Greetings!

Welcome to spring semester! No doubt, you have noticed a lot of construction around the Language Center, building 66. Some of the doors have even been blocked on the south side. We are happy to report that part of the construction is for us! We are moving the Language Learning Center (LLC) from building 6 to our side of the campus. Part of the plan is also to double the size of the Smart Lab, where you and your teacher may have gone for some English language practice. All of this is part of the Business & Computer Technology Complex. The LLC is part of this complex.

As the name suggests, Mt. SAC’s Language Learning Center has always been much more than just a computer lab. Over the years, the LLC has turned into a teaching and learning community. This is where professors from ESL, AMLA, and other departments have designed lessons for today’s students – students who enjoy using technology. Last year, the LLC served over 5,250 students who logged over 64,000 hours in the lab. They used programs such as Passport Rewards, Self-Directed Learning, and Movie Nights. This year, LLC is adding more software to help you practice and gain confidence with your English communication.

It has been said that “One language sets you in a corridor for life. Two languages open every door along the way.” I hope you can take advantage of all the wonderful programs that Mt. SAC can offer, so that you can open some doors along your path in life.

I wish you a successful semester, here at Mt. SAC!

Dr. Liza Becker,  
Associate Dean, Continuing Education Programs and Services
Thank-You Note

Dear Dr. John

I am an ESL student who just met with you. I am writing to say that I really appreciate ESL Office and the teachers who help me, so I write this essay.

Hello everyone, I am an English as Second Language (ESL) student, and I have been studying here for one year. I am writing to say I highly appreciate Monica Cueva, who is my writing teacher.

First of all, let me introduce my writing teacher—Monica. She likes to smile; she has a charming smile which is memorable. Therefore, she must be a confident and optimistic lady. In addition, she prefers to write with her left hand, so every time I sit on the left side of her, I extremely expect what she will write and appraise about me after we finish Self-Directed Learning Activities. That is one of the reasons that I worship her. When I was young, I learned that people who write with their left hands are very brilliant and have good imaginations, so she must have these characteristics.

This semester, I am extremely lucky to be her student because as soon as I came to ESL, I knew that she is a splendid teacher and her classes are also diverse. Hence, I have learned a lot from her. In the first place, she gives me a lot of help with studying. For example, she carefully corrects every single mistake in my essay and explains why they are wrong to me patiently; thus, I impress these mistakes in my memory and never go wrong with those. Not only does she help me with learning, but she also helps me to get back on my feet. When I first came to this strange country, I can’t feel at home in the United States, as well as China. I was depressed because I thought I would never communicate with people in English.

Sometimes, I threw in the towel because the goals were too remote to achieve. On the other hand, she is the first people to solve my emotional problems. When I opened my heart to her, I was crying. Her heart went out to me; she almost crying. In a word, she is a top dog for me, and I will imprint her on my heart.

My result didn’t let her down. A few days ago, I received the result of the Assessment of Written English Test (AWE), and I got English 67, which is better than what I expected. When I told her my result, she was also on top of the world for me and shared my achievement with me. Without her assistance, I can’t get this great performance.

As a result, I really appreciate from my heart ESL Office and all the teachers who helped and guided me on my educational career, and you are my abecedarians in the America.

This is my personal essay. I want to give all the teachers who help me a surprise, especially for my writing teacher Monica. I know that I can’t get this great achievement without her help. I really don't know how I should appreciate to her, and I think maybe this is the best reward that I can do for her. I know you won’t let the cat out of the bag.

Best Regards
Emily Lu
My Future Dreams

I am trying to reach my dreams of getting a college diploma to study and be a preschool teacher. First, when I came to the U.S. I knew that things would not be easy and might sometime be hard. On the first days I was focused in learning so that my life here in the United States would not be so difficult. I wanted to speak and understand everything because everyone around me was talking but I could not speak or understand. My cousins could speak to me in Spanish but some of their friends could not so I get frustrated and felt like I was in a strange world. Because of this I thought “I can work hard to learn English or I can feel sorry for myself and not do anything about it.” I knew that if I didn’t try I will never be a successful person, and I will never get a degree here. I had to make a choice and do the right thing to improve my situation to make my life better.

I studied English at an adult school and then I came to study here at Mt. San Antonio College. In these 4 years, my English skills have improved and I am closer to reaching my dreams. Today I am able to communicate with my teachers, my classmates and people I see. I still need to get better with my speaking but I have learned a lot and know my English will get better. Even when I can’t understand someone I carefully ask the other person to repeat what they are saying. I am very proud of myself and I know that I can become a good speaker, and hopefully get as good as someone born here. I also plan to take some credit classes. I think this will help me to reach my goals soon because I believe I can do it with hard work and doing the best I can do to not lose my focus. I know that when I take credit classes all students are the same and students have to work harder. That if you cannot understand something you must study to get better and better to follow the class.

