

ESL GOOD NEWS

Mt. San Antonio College | English as a Second Language

Fall 2023 Edition

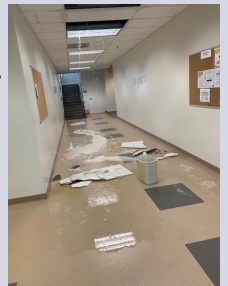
Message from Michael Ngo

Greetings ESL students!

Welcome to Fall 2023 semester! We are off to a rough start, but thanks to your patience and understanding, we will get through this temporary classroom/building transition. As you may know, towards the end of Summer 2023, there was a malfunction in the air condition system that



caused over-pressurized water pipes to leak and burst. This affected several buildings on the east side of campus, including building 66. Fortunately, no one was injured, but the flood caused extensive damage to the building's interior.



Currently, the building is undergoing repairs. According to the college, the repairs may be completed by the end of October. However, do not hold your breath. As soon as it is safe to return, the ESL Department will inform all students. For now, please bear with us during this transition.

On the bright side, Mt. SAC's School of Continuing Education (SCE) debuted our new website. Visit the [SCE's website \(www.mtsac.edu/sce\)](http://www.mtsac.edu/sce). The new website should be easier to navigate. There are new classes within SCE. If you want to discuss more about the types of classes that Mt. SAC has to offer, please schedule an [appointment](#) with a counselor in ESL.

Mt. SAC continues to provide technology assistance to students. If you need to borrow a laptop or a hotspot, please visit the [Technology Loans](#) website. Students must be enrolled in at least one course to be eligible. If you need assistance with Canvas, Zoom, Mt. SAC Portal, and other online help, please contact the [SCE Student Online Services \(SOS\)](#). SOS can meet with you in person or via Zoom.

Lastly, we are here to help you. You can visit our temporary location in building 40 for ESL Registration or visit our [ESL website](#) for the latest update.



Sincerely,

Michael Ngo

Professor of Counseling, ESL

STUDENT WRITING

READ OUR STORIES

My Family

Hi my name is Juana Diaz and I am from Mexico. I have two brothers and one sister. My mother died when I was born and my father died when I was 2. So I was raised by my aunt she is my mother. I have a nice family because they treat me like I am one of them. I am happy that I was lucky to have them. I don't know where I would be today or how different my life would be. My brothers took care of me and treated me like they treated my other sister and my sister was like my best friend. They all protected me from and never make me feel like I was not their sister. Maybe because I was the youngest one. I was very lucky that my aunt and uncle did not send me to an orphanage even if it they needed to make a lot of sacrifices and need extra money to take care of all of us. I am very happy and give many thanks for my family.



Juana Diaz (Level 6)

Being Happy

I like to help and many times when I am helping someone, I think about my grandmother in Guatemala. I was very lucky to have her in my life because she was a beautiful person inside and outside. I liked how she was always smiling even when I know things were not easy. For example, my grandfather fell off his horse and broke his leg and could not help take care of the animals and the crops so she had extra work to do. I would watch how she would get up early to do what he

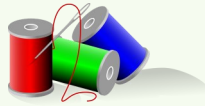


used to do, do her chores and stay up late cleaning up everything. Instead of saying how tired she was or how much extra work she needed to do. She would tell me "Mija, I am grateful that I can help him. Many people are not as lucky and they complain of what they don't have instead of being happy for what they do have." I learned to appreciate my grandmother and how she lived her life. I understand now about how we need to remember to appreciate what we are lucky to have, our health, clothes, food, a job, friends, and everything that makes us happy. Everyone can always look and want what they don't have but if you are not happy with what you do have now you will never learn to be happy. I thank my grandmother for teaching me how to be happy and to appreciate everything and everyone.

