



DICIEMBRE

2021

Experiencia de
Primer Año
Boletín Mensual

CALENDARIO ACADÉMICO



DECEMBER 11 - FIN DE LA SEGUNDA SESIÓN DE 8 SEMANAS

DECEMBER 13-18 - EXAMENES FINALES

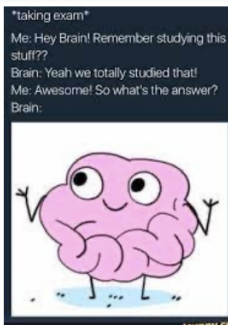
DECEMBER 18 - FIN DEL SEMESTRE DE OTOÑO

DECEMBER 19 - JANUARY 30 - RECESO DE INVIERNO (PARA LOS ESTUDIANTES)

DECEMBER 23 - FECHA LÍMITE DE GRADO DE INSTRUCTOR

DECEMBER 23 - JANUARY 3 - OFICINAS DEL COLEGIO Y DISTRITO CERRADAS

JANUARY 4 - 29 - CLASES DE INTERSESIÓN DE INVIERNO



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 intersession 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)

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.



CLASES DE INTERSESIÓN DE INVIERNO

COMPLETAR UNA CLASE EN CUATRO SEMANAS

Estas clases se consideran parte de su semestre de primavera y por esa razón se calcularán en la carga total de su unidad de curso para el semestre. Es importante tener en cuenta que estas clases son rápidas y requieren mucho tiempo, ya que tomará una clase en un mes que generalmente se toma en cuatro. Su fecha de registro para la Intersección de primavera es la misma fecha que su registro o primavera.

ESTUDIANTE DEL MES



Thomas estaba interesado anteriormente en enfermería, sin embargo, después de comenzar su especialización, ¡descubrió que la psicología era más atractiva! Para divertirse, disfruta de la música y escucha todo tipo de géneros. ¡Thomas es la definición de un gran trabajador! Mientras participa en sus clases y trabaja a tiempo completo, todavía encuentra tiempo para estar interesado en los eventos del campus. ¡También es una persona amable y divertida!

SERVICIOS DE TUTORÍA

TUTORÍA EN EL CAMPUS
HORAS SIN CITA PREVIA:

DÍAS: LUNES - JUEVES

HORA: 10:00 AM - 3:00 PM

UBICACIÓN: 70-112
(TECH MALL - CENTRO DE ESTUDIOS DE
MATEMÁTICAS)

EN LÍNEA - TUTORÍA DE ZOOM

HORAS DE VISITA:

LUNES - JUEVES: 10:00 AM - 8:00 PM

VIERNES: 10:00 AM - 3:00 PM

[Haz clic aquí](#)
[para hacer una cita](#)

FREE COLLEGE

Tuition & Mandatory Fees

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



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CUYAMACA
COLLEGE

SPRING 2022

GROSSMONT
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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)



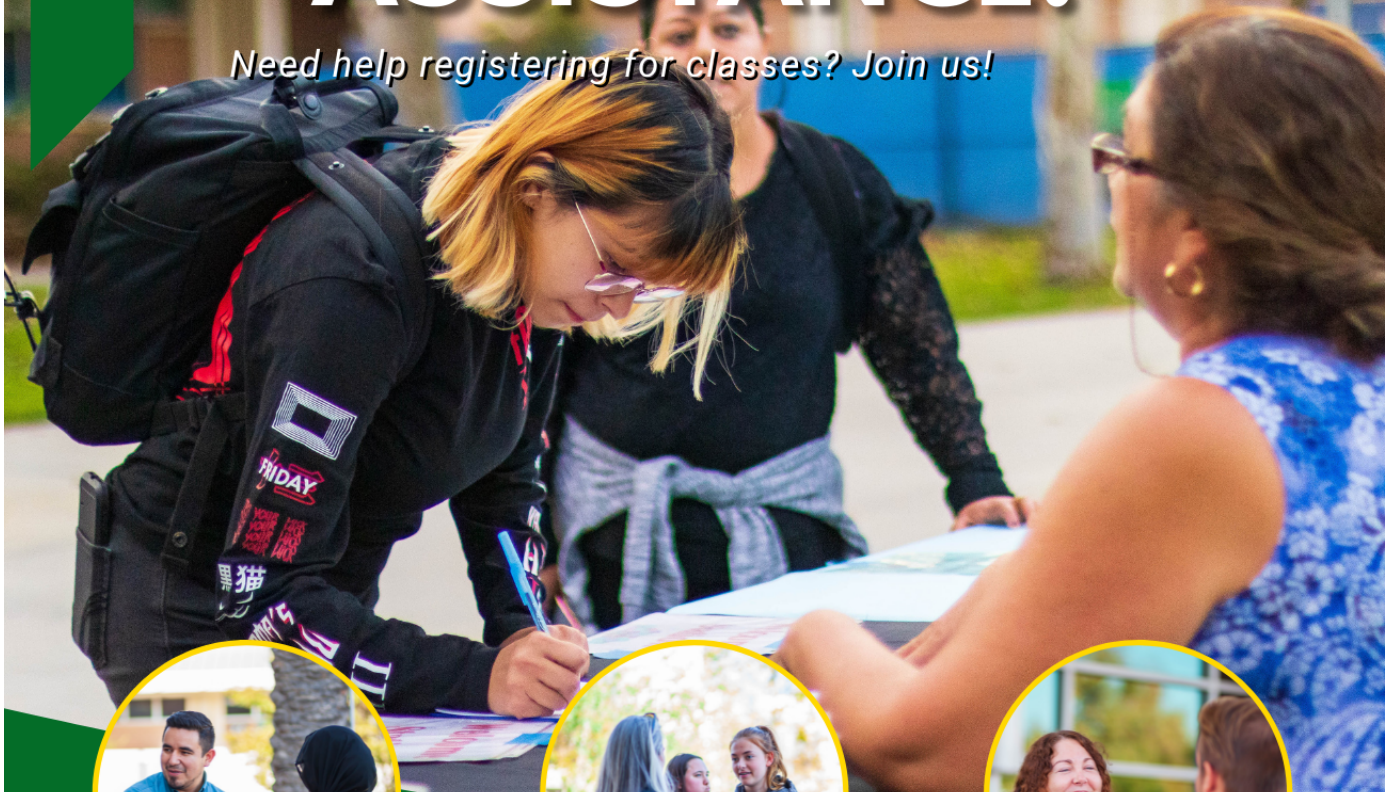
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REGISTRATION ASSISTANCE!

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

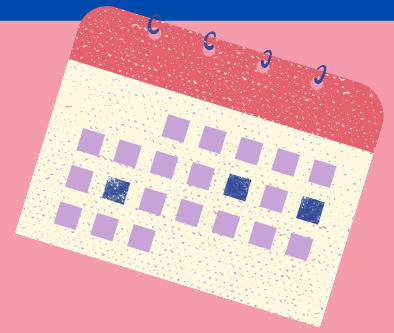
📍 BUILDING 10 ROOM 10-172
🌐 GROSSMONT.OUTREACH@GCCCD.EDU
☎️ 619-644-7240



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