STUDENTS ASK THE QUESTIONS: Communications ADT with Student Host Lizeth Chimal, Professor Alixandra Lopez & Alumni Jendi Samai Episode 129

00:00:00 **Jendi**

Doing communications at Mt. SAC was an amazing experience. People don't realize how valuable those skill sets are and how transferable they are.

00:00:08 **Jendi**

Prior to going back to getting my master's, I also worked in higher education and student services at Mt. SAC too, so coming back as a full-time employee and working with students, working with staff, faculty. So, I think communication is really one of the most important skill sets. And I see it now, even in the legal profession, your ability to communicate could cost you like someone's life in a trial.

00:00:33 **Christina**

Hi, I'm Christina Barsi

00:00:38 **Sun**

And I'm Sun Ezzell, and you're listening to the Magic Mountie Podcast.

00:00:42 **Christina**

Our mission is to find ways to keep your ear to the ground, so to speak - by bringing to you the activities and events you may not have time to attend, the resources on campus you might want to know more about, the interesting things your colleagues are creating, and the many ways we can continue to better help and guide our students.

00:00:59 **Sun**

We bring to you the voices of Mt. SAC, from the classroom to completion.

00:01:02 **Speaker 1**

And I know I'm going to achieve my goals, and I know people here are going to help me to do it.

00:01:07 **Speaker 2**

She is a sociology major and she's transferring to Cal Poly, Pomona! Psychology major, English major ...

00:01:12 **Sun**

From transforming part-time into full-time-

00:01:15 **Speaker 1**

I really liked the time that we spent with Julie about how to write a CV and a cover letter.

00:01:23 **Christina**

Or just finding time to soak in the campus.

00:01:26 **Speaker 1**

To think of the natural environment around us as a library.

00:01:30 **Christina**

We want to keep you informed and connected to all things Mt. SAC. But most importantly, we want to keep you connected with each other. I'm Christina Barsi, Mt. SAC alumni, and producer of this podcast.

00:01:40 **Sun**

And I'm Sun Ezzell, Learning Assistance Faculty and Professional Learning Academy Coordinator.

00:01:45 **Christina**

And this is the Magic Mountie Podcast.

00:01:47 **Christina**

One of the things that makes humans unique is their use of language to communicate. In this episode, we dive into the communication major and the many ways it layers and translates into other areas we might decide to pursue.

00:02:05 **Christina**

Our student host today is Lizeth Shamal, a Mt. SAC alum, who is continuing her major in communications at UCLA. She speaks with Mt. SAC's forensics coach and communication faculty, Alix Lopez, as well as Jendi Samai, another fellow of Mt. SAC alumni, who went on to leverage her communications undergrad degree from Mt. SAC into her law degree. Here is Lizeth to guide us further as we explore the power of communication.

00:02:36 **Lizeth**

Hello everyone. Welcome back to the Magic Mountie Podcast. I'm Lizeth, I'm a host for this episode today. For those of you that don't know me, as I mentioned, my name is Lizeth. I am a former alumni from Mt. San Antonio College. I am a communications major.

00:02:51 **Lizeth**

Right now, I currently attend UCLA. My pronouns are she, her, hers. I'm also planning on getting my double major in gender studies. So, that's something to look forward to.

00:03:01 **Lizeth**

I'm joined today with two amazing people. We have Alix Lopez and Jendi, and I'll let them introduce themselves. Alix, would you like to go first?

00:03:12 **Alix**

Sure. Hi, I am Alix Lopez and I am one of the faculty members in the Communication Department, and I'm also a coach on the forensics team.

00:03:23 **Lizeth**

Awesome. Okay, thank you. And then Jendi.

00:03:26 **Jendi**

Hey, thanks for having me. I'm Jendi Samai, I'm currently a rising second-year student at the George Washington University Law School in DC, and I'm proud Mt. SAC alum, I'm class of 2015. And then I'm also class of 2017 from UCLA and 2020 for my master's. Happy to share more about my pathway.

00:03:47 **Jendi**

I do think I had a very interesting, but very fulfilling pathway into higher education. While I was at Mt. SAC, I was very involved. I also was on the forensics team, was a part of the Honors Program and so forth. So, really happy to be here and to be sharing my story to pay it forward.

00:04:05 **Lizeth**

Great. Thank you so much, Jendi. And for those of you that don't know, forensics is the speech and debate team here at Mt . SAC. It's super cool, all of us, we're actually involved in it. Alix is currently a coach right now on the forensics team. I was on the team and I was fortunate to be coached by her.

