

# ESL GOOD NEWS

Mt. San Antonio College | English as a Second Language

Fall 2021 Edition

## Message from the Director

### Mt. SAC Campus Reopens

After over a year of quarantine and online courses, Mt. SAC ESL is thrilled to open our doors (and computers!) to students again! It is so good to have students back on campus. Whether you are joining us in person or virtually this semester, we're glad you're here and look forward to serving you. Here is an overview of everything we're offering this fall:

### On Campus Courses

Students taking classes in person can enroll in levels, skills, and VESL courses on campus. Additionally, the [Language Learning Center](#) (77-1003) is a computer lab with specialized language learning software that is open for additional support. Students attending on campus courses are required to wear masks and either show proof of vaccination by September 7 or submit to weekly COVID-19 testing beginning the week of September 7-13. Please do NOT come to campus if you have any symptoms of COVID-19 and let your teacher know that you don't feel well. Visit <https://www.mtsac.edu/health/student-resources.html> for more COVID-19 resources for students.

### Online Courses

Students taking online classes will access all courses through Canvas. Online level classes meet 2.5 hours per day with 1 hour of additional classwork. Skills classes (speaking, writing, reading, and pronunciation) meet fully online. Check [our schedule](#) for more information on when all of our classes meet.

### \*New\* Pronunciation & Reading classes

We're now offering 3 levels of pronunciation and reading classes on Friday afternoons from 11:40 – 2 pm for all students. Contact registration if you'd like to register for these classes.

*(continued on next page)*

# INFO TO KNOW

## MESSAGE FROM THE DIRECTOR

### Self-paced Courses

We offer competency-based classes in Advanced Reading, TOEFL, and English for Health Professionals. Students complete work online at their own pace in 8 weeks. These classes are great opportunities for students who have a hard time fitting a live class into their schedule and enjoy working independently.

### Resources

**Counselors** are available to meet with students both face-to-face or online. Students can request an appointment with a counselor at <https://www.mtsac.edu/esl/counseling.html>. Orientation and testing is now open in Building 66 on campus. Check the registration website at <https://www.mtsac.edu/esl/contactus.html> for current details on testing and registration.



*Jody Fernando*

M.A., M.Ed.

Director, English Language Learners

Are you lost on campus? Visit [www.mtsac.edu/maps](http://www.mtsac.edu/maps) for the latest pathways to your classes.



# INFO TO KNOW

## SCHOOL OF CONTINUING EDUCATION

Did you know that the School of Continuing Education (SCE) has a wide range of classes available through their different programs? Such as CPR & Medical Related Programs, Career and Professional Development, Programs for Children and Teens, Driver Education, Personal Enrichment, Sports and Fitness, Online Learning, and Online Career Training? If you are interested in any of these and would like to get more information you may contact them using the information provided below.

### [School of Continuing Education Programs \(mtsac.edu/continuingeducation\)](https://mtsac.edu/continuingeducation)



- ◆ **English as a Second Language (ESL):** Learn English effectively and quickly for free. 8 levels of ESL, skills classes (speaking, writing, reading), TOEFL, Citizenship, and Vocational ESL

**Building 66 - Language Center First Floor M/T/Th. 8:30 AM - 6:30 PM F 8 AM - 12 PM [eslreg@mtsac.edu](mailto:eslreg@mtsac.edu) (909) 274-5235**



- ◆ **Adult Basic Education (ABE):** Adult High School Diploma, HS Equivalency (GED/HiSet), HS credit recovery, ASVAB, skills for college and work (computer, English, Math)

**Building 30 M-Th 8 AM - 5 PM F 8 AM - 4 PM [abeinfo@mtsac.edu](mailto:abeinfo@mtsac.edu) (909) 274-4845**



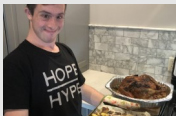
- ◆ **Education for Older Adults (EOA):** Classes in Physical and Mental Conditioning, Computer Classes, and Educational Resources for Older Adults

**Building 40 Room 109 M-F 8 AM - 4:30 PM [EOA@mtsac.edu](mailto:EOA@mtsac.edu) (909) 274-4192**



- ◆ **Short-Term Vocational (STV):** Training and Certificates in Health Careers (EMT, CAN, PCA), Business, Trades and Electronics, Floral Design

**Building 40-101 8:30 AM - 6 PM [www.mtsac.edu/vocational](http://www.mtsac.edu/vocational) (909) 274-4220**



- ◆ **Adults With Disabilities (AWD):** Classes and Services for Adults with Disabilities. For more information, on **IMPACT** (Independent living skills, Mobility training, Physical health and well-being, Advocacy for self, College career and job readiness skills, and Technology training)

*\*Please contact the Department at (909) 274-4192*



- ◆ **Community Education (CE):** Classes For Personal & Professional Enrichment (Fee Based)

**Building 40-101 8:30 AM - 4:30 PM [commedreg@mtsac.edu](mailto:commedreg@mtsac.edu) (909) 274-4220**

# STUDENT TIPS

LEARNING IN A NEW WAY!

