



THE PAW

The latest news and updates from LCC Student Ambassadors



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by Student Ambassador Team

Involvement in student activities is not only fun but it's also an opportunity to form new friendships. There are several activities planned throughout the semester. LCC Meetups include fun activities and free refreshments. There are game nights sponsored by the Math department and movie nights sponsored by the English department. Associated Student Body (ASB) offers students a chance to get involved and represent the interest and goals of the entire LCC student body. Voting will be soon taking place for a new ASB President and Vice President. Be sure to vote! Don't forget about all of the free academic support services that are available to you. If you need help with a class be sure to seek out free tutoring offered in the Learning Center.



ASB Sweet Spring Dance

On March 28, ASB had its first semi formal dance in a long long time. Students who attended enjoyed dancing to a DJ, participating in several contests, and taking pictures in a photo booth. By student requests, the dance went longer than planned and ended with lots of students packing the floor to dance. Great job ASB!

ASB Rocks!

LCC Meetups They just keep getting better!

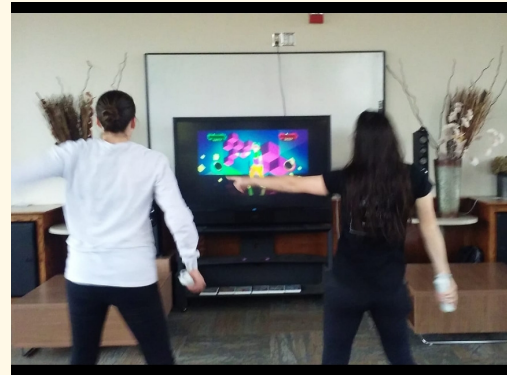
March's LCC Meetups began with a Pre St. Patrick's Day event. Both students and faculty joined the Student Ambassadors and ASB in the Cafeteria for chocolaty snacks and face painting. The next March Meetup was a Just Dance, Karaoke, and Ping Pong night hosted in the Dorm Recreation Room with a good number of students in attendance.

April Meetups consisted of two Meetups: The Easter Fest and the Spring Breakers vs. Spring Break Haters social media contest.

May's Meetup events and dates:

May 6, 6 pm to 8 pm-Music in the Quad with refreshments.

May 17, 6 pm to 8 pm-Comfy, Cozy, Chill out Netflix night in the Dorm Recreation Room.



All Students are Welcome!

Join the Fun! 🐾



Cougar Roar Learning from the student voice.

Thank you to all the students who participated in the career exploration online survey, Canvas student research group, and the Guided Pathways Taskforce team. Your feedback is valued and will be used to implement positive change and improve the student experience at LCC. Please be on the look out for upcoming ways you can get involved.

Your voice matters!

Cougar Sports "Next Steps" For Our Athletes



Being a student-athlete demands a lot of effort and dedication at Lassen College. This semester at LCC, the overall GPA of student/athletes is 3.5. There are many second year athletes that are getting ready to take the "Next Step":

Amin Elbashir- has played men's soccer at LCC for two years. Amin says, "I have really enjoyed my time at Lassen College. The whole experience has helped me evolve as a player on the field and most importantly become a better person off the field.

My two years have been nothing short of a learning curve, and I am very excited to venture on to my new school, Lourdes University, and see what sort of challenges await me. Thank you to my coach, my teammates and the staff for making this whole experience worth while."

Other student-athletes taking their next step: Webster Ruitter (Men's soccer)-Siena Heights University.

Thiago Bandeira (Men's soccer)-University of St. Francis.

Guilherme Cavalcante (Men's soccer)- Louisiana State University.

Gracie McCoy (Women's Basketball)-University of La Verne.

Carissa Shaffer (Women's Basketball)-Adams State University.



Good Luck On The Next Step of Your Journey



**De-Stress For Success Activities
May 6th-24th**

Come join the fun!

What is Cougar Countdown

Cougar Countdown begins on Monday, May 6th. In other words, three weeks until school finishes!