00:04:26 **Lizeth**

And with that, we're going to go ahead and get started discussing the department of communication here at Mt. SAC.

00:04:33 **Lizeth**

Well, this is going to be for both of you actually. Why did you choose communication?

00:04:37 **Alix**

So, when I went to Cal State Long Beach, I was originally an English major with creative writing as the emphasis. And I honestly, like kind of had no idea what I was going to do with that major or what my path was going to be with it.

00:04:52 **Alix**

And then I took a public speaking class. And the funny thing is I took the public speaking class with Roger Willis, who's another faculty member here at Mt. SAC, and now coaches forensics at Mt. SAC. So, it's kind of a full-circle moment.

00:05:08 **Alix**

So, I took his public speaking class when he was a grad student at Cal State Long Beach, and I fell in love with public speaking and he got me to join the forensics team. And that was just a really good experience for me for that first year, for sure.

00:05:23 **Alix**

It was really fun. I met a lot of like great friends. I found like my passion for public speaking and advocacy through forensics and I just like really enjoyed it. And that kind of got me into the communication major because I got to meet a lot of the grad students at Cal State Long Beach and a lot of the people who were kind of making this their career.

00:05:45 **Alix**

So, I saw that kind of exemplified in front of me and I was like, "Oh, okay, I could actually turn this passion or hobby into my job." And so, after that first semester, I switched to communication as a major. And like once I started the classes, I was like, yes, this is right for me because I do like writing. That's why I was a creative writing major, and there is a big component of that in communication.

00:06:09 **Alix**

And the political stuff I really like. And like there's just a lot of really cool things you can do with comm, and that's kind of how I got into it. And I don't know, like you can really just find your own little niche wherever you go with communication. That's how I got into it.

00:06:26 **Lizeth**

Awesome. Yeah, that's definitely interesting. I'm really glad that you were able to find your passion within communication.

00:06:34 **Alix**

Me too.

00:06:34 **Lizeth**

And then Jendi, same question for you. Why did you choose the communication major?

00:06:40 **Jendi**

Yeah, I mean, similar to Alix, I'll start off with, I have always just been very passionate about communication in general. I actually am from a Sierra Leonean background. So, being first-generation American born and having immigrant parents, I just have always been fascinated with communicating with people, connecting with all kinds of people, and so forth.

00:07:05 **Jendi**

So, when I got some Mt SAC straight out of high school, I also was a little bit timid and shy. And I remember I took Honors public speaking, I think 1A with Liesel Reinhart and Kenneth Klawitter who are amazing. And that class was just literally one of the best classes I ever took.

00:07:23 **Jendi**

Granted, we would always come in and I took it in the summer. So, I think it was like four days a week, you're doing public speaking four days a week, every week. We would all come in like nervous and stuff, but by the time it was over, it was just such a great life-changing experience.

00:07:39 **Jendi**

And I think the greatest thing about communication, and I would say specifically with public speaking, is sometimes people can see something in you that you may not see in yourself, and that was me. So, I had known about the forensics team, I thought it was cool. I did theater back in high school and I did the school news when I was in high school, but I thought it was kind of weird to be a speech gig.

00:08:04 **Jendi**

I'm like, "Nah, that could never be me." So, it was always in the back of my mind, and I remember the Honors Program used to plug it to me and I kind of like was like, "Hmm, that's not for me." After doing the public speaking course with Liesel and Kenny, they kept pushing it on me.

00:08:19 **Jendi**

And I think finally they were like, "You are doing this. And even if we have to like walk you to the audition ..." I think they may have even walked me to the audition, but I did it and just thought hooked. And in addition to getting onto the forensics team, I also took other courses.

00:08:39 **Jendi**

I was able to take interpersonal communication with the late great Philip Maynard who used to teach at Mt. SAC. And that was another class that just completely changed the way I even viewed myself.

00:08:54 **Jendi**

I remember he had us do this magic mirror exercise and it's interpersonal communication. I'm thinking this is not that deep. Like I'm just going to come here and get the easy A. In this magic mirror exercise, he had us pass around a mirror and in it, we had to basically just share with the class what we were comfortable with, of course, what we saw in the mirror.

00:09:17 **Jendi**

And by the time that activity was over, people were in tears. Like it was such a therapeutic activity and he was also another professor who was like, "Yeah, you need to do the forensics team."

