

# STUDENT VETERANS

**RESOURCE GUIDE**



LONG BEACH  
CITY COLLEGE

# TABLE OF CONTENTS

Greetings .....	3
Career & Academic Pathways.....	4
Veteran Services Office .....	6
Success Centers .....	10
Counseling.....	11
Health & Wellness.....	12
Student Life.....	14
Bookstore.....	15
Admissions & Financial Aid .....	16
Athletics.....	18
Food Services.....	19
Student Services.....	20
University Transfer & Transportation Services.....	22
Police & Campus Safety .....	23
LBCC Phone Numbers - Quick Reference .....	24

# GREETINGS!

On behalf of Long Beach City College, it is my great pleasure to welcome our student Veterans.

Long Beach City College is proud to support our Veterans and give back to those who have served our country. Since 1989, LBCC has been providing direct services to student Veterans. Today, our Veterans Services Office provides counseling, resources and a safe space on campus for our students to meet their fellow Veterans. Recently the Veterans Services Office was moved to a more updated location in the A Building at the Liberal Arts Campus – one of the College’s most historic and iconic buildings.

This resource guide is one of the many ways we are committed to ensuring that LBCC is responsive to your needs. We hope this new Veterans Student Resource Guide will assist you in your journey at LBCC. In it, you will find a variety of LBCC Student Services, tips to achieve academic success, information on transfer and much more. There is also a more detailed list of services specifically focused on serving our student Veteran community through our Veterans Services Office. In addition, you will find a number of LBCC Veteran faculty and staff members in this guide. I hope you find their profiles inspiring and helpful during your time at LBCC.

Our goal is to prepare students to assume their roles as contributing members of the student body here at Long Beach City College and as part of the greater community. Together, we hope to create a thriving, equitable and inclusive campus community for all. We aim to make substantial progress toward closing education, culture and identity gaps, and provide a welcoming, inclusive, and supportive campus environment for all our students.

LBCC has been serving students for more than 90 years. And whether you are looking to transfer to a university, earn a degree, or earn a certificate, LBCC will help prepare you for success in all your career and life goals.

We are proud that you have selected Long Beach City College as part of your educational path and we hope that this Resource Guide will assist you on your journey to success.

**Dr. Mike Muñoz**  
Vice President, Student Services  
Long Beach City College



# CAREER & ACADEMIC PATHWAYS

- Accounting
- Acting Academy
- Administration of Justice (ADT)
- Advanced Transportation Technology
- Alcohol and Drug Studies
- Android App Developer
- Anthropology (ADT)
- Architectural Design
- Art History (ADT)
- Athletic Coaching
- Baking and Pastry Arts
- Biological Sciences
- Biology (ADT)
- Business Administration (ADT)
- Business Information Worker
- Business Management
- Business, Money & Banking
- CAD Professional Certificate
- Child Development and Educational Studies
- CISCO Certified Network Associate
- Communication Studies (ADT)
- Computer Hardware Repair
- Computer Science
- Computer Technology
- Creative Writing
- Criminal Forensics
- Culinary Arts
- Customer Relations Specialists
- Cyber Security
- Dance
- Database Management
- Diagnostic Medical Imaging
- Dietetics
- Digital Design and Publication
- Digital Film Making
- Digital Media Arts
- Drafting – Architecture & Mechanical Design
- Early Childhood Education (ADT)
- Economics (ADT)
- Electrical Technology
- Elementary Teacher Education (ADT)
- Emergency Medical Technician
- Engineering
- English (ADT)
- Family and Consumer Studies
- Fashion Design
- Fashion Merchandising
- Film, Television & Electronic Media (ADT)
- Fire Science
- Floral Design
- Foreign Language
- Geography (ADT)
- Geology (ADT)
- Graphic Design
- History (ADT)
- Home Health Aide
- Horticulture
- Human Services
- Journalism (ADT)
- Kinesiology (ADT)
- Library Technician
- Linguistics
- Logistics
- Magnetic Resonance imaging
- Marketing
- Mathematics (ADT)
- Medical Assisting
- Medical Insurance Billing
- Metal Fabrication
- Microsoft Windows Networking Technician
- Music (ADT)
- Network Cabling Specialist
- Nursing - RN, VN
- Nursing Assistant
- Nutrition and Dietetics (ADT)
- Nutrition Assistant
- Personal Financial Planning
- Personal Trainer
- Philosophy (ADT)
- Phlebotomy

