

# ESL GOOD NEWS

Mt. San Antonio College | English as a Second Language

Spring 2023 Edition

## Message from the Director

### **Be a successful language learner**

Our primary goal at Mt. SAC ESL is to help our students successfully learn English to achieve their personal and professional goals. However, learning a new language can be challenging and overwhelming for adults with busy lives and many responsibilities. Thankfully, we offer a variety of in-person and online resources to provide you with all the support you need as you learn English.

### **Language Learning Center (LLC)**

The LLC offers an open computer lab where students can use language learning software like Rosetta Stone, Mango Languages, and Native Accent. They also offer Self Directed Learning Activities (SDLAs) for students to complete independently and review with faculty tutors. Additionally, they host The Talks and Grammar Games to help students practice English in groups. The LLC is located next to Building 66 in Building 77-1005. Visit them soon to learn more about these programs.

### **Afternoon at the Movies**

Learn about American cultural values and expand your English vocabulary while watching movies during Midterm Week. Keep your eyes open for more details on this event.

### **ESL Career Conference & Resource Fair**

The Career Conference takes place in the month of May and features speakers who help intermediate and advanced-level students think about their future and better understand what options they have after ESL. At the resource fair, students will be able to learn about organizations from the campus and community. It will take place in the courtyard outside of Building 66.

### **Tips for online students**

While convenient, learning online also requires commitment and focus for students to learn English effectively. It's important for students in online classes to prioritize attending and try to find quiet spaces where they can focus on learning. We also encourage online students to stay in touch with what's happening on campus by following our Facebook and Instagram pages so that they can participate virtually, or maybe even come to campus for an event or two.



*Jody Fernando*

M.A., M.Ed.

Director, English Language Learners

# STUDENT WRITING

READ OUR STORIES

## English is Important

Learning is important because everyone needs to know how to do something for a job. English is very important for me because sometime I need to talk to the people that come in where I work in English. I work in a store and sometimes people ask me questions to help them find things they are looking for. It is important I learn and make my English stronger so one day I can have better conversations with everyone I meet. I like learning English because I feel better that I understand more and don't feel dumb and confused. I am happy about Mt. Sac classes because I don't know very much English before. I will continue to learn and improve because it is better for me and maybe get a better job in the future.

Trang Thi Luu  
Writing B



## Being Happy

I like to help and many times, when I am helping someone, I think about my grandmother in Guatemala. I was very lucky to have her in my life because she was a beautiful person inside and outside. I liked how she was always smiling even when I know things were not easy. For example, my grandfather fell off his horse and broke his leg and could not help take care of the animals and the crops so she had extra work to do. I would watch how she would get up extra early to do what he used to do, do her chores and stay up late cleaning up everything. Instead of saying how tired she was or how much extra work she needed to do. She would tell me "Mija, I am grateful that I can help him. Many people are not as lucky and they complain of what they don't have instead of being happy for what they do have." I learned to appreciate my grandmother and how she lived her life. I now understand about how we need to remember to appreciate what we are lucky to have, our health, clothes, food, a job, friends, and everything that makes us happy. Everyone can always look and want what they don't have but if you are not happy with what you do have now. You will never be truly happy. I thank my grandmother for teaching me how to be happy and to appreciate everything and everyone.

Maritza Esquivel  
Level 5



# TIME MANAGEMENT

## WAYS TO USE TIME WISELY



Having good time management allows students to complete more in less time. Because when you have good time management your attention is focused and you are not wasting time on distractions. Having good time management skills also reduce stress and anxiety. Moreover, by using time efficiently, you will be able to complete your work on time, stay engaged in class and have more time to practice English and do other activities that you enjoy doing!

There are many ways you can improve your time management. Here are some ways we think that you might find useful and want to share them with you! Take a look at some tips we recommend you might want to use to improve your time management.

