



CONTACT US: grossmont.viarapida@gcccd.edu



DECEMBER 2021

F i r s t Y e a r
E x p e r i e n c e
N e w s l e t t e r

ACADEMIC CALENDAR

DECEMBER 11 - END OF SECOND 8-WEEK SESSION

DECEMBER 13-18 - FINAL EXAMS

DECEMBER 18 - FALL SEMESTER ENDS

DECEMBER 19 - JANUARY 30 - WINTER RECESS (FOR STUDENTS)

DECEMBER 23 - INSTRUCTOR GRADE DEADLINE

DECEMBER 23 - JANUARY 3 - COLLEGE & DISTRICT OFFICES CLOSED

JANUARY 4 - 29 - INTERSESSION COURSES

Getting Ready to Take Allied Health Classes?

Take BIO 298: Study Skills for Allied Health Students

Need a refresher on basic biology or want to improve your study skills?

This 1 unit, daily, short term intercession class is designed to help you succeed!

We'll be going over study skills, reading skills, time management, and basic biology.

No textbook costs, offered pass/no pass.

Class information:

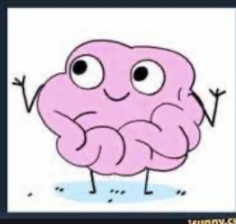
BIO 298-0461

Mon-Thurs 9A-10:05A

January 4- January 27

On campus- limited to 16 students (masks required in class)

"taking exam"
Me: Hey Brain! Remember studying this stuff??
Brain: Yeah we totally studied that!
Me: Awesome! So what's the answer?
Brain:



This class is designed for students who struggled with BIO 120, took BIO 120 a while ago, are declared Nursing majors who bypassed BIO 120, or students who are enrolled in and need to retake an Allied Health Class.



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 @vrfye2021

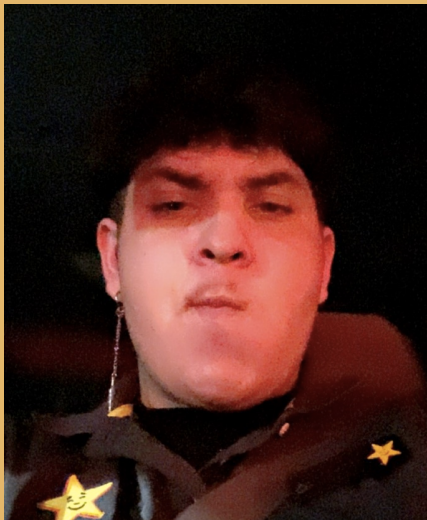
 @viarapidagc

WINTER INTERSESSION CLASSES

FINISH A COURSE IN FOUR WEEKS

These classes are considered part of your spring semester and for that reason will be calculated in your overall unit course load for the semester. It is important to keep in mind that these classes are fast paced and time consuming as you will be taking a class in one month that is generally taken in four. Your registration date for spring Interession is the same date as your registration or spring.

STUDENT OF THE MONTH



Thomas was previously interested in nursing, however, after starting his major, he found psychology was more appealing! For fun, he truly enjoys music and listens to all types of genres. Thomas is the definition of a hard worker! While participating in his classes and working full time, he still finds time to be interested in campus events. He is also a kind and funny person!

TUTORING SERVICES

ON-CAMPUS TUTORING

WALK-IN HOURS:

DAYS: MONDAY - THURSDAY

TIME: 10:00 AM - 3:00 PM

LOCATION: 70-112

(TECH MALL - MATH STUDY CENTER)

ONLINE - ZOOM TUTORING

DROP-IN HOURS:

MONDAY - THURSDAY: 10:00 AM - 8:00 PM

FRIDAY: 10:00 AM - 3:00 PM

[Click here to make an appointment!](#)

FREE COLLEGE

Tuition & Mandatory Fees

Eligibility: California resident, First-time, Full-time student



GROSSMONT
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CUYAMACA
COLLEGE

SPRING 2022

GROSSMONT
CUYAMACA **COLLEGE**
PROMISE



VIRTUAL HELP DESK
via **Zoom**

Wednesdays, 1:30-3:30 (November - February)