- Political Science (ADT)
- Psychology (ADT)
- Public Health Science (ADT)
- Radio/TV
- Real Estate
- Robotic Welding Automation
- Social Media Application Development
- Sociology (ADT)
- Solar Photovoltaics Installation and Design
- Spanish (ADT)
- Studio Arts (ADT)
- Theatre Arts (ADT)
- Traffic Signal Systems
- TSA Associate
- UNIX Network Administrator
- Web Development
- Welding

*(ADT) indicates that this area of study has an Associate Degree for Transfer. An ADT allows a student to earn an Associate Degree at LBCC and get a guaranteed spot at a California State University.*

## NONCREDIT CERTIFICATES (FREE)

- Computer Hardware Repair
- Home Remodeling
- Office Technologies, Microsoft Outlook
- Office Technologies, Microsoft PowerPoint
- College and Workplace Readiness
- English as a Second Language
- English for Everyday
- Reading Skills for ESL



**Nevon M. Watson**  
Director of Student Life and Conduct  
*United States Army*

### What was one of the most important take-away or experience you learned while you served in the military?

My most important take-away from my time in the service is the mantra “One team one fight”. The ARMY taught me that the overall mission is always more important than ego or insecurities. Stay aligned with the mission and everything else will follow.

### What advice would you give to our LBCC student Veterans?

There is life after the service, it takes time to get adjusted to civilian life and it can be hard, but lean on your family and village and it will be okay.



**Cindy Baker**  
Dept. Chair Deputy Director, Finance & Accounting  
*United States Navy*

### What was one of the most important take-away or experience you learned while you served in the military?

Structure & chain of command.

### What advice would you give to our LBCC student Veterans?

You can do anything. Hang in there, a good education can take you everywhere.

# VETERANS SERVICES OFFICE

## VETERAN ADVISORY PROGRAM/FRONT DESK

A staff of 20 work study students who rotate through the front desk—many of whom act as a Peer Advisor for incoming students. The staff is trained to answer questions regarding school policy, certification procedure, VA benefits, and the current programs within the VSO. They are the first points of contact and a great resource

**Monday-Thursday 8am-5:45pm,  
Friday from 8am-12pm  
(562) 938-4162  
veterans@lbcc.edu**

## Rachele Ross, Veteran Certifying Official

Primary Certifying Official and Financial Aid Specialist. Can assist with VA Educational Benefits and processing Financial Aid Paperwork. Can assist with VA Benefits, certification, and intake of Financial Aid paperwork.

**Monday-Thursday from 9am-6pm,  
Friday from 8am-12pm  
(562) 938-4759  
rross@lbcc.edu**

## Brian Skieff, Veteran Certifying Official

Certifying Official and Primary Admissions and Record Tech. II and answer questions regarding VA Benefits, certification, and Admissions/Records.

**Monday-Thursday from 8am-5pm,  
Friday from 8am-12pm  
(562) 938-5913  
bskieff@lbcc.edu**

## LBCC COUNSELING STAFF

### Harold Anderson, Lead Academic Counselor

Assists with academic counseling, career counseling, transfer counseling, personal counseling, & Financial Aid counseling.

**Monday and Tuesday 9am - 5pm  
Friday 1:30pm - 5 pm by appointment only.  
Please call to schedule an appointment.  
(562) 938-4162  
handerson@lbcc.edu**

### Danielle Bejarano, Academic Counselor

Assists with academic, career, transfer, and personal counseling; referrals to third party resources such as linkages to mental health, legal services, housing resources, career assistance.

**Wednesday 9:30 am - 12 pm  
Thursday 3pm - 6pm by appointment only.  
Please call to schedule an appointment.  
(562) 938-4162  
dbejarano@lbcc.edu**

### Krysten Gonzalez, Academic Counselor

Assists with academic, career, transfer, and personal counseling; referrals to third party resources such as linkages to mental health, legal services, housing resources, career assistance.

**Tuesday and Thursday 8:00 am - 12 pm  
by appointment only.  
Please call to schedule an appointment.  
(562) 938-4162  
kgonzalez@lbcc.edu**

## DEPARTMENT OF THE VA STAFF

### Lois Daz, Vet Success on Campus Counselor

VSOC is a partnership between the US Department of Veterans Affairs (USDVA) and Long Beach City College designed to “help Veterans, Service members, and their qualified dependents succeed and thrive through a coordinated delivery of on-campus benefits assistance and counseling, leading to completion of their education and preparing them to enter the labor market in viable careers” (USDVA).

