

ADULTS WITH DISABILITIES/IMPACT FALL 2023 NEWSLETTER



FALL 2023

Classes end on December 16th.
See you in the new year!

WINTER 2024

Do you still need to enroll in Winter 2024 classes? There's still time! Our classes are open-entry, so you are welcome to join any time!

To register online, please complete the noncredit application available online at www.mtsac.edu/noncreditapp.

To register in person you can attend class or visit our office. You'll be asked to complete and submit a paper registration form.

To view our detailed schedule please visit our website: www.mtsac.edu/sce/awd.



impact@mtsac.edu



909-274-4192



mtsac.edu/awd

UPCOMING TERM DATES

Winter 2024

Classes will begin January 8th, 2024, and will end February 18th 2024.

Registration for the Winter 2024 term is happening now!

Holiday class closures will be January 15th and February 16th.

Spring 2024

Classes will begin February 26th, 2025 and ends June 16th 2024.

Registration for the Spring 2024 term will begin January 16th, 2024.

Holiday class closures will be April 1st and May 27th.

Summer 2024

Classes will begin June 20th, 2024, and classes end dates will vary.

Summer 2024 registration will begin in May 6th.

Holiday class closures will be July 4th.



FALL WORKSHOP

The Adults with Disabilities Program counselors facilitated a workshop on October 25, 2023.

The workshop gave students an opportunity to practice **time management**, **stress management**, and **self-advocacy** skills.

If you missed it, you can still practice these skills! Try completing the worksheet on the next page. If you need help, sign up for a counseling appointment and a counselor can work on it with you.



SELF ADVOCACY WORKSHEET

Strengths (things you are good at)

1. _____
2. _____
3. _____

Interests (things you like to do)

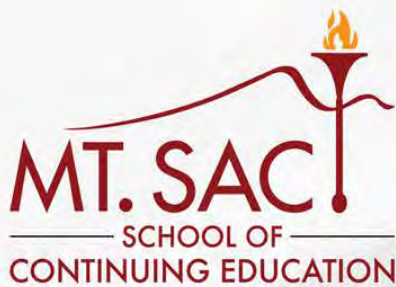
1. _____
2. _____
3. _____

Preferences (things you want)

1. _____
2. _____
3. _____

Needs (things that are necessary)

1. _____
2. _____
3. _____



COUNSELING SERVICES

AWD & VRE students can meet with our counselors for academic, career, and personal advising.



We can help with...

- ✓ Academic counseling
- ✓ Creating student educational plans
- ✓ Referrals to campus support services or community agencies
- ✓ Career counseling
- ✓ Transitioning to noncredit or credit programs
- ✓ Adjusting to college and understanding the college environment and processes

Call to schedule an appointment
909-274-4192

Or, Download the Navigate App



Meet the Counselors!

Naomi Avila

☎ 909-274-6244

✉ navila25@mtsac.edu

Silvia Alvarez

☎ 909-274-5112

✉ salvarez88@mtsac.edu

AWD STUDENT SUCCESS

James G.

James has been taking Intro to Banking since fall 2021. He has learned many new things including banking terminology, comparisons of checking and savings accounts, understanding the differences between debit and credit cards, and how to balance a checking account. Most importantly, he learned about managing debt.

James is most proud of his accomplishment to reduce his debt. He had thousands of dollars in debt, and because of the tips and information provided in class, "I have been able to manage my debt so I can pay off my credit cards."

DEBT FREE



PROCESS...



DIGITAL PHOTOGRAPHY

In this class students will learn digital camera operations, image management, composition, and use of graphics software.

Students who pass Digital Photography, Basic Computing 1, and Basic Computing 2 will earn a certificate in office computer applications.

Class Details



Fridays starting January 12, 2024



9:00 AM – 11:50 AM



Cameron Park Center, West Covina





BASIC COMPUTER PRESENTATION & PUBLICATION CERTIFICATE

This certificate prepares students for positions where entry-level skills in presentation and publishing software are needed.

Required Courses

PowerPoint Basics 1

PowerPoint Basics 2

Desktop Publishing

Class Details



Wednesdays starting January 10, 2024



1:00 PM – 3:50 PM



Mt. SAC, Bldg. 40 Rm. 121



ADULTS WITH DISABILITIES/IMPACT

CONTACT INFORMATION

Address: 1100 North Grand Avenue

Walnut, CA 91789

Building 40, Room 138

Phone: (909) 274-4192

Email: impact@mtsac.edu

Website: mtsac.edu/awd

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