

ESL GOOD NEWS

Mt. San Antonio College | English as a Second Language

Fall 2022 Edition

Message from the ESL Counseling Team

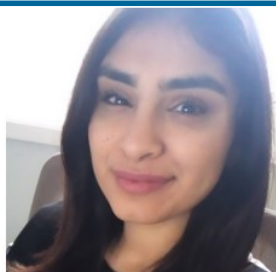
Greetings ESL students!

Welcome to the Fall 2022 semester! The ESL Department continues to provide ESL courses on-campus and online, so it will be great to see many of you in person or in the virtual environment. There are many new and exciting changes this semester. For example, here at Mt. SAC, we have some new programs, such as Pharmacy Technician and Contact Tracer Program. Both of these programs are noncredit, so they are tuition-free. In the ESL Program, we have the traditional Level and Skills classes, but we also have English for Special Uses (ESU) in Child Care, Health, and Accounting. These ESU classes will give you exposure to your career field and you get to improve your English skills. Mt. SAC has a variety of credit programs, which can allow you to get a certificate, associate degree, or transfer to a university. I encourage you to meet with an ESL counselor to discuss your future goals. Schedule an appointment with a member of the ESL Counseling Team. We are here to help you navigate through the ESL Program and into your educational goal. To schedule an appointment, please visit www.mtsac.edu/esl/counseling.html, email us at ESLCounseling@mtsac.edu, or use the QR code.

Sincerely,
ESL Counseling Team



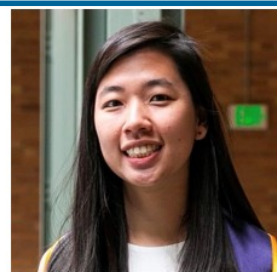
Michael Ngo, M.S.
Counselor/Professor



Vanessa Garcia, M.A.
Counselor/Professor



Maribel Gonzalez, M.S.
Counselor/Professor



Samantha Wang, M.S.
Counselor/Professor



Bertha Rodriguez, B.A.
Student Specialist

STUDENT WRITING

FOCUS ON WRITING

Making Friends

When I was at first learning English I was very shy and it was hard for me to make friends. I remember that I was afraid of saying words wrong because I could not pronounce some words. Whenever I speak I think I am not right and I want the confidence because I get nerves. I try hard to not lose my confidence and not escape the situation where I have to speak English. Now that I have been learning English for two years I use all the opportunity to improve my English. I practice every time I am at the grocery store or at restaurants. This helps me to feel more confident and learn to pronounce words that I need to use everyday to live my life.

Now I can make friends in my classes and I improve my English because I practice with them. I also practice with my classmates, when I watch television and I also listen to English radio sometimes to learn how people in America talk. Because of all the practice I do, I have many friends who are also similar to me and that want to improve their English.

Mariela C. Pardo
Writing C



Difficult Times Today



Right now getting information is so easy and it can be a good thing but I also think it is not. Today, almost everyone has easy ways to communicate, to find things they need and order for things to go to their house or job right away. This can be a good thing but my opinion is that it can be a bad thing also.

I like being outside looking at things, spending time with my friends and family and enjoying what is around me. But sadly many people are now just spending all their time inside their homes meeting and talking to their friends and family on their computers or ordering grocery online instead of walking and getting out of their house. I think sometimes it's ok if the family or friend lives far or you feel sick to go to the store but not if you are just doing it because it is easier to do it. Plus you spend more money when you have to pay special fees for deliveries. Instead go out and spend the extra money on going to a new place near you and eating an ice-cream walking and talking with someone in person.

Liang Zang
Level 4

STUDENT HEALTH TIPS

REDUCE STRESS IN YOUR LIFE

With so much going on around you it is important that you look for ways to find relief from stress. Experts out there have numerous ideas, tactics and suggestions on how anyone can do this, but actually doing it is what's most important. Implementing one of the ideas suggested should help improve your life and bring you some relief from the stressful world around you.

Whether you chose to meditate, to concentrate on your breathing, get some exercise, have a fun time with friends, laugh at a funny movie, or relax by listening to some music, it is important that you make some time to wind down and let go of your worries. Even if it is just for a short time.

It might help to know that paying attention to what you see, what you hear, what you smell, what you touch, how you move and what you taste will have both good and bad results. So pay attention to what makes you upset and avoid it or at least try to reduce it. At the same time, pay attention to what brings you comfort and helps you relax and do more of it. However, at the end of the day, what is most important is for you to try to find what works for you to stay calm, be productive and stay focused no matter what life throws at you!



5 WAYS TO REDUCE STRESS



MEDITATE

Just a few minutes a day of meditation can help ease your stress and anxiety.

BREATHE DEEPLY

When you are feeling stressed, take time to focus on breathing deeply

EXERCISE

Exercise has been shown to increase 'feel good' endorphins that can help you reduce stress.

LAUGH

Laughter may not be the best medicine, but it lowers stress hormone called, the cortisol.

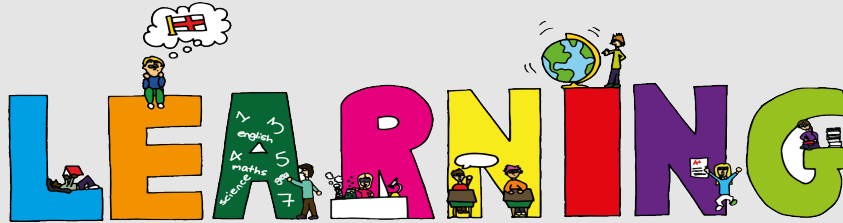
LISTEN TO MUSIC

Research shows that listening to soothing music can lower blood pressure, heart rate and anxiety.