Maritza Esquivel (Level 5)

STUDENT HIGHLIGHT

TAKING A CLOSER LOOK AT OUR STUDENTS



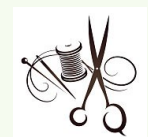
Yong Keu, a former ESL student, loves learning and never stops trying to improve. In 2017, she started taking ESL classes at Mt. San Antonio College in the Pre-Level 1 course. She worked really hard and never gave up, eventually finishing the ESL Level 6 course. Like many other students during the pandemic, Yong Keu had to transition to online classes. But that didn't stop her from learning English. She became adept at using Zoom and could even help others with it.



Yong Keu has always dreamed of learning how to make clothes. She has worked in the clothing industry for a long time, but going back to school and learning more about it has always been her goal. In the spring of 2023, her dream finally came true. She took her first credit course on Clothing Construction at Mt. San Antonio College. The course was sometimes difficult, but Yong Keu used the resources around her and scored a 98% in the class. Most importantly, she learned how to make clothes and fulfilled a life-long goal. Now she is ready to take another class this fall and plans to get a certificate in Fashion Design.



Yong Keu wants to show other students that chasing your dreams is never too late. While it can be difficult, Mt. SAC has great resources to help students succeed!



FUN WAYS TO LEARN

FUN AND EASY WAYS TO LEARN ENGLISH

Fun and Easy Ways to Learn English for ESL Learners

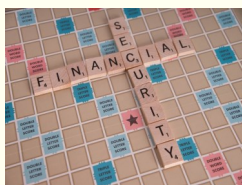
By: Jessica Dawdy

Learning English can be fun but it can also be frustrating. Find ways to improve your English skills by trying something new. But how can you stay motivated when you're frustrated or bored?

Try something new. There are many ways to learn English but here are a few to try out.

Play Scrabble

Scrabble is a classic board game in which players use random lettered tiles to create words in a crossword fashion. It's a fantastic way to strengthen your English vocabulary. Playing Scrabble challenges you to really think in English as you try to come up with different words with your set of letters. If you're taking an English class, buy the board game and invite your classmates to play with you. You can also play Scrabble online through websites like Facebook, where the game is called Words With Friends.



Find a Conversation Partner

Get more English conversation practice by searching for English friends online. You might be able to connect with another language learner in your area, or even just exchange emails, instant messages or have Skype conversations in English. Try free websites that help language learners connect for language exchange such as [Conversation Exchange](#). In a language exchange, you have conversations with an English speaker who is studying your native language. This way, your partner practices speaking your native language with you, and then you get to practice speaking English with him or her.



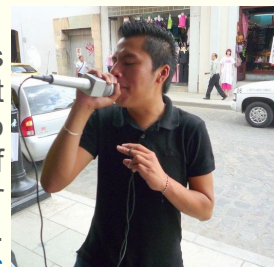
Learn English with Authentic Videos such as YouTube Channels

Authentic videos are made by and for native speakers. They can be challenging to understand at first, so start small. I'd recommend looking for 5-minute-long YouTube videos about topics you're interested in. For example, if you love to cook you might try a recipe channel like Food Network. Five minutes is the average length of video clips too—there's a wide range of topics for any interest on this language learning platform.



Sing Karaoke

Learn a few English songs and sing along with them. It might be interesting to finally learn the meaning of the lyrics to some of your favorite English songs. Both [FluentU](#) and [Lyrics Training](#) are great online platforms to learn the lyrics to your favorite English song. You can sing at home while you're cooking or taking a shower, or gather some friends and go sing at a karaoke bar. Singing English songs is a great way to practice speaking and intonation, plus you can have fun singing songs that you already know and enjoy.



Get an English App for your Phone

You're probably constantly on your phone, right? So why not use it as an opportunity to practice English? There are dozens of great apps, and so the hardest part is simply narrowing it down to just a few. The key to learning English is to not give up!



