



THE PAW

The latest news and updates from LCC Student Ambassadors



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Setting Semester Goals

by Tutor, Sarah Taylor

Happy February, Lassen Cougars!

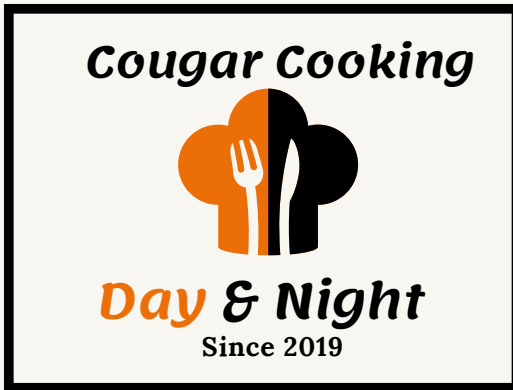
When the stress of the semester weighs down on us as students, it can become easy to get caught up in all the chaos and let it consume us. So, it is very important to keep and maintain goals while we are in college, to help us to keep on track of where we are, and where we are headed.

When setting goals, it is important to remember to keep them SMART. Be **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime-Bound. It sounds great to have a goal of writing a 5-page essay in a week, but how attainable is that really? We must remember to give ourselves realistic, attainable goals, or even break our bigger goals into more attainable steps, and not forget to give ourselves credit for every step along the way that we achieve.

If you missed the last College Success Huddle in the Learning Center on goal setting and are interested in learning more, please drop-in or call the Learning Center.

The next College Success Huddle is February 25th, 12:30 pm to 1:30 pm @ Learning Center and topic is Note Taking.





Cougar Cooking, Cougar Cupboard and CalFresh

Cougar Cooking held a Ramen Fest in January, that showcased different uses of the ramen noodle (also a dessert). The plan for February 5th will be a parfait bar and yogurt bar featuring quick, healthy and easy options for an on the go breakfast or snack.

Cougar Cupboard (student food pantry) is fully stocked and in full swing this semester. The Cupboard is open Tuesday-Thursday 10 am-2 pm. Students are eligible to receive a full bag of supplemental groceries once per month, and daily snacks and water. Students with larger needs are encouraged to visit Basecamp for further assistance.

CalFresh-Students who complete the application process by February 28th will be entered into a raffle for a JBL 4 charge Bluetooth speaker. All students are encouraged to apply. Students eligible for Federal Work-Study grant, EOP&S, Cal-Grant A, or are single parents are deemed eligible on those criteria alone, and students not receiving Financial Aid are still be awarding CalFresh. A single student can receive up to \$192 worth of benefits per month, with auto reload to card. Please visit Basecamp for assistance in applying!

ASB (Associated Student Body)

The Associated Student Body (ASB) encourages all students to participate in student government planned campus wide activities, voice ideas and concerns, and provides an opportunity for attendees to share their views. The ASB office is located in HU105 and can be reached in person (hours will be posted soon), by calling (530) 257-6181 x8932, or via email at ASB@lassencollege.edu.



Elections for 2020-2021 will be held in April 2020.

Students interested in running for office can pick up an election packet at the ASB office once hours have been determined.

Graduation Petition Process

APPLY FOR GRADUATION!

Petition to Graduate

All students completing a certificate or degree by May 2020 must submit a Petition to Graduate in order to be evaluated, have the degree/certificate posted to transcripts or receive a diploma. Even if you don't plan to walk in the Graduation Ceremony, you still need to submit a Petition to Graduate. If you have already turned in a Petition, but have moved since it was submitted, please contact the Counseling Office to update your address. Forms are available in the Counseling Office and on the Graduation page of the LCC website.

<http://www.lassencollege.edu/student-services/counseling/Pages/Graduation.aspx>

If you do plan to walk in the Graduation Ceremony and want to be included in the program, you must submit the appropriate form prior to April 17th, 2020.

Student Spotlight

Jakob Titus

3/31/2001-1/24/2020



In Memory of Jakob Titus

The Lassen College school flag was flown at half staff in memory of a Jakob Titus, a currently enrolled LCC student that recently passed away. Jake, 18 from Gridley, California fought hard after his car was T-boned by a big rig on a foggy morning near his family's home and passed away on January 24, 2020.

Jake was majoring in Ag Business and a member of the college rodeo team. He had a love of rodeo and specialized in saddle bronc and bareback riding. His hobbies included a passion for the outdoors and hanging with friends. His favorite athlete was Wade Sundell and Jake's aspired to own a large tractor dealership.

Susan Williams, LCC Rodeo coach, stated " Jacob was an exceptionally smart kid, that learned fast and that will be greatly missed."

The LCC Family will miss our brother and sends healing thoughts and prayers to his family.

File Your FAFSA-It's Not To Late!

LCC wants to encourage our students to file your FAFSA. If you need help, please contact Financial Aid at (530) 251-8849 or drop-in to get help with specific questions so you can help complete the FAFSA. It will be easier to complete the FAFSA form if students gather what they need ahead of time. Below is what you'll need to fill out.