The USDVA provides a VSOC to work in the LBCC Veterans Services office to provide the following services:

- On-campus outreach to Veterans
- Transition support services  
Referrals for VA medical and mental health services
- Adjustment/transition and career counseling services specific to VA benefits and Veteran issues
- Assistance in applying for other VA benefits
- Job placement assistance and coordination with local Disabled Veterans' Outreach Program (DVOP) Specialists and Local Veterans' Employment Representatives (LVERs)
- Referrals to campus services as necessary

**Monday, Wednesday, Thursday 9am-5:30pm  
(562) 938-4162  
lois.daz@va.gov**

### Elder Natareno, Los Angeles Vet Center Outreach Coordinator

Transition counselor from the LA Vet Center providing a broad overview of benefits information. An official VA employee, Mr. Natareno has the ability to assist students with the VA claims process, review all VA Benefits (educational and non-educational) and can make the necessary referrals as needed to local area Vet Center Counselors. All sessions are confidential – sessions may be placed on official VA record per individual discretion.

**Tuesday from 12:30pm-430pm  
Friday's by appointment  
(562) 938-4162  
(213) 435-4340 (Mobile)  
elder.natareno@va.gov**





**Nate Jarrett**  
Document Publishing  
Manager  
*United States  
Marine Corps*

**What was one of the most important take-away or experience you learned while you served in the military?**

Self-Discipline .

**What advice would you give to our LBCC student Veterans?**

You will always be under some form of authority your entire lives, so find contentment and you will grow thereby.



**Javier Villaseñor**  
Counselor  
*United States Army*

**What was one of the most important take-away or experience you learned while you served in the military?**

Culture shock away from Southern California. Met many wonderful people and provided me structure in my life.

**What advice would you give to our LBCC student Veterans?**

Continue to create new goals and plan the proper steps to achieve those.

## VETERANS SERVICES OFFICE (CONT.)

### COMMUNITY PARTNERS

**Connie Thomas,  
Licensed Marriage Family Therapist,  
Clinical Director, Strength in Support.**

Psychotherapist and primary point of contact for Strength in Support, a non-profit (501.3c) Agency providing counseling, peer mentorship and workshops to military, Veterans and their families in Los Angeles and Orange Counties. Clinical and peer support staff are stationed in the VSO through our partnership with Strength in Support. Ms. Thomas is trained to treat PTSD, anxiety, depression, substance abuse, military sexual trauma, as well as address parenting issues, anger management, grief and loss and marital conflict. All sessions are confidential and are not-placed on your official VA or school record.

**Private sessions and walk in appointments, Monday 1pm-5pm on campus or in Strength in Support's office not far from campus by appointment.**

**Strength in Support has office hours seven days a week from 8:00 a.m. - 9:00 p.m.  
(562) 938-4162 or (714) 371-7954  
connie@strengthinsupport.com**

### Interns-Case Management and Outreach Resources

MSW interns from USC School of Social Work that assist students with case management and third party resources such as linkages to mental health, legal services, housing resources, career assistance, and more.

**Monday 9am-6pm,  
Wednesday and Thursday 9am -5pm  
(562) 938-4973**



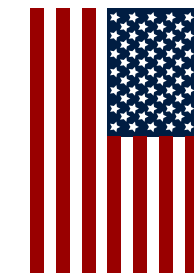
**Robert Carman**  
Director, Applications  
Development & Support  
*United States  
Marine Corps*

**What was one of the most important take-away or experience you learned while you served in the military?**

Think outside of the box and improvise if necessary, the solution to a problem doesn't always stare you in the face.

**What advice would you give to our LBCC student Veterans?**

Persevere. Completing a college education can be a challenge but keep pushing forward. Don't be too proud to ask for help if you're struggling, you'd be surprised how many people are out there who want you to succeed.



**Grant Boyer**  
Professor : Administration  
of Justice  
*United States Army*

**What was one of the most important take-away or experience you learned while you served in the military?**

Attention to detail and survival.

**What advice would you give to our LBCC student Veterans?**

"Hang in there. There is a light at the end of the tunnel"

# SUCCESS CENTERS



## MULTIDISCIPLINARY SUCCESS CENTERS

The Multidisciplinary Success Centers strive to contribute to the success of all Long Beach City College students by providing quality learning assistance. We have a staff of Instructional Specialists and qualified tutors ready to help, at both LAC and PCC, during all center hours. Explore the many services we offer to find the right one for your needs!