<https://www.fluentu.com>

PROGRAMS AT MT. SAC

SHORT TERM VOCATIONAL

Do you want to understand camera operations, lighting, composition, darkroom procedures, and special characteristics of films and paper? Do you want to gain knowledge of the technical and aesthetic aspects of photography? Do you want to better prepare to know what skills portrait photographers need to help people relax in the presence of a camera? Then consider enrolling in and completing the Photography - Level I Certificate through the Mt. SAC Arts Division.

Mt. San Antonio College - Arts Division
Photography - Level I (Certificate N0631)

This multi-level certificate program is designed to prepare students for employment in the field of photography. The Photography Level 1 program offers the core skills necessary for employment as an entry-level Photography Assistant.

Course Prefix	Course Name	Units
PHOT 9	Digital Image Editing for Photographers	3
PHOT 10	Basic Digital and Film Photography	3
PHOT 11A	Intermediate Photography	3
PHOT 11B	Digital Capture Workflow	3
PHOT 14	Commercial Lighting	3
PHOT 20	Color Photography	3
Choose one course from the following:		3
PHOT 12	Photographic Alternatives	
PHOT 16	Fashion and Editorial Portrait Photography	
PHOT 18	Portraiture and Wedding Photography	
Total Units		21

If you are interested in this Photography - Level 1 Certificate program, or you want to learn more about other programs available through the non-credit department, speak with an ESL Counselor. You can make an appointment by using the QR code provided, <https://www.mtsac.edu/esl/counseling.html> or you can stop by the Career Guidance Center (CGC).



QR code to make an ESL
Counseling Appointment

TIPS FOR HOT DAYS

WAYS TO STAY COOL

How to Stay Cool Without Air Conditioning

By [Kristen Rogers](#), CNN



Stay hydrated

When you're hot and flushed, hydrating yourself is the first and foremost step to cooling down.



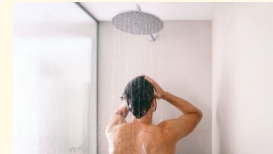
Use cold washrags on your neck or wrists

Place a cold washrag or ice bags (packs) on your wrists or drape it around your neck to cool your body. These pulse points are areas where blood vessels are close to the skin, so you'll cool down more quickly.



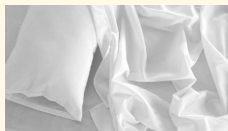
Close your curtains or blinds

If you have windows that face the sun's direction in the morning through afternoon, close the curtains or blinds over them to keep the sun from coming directly into the house and heating up (the) inside. You could also install blackout curtains to insulate the room and reduce temperature increases that would happen during the day.



Take a cold shower or bath

Taking a cold shower or bath helps cool your body by lowering your core temperature.



Sleep in breathable linens

Cotton is one of the most breathable materials, so cotton sheets or blankets could help keep you cool through the night.



You may also want to spend some time at a shopping mall or a public library – even a few hours spent in air conditioning can help. Maybe ask your friends what they do to stay cool. You'll be surprised at what you find out. So do whatever you can to stay cool on these hot Summer days!



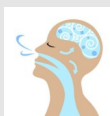
WHAT IS CONFIDENCE

PRACTICE TO SPEAK WITH CONFIDENCE



Confidence is an interesting thing. Some people just naturally seem to have it, even when they aren't necessarily the best at something. For the rest of us, though, it's something we need to develop over time. There are a few shortcuts, though. Here are six unusual ways you can feel more confident speaking English, quickly.

1. **Breathe:**



Something that's easy to forget when you are nervous. Making sure you have enough oxygen in your blood is vital to feeling confident and speaking a language well. Take a deep breath before you speak to give yourself time to think and help yourself feel more confident.

2. **Slow down:**



Most of the best public speakers in English speak slowly. Speaking slower makes you sound more confident and trustworthy and will also have an impact on how you feel. As well as making you feel more confident, it gives you a bit of time to think about what you are going to say next.

3. **Smile:**



There have been a number of studies that show smiling has a positive impact on people's mood, making them feel happier and calmer even when there is no other change in their situation. Use this to your advantage when speaking English to feel happier and more confident.

