

BEAK BITES

OFFICIAL LAS POSITAS STUDENT GOVERNMENT NEWSLETTER

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A Big Thank You!

LPCSG thanks all students, staff, and faculty who participated and tabled for spring Welcome Week! This event could not be possible without the passion and dedication for student equity and success. Our hearts are full, we truly admire the amazing connections that were made at this event. We thank all the clubs who volunteered to spread their message and meet students as we return in-person this semester.



LAS POSITAS STUDENT
GOVERNMENT

The Market

FREE FOOD FOR THE PEOPLE

OPEN MONTHLY ON THE
THIRD TUESDAY FROM 12 PM
TO 3PM IN PARKING LOT E



LPCSG Officers:

Executive Board:

- Kyle Johnson - President
- Lara Wiedemeier - Vice President
- Thomas Blakely - Director of Finance
- Jacqueline Carrillo - Director of Communications
- Amy Attia - Director of Communications
- Tyler Rivas - Inter-Club Council
- Vanshaj Johar - Student Trustee



Senators:

- Fernando Torres
- Nezrin Hansanly
- Gurleen Nagra
- Sangavi Kumar

VOTE ON CLASS WEB!

LPCSG EXECUTIVE BOARD 2022-2033



#VOTE LPCSG

Learn more: <http://bit.ly/electionsLPCSG>

STUDENT CANDIDATES



LARA WIEDEMEIER
Candidate for
LPCSG President & LPC
Student Trustee



FERNANDO TORRES
Candidate for
LPCSG President



AMY ATTIA
Candidate for
LPCSG Vice President



SANGAVI SURESH KUMAR
Candidate for
LPCSG Dir. of Programs & Services
LPC Student Trustee



HAMSA SADIQ MOHAMMED
Candidate for
LPCSG Dir. of Events
LPC Student Trustee



MICHEL EBELI
Candidate for
LPCSG Inter Club Council Chair



MONA GHOLIKHMESEH
Candidate for
LPCSG Dir. of Events
LPCSG Inter Club Council Chair



GOLDE SHAO
Candidate for
LPCSG Inter Club Council Chair
LPC Student Trustee

Contact Josue Hernandez, Student Life Program Coordinator, with questions:
jahernandez@laspositascollege.edu

LPCSG Retreat:

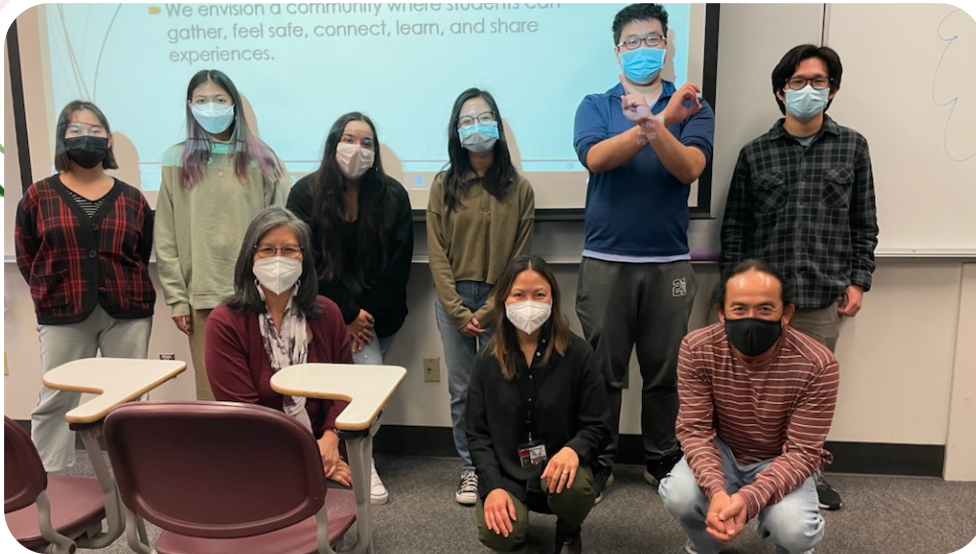
LPCSG attended a retreat in Monterrey to work on future spring events. LPCSG officers talked about old and new business regarding elections, commencement, and important events coming up such as the Blood Drive event on April 14.



Senator Nezhin Hasanly shared that the trip was insightful and was a productive time to discuss what our long-term goals and visions are.

Senator Fernando Torres mentioned that the trip was very insightful especially the interview workshops. He thought that it was a great opportunity to learn new things and bond with each person.





AAPI Interest Group

Register For The Literary Arts Festival!

There will be food trucks, music, and storytelling for kids!

AAPI Panelists for the Lit Festival:

Rise: A Pop History of Asian America from the Nineties to Now
"RISE is a love letter to and for Asian Americans--a vivid scrapbook of voices, emotions, and memories from an era in which our culture was forged and transformed, and a way to preserve both the headlines and the intimate conversations that have shaped our community into who we are today."

* Jeff Yang, Phil Yu, Philip Wang*

Calling all students interested in starting an AAPI Club!

contact Stella if you're interested
sdelrosario@laspositascollege.edu

AAPI Karaoke Event
April 28, 12:00 PM-1:00 PM
LOCATION:
LPC Cafeteria Room 1620A
Free refreshments!



