

VETERANS RESOURCE CENTER

No matter how long the winter, spring is sure to follow

VRC Student of the Month!



Josh Pawlak is our March student of the month for his outstanding skills in leadership. He is always happy and smiling, and willing to help whoever walks through the door. Josh is also known to take time out of his day to help students in Spanish, English, and Math courses. Congratulations, Josh!

Eat Wings. Raise Funds

Where: the Menifee BWW...all day!

When: Wednesday, April 5th

Why?: 10% of the funds will go towards supporting the Veterans Resource Center! Let the Cashier know you are coming to support the Veterans Resource Center @msjc.

You do not need a ticket to participate



Career & Job Fair

Menifee Valley Campus

Featuring Employers, Colleges, and Universities

Friday April 7, 2017 10am - 1:30pm 28237

La Piedra Rd. Menifee, Ca 92584

Parking Lot C

OPEN TO THE PUBLIC

For more information call 951-639-5285 or 951-487-3285

How to Navigate a Job Fair BEFORE YOU BEGIN

- Prepare and proofread your résumé. Plan to bring a large number of résumés on quality paper.
- Dress professional; a suit or business casual is your best choice.
- Write down the questions you would like to ask employers; remember that some employers may not have time to address all of your questions.

ATTENDING THE FAIR

- Leave family and friends at home. You need to focus on your career goals.
- Check in at the registration table.
- As you approach an employer's table, respect the privacy of others as they conclude conversations.
- Establish eye contact, smile, introduce yourself and shake hands with the company representative.
- Tell them why you are interested in the organization. Show enthusiasm and interest. Remember, you are the driver of this conversation.
- In one to two sentences, tell the representative about your experience and strengths.
- Be ready to ask your questions AND be ready to answer their questions.
- Ask for business cards from recruiters with whom you have spoken.
- Excuse yourself graciously at the end of the conversation. Don't forget to thank them for their time.

REPRESENTATIVES WANT TO TALK WITH YOU. HAVE A FEW QUESTIONS READY. CONSIDER ASKING:

- What personal growth opportunities exist in this position?
- How would I spend a typical day on the job?

EAT WINGS. RAISE FUNDS.

On the day listed below, present this ticket to your server and Buffalo Wild Wings® will donate 10%* of your total bill (not including tax, gratuity or promotional discounts) to our organization.

Buffalo Wild Wings strives to support our community and the organizations and sports teams within it. Together we can make a positive impact and help keep our community working and playing together.

(Show this ticket to your server on the date & time listed below.)

MSJC VETERANS RESOURCE CENTER

April 05, 2017 • 11:00 AM

30123 Haun Rd. • Menifee, CA • 951-246-7148

*The 10% donation is contingent on the organization raising at least \$300 of pre-tax sales during the promotion (subject to change in our discretion). Other restrictions may apply. Please see participating location for details. ©2015 Buffalo Wild Wings, Inc.

ADMIT ONE

You can contact your campus VRC for any further questions.

MVC - VRC SJC - VRC
951-639-5237 951-487-3247

You can email the VRC @ veterans@msjc.edu or visit the

VRC Web Page [Here](#)



Department Highlight Career/Transfer Center

“Careful thought and planning goes into effective career decision making.”

The Career services provides resources for students, faculty, and community members. The Career Center offers career assessments to help student identify their interests, values, abilities and personality preferences. The results from these assessments are used as a basis for career exploration and counseling. Career resources in several forms are available for career planning, career exploring possibilities, and researching employers.

To achieve this mission, the Career Center provides information, resources, services, activities, and events to the students, staff, faculty, and administrators of the college interested in personal and career development, educational achievement, lifelong learning, and career management.

The Transfer Center offers a full array of activities to better prepare Mt. San Jacinto College students to transfer, including workshops on: Steps for Transfer, Differences Between University Options, How to Effectively Complete a University Application, and Transfer Admission Guarantees.

The mission of the Transfer Center is to provide strong and comprehensive services for students to achieve their educational life goals. The Career/Transfer Center team provides quality professional services that are responsive to students' individual needs for transfer and articulation information.

The Career/Transfer Center is located in the Student Center building (1150) on the San Jacinto Campus and in the Student Center building (100) on the Meniffee Valley Campus. College counselors are available on both campuses to help you.