Source: www.helpguide.org

LEARNING RESOURCES

ESL LIBRARY



The ESL program has a special library with graded readers and ESL textbooks for check out in Building 66, Room 130.

ESL students are welcome to check out books for personal reading. Our library assistants can help you find a book. We have many fiction books for beginning to advanced ESL readers to match your level classes.



Students studying in the ESL Library

Check out Books and CDs

Books and CDs can be checked out for two weeks. Students can take the materials home, read them, and return them. It is also possible to renew the check out for two more weeks if needed.

Give Me 20 Reading Program

We offer a special reading program called Give Me 20. Students spend 20 minutes each day reading and measure their English improvement. If a student reads three books and writes three book reports, he or she gets a Give Me 20 certificate. Students can sign up to participate in the ESL Library.

For more ideas on learning, stop by the ESL Library (building 66 room 130) in person or by using the [ESL Learning Resources \(mtsac.edu\)](http://mtsac.edu) link!

Hope to see you there!

STUDENT HIGHLIGHT

ESL ALUMNI



Jun Shi (center), a former ESL student wins a prestigious scholarship.

Jun's journey began in 2018 when her family immigrated to the United States from China. Shortly after that, Jun found Mt. SAC and enrolled in English as a Second Language (ESL) classes. Jun wasted no time. After completing the ESL and Vocational English as a Second Language Program (VESL), she began taking credit classes and chose to major in psychology.

Jun was involved in various campus programs, activities and was an Honors student. In addition to that, she began working in the ESL Department as a student assistant. This past spring semester, Jun graduated from Mt. SAC and was chosen to receive the prestigious Jack Kent Cooke Undergraduate Transfer Scholarship, valued at up to \$55,000 annually. Jun was overjoyed when she found out she was the scholarship recipient.

Jun will now transfer to her dream school, UCLA, where she will continue her studies and will be one step closer to reaching the American dream.

Congratulations Jun, we are so proud of you!

LANGUAGE CENTER

LEARNING ENGLISH AT THE LANGUAGE CENTER

- Do you want to learn English faster?
- Do you want extra help improving your English?
- Do you have extra time before or after class to practice your English?
- Do you want to practice your English with a Language Partner?
- Do you want to learn about Passport Rewards?

Find the answers to all these questions and more by visiting the Language Learning Center in Building 77 -1005.

Did you know that you can practice using language learning software such as Rosetta Stone, Mango, Native Accent Pronunciation, and Focus on Grammar. Visit the [Language Learning Center \(mtsac.edu\)](http://languagelearningcenter.mtsac.edu) to get started. Once you register you can also get help using homework sites, educational videos, and DVD's and more.

As ESL Students learning English, you have the opportunity to use free services provided by the Language Learning Center. Simply scan the QR code provided, go to Building 77-1005 or visit the [Language Learning Center \(mtsac.edu\)](http://languagelearningcenter.mtsac.edu) to sign-up.

If you have questions or want to find out more about the Language Learning Center and the services available, visit <https://www.mtsac.edu/llc/> or call them at (909) 274-4580.

JUST FOLLOW THE 3 SIMPLE STEPS TO BEGIN YOUR LEARNING JOURNEY!

LLC
ESL
CANVAS

LOG INTO canvas
Dashboard

LLC ESL
Language Learning Center

<https://tinyurl.com/LLCESLcanvas>

Step 1

Step 2 LOG IN TO MT. SAC PORTAL

Step 3 CLICK "ENROLL IN COURSE"

SCE TECH SUPPORT

GET HELP WITH TECHNOLOGY

SCHOOL OF CONTINUING EDUCATION
STUDENT ONLINE SUPPORT

»» **SCE SOS** ««

**NEED ONLINE HELP?
REACH OUT TO US!**

The School of Continuing Education Student Online Support (SCE SOS) Team offers LIVE, one-on-one help to noncredit students who need assistance with technology questions.


HELP WITH:


- Mt. SAC Portal
- Canvas
- Zoom
- Other Online Help

FALL 2022 HOURS:

- Monday/Wednesday:
 - 9am-1pm & 3pm-7:30pm
- Tuesday/Thursday
 - 9am-1pm & 3pm-7pm
- Friday:
 - 8am-3pm

HOW TO REACH US:

 Zoom: <https://mtsac-edu.zoom.us/j/9511799811>

 Email: sce@mtsac.edu

For assistance with devices or software issues you may call SCE Tech Support at (909) 274-4440, Monday— Thursday from 8am-2pm.

Have Questions? Need To Contact Us?

*Mt. San Antonio College
English as a Second Language
1100 N. Grand Avenue
Bldg. 66 First Floor
Walnut, CA 91789*

ESL Registration

CALL (909) 274-5235 or (909) 979-1552
or EMAIL ESLreg@mtsac.edu

VESL Program

CALL (909) 274-5236
or EMAIL VESLprogram@mtsac.edu


ESL Counseling

CALL (909) 274-5715
or EMAIL ESLCounseling@mtsac.edu

Online Tech Support

CALL (909) 274-4440
or EMAIL SCEhelp@mtsac.edu

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.


Scan me!



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