



El Camino College

FAST FACTS



TOTAL STUDENTS

29,196

2020-21 Annual Enrollment

MOST POPULAR MAJORS

Nursing • Biology • Business Administration
Psychology • Computer Science



EL CAMINO
WARRIORS
ATHLETICS

11 MEN'S TEAMS

Baseball • Basketball • Cross Country
Football • Golf • Soccer • Swimming
& Diving • Tennis Track & Field
• Volleyball • Water Polo

11 WOMEN'S TEAMS

Badminton • Basketball • Beach
Volleyball • Cross Country • Soccer
• Swimming • Softball Tennis • Track &
Field • Volleyball • Water Polo



95
DEGREE
PROGRAMS
OFFERED



119
CERTIFICATE
PROGRAMS
OFFERED



3,691
DEGREES AWARDED
IN 2020-21

TOP IN
10 TRANSFERS
TO UC

TOP IN
5 TRANSFERS
TO CSU



972
CERTIFICATES AWARDED
IN 2019-20

Program Highlights

- No. 7 among Southern California community colleges in students transferred to UCLA
- STEM students obtaining Associate Degrees for Transfer have nearly tripled in the last five years
- 61% of student athletes enrolled full-time and received a GPA 3.0+ in Spring 2021
- In 2022, the ECC Foundation awarded a record \$880,000 in scholarships to over 650 students
- The award-winning students in the journalism program have been producing continuous news, sports and lifestyle coverage of the campus community for more than 75 years
- Powerhouse debate team competes and succeeds in national championship tournaments against university programs – one of the best community college programs in the country
- Named a leading institution for Hispanics in 2021 by *Hispanic Outlook in Higher Education Magazine*, ranking No. 15 among the top 25 community colleges enrolling the largest number of Hispanic students



126
ACRE CAMPUS

\$132
MILLION
2020-21 FY,
UNAUDITED
ACTUALS



DEMOGRAPHICS

(Facts and Figures - 2020-21)

51% LATINO

13% AFRICAN-AMERICAN

15% ASIAN

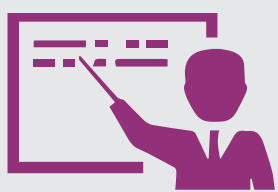
6% OTHER

14% WHITE


1% PACIFIC ISLANDER

9 CITIES SERVED IN
THE SOUTH BAY

El Segundo • Hawthorne • Hermosa Beach • Inglewood
Lawndale • Lennox • Manhattan Beach
Redondo Beach • Torrance

972
FULL-TIME &
PART-TIME
FACULTY



533,000
DISTRICT RESIDENTS
(2010 U.S. CENSUS)

337 VETERANS
UTILIZE SUPPORT
SERVICES & RESOURCES



OVER
36 CAREER
EDUCATION
PROGRAMS
OFFERED



Career Advancement Initiatives

- Machine Tool Technology Pre-Apprenticeship
- Construction Technology Pre-Apprenticeship
- Aerospace Apprenticeship
- Bioscience Apprenticeship

Bond-Funded Facilities Projects

- Bookstore Café
- Behavioral & Social Science
- Arts Complex
- Music Building
- Traffic Signal on Crenshaw
- Construction Tech
- Baseball Field Reno
- Student Activities Relocation

Economic Development & Workforce Education

- El Camino College Business Training Center
- Center for Customized Training
- Small Business Development Center
- Smart Manufacturing Innovation Center
- Community Education Training Programs

Together. *Unstoppable.*



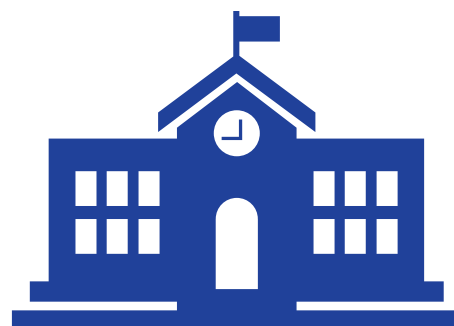
COST COMPARISON

El Camino College Offers an Excellent Education at the Best Value

It costs California residents only about \$1,100 per year to attend El Camino College. We offer the same general education courses as UC and CSU schools – and students save thousands of dollars. In fact, students can earn their bachelor's degree with half the amount of student debt just by starting at ECC and then transferring to a four-year college or university.