I can say that today I am able to speak with many people in English. Even though I still have some difficulty understanding what is said to me, I feel better than when I couldn’t understand anything at all. But as I mention before, to become a successful student it is necessary to always give my best. Moving to a new country and learning about the culture, and the language has been hard but I have learned a lot to appreciate. Even with the difficulties I sometimes feel I could never move on, I have to or I won’t reach my goals and feel confident. Of course I would not overcome these obstacles and become a successful student if I don’t have the support from my family and friends. Reaching my dreams means I have to be a good student, work hard and never give up. I also think that having some courage and putting a lot of time no matter how difficult it is sometimes, it will be worth everything that you do in the end. I just have to remember and not forget that I have come far and I still have work to do to one day have my dream job. All because I never give up!

Liliana Gomez
Level 6
Imagine that you are a qualified individual for a certain job. Your résumé looks great, you have vast experience, and you fulfill the requirements. Then you get a phone call from a potential employer who wants to interview you. You answer the phone and you get all excited when you hear that they are calling about your application and résumé. However, because you have not acquired the English skills that you need for the job, your potential employer suddenly cuts the conversation short and either tells you they are not interested anymore, or they give you the usual, “we will call you.” This is something similar to what happened to one of our former VESL students and new VESL teacher’s assistant, Cody Zhou.

Cody joined the ESL program in the spring of 2014. Before coming to Mt. SAC, he attended an adult school to learn how to speak English. At the time, he was looking for a job and had posted his résumé online. Cody has a Bachelor’s degree in Computer Science, and he had worked as a systems analyst in Beijing for three years. When he was looking for a job, Cody received several calls from potential employers, but after finding out he was still learning how to speak English, they would not even consider him for the positions he was applying for. While he was still attending the adult school, a friend advised Cody to come to Mt. SAC and try our program, and he did.

As many of our former students, Cody had wonderful things to say about his ESL and VESL teachers. He said, for example, that his Level 5 teacher, Elizabeth Casian, made English seem easy, and she would provide students with additional tools and resources to learn it and practice it, “Elizabeth not only taught me English, but she taught me how to learn new vocabulary on my own and how to apply my English skills in real life.”

About the VESL program, he said the program helped him acquire skills that were very useful when he was looking for a job. Through this program he improved his speaking and writing skills, but he mentioned how important it was to know how to do an interview, which is a skill VESL students practice through Career and Life Planning, one of the five VESL courses students have to take in order to complete the program. It was a surprise to find out that he also benefited from the computer courses, Beginning Keyboarding and Microcomputer Applications. Being a Computer Science major, one would assume he did not need to take these courses, so I asked Cody, “Why did you decide to take Beginning Keyboarding when you have a Computer Science degree?” Cody explained to me that he knew how to type but he needed to improve his speed, which in turn would be good for the kind of job that he does as a software engineer because it requires him to type fast when he is programming.

While Cody was in the VESL Program, he continued to apply for different jobs, but this time, when he received calls from potential employers, Cody was ready to take on the challenge! Not only had he greatly improved his English, but he even knew how to answer interview questions. As you can imagine, the outcome was very different. Cody was finally

Welcome our new VESL TA, Cody!
hired as a software engineer. But the story does not end there. Because Cody excelled as a VESL student, one of his teachers, Dana Miho, recommended him for the VESL TA position, and guess what? He was offered the job, and he has joined the VESL team. If you see Cody around, please welcome him to our ESL Instruction Family!

Heidi Alcala, VESL Outreach Specialist

INTERVIEW CHALLENGE!

Can you answer these challenging interview questions? What would you say if, like our new TA Cody, you were asked some of these?

Practice with a friend!

- Tell me about yourself.
- Why should we hire you?
- What are your weaknesses?
- Tell me about a time you had a difficulty in your last job
- Where do you see yourself in 5 years?
- What did you like least about your last job?

CRAZY INTERVIEW QUESTIONS!

Sometimes, companies ask very weird questions to see if the applicant can think quickly and in a creative way. Could you answer these questions?

- How lucky are you and why?
- Why is a tennis ball fuzzy?
- How honest are you?
- How am I doing as an interviewer on a scale of 1 to 10?
- Have you ever been on a boat?
- What is the funniest thing that has happened to you recently?

“If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart.”

– Nelson Mandela
Personal Trainers work with people to develop their ability to perform a sport and to remain free from injury. They may work with professional, collegiate, or school teams, such as football, baseball, hockey, basketball, soccer. Or with amateur or professional individuals in boxing, wrestling, golf, skiing, swimming, gymnastics, skating, sailing, mountain climbing, or tennis. They may also lead small groups in sports or exercise activities. They analyze and evaluate the performance and the physical condition of athletes. They may monitor weight conditions and recommend special diets to build health. They also plan daily practice sessions. They may also use blackboards or movies, as well as verbal descriptions to demonstrate techniques.