**Times have changed and we are all being forced to learn differently. Taking classes online is so different than in person, so how do you communicate with your instructors?**

- Check your campus email (or the account where you forward your campus email)
- Check your course announcements in Canvas. Reply to an announcement with any questions if something about it is not clear.
- Use the Canvas inbox to contact your instructor or email your instructor if you have additional questions.
- Ask for what you need! Your instructor can't tell when you have questions, so reach out and ask for help. You might not normally do this, but these are not normal times. Your teachers know you have the ability to succeed and want to help you do that!
- Ask for clarification if you don't understand what to do.
- Ask for accommodations. If you are registered with your campus disability support program and have already requested accommodations, make sure those accommodations are made online—just like they were in the classroom.
- Ask for help connecting with group members in your class.
- Ask to submit assignments in an alternate format. For example, if you're using your smartphone to take classes, ask to use Google docs for your essays instead of Microsoft Word.
- Ask for a possible deadline extensions if you need more time.

When emailing your instructor, include details such as:

- List the course name in the subject line.
- Introduce yourself with your full name.
- Make your question(s) as specific as possible.
- Tell your instructor what you tried before contacting him/her.

For more learning resources go to [Preparing for Online Learning – California Virtual Campus \(cvc.edu\)](https://www.cvc.edu)



# HIGHLIGHTS

## STUDENT SUPPORT

Dear ESL Students,  
Do you need money  
for food and school supplies? If the answer is yes, we can help!

We are pleased to provide our students with the opportunity for additional funding to enhance your education with two new programs, **CalFresh** and **Fresh Success**.

**CalFresh** is the name of the USDA-funded Supplemental Nutrition Assistance Program (SNAP) in the state of California. It helps individuals and families buy the food they need by receiving up to \$204 a MONTH in benefits.

**Fresh Success** is a program that focuses on helping you meet your educational goals by understanding your needs and offering a wide range of support such as:



Academic and Career Counseling



Textbook and Supply Assistance



Free Parking Permit or Bus Pass

### Eligibility Requirements:

- Reside in Los Angeles County
- Enrolled in at least one VOC, ESL, EOA/AWD, GED, or ABE course
- Enrolled in or eligible for CalFresh
- NOT enrolled in CalWORKS



If you have any questions, or if you



would like to apply for CalFresh or Fresh Success, please contact Mariabel Gonzalez, one of our ESL counselors for more information. You can reach her via email at: [Mgonzalez@mtsac.edu](mailto:Mgonzalez@mtsac.edu)

To apply for CalFresh benefits at your own pace and would like for our team to track your application and provide guidance and advocacy, you are welcome to complete the short 10 minute application through our Mt. SAC referral by clicking on the link below:



<https://www.getcalfresh.org/?source=msac>



# STUDENT WRITING

MT. SAC IS BACK. HOW DO YOU FEEL?

Student attending an in-person Level 2 class were asked Mt. SAC is back. How do you feel? Here is some of the work submitted by students who felt comfortable sharing for everyone to see.

I feel wonderful, I love the school. It is beautiful and it is great to see it full of students and all the people who work here are very friendly.  
Thanks Mt. SAC  
- Naomi Vera Gomez

I feel comfortable and happy, I don't want to take an online class so I am nervous and I don't want that they close this school again so I insist to every one to use your mask and have a social distance.  
- Felix Morales

I'm waiting so long, finally Mt. Sac is back. I'm very excited to come back to campus. In my opinion, in the class, I have more time to ask teacher more questions.  
- Anonymous

I feel very good. I see that many new teaching buildings have been built. School is as good as ever. Services is still good.  
- Amy Sun



I am very happy that the school has reopened. I especially like to learn and communicate face-to-face with teachers and classmates at school.  
- Emily

I feel that returning to the school is really good. You can communicate and learn from the teacher and the students. This is conducive to the progress of my study.  
- Anonymous

I am excited to start this new experience in this college while still protecting ourselves from COVID.  
- Diana

1. Fewer people.
2. Very good parking.
3. People wear mask. For English beginners, it affects imitating the mouth shape of the teacher.