00:09:29 **Jendi**

But doing communications at Mt. SAC was an amazing experience. I also really loved English. So, I was always kind of in-between both. I love writing, I love research, hence why I'm in law school. So, I always knew that like those skill sets would be valuable. And people don't realize how valuable those skill sets are, and how transferable they are.

00:09:51 **Jendi**

Prior to going back to getting my master's, I also worked in higher education and student services at Mt. SAC too, so coming back as a full-time employee and working with students, like working with staff, faculty. So, I think communication is really one of the most important skill sets. And I see it now, even in the legal profession.

00:10:12 **Jendi**

Your ability to communicate could cost you like someone's life in a trial. You know what I mean? So, it's so important to have the ability to connect with people. And I'm just so glad that Mt. SAC had fostered the importance of communication for me.

00:10:28 **Lizeth**

That's amazing, Jendi. Thank you so much for sharing. And that's so funny that you mentioned how you were kind of hesitant in joining the forensics team. You didn't want to be like a geek, a speech geek because I had similar experience with that.

00:10:42 **Lizeth**

But I think we're really lucky in that faculty specifically, like the communication professors really reached out and emphasized to their students that like they care and that they saw something in you that you didn't see yourself, right?

00:10:57 **Lizeth**

Since both of you did communications in, as far as forensics, what kind of pushed you more into advocacy within communications besides that, or even if it is because of forensics?

00:11:09 **Jendi**

Yeah, I mean, well, I guess going back to forensics, this was really the first time I was in an environment where I was doing extensive research and writing for a topic. And I competed in persuasive, something called communication analysis, CA. I did prose interpretation as well as debate.

00:11:35 **Jendi**

So, I kind of did a mixture of different things within the forensics world. And I really appreciated that because I got to find passion project.

00:11:44 **Jendi**

Shout out to Roger, he was one of my coaches. He really helped me also hone in what it is that I was passionate about. And that's one thing I'll say about Mt. SAC forensic coaches; they do a great job of really helping students kind of align in areas and topics that are of passion to them. And I think it shows when you're performing.

00:12:06 **Jendi**

But anyhow, I had done a topic on violence against Sub-Saharan West African women, and Roger was the one who had found that piece and introduced me to this author. And I ended up taking that to nationals and made it to the quarter-final round.

00:12:25 **Jendi**

So, topics like that, I'm very passionate about human rights. I'm passionate about women, obviously, I'm passionate about the African diaspora. So, that for me, was one way in which I could demonstrate my advocacy. And I believe there was a line in my - I forgot what they call it. But you know how when you're out of character, you do your little intro?

00:12:46 **Jendi**

So, I remember there was a line that I did before the actual performance or something like that. It's been a minute. And I remember I said something to the effect of like trying to be a voice for women who are unable to share their voices. We would never even know these stories.

00:13:02 **Jendi**

And so, that was a moment in which I think that like forensics really became bigger than just getting up there to perform and winning awards.

00:13:11 **Jendi**

Same thing when I did persuasive, I actually won the spring tournament competition thing. And so, I was Southern California's most persuasive speaker and the first Mt. SAC student to go represent at interstate oratorical in DC.

00:13:26 **Jendi**

And my persuasive speech was about violence against black trans women. And for me, I didn't even know much about the trans community and as I was doing the research, I was like, whoa, like we need to talk about this. Now, obviously, that's like kind of like very, I think ... I don't want to say normalized when it comes to talking about social justice and LGBTQ plus rights - but at the time, back in like 2014, nobody was really talking about that.

00:13:59 **Jendi**

And even for me as like a teenager, I think I was like 19. I'm learning also about, wow, this is a particular community of black trans women who are heavily, heavily assaulted by the police force. So, doing that was powerful and getting to represent California and DC was amazing.

00:14:19 **Jendi**

And I got to travel with Roger and he coached me just being around other students. And then lastly, I would say even doing debate, I did a type of debate where you do the research ahead of time. It was Lincoln Douglas debate, I think. So, we would prep that and ours was on like education advocacy or something like that.

00:14:37 **Jendi**

So, for me, it really was beyond the awards. I mean, I'm very fortunate to have been a national international regional champion. But when I look back on that, I don't even think about the awards, honestly. I really just think about the level of advocacy that being in that environment did.

00:14:54 **Jendi**

And like I said, it was the first time I was really in an environment where I was doing extensive research and I'm writing on something and topics that I truly cared about. And that continued with me when I transferred to UCLA. My undergrad thesis was about Sierra Leonean American woman. And for me, I wanted to talk about what it was like for women to be the first in their family to be born here, how they navigate by-culturalism and things like that.

