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## Counselor's Corner

Congratulations on finishing another semester here at Mt. San Antonio College! It is important, from time-to-time, to look back on all that you have accomplished and reward yourself for the work you have completed. Although it sometimes feels as if our goals are far off in the future, it is likely that you will look back on this time as having been very brief. I would encourage you to *slow down and smell the roses* at different times – the end of the semester being a great time to look back to measure all the success you have had.

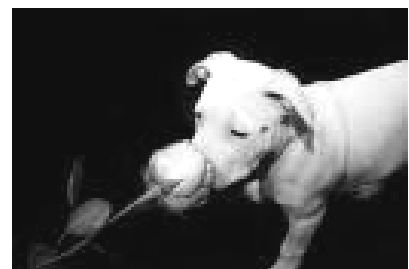
I teach classes here in the ESL Department as well as in the Psychology Department, and I think it is interesting to remind students that *never in the history of the world* will these people, in your class, be in the same room at the same time again. Never again! It is absolutely essential to enjoy these friends and teachers while we are together, because very quickly we will be on to new challenges and these experiences will be only memories.

I hope you have a chance to relax and enjoy your brief time off. We can all *recharge our batteries* and come back in the Summer or Fall refreshed and ready to continue our pursuit of our goals. As you know, our mental and physical health depends on having a balance between work and play; let's not forget the play!

I would also like to invite you to get involved with our department as much as you can. We would love to include a story of yours in our newsletter, or perhaps you could work with the ESL Scholarship Committee to earn money for our students moving to credit classes. Your Mt. SAC ESL experience will be over before you know it – make sure when you are through, you have made your mark here and are proud of the things you have done and people you have met.

Have a great summer!

John Pellitteri, ESL Counselor



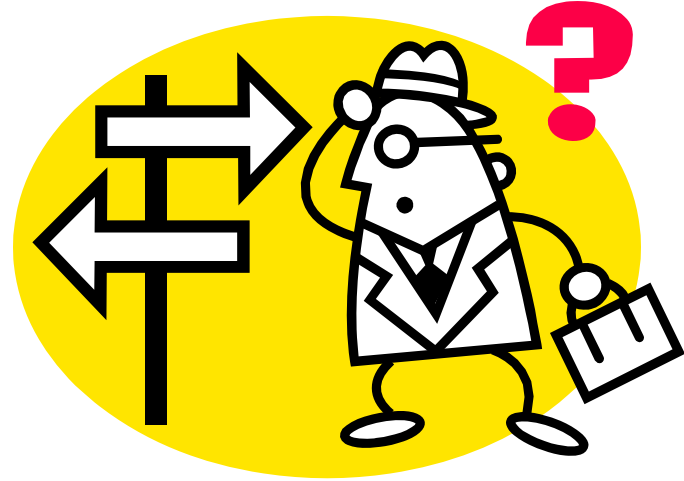
*“There are no limits to growth because there are no limits of human intelligence, imagination, and power.”*

Ronald Reagan  
40th President of the United States

## Career Planning: The second time around

Do you dream about what you want to be—even though you're all grown up? If so, embarking on a second career may be for you.

People change careers for a number of reasons. Some want to do work that they find more meaningful or that makes better use of their skills than their current job. Others might be acting on a long-deferred dream or in pursuit of new interests. And for some, it's less a choice than a necessity: They may find themselves heading in a new direction after facing a layoff or other job loss.



The reason for changing careers varies from one person to another, as does the process itself. If you're considering changing careers, either by choice or by necessity, keep reading. The pages that follow offer tips on assessing your current situation: evaluating the career you have, identifying your motives for wanting to change it, and knowing whether your personal finances allow for taking such a step. You'll also learn how to assess yourself for career fitness, including your values, skills, and interests. And you don't have to do this alone; private and government resources are available to help you through the process. Sources for finding additional information and support are provided at the end.

As you read the article, keep in mind that there is an important distinction between changing jobs and changing careers. Switching jobs is any movement from one employer to another. Changing careers means leaving your established occupation for another, such as an accountant deciding to become a school teacher. People change jobs fairly often—about every 5 years, according to data from the U.S. Bureau of Labor Statistics (BLS).

Deciding to take a new job can, of course, affect your life in many ways and should be thoroughly pondered. But career change is usually a life-altering event and needs to be considered even more carefully.