[Check Out Our FACEBOOK](#)



PRESENTED BY CAL STATE FULLERTON
VETERANS RESOURCE CENTER



5th Annual Women Veterans In Higher Education Conference

connect *AND* empower

An Opportunity for Women Veterans to be Empowered in
Their Personal, Academic and Professional Journey

SAVE THE DATE

[CLICK HERE
TO RSVP](#)

REGISTER AT TINYURL.COM/WVETCON2017

saturday | march 11th | 10am-2:30pm

CSUF TITAN STUDENT UNION PAVILION A
LOCATION: STATE COLLEGE & TITAN STUDENT WAY

PLEASE JOIN US FOR AN EXCITING DAY OF:

- FREE GIVEAWAYS
- NETWORKING
- OPPORTUNITY DRAWING
- CONNECTION CORNER (resource fair)
- WOMEN VETERAN RECOGNITION
- CHILD CARE WILL BE PROVIDED (6mo - 10yrs)
- CONTINENTAL BREAKFAST & LUNCH PROVIDED

In partnership with San Diego State University, Cal State
Northridge, Cal State Long Beach and North OC VetCenter

FOR MORE INFORMATION CONTACT US AT (657)278-8660 OR AT VSS@FULLERTON.EDU

SCO CORNER

- Veteran/Veterans Dependent Students submit your SOR to renew your education benefits

- Students using the Cal Vet Fee Waiver should start renewing their applications.

- Need help filling out the FAFSA? Stop by the VRC for any assistance

- As always, don't forget to notify the SCO of any changes in your enrollment status

**STATEMENT OF RESPONSIBILITY
FORMS EMAILED TO THE VRC EMAIL
ACCOUNT WILL *NOT* BE PROCESSED
AND YOU WILL BE DROPPED**



Career/Transfer Center University Tours Spring 2017

Career/Transfer Center offers free tours to our local universities.
This is a great opportunity to meet staff and different departments.

Transportation is free!!!
Just bring your lunch or money to buy food.



CSU San Marcos
Friday, March 3, 2017
8:15 am – 3:30 pm

CSU Long Beach
Friday, March 10, 2017
7:00 am – 3 pm

UC Irvine
Friday, May 12, 2017
8:15 am – 2:30 pm

If you would like to attend any of the tours please contact the
Career/Transfer Center to [sign up](#). Hurry, seats fill up fast!
Menifee Valley Campus: (951) 639-5285
San Jacinto Campus: (951) 487-3285



Career/Transfer Center Menifee Valley Campus

University of California Representatives

UC Irvine
10:00am-1:00pm
Wednesday, February 15

UC Riverside
9:30am-4:00pm
Thursday, April 27

CSU San Marcos **9:00am-2:00pm**

Wednesday, February 15
Thursday, March 16
Wednesday, April 19

CSU San Marcos-Temecula

10:00 am-2:00 pm
Monday, February 6
Presentation 3pm-4pm
Wednesday, February 22
Monday, March 6
Presentation 3pm-4pm
Monday, March 27
Monday, April 17
Presentation 3pm-4pm
Monday, May 8

Cal State University Representatives

Cal Poly Pomona
9:00am-1:00pm
Monday, January 23
Thursday, February 16
Tuesday, March 7
Wednesday, April 26
12:00pm - 1:00pm
Next Steps Workshop
Tuesday, May 16

CSU San Bernardino
9:30am-3:30pm
Wednesday, February 8
Thursday, March 16
Wednesday, April 12
Thursday, May 11



National University Representative

Tuesday, January 24
Tuesday, January 31
Tuesday, February 7
Thursday, February 16
Thursday, March 2
Wednesday, April 5
Wednesday, April 19
Tuesday, May 9
Wednesday, May 17
9:00am-12:00pm

Cal Baptist University Rep

Monday, February 13
Monday, March 13
Tuesday, April 4
Tuesday, April 18

Cal Baptist University Rep
Online & Professional Studies
Thursday, February 16: **4:00pm-5:00pm**
Tuesday, March 7: **1:00pm-2:00pm**
Thursday, April 13: **4:00pm-5:00pm**
Tuesday, May 9: **1:00pm-2:00pm**



Dates and times are subject to change. Please come in and schedule an
appointment at the Career/Transfer Center or call us at:
(951) 639-5285

PTSD Monthly Update

News relevant to the issues of trauma and PTSD



Advancing Science and Promoting Understanding of Traumatic Stress

[Click Here for Website](#)

Talk to your doctor if you think you have PTSD

Since many common reactions after trauma look like the symptoms of PTSD, a mental health provider must decide if you have PTSD. Providers who have been trained to understand the thoughts and behaviors that go along with PTSD are best able to make that decision.

A provider must use his or her training and judgment to select the best test or set of questions to use. Then he or she must interpret the results of the test.

The American Psychological Association suggests that only trained professionals give tests to assess for PTSD. If you think you may have PTSD, talk to your doctor or a mental health provider. See information on how to find a therapist.