A full-time student enrolled in 12 units for two semesters pays \$1,104 per year in enrollment fees at El Camino College, in comparison to:

\$32,964	\$14,100	\$5,742	\$1,104
PRIVATE ¹	UC ²	CSU ²	EL CAMINO COLLEGE



TOP TRANSFER DESTINATIONS *In California*

California State University

1. CSU Dominguez Hills
2. CSU Long Beach
3. CSU Los Angeles
4. CSU Northridge
5. Cal Poly Pomona

University of California

1. UCLA
2. UC Irvine
3. UC Berkeley
4. UC San Diego
5. UC Santa Barbara/Riverside (tie)

Private

1. University of Southern California
2. Loyola Marymount University
3. Marymount California University
4. Mount St. Mary's University
5. National University

Transfer Admission Guarantee (TAG) Programs

ECC has TAG agreements with the following campuses:

- UC Davis, Irvine, Merced, Riverside, Santa Barbara, and Santa Cruz
- Loyola Marymount University, Arizona State University
- 37 partner Historically Black Colleges and Universities

Top 10 Majors *for 2019 graduates*

- | | |
|------------------------------|------------------------------|
| 1. Business Administration | 6. Administration of Justice |
| 2. Psychology | 7. Physical Science |
| 3. Sociology | 8. Pre-Nursing |
| 4. Nursing | 9. Communication Studies |
| 5. Early Childhood Education | 10. Mathematics |

APPLY FOR ADMISSION

Visit www.elcamino.edu/apply to start the application process and learn about financial aid.

¹ CollegeCalc.org, average in-state tuition for not-for-profit private institutions

² U.S. Department of Education 2018-2019 Integrated Postsecondary Education Data System average in-state tuition

DEGREES & CERTIFICATES

Associate of Arts Degree

Administration of Justice*
 Anthropology for Transfer (AA-T)
Art:
 Art History
 Studio Art
 Art History for Transfer (AA-T)
 Child Development*
 Communication Studies for Transfer (AA-T)
 Dance
 Economics
 Economics for Transfer (AA-T)
 Elementary Teacher Education (AA-T)
 English
 English for Transfer (AA-T)
Ethnic Studies:
 African American Studies
 American Cultures
 Asian American Studies
 Chicano Studies
 Native American Studies
 Film/Video*
 French
 General Studies
 Geography for Transfer (AA-T)
 History for Transfer (AA-T)
 Japanese
 Journalism*
 Journalism for Transfer (AA-T)*
 Kinesiology for Transfer (AA-T)
Liberal Studies:
 Elementary Teaching
 Teacher Preparation
 Music
 Paralegal Studies*
 Philosophy for Transfer (AA-T)
 Physical Education
 Political Science for Transfer (AA-T)
 Psychology for Transfer (AA-T)
Real Estate:
 Mortgage Brokerage*
 Real Estate*
 Real Estate Appraisal*
 Recreation
 Sign Language/Interpreter Training*
 Sociology for Transfer (AA-T)
 Spanish
 Spanish for Transfer (AA-T)
 Studio Arts for Transfer (AA-T)
 Theatre
 Theatre Arts for Transfer (AA-T)
 Women's, Gender and Sexuality Studies