00:15:24 **Jendi**

And now, even as a law student, having done a bachelor's master's, I'm really passionate about writing and research and wanting to truly just be an advocate for people who need support.

00:15:36 **Jendi**

In the summer, I'll be working at a firm that does mainly corporate-type work, but they do a lot of pro bono immigration. So, I've always just been very fascinated with that. And I think Mt. SAC - I feel like I'm long-winded, but Mt. SAC really did cultivate my natural inkling towards advocacy just from the work I was doing and the writing experience that it gave me.

00:16:00 **Lizeth**

Yeah. Thank you so much, Jendi. And I think personally, I definitely, after doing forensics, that's when I felt like I wanted to be more involved within advocacy. And that's what ultimately made me change my major from psychology to communication.

00:16:15 **Lizeth**

And then same question for you, Alix, what kind of fueled your advocacy? Was it through forensics or through the communication department? Just being a communication major.

00:16:26 **Alix**

Yeah, a lot of what Jendi mentioned, like I identify with as well, where it's giving a voice to communities that don't get heard enough. And I think the really cool thing about ... I mean, and not to like overdo it on forensics, but we are looking at topics before they're even getting national attention or public attention from other groups.

00:16:50 **Alix**

Like last year, we ran a speech about the Uyghur Muslims and what they're experiencing in China. And not a lot of people, I feel like were, as aware of it. And then it became a topic of interest and just to expose students to those types of issues and topics really is important. Because you're getting more aware about the world around you and you're learning about things.

00:17:20 **Alix**

I think another thing is that it is just empowers you to be able to talk about these subjects confidently. Like before I was a communication major, I was interested in these things and I was interested in advocacy, but when I would try to verbalize it, it would be like, "Blah, like I care about this. This is important. Like you should care about it too. Everyone should care about it."

00:17:40 **Alix**

And it didn't have that necessarily like structured, like, "This is a problem. This is what's causing the problem. This is how we can solve it." And I think that's the cool thing that forensics also teaches you how to do and communication in general - it teaches you how to just take those ideas and those passions and those things that you're interested in, and actually be able to phrase them in a way where it's like, okay, this is how I teach someone who might be resistant to this topic. Or this is how I might inform someone who is maybe on the fence or they have no knowledge of the topic whatsoever.

00:18:16 **Alix**

And I think that's the important thing too, is that it's not necessarily who you reach through the activity, but it's how you use those skills after. And I think it really just empowers people to take the issues that you learn about and put them out in the world in a productive way.

00:18:35 **Alix**

And just to echo some of what Jendi was saying as well, one of my speeches like 10 years ago or more when I competed, was on domestic workers in hotels and how they experience sexual assault and a lot of discrimination. And that is still an issue to this day.

00:18:56 **Alix**

Like it continues on and it's something that like I personally pay attention to because I did so much research on back in the day. So, it's like you put yourself into these topics and then they just follow you for the rest of your life. And they become something that you are personally invested in and you're sharing.

00:19:14 **Alix**

And if each person takes that, it could have a lot of good. And I think some of the cool things that Mt . SAC offers specifically that lets people have their voice is forensics. There's the speech and sign soapbox that gives people like the opportunity to just talk about what they want.

00:19:33 **Alix**

There's just so many avenues - there's the Speak-A-Rama contest that happens at the end of the year. There's a lot of opportunities, not just in forensics where it's like you can share your voice and you can put it out there, and communication offers that opportunity.

00:19:49 **Lizeth**

Awesome. Thank you so much. With that being said, and just like the advocacy that is being done through forensics, how do you think that ... or even not just forensics, but just communication in general, how would you relate it to like the workplace after or like the skills that you learned through communications? How do they relate to the real world, basically?

00:20:11 **Jendi**

Yeah. I think that, like I said earlier, it is very critical and highly transferable. I think in any industry, even if you are in STEM, you still need to be able to communicate effectively; project management and so forth, and make sure the public or whoever you're communicating to understands you.

00:20:34 **Jendi**

So, personally, I would say for me, it's been very valuable and it's ever-evolving of course, we're human. But I think that communication has continued to be one of my greatest assets. And I think for folks who are transferring after Mt. SAC, or maybe going straight into the workforce after Mt. SAC, it's really important, no matter what industry you are in.

