Hello and welcome to Mt. SAC! Our fall semester promises to be interesting and fun! We have many new projects planned to help improve your English communication in addition to taking classes.

The ideas all came from your teachers! One of them has to do with motivation to learn and to practice English outside of the classroom. Laura Jacob (Level 4 Instructor) has designed a weekly conversation group she is calling the “English Lounge.” She surveyed students and has a different topic for you to practice each week. It will take place every Friday, at 11:30 AM, in the ESL Library. Laura is also planning to have “Movie Night” at least one time during the fall semester.

Before we start the English Lounge series, however, we have scheduled a workshop for students who want to become independent and lifelong learners. This idea belongs to Monica Cueva (Level 3 Instructor) who wants to help ESL students become better prepared for college and career success. If you sign up for the workshop, you will learn techniques for “learning how to learn” that best suits your style in ESL and beyond.

In addition, Peggy Marcy, supervisor of the Language Learning Center (LLC) is starting a new tutoring program just for ESL students. ESL Instructors (L.E. Foisia and Monica Cueva) are going to design lessons to be used with the LLC material. You can improve a specific language learning area of your choice.

Many of us who learned English as adults know that it’s important to practice the new language in social situations; these types of conversations help our fluency. In other words, it becomes easier and easier to talk without thinking about it — we just do it! So, whether it’s the English Lounge, LLC Tutoring, or Movie Night, we hope you can join us for some English practice and some fun.

Dr. Liza Becker
Director, ESL
Ten years ago, I met my best friend Lalo. I had just come to this country and so I decided to take English classes at a school for adults. I was very nervous on my first day and since I didn’t know my way around the school, I got lost. I was already late and I started to worry. As I was walking around a corner I accidentally bumped into a guy who also seemed lost too. We both apologized to each other and explained our situation to a professor who showed us the right direction. When we arrived to the classroom, all the students and the professor looked at us and didn’t seem happy that we were interrupting the session. We apologized for being late and sat quietly at a desk together. We looked at each other, sighed and smiled at each other nervously.

Since that first day we have become very close. Lalo is a good person. He likes to talk and play sports. He enjoys making friends and his friends enjoy his company. He listens to music often and enjoys having friends over. I am very happy to know him. We often spend a lot of time together having barbeques or just hanging out. Over the years we traveled to many countries and explored many amazing cities and cultures. This is our passion in life. We like to go to new places, to try new things, and to meet many interesting people. Last year when we went camping in the mountain, Lalo was skiing and got lost. I was so afraid for his life, but after 3 hours the search and rescue team found him. While he was waiting in the hospital, I visited him often to see if he was okay. My friendship with Lalo is very good. I know we will stay friends forever.

Cristian Antigua
Writing B

My Favorite Place

My favorite place is the beach. I always go to the beach in my free time. I can see the ocean waves and hear the sound of the waves. Most of my time at the beach is spent reading, and soaking up the sun. Walking on the boardwalk with the sound of the waves crashing on the shore relaxes me. I love walking through the wild beach, enjoying the sunset while waves slowly cover my feet. After the walk, I swam in the sea which was cool and pleasant. I was sail boats in the distance and fishermen busy with their catch. The sun was hot, and I felt tired and sleepy as I lay on the sandy beach. It’s an amazing place so I like to go to the beach often.

Christine Chen
Writing A
Vancouver VS L.A.

If you ever had the chance to pick only one city in the world to live, which one shall immediately come into your mind? For me, Vancouver, a beautiful city locates at west coast of Canada, was the answer. I guess it must be that sweet memory that Vancouver gave me during last year’s visit. Even though I have lived in L.A. for a long time, and genuinely felt as if it is my second home town; I still wouldn’t be shocked at all that one day I might move up north.

Whenever we talk about Vancouver and L.A. a bunch of common features automatically come to our mind. For example, they are so large that you have to spend hours to travel from one point to the other side; there as so many gorgeous spots which are very much worth to pay visits in both cities, such as Stanley Park and Gastown in Vancouver, Disneyland and Hollywood in L.A. etc. As a matter of fact, the most well-known feature for both cities is that thousands of immigrants from the work continually flow in every year, and those people have constantly contributed to every aspects of the cities. You can sense how the interaction among multi-cultures are generated once you were in town. For instance, it’s very likely that you see several different ethncal people eating at some popular-Sushi restaurants in Vancouver, because Japanese immigrants are simply everywhere; In L.A., on the contrary, you are going to notice that Taco restaurants are often around the corners, since 70% of immigrants are Mexicans. Very interesting right?