Associate of Science Degree

Administration of Justice for Transfer (AS-T)*
 Air Conditioning and Refrigeration*
 Architecture*
 Astronomy
 Automotive Collision Repair/Painting*
 Automotive Technology*
 Biology
Business:
 Accounting*
 Business Administration*
 Business Office Administration
 Business Management*
 Marketing*
 Business Administration for Transfer (AS-T)*
 Chemistry
 Computer Aided Design/Drafting*
 Computer Information Systems*
Construction Technology:
 Cabinet and Fine Woodworking*
 Construction Technology*
 Cosmetology*
 Early Childhood Education for Transfer (AS-T)*
Electronics and Computer Hardware Technology:
 Computer Technology*
 Electronics Technology*
Engineering Technology:
 Engineering Technician*
 Engineering Technology*
 Entrepreneurial Studies*
 Environmental Horticulture*
Fashion:
 Fashion Design and Production*
 Fashion Merchandising*
Fire and Emergency Technology:
 Fire and Emergency Technology*
 Paramedical Technician*
 General Science
 Geography
 Geology for Transfer (AS-T)
Machine Tool Technology:
 Machinist*
 Numerical Control Programmer*
 Manufacturing Technology*
 Mathematics
 Mathematics for Transfer (AS-T)
 Nursing*
 Photography*
 Physical Science
 Physics
 Physics for Transfer (AS-T)
 Pre-Engineering
 Pre-Nursing*
 Radiologic Technology*
 Respiratory Care*
 Welding*

Computer Aided Design/Drafting*
 Computer Information Systems*
Construction Technology:
 Cabinet and Fine Woodworking*
 Construction Technology*
 Cosmetology*
 Early Childhood Education for Transfer (AS-T)*
Electronics and Computer Hardware Technology:
 Computer Technology*
 Electronics Technology*
Engineering Technology:
 Engineering Technician*
 Engineering Technology*
 Entrepreneurial Studies*
 Environmental Horticulture*
Fashion:
 Fashion Design and Production*
 Fashion Merchandising*
Fire and Emergency Technology:
 Fire and Emergency Technology*
 Paramedical Technician*
 General Science
 Geography
 Geology for Transfer (AS-T)
Machine Tool Technology:
 Machinist*
 Numerical Control Programmer*
 Manufacturing Technology*
 Mathematics
 Mathematics for Transfer (AS-T)
 Nursing*
 Photography*
 Physical Science
 Physics
 Physics for Transfer (AS-T)
 Pre-Engineering
 Pre-Nursing*
 Radiologic Technology*
 Respiratory Care*
 Welding*

Automotive Technician I
 Automotive Technician II
 Automotive Tune-Up Technician

Business:
 Accounting – CPA Track
 Business Information Worker
 Business Management
 Business Office Applications
 Marketing
 Retail Management
Child Development:
 Early Childhood Education
 Early Intervention Assistant
 Special Education Assistant
Communication Studies
Computer Aided Design/Drafting
Computer Information Systems:
 Business Programming
 Cisco Networking Administration
 Cloud Computing and Programming with Amazon Web Services
 Computer Systems Applications
 Computer User Support Specialist
 Cybersecurity
 Database Management
 Technical Support and Networking Specialist*

Computer Science
Construction Technology:
 Construction Technology
 Cabinet and Fine Woodworking
Cosmetology Level II
Electronics and Computer Hardware Technology:
 Computer Hardware Electronics Technician
 Electronics Engineering Technician
Engineering Technology:
 Engineering Technology
 Engineering Technician
Entrepreneurial Studies
Environmental Horticulture
Fashion:
 Fashion Design and Production
 Fashion Merchandising
 Fashion Stylist

Film/Video:
 Film/Video Production
Fire and Emergency Technology:
 Fire and Emergency Technology
 Fire Academy
 Paramedical Technician

Journalism
Machine Tool Technology:
 CNC Machine Operator
 Machinist
 Numerical Control Programmer
Manufacturing Technology
Music:
 Commercial Music
Paralegal Studies
Photography
Real Estate:
 Mortgage Loan Brokerage
 Real Estate
 Real Estate Appraisal

Respiratory Care
Sign Language/Interpreter Training
Transfer Studies:
 CSU General Education Breadth
 Intersegmental General Education
 Transfer Curriculum (IGETC)

Welding
 Gas Tungsten Arc Welding (GTAW)
 Ferrous and Non-Ferrous Metals
 Semi-Automatic Welding
 Shielded Metal Arc Welding (SMAW)
 Structural Steel
 Structural Steel Fabrication

Certificates of Accomplishment

Administration of Justice:

Homeland Security Essentials
Air Conditioning and Refrigeration:
 Automation Fundamentals
 Energy Efficiency
 HVACR Electrical Fundamentals
 HVACR Fundamentals
 Heating Technologies
 Refrigeration Fundamentals