PROMISE INFORMATION SESSIONS
via **Zoom**

Every other Friday
8:00-9:00 am
Nov 5, Dec 3, Dec 17,
Jan 6, Jan 20, Feb 3

Every other Thursday
3:00-4:00 pm
Nov 18, Dec 9, Jan 14,
Jan 28, Feb 11



For more information: 619-644-7033
or mycollegepromise@gccd.edu

VISIT MyCollegePromise.net



FREQUENTLY ASKED QUESTIONS



1 WHEN IS THE DEADLINE TO APPLY?

Two (2) weeks after the first day of the semester.
Go to [MyCollegePromise.net](https://mycollegepromise.net) for each semester's deadline.

2 WHEN ARE STUDENTS NOTIFIED OF ELIGIBILITY?

Students are notified of eligibility, via email, one week after the semester deadline.

3 HOW ARE TUITION AND MANDATORY FEES PAID THROUGH THE PROMISE?

Students will show charges for tuition and mandatory fees when registering for classes. There are two (2) ways the Promise can pay your tuition and mandatory fees. Please choose one of the two (2) options below:

OPTION 1: Costs are paid after the deadline - Do NOT PAY at the time of registration.

Tuition and mandatory fees will be **paid for by the Promise**, after verification of completion of the four (4) requirements.

OPTION 2: Costs are reimbursed after the deadline - PAY at the time of registration.

Tuition and mandatory fees will be **automatically reimbursed**, after verification of completion of the four (4) requirements.

4 CAN STUDENTS BEGIN THE SPRING SEMESTER AND RECEIVE THE PROMISE?

Yes, if students are beginning college for the first time in the Spring semester. If students maintain the Promise requirements they will be eligible for the following Fall and Spring semesters.

5 DOES THE PROMISE COVER SUMMER CLASSES?

No. Summer classes are not covered by the Promise. Enrollment in summer classes does not impact eligibility for the Promise in Fall.

VISIT
[MyCollegePromise.net](https://mycollegepromise.net)



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REGISTRATION ASSISTANCE!

Need help registering for classes? Join us!



APPLICATION ASSISTANCE



ASSISTANCE WITH REGISTRATION



COUNSELING

We will be available:
November 15th - December 17th
Monday - Thursday: 10AM-4PM
Fridays: 9AM-12PM

RSVP Here!

<https://tinyurl.com/4p9xbxz6>



SCAN ME

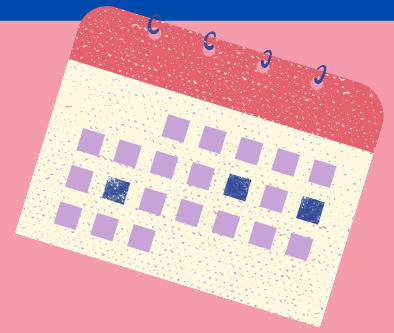
📍 BUILDING 10 ROOM 10-172
🌐 GROSSMONT.OUTREACH@GCCCD.EDU
📞 619-644-7240



Finish Strong

Tips during finals

Start Early



Try to avoid cramming the night before an exam. Give yourself the opportunity to perform at your best by preparing for finals days in advance. An hour each day can make a difference.

Prioritize Study Time

Make the time to study and avoid time wasters.

Apps to help you prioritize study time:

- Freedom : Blocks distraction, both websites and apps.
- LeechBlock : Personalize how you want to block distractions
- Forest : Helps motivate you to put down your phone.



Remind Yourself Why You Are Doing This

Self-Care

Might seem difficult when you are thinking of your To-Do list but it is important:

- Get Sleep
- Take Breaks often
- Stay Hydrated
- Get Nourishing Meals

Access Tutoring Resources



Take advantage of the tutoring available to you as a student. Help is available:

- Grossmont Tutors
- Net Tutors