



## President Mary Gallagher

The Los Angeles Community College District announced that in response to the ongoing COVID-19 health emergency, all classes will continue in remote platforms for Winter session and the Spring 2021 semester. In an effort to share information and support, we are sending out a monthly newsletter to our students during this period.



## Upcoming Events

**January 4**

Winter Term Begins

**January 6**

Last Day to Add or Drop Classes

**January 18**

Campus Closed - Martin Luther King Holiday

## A New President Brings A Commitment to Education

This January is historic in many ways. On January 20, a new president will enter the White House. Joe Biden is dedicated to providing education access for everyone, uniting the country and bringing transparency to the nation.

We also have a new First Lady who is a life long educator and community college instructor. Dr. Jill Biden believes that community colleges are “one of America’s best kept secrets.” While on the campaign trail, Dr. Biden shared her husband’s proposal to make community colleges a central component of his education, workforce and economic plans when he takes office. Community colleges played a key role in the Obama administration’s plan for economic recovery during the past recession and President Biden will again make community colleges central to the current economic recession by offering two years of community college at no cost to students, including Dreamers and part-time students. His plans also include to make sure colleges have guidelines and protective equipment to prevent the spread of coronavirus; invest to make sure students have broadband and technology for remote learning; create new grant programs to assist in improving student success and assistance with other expenses for students.

January will also bring us a first in history – Kamala Harris will be the first woman to become vice president. She is also the first Black person and first



Photo by David Lienemann / Biden For President

South Asian American in American history to serve as vice president. Harris spent much of her career as a prosecutor before getting elected to the Senate in 2016; she also ran for presidency before she was named Biden’s running mate. Harris has a history of advocating for all students, including students of color, students with disabilities, LGBTQ+ students and others who face barriers to education.



# Resources for Students

As we continue to navigate the ongoing challenges of COVID-19, many students need assistance with basic necessities. This month we are highlighting local food banks and resources for food insecurity.

## **Food Oasis Pantry Locator**

This tool shows all the food pantries in your area and gives directions.

## **Los Angeles Regional Food Bank**

The Food Bank locator shows a map of pantries near your residence.

## **California Association of Food Banks**

This food bank network works to ensure that vulnerable communities have consistent and safe access to nutritious food.

## **CalFresh Emergency Application**

Students and families with low income can access CalFresh benefits to put healthy and nutritious food on the table.

**My Friends Place** offers to-go meals.



## **Hollywood Food Coalition**

Free packaged evening meals are being provided nightly. No seating available. 6:15 p.m. – 8 p.m.  
5939 Hollywood Blvd. - (323) 462-2032

## **Food Pantry at Blessed Sacrament**

The Food Pantry at Blessed Sacrament distributes groceries every Saturday.  
6657 Sunset Blvd, LA, CA 90028.

**L.A. LGBT Center** offers to-go meals.

## **Dream Center Food Truck**

For locations call or email:  
(213) 273-7042  
foodtruck@dreamcenter.org

# Setting Goals for 2021

Setting goals is a vital step in planning not only your academic future, but also for your relationships, career and health endeavors. Here are a few guidelines for setting and achieving goals in 2021:

## **1. Write Down Your Goals**

Research has found that people who write down their goals are significantly more likely to achieve them. By writing down goals you are showing your commitment to achieving them.

## **2. Make SMART Goals: Specific, Measurable, Attainable, Relevant and Tangible**

Come up with realistic, achievable goals that are specific and measurable. You are more likely to achieve a smaller attainable goal that will eventually lead up to one day achieving a larger goal. Goals should be relevant to the direction you want your life and career to take. Also create a time frame to achieve goals.

## **3. Make an Action Plan**

By writing out individual steps to achieving your goals, you can see the progress you are making towards your ultimate goals. List each task that you need to achieve your goal in the order that you need to complete them.

## **4. Keep on Track**

Goal setting is an ongoing activity. Schedule reminders to keep yourself on track and review your progress. Regardless of how often you review your action plan, the most important thing is that you assess whether your goals are still relevant and realistic. By reviewing your progress, you can make adjustments and celebrate the successes you have achieved.