Ability to:

- analyze data
- use verbal communication with athletes and other staff members
- explain or demonstrate
- learn teaching methods
- use finger dexterity
- use numbers
- use visualize objects in pictures and drawings
- use physical strength to lift up to 25 pounds and coordination
- use manual dexterity
- use hands and fingers to massage and exercise parts of the body
- work well with and relate to people
- motivate athletes to respond to directions and instructions
- make decisions using facts

- work quickly and effectively in stressful emergency situations

Work Environment:

These are the physical activities and demands required during a typical workday. These occupations often can be performed by those with disabilities when provided with appropriate adaptations.

- Indoors, in locker rooms, offices, training rooms, or gymnasiums.
- Outdoors, on athletic fields or in swimming pools.
- May work long hours during playing sessions.
- Some evening and weekend work may be necessary.
- Travel for out-of-town competition may be required for those working with professionals or with school teams.
- These workers are also under the greatest pressure to win.
- The work often involves climbing; kneeling and crouching; and reaching such as for equipment or while using a blackboard for drawing diagrams
- Hearing is required for communicating with athletes.
- Some instructors may work part-time and also perform other related jobs for their employers.
- Some may work seasonally and then find other off-season jobs.
- Frequent lifting to 25 lbs.; occasional lifting to 50 lbs. is required.
- Frequent talking to give orders is required.
- Ability to see is required.
Certificates at Mt. SAC

Fitness Specialist/ Personal Trainer
Kinesiology, Athletics and Dance Division Certificate E0808

The Fitness Specialist/ Personal Trainer Certificate prepares students for careers as personal trainers, health/fitness professionals in corporate fitness facilities, wellness centers and public/private health clubs. The fitness Specialist/Personal Trainer Certificate curriculum is designed to prepare students who wish to take exams offered by the American Council on Exercise (ACE), the American College of Sports Medicine (ACSM) and other nationally recognized organizations. Technical skills necessary for implementation of a safe, effective and motivational physical fitness program are presented.

FREE BUS TICKETS!
Do you ride the Foothill Transit Bus? The Counseling Team might have some FREE bus tickets for you! Contact a member of our team right away by going to the registration counter!

Required Courses:

<table>
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<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>NF 10</td>
<td>Nutrition for Personal -Health &amp; Wellness</td>
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</tr>
<tr>
<td>KIN-15</td>
<td>Administration of Fitness Programs</td>
<td>2.0</td>
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<tr>
<td>KIN-24</td>
<td>Applied Kinesiology</td>
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<tr>
<td>KIN-38</td>
<td>Physiology of Exercise for Fitness</td>
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<tr>
<td>KIN-39</td>
<td>Techniques of Fitness Testing</td>
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<tr>
<td>KIN-40</td>
<td>Techniques of Teaching Cardio vascular Exercise</td>
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<tr>
<td>KIN-41</td>
<td>Techniques of Teaching Weight Training</td>
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<tr>
<td>KIN-85</td>
<td>Fitness Specialist Work Experience</td>
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Total Units 17.0

Recommended Electives

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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>DNCE-39A</td>
<td>Alignment &amp; Correctives I</td>
<td>0.5</td>
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Current Monthly Wage Data (2014)
Entry/Low Pay $2,560
Average Pay $4,139
Top Pay $5,442 & up
ESL SCHOLARSHIP

The Mt. San Antonio College ESL Scholarship Committee would like to invite Level 4, 5, 6 and VESL students who are planning on taking credit classes to apply for one of three $500 scholarships available for the 2015-2016 school year.

We invite applicants who:

- Are currently or have been a Level 4, 5, 6 or VESL student with fewer than 6 units
- Have attended at least twelve weeks of a semester and have passed an ESL Level class (with priority status)
- Are planning and are eligible, to attend credit classes in Fall of 2016

Requirements (included in the application packet):

- An essay describing your educational and career goals, potential for success in credit classes, and the obstacles you have overcome in becoming a successful student
- Proof of successfully completing a Level class with good attendance
- Two letters of recommendation (forms included in packet)

Interested students should obtain an application from the ESL Website. Go to “http://esl.mtsac.edu” and click on the “ESL Scholarship” link. If you prefer a paper copy, then go to the ESL Registration Counter in Building 66, to pick one up.

Completed packets must be turned in by Friday, March 25th, 2016

If you need assistance, please contact a member of the ESL Counseling Team: John Pellitteri, Dalia Chavez, Cindy Bonilla, Lisa Martin or Bertha Rodriguez.