00:20:56 **Jendi**

And especially, I think in our generation where a lot of us are glued to social media and we're not really a talk on the phone type of generation anymore, though I am, I'm old school. It's very, very critical. And when I mentor undergrads, I can see it. I'm like, "Oh, why do y'all got like all these typos in an email, or this is not a text. This is an email."

00:21:19 **Jendi**

Of course, there's a time and a place. You don't have to be uptight all the time. But I think even things like sending emails, like I pay attention to that when people reach out to me, their follow-through, like I understand because I am a student and I know life happens. So, sometimes, I'll be like, "Hey I know we were supposed to meet today, just following up - are we still meeting?"

00:21:42 **Jendi**

Because I mean, I've definitely been in a situation where life happened and I may have slipped up or forgotten a meeting, but I think communication lends itself to first impressions. Especially when not everybody is as forgiving. I think I'm a very forgiving person because I know life happens. But if it's like four times you stand me up, that's a different conversation.

00:22:02 **Jendi**

But being able to follow through, being able to effectively communicate is very important. Like I literally can't stress the importance of it because it's like now as a law student and going through recruitment, like transitioning into the legal industry, I see it being even more important now because networking is a word we throw in and out. But being able to build relationships with people is critical.

00:22:33 **Jendi**

And that's something that can be applied to whatever industry you're in. Even if it's not like higher education or if you're not a communications professor, you still need to be able to do that. And like I said earlier, like being an inefficient communicator or weak communicator could like cost you billions of dollars, like at a law firm. Like be the difference between someone getting a wrongful conviction or not, you know what I mean?

00:23:00 **Jendi**

Like that's a serious example, but it has real-world implications that I see in the legal industry. And I think more importantly, that first impression, right? Our reputation is all we have as we transition from students to professionals. And I wish that that's something that more college campuses could really stress on.

00:23:22 **Jendi**

I don't know, I just feel like more college campuses could do a better job of that because in a way, I kind of think it's almost like a lost art form, being able to network. I know some of us are shy. I'm an extrovert, so it comes a little bit more easier for me. That said, I still think that everybody and anybody could really, really benefit from taking like a communications class or even just a public speaking or interpersonal communication course.

00:23:51 **Alix**

Just to give like some perspective too, communication is a really broad discipline. Like there's just a lot of different things that you can do with a comm degree. And like Jendi was saying, interpersonal, intercultural, you can also look at rhetoric in different areas and it just gives you a lot of options once you graduate.

00:24:13 **Alix**

Because I've had a lot of people ask me like, "Oh, what do you do with a comm degree?" And it's kind of like, what can't you do? There's a bunch of different things. You can go into law, you can go into politics, you can go into so many different avenues, I guess. And especially, if you're interested in advocacy and you're like, I know that I'm passionate about this, but I don't know how to get there - communication is a good start because then you're getting that groundwork and base level skills that you need to advocate for yourself and your community.

00:24:45 **Alix**

And even as basic as like an interview, that stepping stone, communication ... honestly, if I wasn't a comm major, I would be a mess at interviews because I wouldn't have learned all of those little skills. And now, even that we're learning how to do that in a virtual sense as well, like teaching people to look into the camera instead of like looking down at their notes or at a separate screen, or how to set up your space because your space also communicates something - it's just like so versatile, I guess, as a major and as a skill.

00:25:23 **Alix**

And so you can go into a lot of just different places with it. For people who are interested in it, or people who maybe don't know, take speech 1A and like see how you feel or talk to a faculty member, reach out, you can reach out to me through email. And that way, you can kind of get a sense of like the broad areas that you can potentially go to in the future as a comm major.

00:25:54 **Lizeth**

Yeah. Thank you so much, Alix. But with that, what are some suggestions you have for somebody that's thinking about doing communication or like how can they get more involved or learn more about it?

00:26:06 **Alix**

If you're at Mt. SAC and you're interested in being a comm major, I would say once we're in person, you can visit the comm department, which is in 26D, or you can email a comm professor. That's kind of the other nice thing about comm faculty, is that everyone's like on top of it with the communication aspect. So, like they'll respond to your email, they will like be friendly and welcome you into the major. It's a very like open and welcoming space.

00:26:33 **Alix**

If anyone has ever been in the speech and debate room, the minute you walk in, even if you're a stranger, it's like, "Hey, what's up? How are you?" Like everyone just wants socialize and talk.