1. Your FSA ID-A FSA ID is a username and password that you can use to log in. Each student, and one parent of each dependent student, will need an FSA ID to complete the FAFSA process on fafsa.gov. We encourage you to create your FSA ID early-even before you're ready to complete the FAFSA form-to avoid delays in the process.
2. Your Social Security number
3. Your driver's license number-if you don't have a driver's license, then don't worry about this step.
4. For 2020-2021 FAFSA Year, bring tax 2018 tax transcripts or a 1040 for you and or your parents.
5. Any additional records you may have such as assets or untaxed income, Welfare benefits, Social Security benefits, or child support payments.
6. List of the school(s) you are interested in attending.



Lassen Community College
FILE YOUR FAFSA
FAFSA & California Dream Act

NEED HELP?

COME TO THE FINANCIAL AID OFFICE
AND GET YOUR QUESTIONS ANSWERED

**Need More
Information?**

**Call
(530) 251-8849**



Glenn McDonald
Winner of File Your FAFSA Days
Laptop Raffle

What is the FAFSA?

FAFSA stands for the Free Application for Federal Student Aid. It's free, so you have absolutely nothing to lose by filling it out.

The Student Help Has Moved

In order to best serve you, the Student Ambassador group moved from Basecamp to the Learning Center, located on the second floor of the Library. We are now in a better spot for students to find us, and we look forward to helping you solve all the possible issues you have about college. Our team has experienced students that know that college is not easy, and are willing to help make it easier for you. We can help you sign on to the LCC portal, find your classes, access online resources and much more. We are here to make your experience at LCC an exciting and successful journey. Come see us and make your college experience easier!



Tutoring
Learning Huddles
Computers
Student Help/Welcome Desk
Ambassador Program
Orientation & Student Success

Career & Transfer Center Workshops

The Career and Transfer Center is located in the Vocational Building Rm VT119 and is open Monday through Friday 8am to 4:30 pm. Students can receive assistance with selecting a major, career planning and college transfer.

As you know, the job market is rapidly changing and the Career and Transfer Center (CTC) is committed to helping you change with it. CTC provides students with the right technology, tools and tips to help you plan your next career move.

Be sure to attend the next CTC workshop on Wed. Feb. 19th, 3-4 pm to find out about the agency-Alliance for Workforce Development and how they can help you with local job services.

Career & Transfer Center Workshops Student Services Room VT 119

- Wed. Feb. 19th 3-4 pm Alliance for Workforce Development: Local Job Services
- Mon. March 2nd 12-1 pm Job Applications & Interview Skills
- Wed. March 5th 12-1 pm CSU Chico Webinar: Social Work Program
- Thurs. March 19th 3-4 pm Cover Letter
- Mon. March 30th 12-1 pm Resume Tips & Hints
- Tues. April 14th 3-4 pm Job Application
- Mon. April 27th 12-1 pm Job Interview
- Wed. May 6th 3-4 pm Sample Resume

Refreshments provided

Free thumb drive and handbook for all attendees

DSPS Name Change

DSPS has some exciting news to share with our students, campus and community! DSPS, which has gone by Disabled Students Programs and Services, has changed to Disability Services & Programs for Students. Our mission is to include students with disabilities into classes and programs on campus, and into the community, to eliminate barriers, and to maximize independence and advocacy skills while promoting opportunities that support the students' lifelong living skills, educational and vocational goals.

DSPS assists students who have any qualifying type of disability. Services are available for students who have verifiable physical, visual, hearing, brain injury, mental health, ADD/ADHD, autism, intellectual, learning, and other disabilities. These services assist students in obtaining their educational, vocational and employment goals.

The first step for any new DSPS student is to schedule an appointment with the DSPS Certificated staff member. During this appointment, you will meet with DSPS coordinator (Cindy Howe), the DSPS Counselor (Barbara Baston) and/or the Learning Disability Specialist (Cindy Howe) to discuss your individual assessment needs, complete a DSPS Application and other forms, review all the relevant support services, explain DSPS policies/ procedures and any other information needed to better assist you in achieving your educational goals. Appointments are open to new Lassen College students, continuing students and/or returning students.

Please contact Cindy Howe by phone at (530) 251-8867 or by email chowe@lassencollege.edu



Scholarship Applications are Available



LCC general scholarships are now available in the Financial Aid Office. There are many different types of scholarships, so please don't assume that you will not qualify. Deadline for submission is April 17th, 2020, 4:30 pm.