Athletic Coaching

Automotive Collision Repair/Painting:
 Automotive Accident Reconstruction
 Automotive Collision Investigation
 Damage Estimating

Automotive Technology:

Automotive Air Conditioning Technician
 Automotive Brakes and Suspension Technician
 Automotive Engine Management
 Automotive Engine Rebuilding and Repair Technician
 Automotive Transmission and Drive Train Technician
 Hybrid, Electric and Alternative Fuels

Business:

Business Fundamentals
Computer Aided Design/Drafting:
 AutoCAD Mechanical Drafting Trainee

Computer Information Systems:

Cloud Computing with Amazon
 Web Services

Construction Technology:

Cabinet and Millwork
 Euro Hardware
 Furniture Design and Fabrication
 Residential Construction Trainee
 Residential Electrical Trainee
 Residential Plumbing Trainee
 Residential Remodeling Trainee

Cosmetology:

Cosmetology Level I

Creative Writing

Electronics and Computer Hardware Technology:

CompTIA Computer Hardware Technician
 Computer Hardware Technician
 Electronics Technician
 Robotics

Engineering Technology:

Electrical and Electronics Engineering Technician
 Mechanical Engineering Design Technician

English as a Second Language

Environmental Technology

Fire and Emergency Technology:

Fire Explorer

Physical Education:

Fitness Trainer

Radiologic Technology

Recreation:

Recreation Leadership

Welding:

Gas Tungsten Arc Welding (GTAW)
 Ferrous and Non-Ferrous Metals
 Semi-Automatic Welding
 Shielded Metal Arc Welding (SMAW)
 Structural Steel
 Structural Steel Fabrication

*Indicates Career Education (CE) Program | www.elcamino.edu/CareerEd

Get in Touch! Call the office of Outreach and School Relations at (310) 660-3487 or email outreach@elcamino.edu.

Book a Virtual Tour! See El Camino College's bustling campus by booking a virtual tour at www.elcamino.edu/outreach or calling (310) 660-3487 to set up a tour date and time.



www.elcamino.edu

The El Camino Community College District is committed to providing an educational and employment environment in which no person is subjected to discrimination on the basis of actual or perceived race, color, ancestry, national origin, religion, creed, age (over 40), disability (mental or physical), sex, gender (including pregnancy and childbirth), sexual orientation, gender identity, gender expression, medical condition, genetic information, marital status, military and veteran status, or retaliation; or on any other basis as required by state and federal law.



CalWORKs

California Work Opportunities and Responsibility for Kids

Mission Statement

CalWORKs supports Single Parent or Two Parent households receiving CalWORKs/GAIN (TANF) achieve long-term self-sufficiency through coordinated student services. The goal of CalWORKs is to help eligible students obtain degrees and certificates while gaining work experience leading to sustainable employment.

Learn more by visiting our website:

www.elcamino.edu/student/studentservices/calworks/



Services Offered

- Priority Registration
- Virtual or Telephone Counseling available by appointment or drop-in
- Career & Academic Advisement
- Book & Supplies - Material Request
- Temporary Child Care Assistance
- Academic Success Coaches to provide one-on-one support
- Community Support & Referral Services
- On-site GAIN Worker and coordination with the Department of Public Social Services (DPSS)
- SAP Appeal and Academic Probation Services
- Employment Assistance - including CalWORKs work-study, resume writing, job search skills, & interview preparation.

Contact Us

ECC CalWORKs Office
Student Services Building Rm 227
16007 Crenshaw Blvd.
Torrance, CA 90506
P: (310) 660-6057
E: calworksinfo@elcamino.edu

CalWORKs Eligibility

- Parent(s) and child must be a recipient of CalWORKs/GAIN (TANF)
- Sign a contract with ECC CalWORKs and GAIN
- program and be enrolled in a minimum of one course (credit or non-credit)

SCAN ME



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FINANCIAL AID & BASIC NEEDS PRESENTS



FINANCIAL AID RESOURCE EVENT

Saturday, October 15, 2022 | 10 a.m.-12 p.m.