- Anonymous

I feel wonderful, I love the school. It is beautiful and it is great to see it full of students and all the people who work here are very friendly. Thanks Mt. SAC.  
- Vera Gomez

# STAY INFORMED

FACTS TO KNOW AND WHERE TO GO

The Mt. San Antonio College recommends all Instructors, Staff, and Students be vigilant about symptom monitoring. Conduct this online Health Check Screening if you are having any COVID-19 symptoms, and **STAY HOME**. Call Mt. SAC Contact Tracing immediately at (909) 274-6900..

1. Stay home.
2. Call Mt. SAC Contact Tracing at (909) 274-6900.
3. Do NOT return to campus until you have been cleared by a Contact Tracer.

## REPORT COVID-19 EXPOSURE



Fill out a Health  
Check Form at

[www.mtsac.edu/covid19](http://www.mtsac.edu/covid19)

**Students Questions?**  
Health Center 909.274.4400

**Employees Questions?**  
Human Resources 909.274.4414

## FEELING SICK? STAY HOME

If you have  
any COVID-19  
symptoms



Fever, chills, sore throat,  
difficulty breathing, cough,  
aches, congestion, runny nose,  
nausea, new loss of  
taste or smell.

**STAY INFORMED**

Emergency  
Alerts

[www.mtsac.edu/emergency](http://www.mtsac.edu/emergency)



**STAY INFORMED**

COVID-19  
Information

[www.mtsac.edu/covid19](http://www.mtsac.edu/covid19)



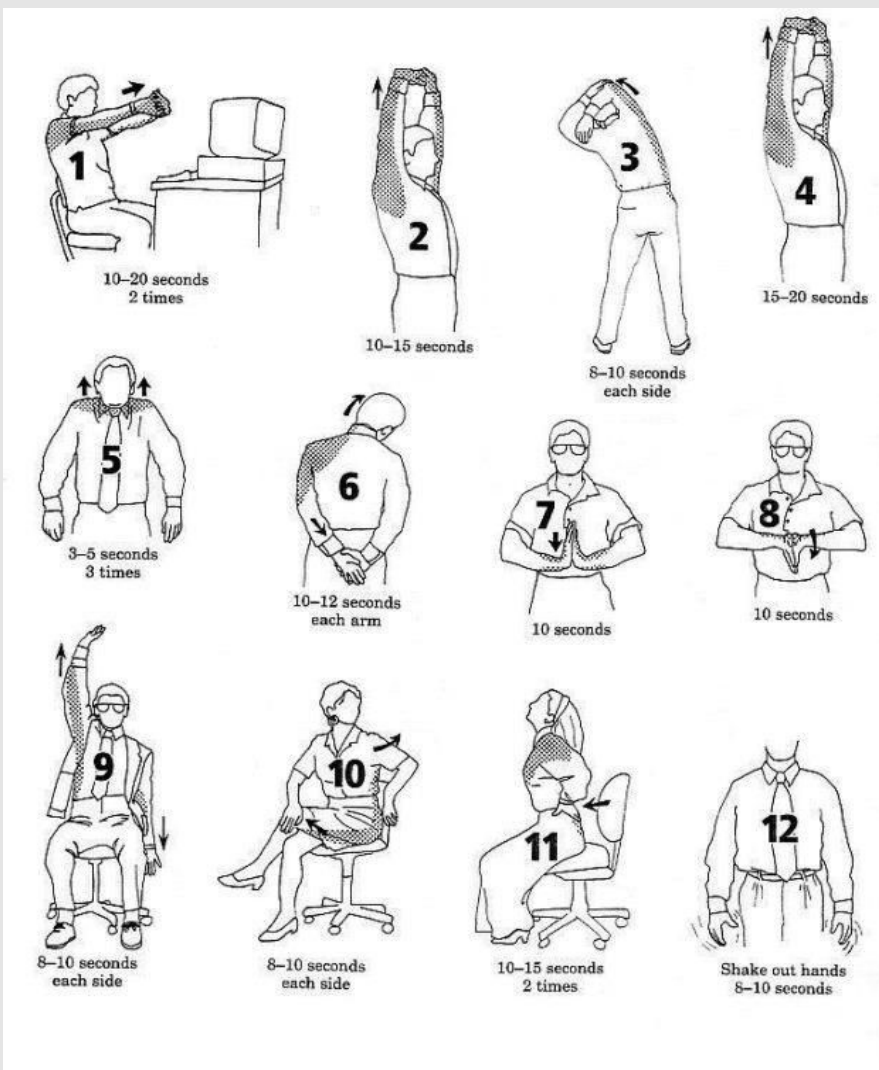
# SELF-CARE

## FINDING WAYS TO COPE WITH STRESS

As we resume activities to pre-pandemic routines and move forward under Covid-19 Guidelines, stress seems to be part of our daily lives. With all the changes we've had to make and with many things on our mind and much to do, our bodies seem more tense than ever.