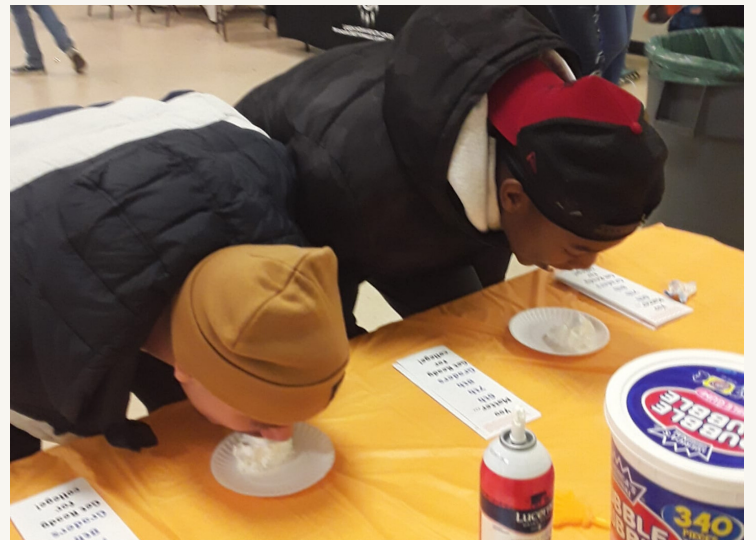
Writing Lab Spring 2020



The Writing Lab is dedicated to helping students become better writers. Students enrolled in English and any other courses involving writing are encouraged to frequently use the Writing Lab.

Monday 9 am-9:50 am L. Rotlisberger
Tuesday 8:30 am-9:20 am L. Rotlisberger
Wednesday 9 am-9:50 am L. Rotlisberger
Thursday 8:30 am-9:20 am L. Rotlisberger

Cougar Experience



February & March Important Dates/Deadlines

February

- 4 Convocation- No Classes
- 12-13 No Classes
- 14 Holiday-Campus Closed
- 17 Holiday-Campus Closed

March

- 23 Priority Registration

On Campus Workshops

**Hosted by: Kinship
LCC Community is invited**

2/6/20 "Self-Esteem" 10am-12pm

**Presented by: Natalie Karso
Boardroom**

2/11/20 "Ages and Stages" 9am-12pm

**Presented by: Anita Osborn
Boardroom**

2/11/20 "Behavior Interventions" 1-3pm

**Presented by: Anita Osborn
Boardroom**

2/19/20 "Sexual Awareness" 5-7pm

**Presented by: Janiska Nordstrom
RmCA#209**

2/27/20 "Laws, FB, Bullying" 5:30-7:30pm

**Presented by: Jayson Vial
RmCA#209**



Student Life Events

February

Cougar Cupboard Open Every Tue, Wed, Fri 10am-2pm.

Wed 2/5- Cougar Cooking (Parfait Bar) 10am-1 pm.

Thur 2/06-Hot Chocolate & Sweet Sunrise Drinks at the Cougar Pod on the Quad 8:00am-10am.

Thur 2/06-EOP&S On-line Courses: Advantages, Challenges, and Strategies 3:00pm-4pm @ BaseCamp.

Week of Feb. 18-21 Black History Month Activities and Dates TBD

Wed 2/19-Alliance for Workforce Workshop (Local job services) 3pm-4pm @ Career and Transfer Center.

Thur 2/20-Bagel Thursday 8:30am-11 am @ Center of Campus. Student Survey on Meta Majors.

Thur 2/20-LCC Meetup Board Game Night 7 pm-9 pm Dorm Lounge.

Wed 2/25-College Success Huddle Note Taking 12:30pm-1:30pm @ Learning Center.

Spring Intramural Schedule			
Thursda	23-Jan	3 on 3 Basketball	Gym - 7pm
Monday	27-Jan	Foosball Doubles	Lounge - 9pm
Thursda	30-Jan	3 on 3 Basketball	Gym - 7pm
Monday	3-Feb	Texas Hold 'Em	Lounge - 9pm
Thursda	6-Feb	Pine Cone Bowl (Flag Football Championship)	Softball Field - 7pm
Monday	10-Feb	Ping Pong	Lounge - 9pm
Thursda	20-Feb	Volleyball	Gym - 7pm
Monday	24-Feb	Foosball Doubles	Lounge - 9pm
Thursda	27-Feb	3 on 3 soccer	Gym - 7pm
Monday	2-Mar	Texas Hold 'Em	Lounge - 9pm
Thursda	5-Mar	3 on 3 soccer	Gym - 7pm
Monday	9-Mar	Ping Pong	Lounge - 9pm
Thursda	12-Mar	Volleyball	Gym - 7pm
Monday	16-Mar	Foosball Doubles	Lounge - 9pm
Thursda	19-Mar	Kickball	Softball Field - 7pm
Monday	23-Mar	Texas Hold 'Em	Lounge - 9pm
Thursda	26-Mar	Kickball	Softball Field - 7pm
Monday	30-Mar	Ping Pong	Lounge - 9pm
Thursda	2-Apr	Volleyball	Gym - 7pm
Monday	13-Apr	Foosball Doubles	Lounge - 9pm
Thursda	16-Apr	Ultimate Frisbee	Softball Field - 7pm
Monday	20-Apr	Texas Hold 'Em	Lounge - 9pm
Thursda	23-Apr	Ultimate Frisbee	Softball Field - 7pm
Monday	27-Apr	Ping Pong	Lounge - 9pm
Thursda	30-Apr	Volleyball	Gym - 7pm
Monday	4-May	Foosball Doubles	Lounge - 9pm
Thursda	7-May	16" Softball	Softball Field - 7pm
Monday	11-May	Texas Hold 'Em	Lounge - 9pm
Thursda	14-May	16" Softball	Softball Field - 7pm