Student Services Building

Free Parking in Lot C (Manhattan Beach Blvd. & Crenshaw Blvd.)

- \$1,000 Scholarship Raffle
- Financial Aid English & Spanish Workshops
- Financial Aid Assistance
- Scholarship Information
- Admissions & Express Counseling
- Campus Tours
- College Resources Fair
- Food, Fun...and More!

FREE FOOD BY



**REGISTER
ONLINE** →



Financial Aid & Basic Needs Office

16007 Crenshaw Blvd, Torrance, CA 90506

<https://bit.ly/eccfaid> | Instagram: @eccfaid

ACCOMMODATIONS: If you anticipate needing any type of accommodation, or have questions about the physical access provided, email eccfaid@elcamino.edu as soon as possible, but no later than seven days prior to the event.



El Camino College

www.elcamino.edu

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Help students apply for and receive financial aid!

Join our Annual Statewide Financial Aid Workshops of 2022-2023

CSAC is offering **free workshops** specifically geared for **high school counselors, college outreach specialists, and student advocate organizations.**

WEDNESDAY, OCTOBER 5

8:00AM-12:00PM | IN PERSON

**@ EL CAMINO COLLEGE
East Dining Room**



LATEST LEGISLATION, PROPOSALS, AND PROGRAMS

FAFSA, CA DREAM ACT APP (CADAA), AND CAL GRANT UPDATES

PROGRAMS FOR FOSTER YOUTH AND VULNERABLE STUDENT GROUPS



Register & find more info:
bit.ly/ASFAW22-23

CSAC | ANNUAL STATEWIDE
FINANCIAL AID
WORKSHOPS 

EL CAMINO COLLEGE BASIC NEEDS RESOURCES



California's Supplemental Nutrition Assistance Program (SNAP)

Students: need money for food?
Find out if you're eligible!

- Application Help
- Verifications
- Eligibility Prescreen
- Questions Answered

DROP-IN ASSISTANCE AVAILABLE:

Basic Needs MBBM-130

Tuesday & Thursday

11:00 a.m. - 2:00 p.m.

2nd & 4th Wednesday

3:00 p.m. - 6:00 p.m.



Contact us at:

calfresh@elcamino.edu

Apply online at:

<https://bit.ly/eccfresh>



Warriors feed your body, feed your mind

The **Warrior Food Pantry** provides free food for El Camino College students who face food insecurity.



Must be currently enrolled at ECC.
Use the QR Code below to Register:



Warrior Pantry hours/information visit:

<http://bit.ly/WarriorPantryInfo>

ECC students get around for less with U-Pass!



Metro U-Pass good for unlimited rides on Metro, GTrans & Torrance Transit Available for free at the Basic Needs Office in MBBM-130 for students who take a Basic Needs assessment and have a need.

For information visit:

https://bit.ly/ecc_upass

ECC Student Health Center

<http://bit.ly/ecchealth>

Contact Information:
310-660-3643

ECC After Hours Emotional Crisis Line:
310-660-3377

Substance Abuse Info & Crisis Hotlines:
www.elcamino.edu/StudentHealthServices

FREE SERVICES by appointment include:

- In-person & Virtual Medical visits
- In-person & Virtual Mental Health Counseling
- In-person & Virtual Wellness Workshops
- **FREE** condoms & STD testing including HIV
- Chiropractic Services: Every Thursday
- **Low Cost** Blood/ lab work & medications

CAMPUS MAP

 **El Camino College**
Where you belong. Where you succeed.



Feeling overwhelmed? Help is a text away.

FREE. 24/7. CONFIDENTIAL

Text: "**COURAGE**" To: **741741**

Many of us will experience a mental health challenge in our lifetime.

All of us have a reason to speak up. Provided by: **CRISIS TEXT LINE**

Need resources nearby?

Visit: <http://www.bit.ly/risehelp>

- Online Resource Guide
- Up to date
- Local to El Camino College

Call 2-1-1

Speak with a live, highly trained service professional in your area. All calls are completely confidential.



Get Connected. Get Answers.