Countdown has a wide range of activities that have been organized to help students find ways to de-stress in healthy and productive ways as the number of days in the semester dwindles and final exam week approaches. Student favorites during Countdown are the free scantrons, pencils and blue books, cereal bar, and chair massages at Basecamp. The Countdown Schedule is attached to this newsletter. See you there!

International Corner

What is it like during the last weeks of the Spring Semester for our International students at LCC?

B. Anderson-Coming up to summer break there is a lot going on in the minds of international students. Students are studying for exams, ensuring that their paperwork is complete, and packing to catch flights home. This time of year can be stressful as well as exciting for students who are traveling back to their home countries or just traveling around the United States. The experience is unique to the individual, depending on where their plans are taking them after summer is over. Second year students will be saying goodbye to their friends and the place they have lived for two years one last time. First year students look forward to getting away from classes and catching up with their friends and family for a few months. As a first year student, it will be my first time returning home since arriving here in the US at the start of August. I can't wait to go home, but I'm not looking forward to the 16 hour flight or the jet-lag that awaits me. I'm also really excited to come back to LCC next year and continue to create life long memories.

E. Dunphy-As a 2nd year student, the next month is going to be really hard. Like a lot of students graduating in May, I know that I will most likely never see many of these people again, and after being at Lassen for 2 years you can bet that some of the relationships formed are very strong. I look back at my time here at Lassen and see how much fun I have had and how much I have grown. Moving from a big city like Sydney had its challenges but my friends and I made the most of it. We were able to create our own dorm Olympics, go on the "Fill the Hill" Coppervale ski trip and get caught in a blizzard, and try our luck at catching marmutes (which to this day we are unsuccessful). Despite having many ups and downs while I was here, I think that I will always remember the good times that I have had at LCC.



Kick off to Cougar Countdown-Coloring Contest

ILLUSTRATOR-BRIDGET GOWIN

Contest Rules-It's time to tap into your creativity and color Cody any way you'd like. Drop it off at Basecamp. There will be 3 winners. All entries must be received by 1 PM on Friday May 10th.





COUGAR COUNTDOWN

SPRING 2019

WEEK 1

M

MAY 6

LCC Meetup-Music and Mocktails in the Quad
6pm to 8 pm

T

MAY 7

Making Test Taking Easier Workshop-Noon to 1pm
@ BaseCamp-Free Pizza.



W

MAY 8

Asian Pacific Island Dance Contest-11:30 am to 1pm Cafeteria
Cougar Cupboard (Food Pantry) 10 am to 2 pm

TH

MAY 9

Free Chair Massages with a Massage Therapist-
Basecamp 10 am to 2 pm. RSVP @ 257-6181 x8946

F

MAY 10

Cougar Color Day-Show your spirit, wear your LCC gear
Cody Cougar Coloring Contest-11:30 am to 1 pm

- ✓ Free Exam Stuff-Blue Books, Scantrons, Pencils at Basecamp.
- ✓ Recharge Zone-Aromatherapy & Maker Space with Healthy Grab N Go Snacks.
- ✓ Evening Study Place-Basecamp Monday and Tuesday 4:30 pm to 5:30 pm.

BOOKSTORE 20% SALE DURING MAY AND 50% ON SELECTED ITEMS.



COUGAR COUNTDOWN

SPRING 2019

WEEK 2

M MAY 13 | Free Chair Massages with a Massage Therapist-
Basecamp 10 am to 2 pm. RSVP 257-6181 x8946

T MAY 14 | Campus Appreciation Day (Ice Cream) 11 am
to 2 pm in Cafeteria.



W MAY 15 | Cougar Cupboard (Food Pantry) 10 am to 2 pm with
College Cooking Demo by Student Ambassadors

TH MAY 16 | Bagel Thursday (Job Hunting)-8:30 am to 11 am
Making Test Taking Easier Workshop-Noon to 1pm
@ BaseCamp-Free Street Tacos.