**Assess your current situation:** You may have some idea what the destination is on your journey into a new career. A starting point in planning any journey, however, is—

*continued on next page*

**Would you like to learn more about Career Development?  
Make an appointment to see a member of the ESL Counseling Team.  
Ask for Michael Ngo, John Pellitteri or Bertha Rodriguez.**

well, to know your starting point. Assessing your current career status and your financial health will allow you to plan well for your new career.

**Your current career.** Understanding where you are in your career is important, because the path it has taken can provide insights for pursuing a new one. If your progress has been slow or unsteady from the start, for example, it's a good bet you were never well suited to your occupation. If your progress has stalled, it's possible that the way you relate to your job has changed—either because of changes in the work environment, changes in yourself, or perhaps both. And if you've advanced steadily and are still moving forward, you'll want to focus on what's gone right.

Whether your career has progressed badly or well, identify your key accomplishments and evaluate how satisfying they have been. Accomplishments in your current job that are fulfilling are something you'll want to replicate in a new career. Those that have had little meaning for you, on the other hand, will also mean little to you in the future.

**Your career change motive.** If you're like some people, you may be dissatisfied with your career but have only a vague understanding of why you're unhappy. From your colleagues to your commute, there are numerous sources of workplace discontent apart from the work itself. Carefully consider the motives behind your desire to change careers. Sometimes, you might just need to find a new job—not a new career.



Weigh your job duties and working conditions against your preferences to identify the characteristics that you like and dislike about your job. You might discover that some are specific to the occupation, while others are specific to the job. For example, working behind a desk every day is an occupational characteristic for an editor; if you're an editor who has grown tired of being deskbound, you should pursue a more physically active career. But if you're an editor who's dissatisfied with your company's retirement plan, switching jobs may be a better solution.

Identifying what you like about your current career is also important. For example, as a sales worker, you might enjoy the personal interaction that is part of that occupation. When considering a new career, you might want to choose ones that include similar interaction.

*By John Mullins (For the full article, go to [www.bls.gov](http://www.bls.gov))*

My Mom, My Hero

Everybody has their own hero. My hero is my mom. She is a nice woman with black hair, tall nose, and beautiful eyes. She looks normal, but she is a successful hero in my mind. My mom focuses on the family, cooks delicious food, and loves me.

My mom always focuses on the family. She takes all the housework, and never grumbles to anyone. However I will help her sometimes. She always be careful with everything. Although she has a lot of work to do every day she still can take good care of everything. She pays too much on this family, and that's the reason why there were wrinkles around her eyes. I think she's too tired.

I think my mom is a best chef. She can cook many kinds of Chinese food. Every time I see the delicious foods on the table, I can't even control myself to eat all of them. While she was cooking in the kitchen, I can smell it in my bedroom. That's amazing.

My mom loves me. She does everything for me. I am already 17 and I can do them by myself. But I know my mom loves me. She just doesn't want me get hurt. We talk everything to each other and therefore she can also be my friend. She usually gives me a surprise on my birthday. Once my 16 birthday, when I got home she bought me a big birthday cake for me. I didn't even remember my birthday, but she never forgets. I still remember what happen on my 16 birthday.

My mom is indeed a successful hero in my mind. She paid too much on this family. My mom is a successful hero for me, and how about yours?

Min Yuan Zhang  
Level 4

Weekends

Saturday and Sunday are my favorite days of the week, because I do not need to work on those day I can do a lot of things. I visit my sister, clean my room, and watch movies.

I like to visit my sister because she has twins and I like to play with them. Some times, my old brother goes to visit her too and we share time together. We got to the park and play some sports like tennis, soccer, and football. We eat Mexican food and some snacks. I really enjoy sharing time with my family.

During the week I do not have time to clean my room, because I have to work in the morning and go to school in the evening, so I have to clean it on the weekend. Besides cleaning my room, I also do my laundry.

I like to watch scary movies at night. But sometimes I watch comedies, funny or action movies. I like to watch movies at home because it is very comfortable to watch them while I am resting in my bed. I like to prepare pop corn and drink juice, and just enjoy my evening in front of my TV.

Weekends are fun, but I am very busy for I have to do many things. However best of all is that weekends recharge my body to start another new week.

I. Miguel  
Level 4



You have to approach the act of writing with nervousness, excitement, hopefulness, or even despair – the sense that you can never completely put on the page what is in your mind and heart. You can come to the act with your fists clenched and your eyes narrowed, ready to fight and take down names. You can come to it because you want a girl to marry you or because you want to change the world. Come to it any way but lightly. Let me say it again: you must not come lightly to the blank page.

Stephen King (US Horror Novelist & Screenwriter)

## Cambodia

Cambodia is an interesting place for tourists to visit. It has very nice old jungle temples, a long interesting river, and beautiful beaches.