00:26:44 **Alix**

And so, even if that intimidates you, because I am not personally a very extroverted person and I'm very introverted. And I think that's the question that people sometimes get, where it's like, "I don't know, I don't see myself doing comm as a major," but there's just so many different parts of it that you don't necessarily have to be like, oh, like in your face, like super like outgoing as a person.

00:27:08 **Alix**

There's research aspects that are more behind the scenes, it'll just make you more comfortable. And I think maybe one thing that I wish I had known before is that that's part of it too. Like research is a big part of it too. There's a lot of different things that you can do and people need it. People need to be able to communicate better. And for a while, I was actually doing workshops with businesses and organizations that was like helping them with workplace communication.

00:27:38 **Alix**

And I would go and like do a little like interpersonal or conflict lecture and like do activities with these people in their workplaces. And you can tell that it's just like something new for them. And this is a skill that like people need, and we should probably have this like earlier than just college. Like maybe it should be a requirement for high school or something, but there's just so much you can do.

00:28:00 **Alix**

And don't take it as like the stereotype of the comm major, that's just like, "Oh, that's an easy major." I hear a lot of people say that or, "Oh, you're not going to get a job." It's actually kind of like the opposite. You have just a lot more that you can do when you're not like so pigeonholed by having like an ultra-specific major.

00:28:23 **Lizeth**

Yeah. Thank you so much. Jendi, would you like to add anything to that?

00:28:23 **Jendi**

I definitely agree. And I think that just to add, if for whatever reason you are unable to major in it, I would highly recommend you at least just take the class. I'm not a counselor, so please don't quote me. But I believe it is a requirement to take a public speaking course, at least in the California collegiate system.

00:28:42 **Jendi**

And I think that's a great ... actually, I'm like proud that I think that's amazing because no matter what industry you're in, you're going to need it. And you can put that to practice. Now, I think that a lot of people kind of think, "Oh, I'm going to wait to network until I transfer, until I'm in my career." No, no, no - start that now as a student people up in your industry, that's a great way to put these communication skills to practice.

00:29:07 **Jendi**

Right now, you can hop on a Zoom call and talk to professionals maybe, or talk to students who are at a university you're thinking about transferring to, send emails. I actually like I'm notorious for just cold emailing people. Like if I want to talk to some attorney, I'll just send an email and just based on how I write it. It's not too long because lawyers, they don't have time like that. Keep it short and I get responses.

00:29:31 **Jendi**

So, I would say if you're not able to major in it, because I know some of my pre-med people, I get it, still take a course. It's still valuable, no matter what it is you do. And every time I talk to STEM students, that is one area of improvement they always like share with me. It's like I had to kind of do extra work to practice like my personal statement writing and my interview skills for medical school or whatever. And it's like I wish I could have worked on that while taking my STEM courses.

00:30:00 **Jendi**

So I just say that's a kind of broaden it out more to other people because I understand that not everyone is doing social sciences or humanities and that's totally fine. I'm pro-whatever you want to do, but do make it a point to take a class and start building those skills in like a practical setting.

00:30:17 **Lizeth**

Yeah. Thank you so much. Thank you both of you actually just for having this conversation with us and talking about the communication department and all of the great opportunities that there is within this major and within this department.

00:30:31 **Lizeth**

Obviously, like Jendi was saying, you don't necessarily have to do, but it's still a great place to get some cool opportunities and to learn some very valuable skills. Is there any place or email, phone number, that is available for the students that are listening to this podcast that they can contact you with?

00:30:51 **Alix**

Yeah. You can contact me at alopez896@mtsac . edu. And just like Jendi said, it never hurts to cold email. I answer every email I get that's addressed to me. So, if you have questions, feel free.

00:31:05 **Jendi**

You can contact me by email, jendisamia@law.gwu.edu.

00:31:09 **Lizeth**

Great. Thank you so much. And again, thank you both so much for being here and really just sharing the knowledge that you two have had over the few years that you've been in communication. I think that concludes our podcast for today. Thank you so much for listening, and I hope you learned some stuff about communication. Thank you.

00:31:40 **Christina**

Transferring from Mt. SAC to university to earn your bachelor's degree has countless benefits and opens the door to many opportunities. Learn how to do so with an Associates of Arts or Associate of Science transfer degree like we highlighted in this episode, by using transfer resources such as the Counseling Department or the Transfer Center. Just go to mtsac.edu/counseling or mtsac.edu/transfer.

00:32:05 **Christina**

Thank you for listening to the Magic Mountie Podcast, and don't forget to share your favorite episodes.