4. **Practice making mistakes:**



One of the biggest barriers to putting new sentence structures and vocabulary into action is the fear of getting it wrong. Even though mistakes are a natural and important part of learning, it can be easy to feel embarrassed or uncomfortable when you make one. So, to overcome that fear, put yourself in a situation where you know you are wrong. For example, go into a hardware store and ask if they sell food. It's a difficult thing to do, but finding out that people are usually polite and friendly, even when you make an obvious mistake is an important realization to make.

5. **Visualize success:**



This is a trick used by many top athletes. Before you speak English, imagine yourself speaking clearly and fluently. By visualizing the most positive outcome of the situation, you'll feel confident and know what you're aiming for.

6. **Congratulate yourself:**



Make sure to celebrate your strengths. Make a list of the things you can already do well in English and keep it to date. When you look down the list of all the things you are already great at, it will make you feel more confident.

Feeling confident, yet? Commit to trying one of these techniques today and see how much more confident it makes you feel.



COUNSELING

MEET YOUR NEW COUNSELOR

Once again, the Fall Semester has arrived and with it has brought new changes. We would like to welcome Joyce Yang, as she joins the ESL Counseling Team. Along with the rest of the ESL Counseling team, she is here to help students get answers to their questions and guide them on their academic path. So stop by the Career Counseling Center (CGC) to say hi to the ESL counselors and meet Joyce!

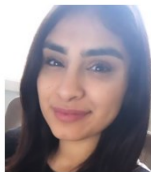
Hi, my name is **Joyce Yang** and I am very excited to start working as a counselor here at Mt SAC ESL program. I was an English learner myself when I came to the United States in 7th grade. I am grateful for this opportunity to give back to community college and help students achieve academic success and assist them to navigate their career paths. I understand how impactful counselors can be on students' success since I also attended a community college and received tremendous guidance from my previous counselors. I hope to help students the way my counselors helped me. After obtaining my A.A. degree in Psychology, I later transferred to UCLA and obtained my B.A. in Psychology as well as a minor degree in Applied Developmental Psychology. Later, I went to USC and received my Master's in Social Work specializing in clinical counseling. In my spare time, I enjoy spending time with my two little ones and watching them grow. I also love spending time with my family and going out to eat different types of cuisines. I truly believe that food brings people together regardless of language and cultural background.



ESL Counseling Team



Michael Ngo
Professor/Counselor



Vanessa Garcia
Professor/Counselor



Maribel Gonzalez
Professor/Counselor



Samantha Wang
Professor/Counselor



Blanca Alvarado
Professor/Counselor



Joyce Yang
Professor/Counselor



Bertha Rodriguez
Student Advisor

The ESL Counseling Team can assist you with any of the following:

Program Requirements	Career Exploration	Resume Services	To schedule an in-person or Zoom appointment, scan the QR code below: 
Educational Planning	Job Search Skills	ESL Issues	
Interviewing Skills	Applying to Credit	Degree Evaluation	
VESL Program	Financial Aid	American Language	
TOEFL	Citizenship	Educational Concerns	

ENGLISH AS A SECOND LANGUAGE DEPARTMENT

www.mtsac.edu/ESL • [Facebook.com/MtSACESL](https://www.facebook.com/MtSACESL) • ESLCounseling@MtsAC.edu

Revised Fall 2023

Mt. San Antonio College

English as a Second Language

**Have Questions?
Need To Contact Us?**

*Mt. San Antonio College
English as a Second Language
1100 N. Grand Avenue
Walnut, CA 91789*

ESL Registration

CALL (909) 274-5235 or (909) 979-1552
or EMAIL ESLreg@mtsac.edu

VESL Program

CALL (909) 274-5236
or EMAIL VESLprogram@mtsac.edu

ESL Counseling

CALL (909) 274-5715
or EMAIL ESLCounseling@mtsac.edu

Online Tech Support

CALL (909) 274-4440
or EMAIL SCEhelp@mtsac.edu



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