### *Have an agenda*



Just like when we are little, we would write down our homework assignments and upcoming exams on the agenda to keep us on track of what needs to be done. Writing down everything not only lets us have a general overview of what needs to be done the day of but also provides a sense of achievement from completing your goals. Especially when you cross off items from your to-do list!

### *Create a master schedule*



In addition to creating an agenda you can also assign time for your tasks, by blocking off chunks of time for study or assignment work. This will help you improve your sense of time and also help you visualize how you are spending your time. It is important to set time limits such as “finish level 3 homework by 4:00PM”. This prevents tasks eating into time you allocated for other activities. You could start by estimating how long each task will take and color coding different task with the colors you like!

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# TIME MANAGEMENT

## WAYS TO USE TIME WISELY

### *Start assignments early*



Do not leave assignments until the last minute. It is not only going to create more stress and anxiety, but you also may not have the best end product that you could have done if you had given yourself more time if you had done it carefully.

### *Avoid multi-tasking*



Divided attention is an inefficient way to learn. Make sure to focus on a task at a time to maximize your productivity. Trying to do too many things at once can affect how well you do each task. Focus on one thing at a time. You will be glad you did!

### *Reduce distractions*



During scheduled work time make sure to put your phone away or put it on “do not disturb” mode. In addition, distraction can also come from internal feeling such as hunger, thirstiness or tiredness. Before you study make sure to not only put your phone away, but to also have everything you might need during your study ready to go, so you do not have to walk around anymore. Some things you should have by you water, snacks, computer charger(s), etc.

### *Take regular breaks*



Working on something for too long can lead to lost of focus and tiredness. Make sure to take short breaks every half hour or so. This can help you recharge and let your eyes and brain take a break also. However, the tricky thing is to make sure you do not get side-tracked while on your short break and always return to studying when your alarm rings!

It is always good to practice your time management skills, however do know that everyone has their own way of defining good time management. Finding a good time management that fits your style of life takes time and trials. However please do not hesitate to reach out to one of our counselors if you want more tips on how to find a style that fits you. Remember - your ESL Counselors are here to help!



# PROGRAMS AT MT. SAC

## SHORT – TERM TRAINING

### Pharmacy Technicians

**Pharmacy Technicians** work under the directions of a pharmacist. They perform the technical and non-judgmental functions and are responsible for inventory control.

#### **Work Environment and Physical Demands**

These are the physical activities and demands required during a typical workday.

- Indoors usually in pharmacies that are neat, clean, and well-organized
- Requires extreme care in handling and storing drugs and chemicals
- Work is considered physically light
- Reaching is needed to place materials on shelves
- Seeing is important in order to see small print on labels and boxes
- Some lifting and moving heavy boxes and delivery carts may be required

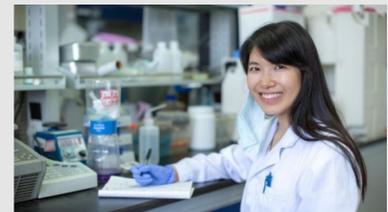
Personal Characteristics will aid you in being successful. These abilities may be natural and can be improved by using them.

Above average ability to:

- Learn and understand procedures
- Use words verbally and in writing

Average ability to:

- Compile information
- Use precision when measuring materials
- Move from one task to another using different skills
- Work according to set standards and procedures
- Make judgments using knowledge or experience



Latest California LMI 2021 Monthly Wage Data (* indicates no data)			
LMI Occupation	Entry Pay	Average Pay	Top Pay
Pharmacy Technicians	\$3,130	\$4,049	\$5,208+
Pharmacy Aides	\$2,515	\$3,505	\$3,502+

Source: Eureka.org

Mt. SAC has a Pharmacy Technician Program. Speak with a member of the ESL Counseling Team for additional information

# ESL SCHOLARSHIP

MONEY TO SUPPORT ESL STUDENTS

*Are you an ESL Student?*

*Are you thinking about taking credit classes in Fall 2023?*

Then you might qualify for money to help you get started. Take a look at the requirements. If you qualify, use the barcode provided to complete the application and submit all your paperwork. If you have any questions stop by the CGC in Building 66 Room 126 and speak with a member of the ESL Counseling Team!