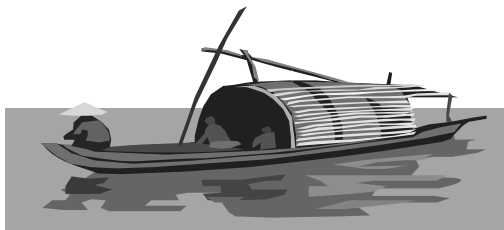
The old jungle temples called Angkor Wat are amazing because of the many years of construction which had created a vast complex of sandstone buildings. Angkor Wat is filled with more than one thousand temples. Amazingly, all the temples took 37 years to complete with a work force of more than 50,000 men. They started building in the 12<sup>th</sup> century, and they were established by a Cambodian king Jayavaman II. You will see creative pictures on the walls. Also, if you scream loudly, you will hear echoes. Therefore Angkor Wat has become a major tourist destination, and it has been already registered in the world heritage list since 1992. It is also the 7<sup>th</sup> wonder of the world, and has wakened the west to appreciate the Cambodian architectures. Most visitors would rather reach to the very top of the temple and wait to see the sunset, which no one could imagine how beautiful it is.

Cambodia also has a long interesting river which is called Mekong River. Mekong River crosses the entire country as it flows through the Mekong lowland and into the South China Sea. When the water festival comes, people celebrate at the river and a lot of people really enjoy the boat competition. Also the water in the river is very cool, and makes one want to swim. At night time, you will see the beautiful lights shinning on the water that looks like a rainbow.

Another reason why Cambodia is a good place to visit is because of the many beautiful beaches in Kampong Shaom city. You will see the wonderful high mountains around the beaches that look like someone is sleeping on the beaches. You also can smell the fresh tasty sea food around the small market next to the beaches. The cost of the sea food is unbelievably low. You can buy two pound of lobsters for only \$3. the fresh sweet fruit is also delicious such as durian, pomegranate, and mangos teen.

The nice old jungle temples, the long interesting river, and the beautiful beaches are very attractive for tourists. All these reasons are enough not to miss visiting Cambodia. And by the way, the best months to visit my country are November, December, January, and February.

Nary Long  
Level 4



## My Home Town Hsin-Chu

Hsin-Chu is an exciting city to visit. If you have a chance to come my home town Hsin-Chu, I bet you are going to enjoy yourself so much that you will forget to go back home. Delicious food from vendors is sold on the street, you can admire amazing scenic spots and explore many historic building.

There are a lot of specialty vendor on the street in the west of Hsin-Chu. The food from here is famous in Taiwan. That is why you could see long line of people in front of every vendors. The well-known food is steamed egg roll. It contains various vegetables and peanuts. It does not taste greasy or feel crispy. The other tasty food is meat ball soup. If you enjoy Chinese food, you will discover some of the best traditional cuisine here.



There is nothing more exciting that take a trip in east of Hsin-Chu, you can enjoy beautiful mountain view fresh air and great hiking trails. After your hiking, you can take a rest and relax in a hot spring. You also can live in luxury resort hotel and enjoy your vacation here.

The one of the well-known architecture in Hsin-Chu is The East Gate (Dong-men gate) which was established in 1733 for protecting people living Hsin-Chu. It was build with four towers, these include north gate, south gate, east gate and west gate, but now The east Gate is only exist. The East Gate has been standing on the street in Hsin-Chu more than one hundred and seventy years. It likes a spiritual caster in Hsin-Chu's mind. It had been re constructed from 1998 to 2005. The designs combine historic and modern.

Hsin-Chu is a charming and fascinating city. There are so many tourist spots and sight seeing here. The climate is mild and comfortable. I am so proud of living here. I really recommend everyone to visit my hometown of Hsin-Chu.

Tai-Ying Shen (Daisy)  
Level 4

## Saving on Watering Your Lawn

Summer is just around the corner and with that comes the need to drink lots of water but also maintain your lawn and decorative plants you have around your house. To some, having a nice lawn is a matter of pride. To others, it's just a place for the kids to play. Whichever the reason is, you need to know the proper way to water the lawn or pretty soon, you won't have one. Find out how savvy you are when it comes to lawn watering. Hopefully you are not throwing money away by making one of these 4 watering mistakes!



### Mistake #1 -- Too Much Water

Too much water sets your lawn up for getting diseases. But, how much is too much? It may surprise you but your lawn only needs 1" of water per week during the growing season unless you live in the Southwest. Lawns in the southwestern part of the United States need an extra 1" per week due to dry conditions and low humidity.