24/7 – Confidential – All Languages



EOPS/CARE

HELPING STUDENTS ACHIEVE SUCCESS

EL CAMINO COLLEGE
16007 CRENSHAW BLVD.
TORRANCE, CA 90506
(310) 660-3593 | elcamino.edu



Extended Opportunity Programs & Services (EOPS) at El Camino College is dedicated to the delivery of a comprehensive program that encourages the enrollment, retention, and success of students who are challenged by language, social, economic, and educational disadvantages.

Eligibility Requirements:

- CA Resident or AB-540 or AB-1899
- Enrolled in at least 12 units when accepted into the EOPS Program (some exceptions apply)
- Have less than 70 degree applicable units completed
- California College Promise Grant (SBOG- Method A, B, or C with zero EFC). Please complete the FAFSA or CA Dream Act application.
- Have at least one educational need (for example, first generation college student, primary language spoken at home is not English, foster youth, required to enroll in a support course in English and/or Math, etc.)

EOPS Services:

- Counseling & Advising
- Book Vouchers
- Grants
- Priority Registration
- Success Coaches
- Transfer App Fee Waivers
- Graduation Services
- And Much More!



SCAN ME



Cooperative Agencies Resources for Education (CARE) is a supplemental program of EOPS designed to support single head of household parents receiving TANF/CalWORKs.

Additional Requirements (CARE ONLY):

- You are at least 18 years of age
- You receive CalWORKs/TANF cash aid for yourself OR dependent child(ren) as single head of household

CARE Services:

- CARE Grants
- Parenting Student Support
- Community Resources
- Transportation Assistance
- Harriet Buhai Center for Family Law
- Plus all EOPS Services!



SCAN ME

Apply Online

Website: www.elcamino.edu/support/resources/eops/

Phone: (310) 660-3466

Email: eops@elcamino.edu



ECC FINANCIAL AID APPLICATION WORKSHOPS

MARK YOUR CALENDAR

Complete or Renew your 2022-2023 Financial Aid

FAFSA Application available at:

<https://studentaid.gov/h/apply-for-aid/fafsa>

El Camino College School Code: 001197

Undocumented students (AB 540) please complete the
California Dream Act application at:

<https://dream.csac.ca.gov>

El Camino College School Code: 00119700

**Online Drop in Assistance Available:
Monday and Wednesday
at 12 p.m. - 1 p.m. & 5 p.m. - 6 p.m.**

**Use the Registration Link or QR Code to select
the Date & Time that works best for you**

QUESTIONS? REACH US AT:

Financial Aid - Student Services Building (SSB) - 229

Phone: 669-900-6833

• Enter 640-959-1782# as the Meeting ID

email: eccfaid@elcamino.edu

web: <https://bit.ly/eccfaid>

FAFSA
Federal Student Aid
An office of the U.S. Department of Education



Financial Aid Drop in Assistance

Use this link to Register:

http://bit.ly/eccfaid_lab

Scan QR Code to register



Follow us on



ECCFAID



GUARDIAN SCHOLARS

PROGRAM

GUARDIAN SCHOLARS
16007 CRENSHAW BLVD.
TORRANCE, CA 90506
(310) 660-3593 | elcamino.edu



**LET US SUPPORT YOU
IN ACCOMPLISHING
YOUR GOALS**



SCAN ME

Program email:
guardian@elcamino.edu

Phone: 310-660-3593 ext. 7355

CONNECT, ENGAGE AND SUCCEED!

The El Camino College Guardian Scholars Program creates a welcoming and supportive environment for current and former foster youth. Our goal is to empower you to reach your full potential and achieve your academic, personal, and career goals. Guardian Scholars promotes self-advocacy by establishing meaningful connections and a support network within the El Camino College campus community.

GUARDIAN SCHOLARS SUPPORTIVE SERVICES:

- Academic Counseling
- Personal Guidance and Mentoring
- Community Enrichment Activities
- Admission and Enrollment Assistance
- Book Vouchers
- School Supplies
- Assistance Qualifying for Priority Registration

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California Community Colleges Transfer Guarantee to Historically Black Colleges and Universities

How to Qualify:

- Have at least 30 UC/CSU-transferable credits from a CA Community College
- Have at least a 2.0 GPA
- That's it!