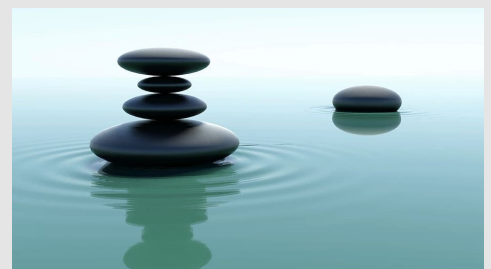
There are many steps we can take to relieve some of that stress. Eating healthy food, drinking more water, getting better sleep and exercising are among some of the changes you can make to help reduce some of the stress in your life. One way to relieve yourself of some of the stress being brought on by all the worries we carry is to simply take a moment out of your day to relieve some of the stress by stretching.

Below are demonstrations you can use as you sit at your desk while at work, during a coffee break at school or simply while you wait for your next client to show up for their appointment.



### 3 Ways to Calm an Anxious Mind

1. **Silence your inner critic.**  
Try saying "May I learn to be kinder to myself."
2. **Tune into your senses.**  
Name 3 things you're seeing, smelling, tasting, feeling, or hearing.
3. **Channel your anxious energy.**  
Go for a brisk walk, clean, organize, or garden.





# SELF-CARE

FOCUS ON THE POSITIVE

## Positive thinking: Stop negative self-talk to reduce stress

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic — and it may even affect your health.

Indeed, some studies show that personality traits such as optimism and pessimism can affect many areas of your health and well-being. The positive thinking that usually comes with optimism is a key part of effective stress management. And effective stress management is associated with many health benefits. If you tend to be pessimistic, don't despair — you can learn positive thinking skills.



"STRESSED"  
Is  
"DESSERTS"  
Spelled backwards

### Understanding positive thinking and self-talk

Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking.

### Putting positive thinking into practice

Negative Self-talk	Positive Thinking
I have never done it before	It is an opportunity to learn something new
It is too complicated	I will tackle it from a different angle
I do not have the resources	Necessity is the mother of invention
I am too lazy to get this done	I was not able to fit it into my schedule, but I can re-examine some priorities
There is no way it will work	I can try to make it work
It is too radical a change	Let us take a chance
No one bothers to communicate with me	I will see if I can open the channels of communication
I am not going to get any better at this	I will try it another way

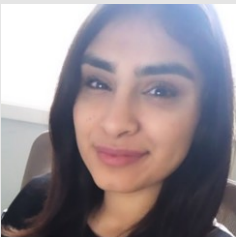
# ESL COUNSELING TEAM

WHO WE ARE AND WHAT WE DO FOR ESL STUDENTS



**Michael Ngo, M.S.**  
Counselor/Professor  
mngo@mtsac.edu  
(909) 274-5003

**Michael Ngo is Professor and Counselor, and teaches in the VESL Program. He has been a professor/counselor since 2005. He has attended the following college and universities and has earned the following degrees; Mt. San Antonio College – AA in Liberal Studies, California State University Fullerton –BS in Human Services and University of La Verne –MS in Educational School Counseling. In his spare time, he enjoys working on simple DIY home improvement projects, cooking, short triathlons, fun runs, mud runs, and watching Netflix. Like many students, Michael was undecided with his career path. Initially, he wanted to enter into the business field. However, he didn't like many of the math and business concepts. After many visits with a counselor and some trial and errors, he realized that he enjoyed helping others and changed his career to counseling. A piece of advice he would like to give to all ESL students is, "Ask questions and enjoy your experience".**



**Vanessa Garcia, M.A.**  
Counselor/Professor  
vgarcia205@mtsac.edu  
(909) 274-6874

**Vanessa Garcia is Professor and Counselor and has been working at Mt. SAC since 2016. Vanessa attended a community college before transferring to a university. She attended Loyola Marymount University and earned a B.A in English and M.A in Guidance & Counseling. Vanessa loves working at Mt. SAC's ESL department because she is able to meet students from all over the world. She likes to travel and learn about different cultures. Vanessa enjoys going to the beach, watching Netflix and loves everything Disney; including trips to Disneyland. Her advice to students' is to visit the Career Guidance Center often. All counselors love to help students and are always ready to answer questions. We also love when students stop by just to say "hello."**