## ESL SCHOLARSHIP

**Deadline: March 17<sup>th</sup> 2023 by 12pm**

The Mt. San Antonio College ESL Scholarship Committee would like to invite Level 4, 5, 6, & VESL students who are planning on taking Mt. SAC credit courses for Fall 2023 to apply for 1 of 3 \$500 scholarships.

### Requirement for Applying

- Current Mt. SAC ESL student in level 4, 5, 6, or VESL.  
OR
- Prior Mt. SAC ESL student with fewer than 6 units of credit.  
AND
- Attended at least 70% of the semester and passed a Mt. SAC ESL Level class.  
AND
- Planning and are eligible to attend credit class at Mt. SAC in the Fall semester.

### Requirement on the Application

- Essay prompt that describes your:
  1. Educational and career goals.
  2. Potential for success in credit college classes.
  3. Obstacles you have overcome in becoming a successful student.
- Attended at least 70% of the semester and have completed a Mt. SAC ESL Level class.
- Two recommendations from Mt. SAC ESL teachers.



If you are interested in applying, go to the Mt. SAC ESL website <https://www.mtsac.edu/esl/> and click on "ESL Scholarship" under Resources, or scan the QR code. If you need assistance, please contact a member of the ESL Counseling Team at [ESLCounseling@mtsac.edu](mailto:ESLCounseling@mtsac.edu).

# COUNSELING

## NEW PEOPLE TO MEET

As we come into our Spring Semester for 2023, you will see two new part-time staff joining the ESL Counseling Team. Along with Michael, Vanessa, Maribel and Samantha, Betzabel and Blanca are here to help students get answers to their questions and guide them on their academic path. So stop by the Career Counseling Center (CGC) in building 66 room 126 to say hi and meet your new counselors!



**Betzabel Martinez** is a part-time counselor with the English as a Second Language (ESL) program at Mt. SAC. She also works in the Mt. SAC Equity Center serving Undocumented, Asian Pacific Islander Desi, Native American Indigenous, and Foster Youth students. Betzabel's college journey started at UC Santa Barbara where she studied Statistical Science and afterwards at USC having studied Master of Educational Counseling. Betzabel is a Doctoral student at California State University, Fullerton pursuing an Ed.D. with a community college specialization. In her free time, Betzabel enjoys reading books, doing pilates, and hanging out with her cat, Kitty.

**Blanca Alvarado** is a part-time counselor in the English as a Second Language (ESL) Program at Mt. SAC. Prior to working in the ESL department, Blanca worked in the Mt. SAC Student Services Division for 6 years where she helped high school students and community members with the Mt. SAC enrollment process including connecting students to college and financial aid resources. Blanca's educational journey started as a first-generation college student at East Los Angeles College (ELAC) where she obtained an A.A. in Social and Behavioral Sciences and then transferred to UCLA where she obtained a B.A. in Chicana/o Studies with a minor in Education Studies. While working full-time at Mt. SAC, she obtained a M.S. in Counseling from California State University, San Bernardino. She truly believes that higher education not only changes the livelihood of a student's life but also the livelihood of their families/community and the next generation. Working with students inspired her to start the Pomona Talent Scholarship at Mt. SAC. She is very proud of her Mexican roots. Her family is from the Mexican states of Durango and Zacatecas. During her free time, she enjoys spending time with her family/friends, traveling, trying new foods and learning new things with her 8 month old son and husband.



