

December 2019

VIA RÁPIDA - FIRST YEAR EXPERIENCE PROGRAM



WE ARE SO PROUD OF YOU!

YOU COMPLETED YOUR FIRST COLLEGE SEMESTER!

This is such a great accomplishment that you should be absolutely proud of, we sure are proud of you! We know this first semester was not easy. The transition from high school to college is not smooth and along the way you may have encountered some obstacles but what matters is that you overcame them and are still here. There are a couple final exams that you may still have to take but just think that you did all the hard work throughout the semester and now is the time to show all that you've learned! Have full confidence in yourself, you can do this!

The college is providing you with events to help ease the stress of finals. Make sure to take advantage of them, you'll see the details in the pages to come. Once you finish your final exams take the winter break to spend time with your loved ones and relax. Enjoy the holidays! Remember to stay healthy over the break because we are looking forward to seeing you come back next year fully energized and ready to take on spring semester!

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Academic Calendar

- **December 9:** End of Second 8-Week Session
- **December 10-16:** Final Examinations
- **December 16:** Fall Semester Ends
- **December 17 - January 26:** Winter Recess (for students)
- **December 20:** Instructor Grade Deadline
- **December 24 - January 1:** College and District Offices Closed.



Student of the Month

Ariana Montalto



Ariana's goal is to one day be a speech pathologist. After having experienced the difference that speech pathologists make in an individual's life Ariana has decided she too wants to make that impact. In her first semester she has committed herself to her education taking advantage of all resources available to her. Keep up the great work Ariana! You are well on your way to reaching your goal.



De-Stress Week

Monday, 12/02

- ASGC Table Games & Coloring Station
11:00 am - 2:00 pm
Building 60 Alcove
- Pets for Pep
11:00 am - 2:00 pm
Main Quad Wing

Tuesday, 12/03

- ASGC Table Games & Coloring Station
11:00 am - 2:00 pm
Building 60 Alcove
- Code Lavender Workshop
2:00 pm - 3:00 pm
Griffin Gate
- Study Jam
3:00 pm - 7:00 pm
Griffin Gate

Wednesday, 12/04

- Study Jam
9:00 am - 1:00 pm
Griffin Gate
- Massage Sessions
10:00 am - 12:00 pm
Front of Griffin Gate
- Yoga for De-stress
12:30 pm - 1:30 pm
East of Building 70
- Arabian Coffee Break
2:30 pm - 4:30 pm
Career Center

Thursday, 12/05

- Study Jam 9:00 am - 6:30 pm
Griffin Gate
- Stress Management
11:00 am - 12:00 pm
Career Center
- Massage Sessions
12:00 pm - 2:00 pm
Front of Griffin Gate
- The BEAT of Finals (ZUMBA)
2:00 pm - 3:00 pm
Main Quad

Campus Events



VIA RÁPIDA FIRST-YEAR
EXPERIENCE PRESENTS...

CODE LAVENDER

A WORKSHOP ADDRESSING MENTAL HEALTH
ISSUES INCLUDING **ANXIETY** AND **STRESS** AND
RELAXATION TOOLS/STRATEGIES TO HELP
COMBAT THESE ISSUES.

WHEN? TUESDAY, DEC 3 @ 2:00 PM

WHERE? GRIFFIN GATE

STUDY JAM



FREE TUTORING, SCANTRONS, BLUEBOOKS,
SNACKS & REFRESHMENTS

Tuesday 12/3 3pm-7pm
Wednesday 12/4 9am-1pm
Thursday 12/5 9am-6:30pm

LOCATION:
Griffin Gate

**DROP IN
AT ANY
TIME!**

Hosted by Via Rápida FYE,
Success Coaches and Tutoring



GROSSMONT
COLLEGE

VIA RÁPIDA FIRST- YEAR EXPERIENCE

FALL INTO WINTER

FREE Pizza, Cookie Decorating, and Other Fun Seasonal Activities

Wednesday December 4th 1pm-3pm
On The Patio Outside The Griffin Center

SCAN ME