**Maribel Gonzalez, M.S.**  
Counselor/Professor  
mgonzalez@mtsac.edu  
(909) 274-5413

**Maribel Gonzalez is one of the ESL Counselors and a Professor for the VESL Program. She joined the ESL counseling team in 2018. Maribel attended Mt. San Antonio College, attained an A.A. in Social & Behavioral Sciences, and then transferred to California State University Fullerton, to complete her B.S. in Human Services and eventually her M.S. in Counseling. Maribel always knew she wanted to help others and decided that a career in counseling would be ideal for her. She loves working with ESL students and feels very fortunate to be working at Mt. SAC. In her spare time, Maribel enjoys traveling and trying different foods, shopping, fishing, camping and attending all kinds of sporting events. Maribel would like to remind all students that it's never too late to reach for your dreams.**

# ESL COUNSELING TEAM

WHO WE ARE AND WHAT WE DO FOR ESL STUDENTS



Bertha Rodriguez, B.A.  
Student Specialist  
brodriguez@mtsac.edu  
(909) 274-5715

Bertha Rodriguez is the Student Support Specialist and works alongside the ESL Counseling Team. She helps the team provide additional support in helping students work towards reaching their educational goals. Bertha attended Sonoma State University where she got her B.A. in Humanistic Psychology. Before joining the ESL Department, Bertha was a Second Grade teacher but realized that she wanted to be part of a team guiding older students towards achieving personal goals. She enjoys listening to music, creating arts and crafts projects, reading and photography. Bertha would like to remind students to take advantage of the ESL Counselors and all the resources available to help them.

**Educational Planning**

**Interview Practice**

**Job Search Skills**

**Resume Services**

**VESL Program**

**Apply to Credit**

**Career Exploration**

**Program Requirements**

**Financial Aid**

**Degree Evaluation**

**TOEFL**

**Citizenship**

**Credit ESL**

**Problems/Concerns**

**General Questions**

The New Student Orientation Guide provides ESL students information about the ESL Program, helpful resources, important information for you to know. To view the guide, visit [https://www.mtsac.edu/esl/student\\_services/orientation.html](https://www.mtsac.edu/esl/student_services/orientation.html).

Scan me!



To make an appointment with an ESL Counselor, please complete the Counseling Appointment Request Form by visiting <https://www.mtsac.edu/esl/counseling.html> or email us at [ESLCounseling@mtsac.edu](mailto:ESLCounseling@mtsac.edu).

Scan me!



## Parking permit **FREE** in the Fall, but students must get it through the student portal

After registering for classes go to your student portal, select Student tab, scroll down to Student Self-Service go to #31.

That will take you to webpage of our permit vendor, Credentials Order Processing Services [Parking Permit - Products \(credentialsops.com\)](https://www.credentialsops.com)

### Parking Permits

The parking permit is free for students registered for our 2021 Fall Semester. Save time by ordering your parking permit online now in your student portal. To learn more about parking and how to order your permit, visit <https://www.mtsac.edu/safety/blog/2021-fall-parking.html>.

There is no additional cost to students to purchase permits online. It is easier, faster, and strongly encouraged. If you need additional assistance please email [cashiersoffice@mtsac.edu](mailto:cashiersoffice@mtsac.edu) or call us at (909) 274-4960 during Cashier's Business Hours.

Note: if you lose your permit, you will have to pay \$30 to replace it.

### Need To Contact Us?



**[ESL Registration](#)** CALL  
(909) 274-5235 or (909) 979-1552  
or EMAIL [ESLreg@mtsac.edu](mailto:ESLreg@mtsac.edu)

**[VESL Program](#)** CALL  
(909) 274-5236 or EMAIL  
[VESLprogram@mtsac.edu](mailto:VESLprogram@mtsac.edu)

**[ESL Counseling](#)** CALL  
(909) 274-5715 or EMAIL  
[ESLcounseling@mtsac.edu](mailto:ESLcounseling@mtsac.edu)

**[Online Tech Support](#)** CALL  
(909) 274-4440 or EMAIL  
[SCEhelp@mtsac.edu](mailto:SCEhelp@mtsac.edu)

**Mt. San Antonio College**  
1100 N. Grand Avenue  
Walnut, CA. 91789 Bldg. 66 First Floor

### Follow Us On Social Media



MtSACESL



m.me/MtSACESL



Mt. SAC ESL



@mtsacesl