Club Corner!



Thank You to All The Clubs!

LPCSG thanks all the clubs who organized their tables for Club Fair! We loved spending time learning about your interests and promoting your club. We know your leadership and passion is opening doors for students to find a community that shares similar interests and goals!

Keep being you! We hope to create similar events that promote a sense of belonging at LPC.

CLUB FEATURE:

QSA CLUB PRESIDENT: MARK REGGIARDO



Quotes From Students

"I do not regret attending club fair. I was unsure at first, so I just decided to walk by and I was happy I did. Everyone talked to each other and it was a friendly and inviting atmosphere. It was so fun, I loved it!" - Student

"I loved seeing students represent their clubs and interests. I got to see everyone's personality shine through which is something that does not happen over zoom." - Student



Self Care For Students is Important!



De-Cluttering

Cleaning your space to help your performance as a college student.

Making time to consider our environment can open up physical and mental space.

Having a routine where you check your room, closet, drawers, desk, or backpack can be the little push you need to getting back on top of things. De-cluttering can be a way to organize your space in a way that aligns with your style and sparks inspiration.

Donating items you no longer need can be a great way to lend a helping hand, while helping yourself out too! Donate clothes, books, tools, and shoes you don't plan on using.



Ghaffari, N. (2021, December 14). The Mental Health Benefits of Cleaning, Organizing, & De-cluttering Your Space. Recovery.org. Retrieved March 14, 2022, from <https://recovery.org/pro/articles/the-mental-health-benefits-of-cleaning-organizing-decluttering-your-space/>



Save the Date

Commencement Ceremony 2022!

Saturday, May 28, 2022

Students **must apply for their degree or certificate by Friday, April 1st** to be eligible to participate in the Commencement Ceremony. See a counselor for help completing your application.

All graduates and guests must be vaccinated.

Graduates will get to design their graduation caps with materials provided by LPCSG before they walk the stage!





Don't miss out on these free resources!

RAW Center: Reading and Writing, tutoring and paper drop off service! Get help with your essays and personal statements.

Tutorial Center: Free Drop In Tutoring Online or In-Person. Get support for your challenging courses.

Free Therapy Walk-in Sessions: Fridays 9 - 11am at Health and Wellness Center. Completely free and confidential.



CHILL & CHAT

A Quick Reference Guide

AAPI Chill & Chat

Chill & Chat

First Monday of the Month at 11am

Contact: Patricia Gonsman - pgonsman@laspositascollege.edu

ZOOM LINK:

<https://csueb.zoom.us/j/83078110983>

Dreamers Chill & Chat

Chill & Chat

Every other Monday of the Month at 1pm

Contact: Alain Olavarrieta - aolavarrieta@laspositascollege.edu

ZOOM LINK:

<https://cccconfer.zoom.us/j/93019456359>

Afghan Chill & Chat

Second Monday of the Month at 11am

Contact: Patricia Gonsman pgonsman@laspositascollege.edu

ZOOM LINK:

<https://csueb.zoom.us/j/82893697908>

Veterans Chill & Chat

Every other Tuesday (2nd & 4th) at 6pm

Contact: Evelyn Andrews - ipcvetransfirst@laspositascollege.edu

ZOOM LINK:

<https://cccconfer.zoom.us/s/91949340783>

LGBTQ Chill & Chat

First Thursday of the Month at 3pm

Contact: Patricia Gonsman - pgonsman@laspositascollege.edu

ZOOM LINK:

<https://us02web.zoom.us/j/86819844593?pwd=Vzd3VTJlVamk5RW43V1VKcU1lbWxkQT09>



CAMPUS RESOURCES + TIPS

Links:



- **Free Mental Health Counseling**
- **Chill and Chats:**
 - Dreamers Chill & Chat - 2nd and 4th Monday of the Month 4-5pm
 - AAPI Chill & Chat - Tuesdays at 3pm
 - Chill & Chat for Student Body - Tuesdays at 5-6pm
 - Afghan Chill & Chat - Tuesdays at 6pm
 - Middle College Chill & Chat - Wednesdays at 3pm
 - LGBTQ Chill & Chat - Thursdays at 3pm
- **Behavioral Health Workshop Series:**
 - Sleep: All of Your Questions Answered, 10/13/21 2-3:30pm
 - Domestic Violence/Intimate Partner Violence 10/27/21 2-3:30pm
 - Healthy Relationships 11/10/21 2-3:30
- **Covid PCR Testing** - everyday from 8:30 AM - 4:30 PM
- **Apply for Federal Workstudy**
- **Library Resources**
- **Honors Transfer Program**
- **Free Therapy Walk-in Sessions** Fridays 9-11am at Health and Wellness Center
- **The Market:** Pick up free food
- **RAW Center:** Reading and Writing, tutoring and paper drop off service
- **Tutorial Center:** Free Drop In Tutoring Online or In-Person
- **SmartShops:** cover academics, transfer, and career topics.
- **Free Microsoft Office 365:**
- **Technology Loan Request:**
- **2GenFund Scholarship** - Scholarship created to fund a child's enrollment at the Las Positas College Early Childhood Center of deserving LPC students.
- **Free New York Times Subscription:**
- **Grammarly Premium:**
- **On Campus Meditation and prayer room**