# MEET OUR STAFF

WHO WE ARE - WHAT WE DO



*Peter Barnes - ESL Outreach Specialist*

Meet **Peter Barnes**, he is the newest **ESL Outreach Specialist** who will also be assisting with our VESL program. Peter is an alum of our Mt. San Antonio College where he studied communication with a focus on radio. After transferring, he attended our neighboring university, Cal Poly Pomona. Peter graduated in 2017 with his B.A. in Liberal Studies (Teaching). This year Peter will receive his Masters of Arts in Education, Psychology and will also receive his Counseling Credential. He is a first generation graduate to his Jamaican grandmother and father. Before joining the ESL team, Peter spent over 10 years working in education and most recently he taught middle school special education. He also spent many years working in radio, using his education he learned from Mt. SAC to advance in the field. As the ESL Outreach Specialist, he will help recruit new students and create content that features students on ESL social media. In the future, he'd love to join the faculty as a counselor and eventually become an administrator. In his free time Peter loves spending time with his 3.5 year old son, doing outdoor activities. Peter still loves radio and multimedia, he enjoys arts and crafts, as well as reading and writing. His advice to students is to just keep climbing and don't give up. Don't let your current position stop you from seeing and achieving your goals.

**Peter advices students to “just keep climbing and don't give up. Don't let your current position stop you from seeing and achieving your goals”**



Peter with his son

# SAVE THE DATES

ESL CAREER CONFERENCE

## 23rd ANNUAL ESL CAREER CONFERENCE



**Monday, May 8th, 2023**

*9 am—11 am*

*Building 13-1700*

Come listen to a panel of speakers and learn about the different paths you can take to reach your academic goals and get the job you dream of!

**Tuesday, May 9th, 2023**

*7:30 pm—9 pm*

*Building 13-1700*

Come listen to **Erica Alfaro**, Education Advocate and Award-winning Author of "**Harvesting Dreams**" speak about her educational journey.

All students welcome to both events!

Come listen, learn and participate in a raffle to win a book!

Questions? Email: [ESLCounseling@mtsac.edu](mailto:ESLCounseling@mtsac.edu)

# SAVE THE DATE

ESL CAREER & RESOURCE FAIR



## Mt. SAC ESL Career & Resource Fair



***Wednesday May 17th, 2023 from 9 am to 1 pm***

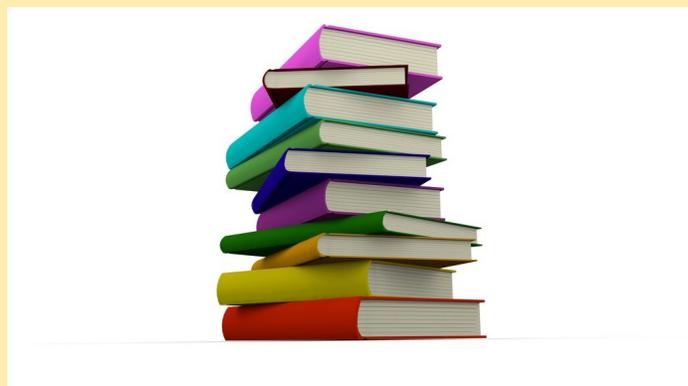
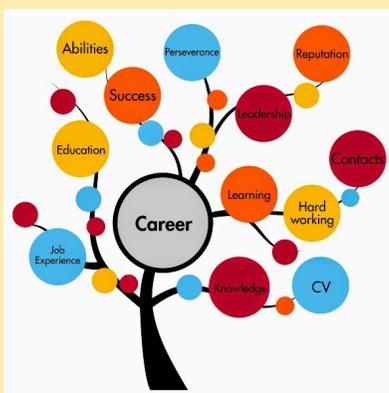
**Stop by the quad area outside Building 66**

**Learn about Mt. SAC programs and services**

**Find out about local organizations**

**Look for the Scholarship Book Sale**

***(Appreciate \$1 bills— no bills larger than \$20 please)***



# Mt. San Antonio College

English as a Second Language

## 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](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)

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!



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Scan to make a counseling appointment



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