**LAC: L-212 • (562) 938-4699**  
**PCC: EE-206 • (562) 938-3991**

## TUTORING CENTER

Tutoring is offered at both campuses for a variety of subjects, including math, accounting, economics, physics, geology, chemistry, biology, anatomy, physiology, philosophy, psychology, and foreign languages (including Spanish, Japanese and German), and much more! Don't see your class subject listed? Come talk to us. The Tutoring Center may still be able to help!

**LAC: L-212 • (562) 938-4474**  
**PCC: EE-206 • (562) 938-3991**  
[tutoring@LBCC.edu](mailto:tutoring@LBCC.edu)

## MATH SUCCESS CENTER

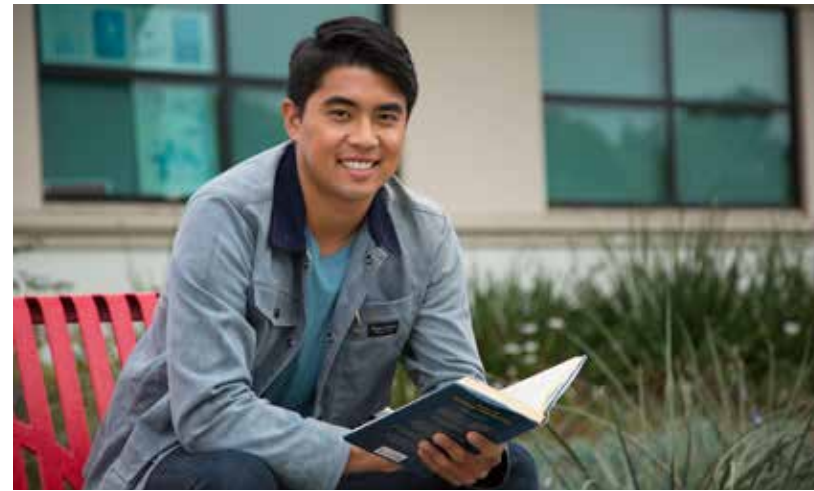
The LBCC Math Success Center provides Supplemental Learning Activities and tutoring to students of all levels.

**LAC: V-163 • (562) 938-4228**

## WRITING & READING SUCCESS CENTER

The Writing & Reading Success Center is available to help students with both writing and reading needs. The Center has a computer lab for students to use type and print class work, or a quiet place to study. Staff are also available to help with tutoring needs.

**LAC: E-09L • (562) 938-4520**  
**PCC: EE-206 • (562) 938-3991**



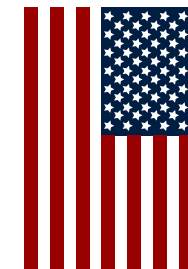
**Pat Nye**  
Chief Operating Officer,  
Economic Development  
Division  
*United States  
Coast Guard*

**What was one of the most important take-away or experience you learned while you served in the military?**

Be prepared and on time.

**What advice would you give to our LBCC student Veterans?**

In service we learned to extend past what we believed were our limitations—do that with your education.



**Sable Cantus**  
Instructor  
*United States Army*

**What was one of the most important take-away or experience you learned while you served in the military?**

I worked closely with a team of experts to support the troops through musical performances and concerts. Espirit de Corps is one of the foundations of building morale.

**What advice would you give to our LBCC student Veterans?**

Work hard. Keep an open mind. Find someone you can speak with plainly and openly. Military talk is not always the same as civilian or college talk.

# COUNSELING

Counseling services at LBCC are in place to help students identify and clarify personal, career and educational goals.

**LAC, A-1111 • (562) 938-4561 | PCC, GG-202 • (562) 938-3920**

## CALWORKS

CalWORKs is California's Welfare-to-Work program that gives cash aid and services to eligible needy California families.

**PCC: GG-217 • (562) 938-3116**

**calworks@LBCC.edu**

## EXTENDED OPPORTUNITY PROGRAMS AND SERVICES (EOPS)

Extended Opportunity Programs and Services (EOPS) is a state funded retention and support program. The mission of EOPS is to identify and assist students who are affected by social, economic, educational, or language disadvantages.

**LAC: A-1134 • (562) 938-427 • (562) 938-3097**

**LBCC.edu/Extended-Opportunity-Programs-and-Services**

## TRIO GO PROJECT

The TRiO GO Project is a comprehensive program of academic support and personal development services for low-income, first-generation college, and disabled students to achieve retention and graduation rates that exceed that of the general student body.