Your Next Steps:

- Choose *where* you'll apply and *when* you'll transfer
- Obtain a promo code from your Counselor for your application
- Use the online Common Black College Application (CBCA) to apply. Some schools are *not* on the CBCA, so apply directly on the school's website if so
- Mail in your *official* transcript for EACH school in which you apply
- Contact us at any point of your process if you have questions or concerns:
 - hbcutransfer@cccco.edu



OUR SCHOOLS

AL State University - Alcorn State University - AR Baptist College - Benedict College - Bennett College - Bethune-Cookman University - Bowie State University - Central State University - Claflin University - Clark Atlanta University - Dillard University - Edward Waters University - Fisk University - FL Memorial University - Fort Valley State University - Grambling State University - Hampton University - Harris-Stowe State University - Huston-Tillotson University - KY State University - Lane College - Lincoln University of MO - Lincoln University of PA - MS Valley State University - NC Central University - Philander Smith College - Shaw University - Southern University and A&M College - Southern University at New Orleans - Stillman College - Talladega College - TN State University - TX Southern University - Tougaloo College - Tuskegee University - VA State University - West VA State University - Wiley College - Xavier University of LA



JOIN THE PUENTE PROJECT

2-Semester Program
Full time Students

BENEFITS

- Priority Registration
- Program Academic Counselors
- Effective university transfer program
- Connect with mentors
- Fun events throughout the year
- Assistance with academic English writing

REQUIRED CLASSES

English 1A/1As & 1C

College level English classes that provide a supportive and stimulating environment for Puente students to build confidence in their writing ability. Through the academic year, students will focus on Latino and multicultural literature.

Human Development 101 & 105

Learn college and career success skills. Explore career options, develop an academic educational plan, and identify lifetime goals.

**Please note that it's required of you to take English 1A/1As & 1C and both human development courses with the program*

*"Creating Leaders
for the Future"*

**FOR MORE
INFORMATION CONTACT**

The Puente Program at

mhernandez@elcamino.edu or gcastro@elcamino.edu

<https://www.elcamino.edu/support/resources/puente-project/index.aspx>



STUDENT HEALTH SERVICES

FALL 2022

Wellness Workshops + Events

THERAPY OR NAH

Ever wondered about therapy and whether it would be helpful for you? Attend this Q&A to learn about our services and to ask your burning questions about therapy!

Presented by Dr. Victoria Kwon | Zoom | Wednesday: 9/7 @ Noon

FINDING BALANCE WORKSHOP

Improve mental health by identifying healthy strategies to balance the demands of school, family, and work.

Presented by Dr. Alann Dingle | Outdoors/ In-Person | Tuesday: 9/13 @ Noon (Meet in front of Health Center)

PEACEFUL MIND FOR WELLNESS WEDNESDAYS

Discuss and process your feelings, and gain valuable coping tools in this monthly workshop.

Presented by Dr. LaFaune Gordon | Zoom Wednesdays: 9/14, 10/12, 11/9 @ Noon

BIRTH CONTROL 101

Learn about the different types of birth control, and separate the myths from the facts! Everyone is welcome!

Presented by Aileen Kizlinski, Nurse Practitioner | Zoom | Thursday: 9/15 @ 4PM

NUTRITIONAL WORKSHOP SERIES

9/20: Your Nutrition: TikTok Food Trends & What Really Works! Learn the truth about social media trends regarding nutrition/weight management.

9/27: Nutrition for Optimal Fitness: Understand ways your nutrition can optimize your fitness goals.

10/4: What is Disordered Eating? Learn how certain "diets" hinder your nutritional goals.

10/11: The COVID Era: How do you fix the long term affects the pandemic had on your mood, weight, and body?

10/18: Happy Gut: What Foods Contribute to Stomach Problems? Find out what foods can heal or hinder your stomach.

10/25: What Food Can Improve Your Mood: Ever feel like you can't focus? Feeling tired, anxious or irritable? The right nutrition can help.