Next idea I’d like to share is the weather. Vancouver has been nominated as the most favorite city to live by Asian media; therefore, no wonder so many Asian move in. I guess one of the motivation is definitely related to its climate. I stayed in Vancouver town myself for about three months last year, and you can’t tell that how much I have fascinated with local temperatures and the amount of the wonderful smell which mixed by moist fresh air and all the natural fragrance. It was so perfect that I will never get tired of it. The weather pattern in L.A. is totally different. Generally, the magnificent Mediterranean sunshine is going to taking care of you year-around. Although, in summer, the weather will turn to be hot! Hot! Hot! Every inch of sandbank is going to be the sunbathing paradise for every bikinis, shorts and flip flops.

The last but certainly not the least, is the public transportation. Believe it or not, the metro system of Vancouver had quite shocked me for its super convenience, neatness, punctuation. After experienced it the first day, I decided to take metro wherever I go, not only saved a lot of money, also pretty enjoyed every minute of the trip. Actually, sight-seeing on metro is sort of like a must-do in Vancouver. L.A. on the contrary, is being stuck in one or series of jams, and you literally don’t have other choice, since the L.A. metro system has neither cover most of the region, nor is convenient. Hence, you are going have to count on your own car which basically is your legs.

Zichao Wang — Writing C
Maureen Garza

Meet Maureen Garza, a past ESL student and now a proud graduate of Mt. San Antonio College! Having started in our ESL program, getting here was no easy journey. Maureen will tell you about her journey in her interview with Dr. Liza Becker, our ESL Program Director. Maureen registered for her first ESL class back in the Fall of 2009 as a Level-1 student. Registering with limited English was not easy, but she quickly progressed through the levels until she met Professor Janna Brinks in her Level 3 class. Here she was a dedicated student who studied hard and asked a lot of questions. Moving on to Professor Yazmin Venegas’s Level 4 class, she made her teacher very proud with her hard-working, dedicated and serious attitude. Both Professors clearly saw that Maureen would succeed in her future. After completing level 4, Maureen decided to move on to AMLA where she made a commitment to herself to do all that was necessary to reach her goals. Her hard work paid off, as she has recently received her Associate of Arts Degree from Mt. SAC. Maureen will continue her studies at the University of La Verne in the fall semester. We wish Maureen the best!

What was your educational background when you came to Mt. SAC’s ESL program?
I finished high school in Mexico, with a technical degree in accounting.

How did you improve your English when you were an ESL student?
One of the main things I did while I was an ESL student was trying to be around people who did not speak the same language; I figured that either I learned English or any other language, but I would learn something new. Another technique I used was trying to be in the lab reading as many books as I could and practiced quite often with my friends, family members, and my co-workers.

What are some of the things you did besides just taking ESL classes?
Aside from taking ESL classes, I always tried to hang out with my friends, neighbors, or family to practice my English. Watching TV in English was another thing I did to practice, one of my favorite TV channels was Nickelodeon because all the shows used easy words so it make it easy to understand. I had a teacher who told us to listen to old love song stations so we can get used to the language. Listening to very slow old English music also helped me so my ears could get used to the little details in the language. It might sound silly, but one of the best things that my professor recommended me to do was talking to little kids. Little kids are easy to understand because we probably had the same level of English at the time.
What were some of your challenges, both while in ESL and after transferring to credit?

Some of the challenges I had was definitely the language, even though I learned and practiced all the time, it is not the same taking credit classes as it is to take ESL classes. I was used to joking around with the professors and talking to classmates while we do all the exercises, and it made sense because I was practicing English; however, when you are actually in a college classroom, everything can get extremely serious. The students are there to learn, not to talk and make friends. Being there definitely made me nervous, but the excitement was much more fun than that of an ESL course. I remember being in that class and being upset every time after class thinking that I was never going to be able to understand anything. But by the end of the course, I got an A and the professor told me that she was very proud to have me as her student.

How did you overcome these challenges? What did you do about them?

I was very lucky to have my family who always supported me. I think that everybody who goes through that sort of situation has the same feelings. I knew that all those nervous feelings and insecurities would go away eventually. I also knew that just because I finished with the ESL program did not mean that I knew perfect English. Even after ESL, I always went to the tutor in the writing center and the language lab. I tried to be in the office hours with the professor whenever I did not understand something.

The only way to overcome all my problems and my negative thoughts was to think about the reason I was there; why I was doing this, and that there is a reason of why I am here.

How did the ESL program help you while you were in ESL and once you moved on to credit?

The ESL program helped me a lot in that chapter of my life. I strongly believe that all the teachers have a great passion and all of them had remarkable professionalism which leaves me to only say great things about the program. Every professor with different styles taught me different ways to practice and different study techniques. The access to the library also helped me to do something extra in my ways of practicing and it also provided a distraction which helped me think which in turned helped with English. The speaking and writing classes helped a lot for me to be able to take the placement tests once I decided to join college.