F MAY 17 | Cougar Color Day-Wear your LCC gear
LCC Meetup-Comfy, Chill out Night in
Recreation Room 6-8 pm

- ✓ Free Exam Stuff-Blue Books, Scantrons, Pencils at Basecamp.
- ✓ Recharge Zone-Aromatherapy & Maker Space with Healthy Grab N Go Snacks.
- ✓ Evening Study Place-Basecamp Monday and Tuesday 4:30 pm to 5:30 pm.

BOOKSTORE 20% SALE DURING MAY AND 50% ON SELECTED ITEMS.



COUGAR COUNTDOWN

SPRING 2019

WEEK 3

FREE DAILY CEREAL BAR AT BASECAMP 8:00 AM TO 4:30 PM

M MAY 20 | Rootbeer Floats at the Quad 11:30 am to 12:30 pm.

T MAY 21 | Powder Paint Fight-Noon on the grass in the center of campus.



W MAY 22 | Cougar Cupboard (Food Pantry) 10 am to 2 pm.
DIY Grad Cap Decorating-All day long @ BaseCamp

TH MAY 23 | Cupcake eating contest-11:30 pm to 12:30 pm in the Cafeteria.

F MAY 24 | Graduation 5:30 pm

- ✓ Free Exam Stuff-Blue Books, Scantrons, Pencils at Basecamp.
- ✓ Recharge Zone-Aromatherapy & Maker Space with Healthy Grab N Go Snacks.
- ✓ Evening Study Place-Basecamp Monday and Tuesday 4:30 pm to 5:30 pm.

BOOKSTORE 20% SALE DURING MAY AND 50% ON SELECTED ITEMS.

LCC Student Activities Calendar

May-Asian Pacific Islander Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cougar Cupboard 10am-2pm Asian Pacific Islander Free Lunch with Dancers 11 am-1 pm. ASB Meeting 12:30 pm-1:30 pm	2	3 Cougar Color Day show your spirit, wear your LCC gear. Cody Cougar Coloring Contest Game Night @ Math Building	4
5	6 Cougar Countdown Week 1 May 6-May 10 Music & Mocktails on the Quad	7 Making Test Taking Easier Workshop-Free Pizza. 12pm-1pm	8 Cougar Cupboard 10am-2pm Asian Pacific Islander Dance Contest-Cash prices 11:30 am -1 pm. ASB Meeting 12:30 pm-1:30 pm	9 Free Chair Massages 10 am-2 pm	10 Cougar Color Day show your spirit, wear your LCC gear.	11
12	13 Cougar Countdown Week 2 May 13-May 17 Free Chair Massages 10 am-2 pm	14 Campus Appreciation Day (Ice Cream) 11 am to 2 pm in Cafeteria	15 Cougar Cupboard 10am-2pm and College Cooking Demo by Student Ambassadors ASB Meeting 12:30 pm-1:30 pm	16 Bagel Thursday 8:30 am-11 am Making Test Taking Easier Workshop-Free Street Tacos. 12pm-1pm	17 Cougar Color Day show your spirit, wear your LCC gear. LCC Meetup-Comfy, Chill out night @ Recreation Room 6 pm-8 pm	8
19	20 Cougar Countdown Week 3 May 20-May 24 Root beer Float on the Quad 11:30 am-12:30 pm	21 Finals Begin! Powder Paint Fight Center of Campus @ Noon	22 Cougar Cupboard 10am-2pm DIY-Grad Cap Decorating all day long @ BaseCamp	23 Cupcake eating contest 11:30 am-12:30 pm in Cafeteria	24 Cougar Color Day show your spirit, wear your LCC gear. Graduation 5:30 pm	25
26	27	28	29	30	31	

Check out these upcoming FREE student engagement opportunities:

**Bootcamp College Success Orientation
Aug 5th thru Aug 16**

**LassenFest/Pool Party
Aug 18th**

**WOW (Welcome Week)
Aug 19th-23th**