their best. At the Health Center, professional staff are available to help. Professionals include personal physicians, nurse practitioners, chiropractors, counselors, nurses, health education, and clerical support staff. The Health Center is located in building 67B.

Learning Assistance Center
The LAC provides students a quiet place to get their work done. It has a computer lab equipped with PC and MAC computers, whether students need to get some essays or video editing done. The LAC also offers tutoring services and academic enhancement classes. The LAC is located on the opposite side of the library in building 6.

Sac Book Rac
The Sac Book Rac sells textbooks, Mt.SAC memorabilia and more. The bookstore provides student I.D.’s. It is absolutely necessary to have a student I.D. in order to use services at Mt.SAC, so don’t forget to get yours. Need transportation? You can get a class pass at the Mt.SAC bookstore. The class pass is a free reusable electronic fare card for the Foothill Transit. The bookstore also has discounts for movie tickets, theme parks, and more. The bookstore is located in building 9A

Writing Center
The Writing Center located in building 26B helps students in their academic pursuit of writing. Staff at the Writing Center help guide students in to becoming better writers over all. The Writing Center hosts workshops on common writing errors and has online resources like PDF writer’s guide handouts. The writing center computer lab is also available for students to work on essays, where they can benefit from on the spot tutoring.

MARC and T-MARC
The Math Activities Resource Center (MARC) and Transfer-MARC (TMARC) offer services including free tutoring, study spaces, tutorial software, calculator rentals, textbooks, solution manuals, and handouts. The MARC serves students in Math 50 to Math 71, whereas the TMARC serves students in Math 100 and above. It is located in building 61.

Questions? Comments? Interested in being a guest contributor? Email us at h.a.mtsac@gmail.com with “newsletter” in the subject line.