The best and least expensive way to know how much water your lawn needs is to buy an inexpensive rain gauge at your home improvement store. If you have a lawn sprinkler system, buy several gauges and place one by each sprinkler. Run the sprinkler for 15 minutes. Check the gauges to see how much water each gauge collected and you'll know how long to water.

For instance, if you have set up 2 gauges and they each collect 1/2 inch of water after 15 minutes, you'll know you need to water for 30 minutes to give your lawn 1 inch.

### Mistake #2 -- Too Little Water

Even though you want to conserve water and save on your utility bill, be sure to give your lawn enough water. Follow the rule above and give your lawn 1" per



week. Giving your lawn too little water encourages crabgrass and other weeds to grow.

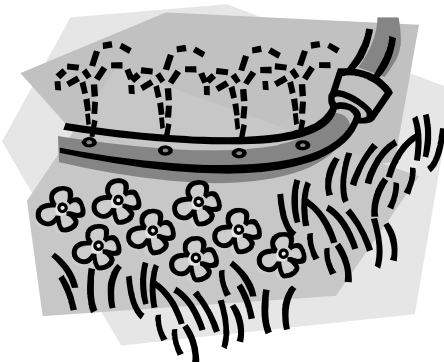
Not watering enough also causes your grass to have shallow roots. Your grass will grow roots as deep as the water goes into the soil. If you water for short amounts of time, your grass will have shallow roots and not be hardy.

### Mistake #3 -- Watering too Often

Watering every day for short spurts isn't good for your lawn. It's better to water less often and give the grass its 1" than to water every day. By letting your lawn dry out between watering, pests and diseases are discouraged, as they need water to thrive.

### Mistake #4 -- Watering at the Wrong Time

When the summer sun is beating down, you're hot and need a drink of water; it's natural to think your grass needs watering too. But during the heat of the day is the worst time to water.



During the hottest time of day, most of the water you put on your lawn will evaporate before the grass ever gets it. The best time to water is early in the morning. The water will have time to soak deep into the soil and the grass will have time to dry out during the rest of the day. This drying out time is important to discourage pests and diseases.

Hopefully your not making extra expenses with weed killers, pesticides or additional vitamins for your lawn. So if you're not making any of these mistakes - kudos to you! If you are, now's your chance to fix your past mistakes and look forward to a luxurious lawn that's the envy of the neighborhood and a favorite place for the kids to play..

For more ways to conserve and save money on your water bill go to [www.bewaterwise.com](http://www.bewaterwise.com)

# ESL COUNSELING TEAM

When should you see an ESL Counselor/Advisor?