Presented by Diana Lipson-Burge, Registered Dietitian, Certified Eating Disorder Specialist | Zoom | Tuesdays @ Noon

SPECIAL EVENTS

Mental Health First Aid Certification: 9/30, 11/18, 12/2 @ 9AM

Annual Flu Clinic: 10/3-10/7 @ 9AM- 1PM

Substance Abuse and Mental Health Awareness Fair: 10/26 @ 10AM- 2PM

Therapy Dogs: 9/28, 10/19, 11/15, 12/7 @ 11AM-1PM

LET'S TALK ABOUT SEX!

Want to talk about sex in a fun, non-judgmental way? Come join in on a Kahoot game to earn the title of SEX GAMES CHAMP. Pizza will be provided!

Presented by Alexis Johnson, Registered Nurse and Sandra Sloan, Registered Nurse | In-Person | Wednesday: 9/21 @ 11:30AM Room 208 in Health Sciences Building

SELF-COMPASSION WORKSHOP

Do you beat yourself up when things go wrong? Learn how to use kindness to relieve stress and achieve your goal.

Presented by Dr. Victoria Kwon | Zoom Wednesday: 10/5 @ Noon

SUICIDE AWARENESS & PREVENTION WORKSHOP

Join this workshop to discuss risk factors for suicide and how to help a friend.

Presented by Jennifer Beckwith, LMFT | Zoom | Monday: 10/ 10 @ 5PM

FIERCE SELF-COMPASSION WORKSHOP

Curious about how self-compassion can lead to external change? Learn how to transform your internal kindness to external power and change.

Presented by Dr. Victoria Kwon | Zoom | Wednesday: 11/2 @ Noon

BEYOND TAMPONS AND PADS!

You've got options, PERIOD! **Presented by Christine Campbell, Nurse Practitioner | Zoom | Tuesday: 11/8 @ 10AM**

LGBTQIA+ ALLYSHIP WORKSHOP

Effective Allyship is paramount in overturning systems of oppression and inequities on any level. Learn what YOU can do to be an effective LGBTQIA+ Ally!

Presented by Dr. Kenneth Spears | Zoom | Tuesday: 11/8 @ Noon

LET'S CLEAR THE AIR WORKSHOP

Learn about the impact of tobacco-related products on our minds, bodies, and the environment.

Presented by Vickie Beckwith, Registered Nurse Zoom | Wednesday: 11/16 @ 4PM

ANGER MANAGEMENT WORKSHOP SERIES

This workshop will guide students in understanding the cycle of anger and how it impacts our lives.

Presented by Dr. Vianey Midgette | Zoom Thursdays: 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/3 @ Noon

FOR ACCESSIBILITY-RELATED QUESTIONS, PLEASE CONTACT SHS AT 310-660-3643.



**STUDENT
HEALTH
SERVICES**
EL CAMINO COLLEGE



Sign up at www.elcamino.edu/StudentHealthServices

**El Camino
College**



STUDENT HEALTH SERVICES

EL CAMINO COLLEGE

WARRIOR HEALTH IS OUR PRIORITY

Student Health Services (SHS) at El Camino College is committed to providing excellent, comprehensive outpatient clinical care to promote and maintain the health and well-being of our students. Take advantage of all we have to offer!

AVAILABLE SERVICES

Currently enrolled students can access the following services:

- Virtual & in-person medical visits
- Lab work and TB screenings
- Low-cost/FREE medications
- FREE STI screenings and condoms
- Low-cost Plan B and vaccinations
- Psychological/mental health services
- Wellness events/workshops
- And more!

IN-PERSON & VIRTUAL MENTAL HEALTH SERVICES

Our short-term mental health psychotherapy visits help students address emotional distress in a safe, nonjudgmental environment.

We also offer **TimelyCare** – a free virtual mental health care program available to students 24/7.



LEARN MORE

Visit www.elcamino.edu/StudentHealthServices to sign up for services and workshops and learn more about how El Camino College supports healthy lifestyle practices for all Warriors.

CONTACT:

ECCStudentHealth@elcamino.edu | 310-660-3643

After-Hours Emotional Crisis Line: 310-660-3377