What recommendations do you have to others in our program who are still learning English or afraid to transition to credit?

To all those students that are trying to enroll in classes, I would tell them not to give up. There will be moments when they will get frustrated in different situations, but trust me when I say it is worth it. Everybody is taking the ESL program for different reasons; some are taking it to have an education and others because they just want to be able to understand and have better communication with other people. For whatever reason you decided to study English, keep doing it.
Home Health Aides, Homemakers (Home Health)

Home Health Aides provide personal care and home management services to allow patients to live in their own homes. Their patients may include the elderly, the convalescent, or people with mental, emotional, or physical disabilities. Duties vary with the needs of each patient. They usually work under the supervision of a Physician, Registered Nurse, or Therapist. They assist with bathing, exercising, dressing, and feeding. They check the temperature, blood pressure, and pulse and respiration rates to evaluate the condition of patients. They may give massages and help with medicines. They help patients adapt to changes caused by their disability, frailty, or illness. They give patients psychological support and companionship. They also keep records on their patients. Some people combine home health aid and homemaker duties.

Ability to:

- Use basic math
- Read and follow instructions
- Understand health care techniques
- Communicate verbally in English
- Use motor coordination
- Use hands to reach
- Use physical strength to lift and move patients using transferring techniques
- Work well with patients and their families
- Move often from one task to another using a variety of skills
- Make decisions based on experience
- Remain calm in emergencies when working with patients who have physical or emotional problems
- Hear others
- See when working
- Write legibly and effectively
- Work independently
- Make decisions
- Apply common sense
- Work Environment:
  - Indoors in patients' homes
  - Outdoors when moving between visits; the environment changes from case to case
  - Work alone and must be able to organize their tasks
  - Supervisors usually check their work periodically
  - The work involves reaching, lifting, and bending
  - Appropriate technique is needed to avoid back strain when lifting and turning patients
  - May be exposure to infectious diseases
  - May wear uniforms
  - Some work with only one patient; others see five or six patients a day
  - Some work part-time or on-call
  - May require a reliable vehicle to drive between several work-sites each day

Current Monthly Wage Data (2013)
Entry/Low Pay $1,606
Average Pay $1,867
Top Pay $2,019 & up

Source www.eureka.org database
Receptionists and Information Clerks

Receptionists and Information Clerks greet callers at business offices to determine the purpose of their visits and direct them accordingly. Tasks vary depending on size and type of employer. They may make appointments, give information, keep records, sort mail, send bills, receive payments, type, file, and answer the telephones and distribute messages.

Ability to:

- Catch on to things
- Communicate well with people, and to give information accurately
- Hear well to use telephones
- Compile information
- Work well with others
- Follow verbal instructions
- Listen to others
- Be flexible
- Perform a few routine tasks using set procedures
- Perform repetitive tasks accurately
- Work independently
- Use basic math skills
- Write effectively and legibly
- Read and follow instructions
- Use English-grammar, spelling and punctuation
- Demonstrate a desire to serve people
- Have a pleasant, outgoing personality and neat appearance

Work Environment:

- Inside, in well-furnished and often air-conditioned front offices
- Requires sitting, bending, standing, walking, and reaching
- Some work irregular hours (Saturdays, Sundays, and holidays)
- Computers may be used to retrieve information and for word processing

- Many workers say they like meeting and talking with a variety of people, but some stress may occur when dealing with difficult people
- Ability to work with close supervision

Current Monthly Wage Data (2013)
Entry/Low Pay $1,896
Average Pay $2,485
Top Pay $2,960 & up
Child Development Complex
(located in building 70 & 72)

The Mt. San Antonio College Child Development Complex, which also serves as the Learning/Teaching Laboratory School for the Child Development Department, provides high quality early childhood education services to the children of students, staff, faculty and community families.

This center is accredited through the National Association for the Education of Young Children (NAEYC) and serves children ages three months through five years. The center incorporates best practices and a developmentally appropriate curriculum for all children.

For more information, call (909) 274-4920

Bursar’s Office New Location

To more efficiently serve students, the Bursar’s Office has moved to the lower level lobby of the Administration Building (4)

Hours of operation will remain Monday through Friday, 8 a.m. to 4:30 p.m. Students will continue to go to the Bursar’s Office for payment of:

- Registration fees for credit courses
- Parking permit and parking citation fees
- Enrollment verification fees
- Production card fees
- Mandatory and optional fees for certain classes (e.g., field trips)

Photo ID’s will no longer be issued by the Bursar’s Office. Students will obtain ID’s in the SacBookRac (Book Store), in Building 9A.

The Bursar’s new space now houses a HigherOne student refund ATM as well as computer stations to allow students to handle various business transactions online via their portal accounts.