**Bertha Rodriguez**  
Student Advisor

**Michael Ngo**  
Counselor/Professor

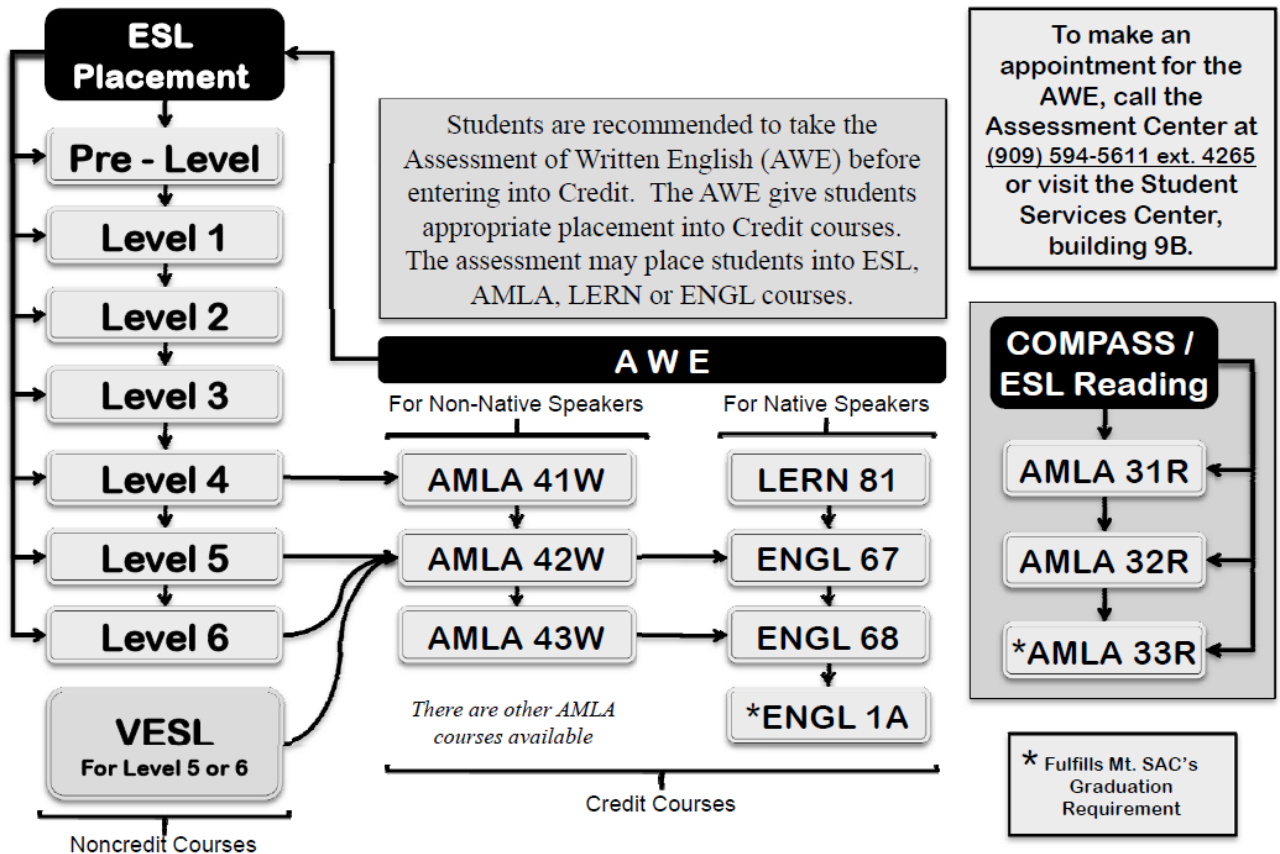
**Dr. John Pellitteri**  
Counselor/Professor

- Program Requirements
- Educational Planning
- Interview Practice
- VESL Program
- TOEFL
- Career Exploration
- Job Search Skills
- Applying to Credit
- Financial Aid
- Citizenship
- Resume Services
- ESL Issues
- Degree Evaluation
- American Language
- Problems/Concerns

Just stop by the ESL Registration Counter in building 66 and put your name on our appointment clipboards.

## ESL to Credit Courses Flow Chart

Would you like to continue to take English classes? Make an appointment to see a member of the ESL Counseling Team. Ask for Michael Ngo, John Pellitteri or Bertha Rodriguez.



Revised 11/2007 MN

# ANNOUNCEMENTS

2010  
**summer** *schedule of*  
**Classes**

registration opens: may 17  
credit classes begin: june 28  
noncredit classes: p. 70

Credit Classes: Contents  
Credit: Course Offerings  
Noncredit Classes: Contents

DREAM IT  
BE IT!

credit class *wait lists* available june 2  
*(see details on the inside cover)*

MT. SAC  
Mt. San Antonio College

Are you interested in taking Credit Classes at Mt. SAC? For the Summer or Fall term? If yes, then follow the steps below:

1. Credit Application
2. Assessment
3. Orientation
4. Counseling/ Advising
5. Online Registration
6. Pay Fees

**Would you like assistance with this process? Make an appointment to see a member of the ESL Counseling Team. Ask for Michael Ngo, John Pellitteri or Bertha Rodriguez.**  
(Building 66 at the ESL Registration Counter)

Do you want to practice learning English outside your classroom? Then why not stop by the **Language Learning Center** also known as the LLC, located in the Learning Technology Building (Bldg. 6).

The **Language Learning Center** has a large variety of language learning software, videos, DVD's and recordings to improve listening, speaking, and pronunciation skills.

To find out more you can also visit the website and see the number of audio, video, internet and software resources available for the different levels by clicking in the Resource Link and selecting the

LLC Materials/ESL.  
[www.llc.mtsac.edu](http://www.llc.mtsac.edu)

To use the **Language Learning Center**, you must register at the ESL Registration Counter in Building 66 and you will also need to have your Mt. SAC Student ID Card.

Hope to see you there!



**MAY 2010**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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30	31					

**JUNE 2010**

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**JULY 2010**

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**AUGUST 2010**

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29	30	31				

**LEGEND**

- May 31 - Holiday (campus closed)
- Jun. 7-11 - Final's Week
- Jun. 28 - Summer School
- Jul. 4-5 - Holiday (campus closed)
- Aug. 23 - Fall Semester Begins

Note: Special Days =  Campus Closed =