**PCC: GG-217 • (562) 938-3233**

**goproject@LBCC.edu**

## UPWARD BOUND PROGRAM

The goal of the Long Beach City College TRiO Upward Bound Program is to prepare high school students from the Long Beach Unified School District. The Program accomplishes this objective by enhancing participants' academic skills, personal motivation and confidence that is needed to succeed in college.

**PCC: AA-109 • (562) 938-3177**

**upwardbound@LBCC.edu**



## DREAM SERVICES

Long Beach City College is proud to take a stand and support our undocumented students. The Dream Center is dedicated to serving the AB540 and undocumented student population through advocacy, guidance, and support.

**LAC: A Bldg. | PCC: AA Bldg.**

**(562) 938-5101**

**dreamservices@LBCC.edu**

## INTERNATIONAL STUDENT SERVICES

The International Student Programs (ISP) offers specialized support and immigration advising to F-1 and M-1 status students on campus, as well as assistance to prospective students during the application process.

**LAC: A-1097 • (561) 938-4745**

**international@LBCC.edu**

# HEALTH & WELLNESS



## LBCC STUDENT HEALTH SERVICES

The LBCC Student Health Services (SHS) supports students by providing quality and accessible primary care, and mental health services and education. Student Health Services partners with the City of Long Beach and the surrounding community to provide comprehensive clinical services to students. We engage students in making informed decisions about their healthcare, and empower them to be self-directed healthcare consumers.

**LAC: A-1010 • (562) 938-4210**

**PCC: GG-117 • (562) 938-3992**

**www.LBCC.edu/Student-Health-Services**

## MENTAL HEALTH SERVICES (MHS)

Mental Health Services are designed to serve students who are experiencing stress or other emotional difficulties. You have paid a student health fee that provides you up to six free individual therapy sessions during a regular semester, based on clinical need. Services assist with issues such as stress, anxiety, panic attacks, depression, grief and loss, identity struggles, relationship difficulties, substance abuse and eating disorders. Each therapy session is approximately 50 minutes.

**LAC: A-1010 | PCC: GG-117**

**(562) 938-3987**

## “OVER-THE-COUNTER” OTC NUTRITION Better Breakfast Day

In an effort to address the high to moderate levels of food insecurities our students are facing, LBCC hosts a monthly event at both campuses where hot breakfast is provided free to students. Check with Student Health Services to find out the next event date, time and location.

## The Viking Vault

Long Beach City College's very own food pantry. Students fill out a basic needs assessment and receive 15 points to go grocery shopping in the Vault. The food to be used to supplement students' daily nutritional needs.

**LAC: E-212**

**PCC: EE-102J (inside the Student Union)**

## Mini Viking Vault

Mini Viking Vaults are located in the Student Health Services offices. Students can stop by and grab an individually wrapped snack also known as a “Viking Bar” while on campus Mondays –Thursday from 8 a.m.–5 p.m., and Fridays 8 a.m.–12 p.m. Look for Mini Viking Vaults popping up in faculty offices and academic buildings.

**LAC: A-1010 • (562) 938-4210**

**PCC: GG-117 • (562) 938-3992**



**Sean Dinces**

Associate Professor of History

*United States Navy*

**What branch of the military did you serve?**

**What was one of the most important take-away or experience you learned while you served in the military?**

If you want to be left alone, always walk quickly with a folder in your hand! (The folder can be empty.)

**What advice would you give to our LBCC student Veterans?**

The military can addict us to rigid structure in our personal and professional lives. This can make it difficult to work with students and faculty without the same experience. So try to cultivate patience with the non-military folks. You might even learn something from them!



**John Sicklick**

Adjunct Faculty

*United States Navy*

**What was one of the most important take-away or experience you learned while you served in the military?**

Leadership and taking care of your people.

**What advice would you give to our LBCC student Veterans?**

Network with fellow Veterans and take advantage of all the resources made available to Veterans.

# STUDENT LIFE

LBCC has a vibrant student life that will make your college experience fun and memorable. There are hundreds of opportunities to get involved through student government, student clubs, community service, athletics, honors programs, and more.

LBCC's Student Life office is dedicated to providing events, programs and services that enhance the academic success, personal development and sense of belonging for student Veterans at Long Beach City College. If you want to get involved or learn more, stop by our offices at either campus.

**LAC: E Building | PCC: EE Building  
(562) 938-4552**



# BOOKSTORE

The Bookstore sells a variety of items including textbooks, apparel, electronics, discounted software, supplies, accessories, gifts and more. We match Amazon.com and BN.com on textbook prices.

**LAC: Building I • (562) 938-4223**

**PCC: Building EE • (562) 938-3106**

**www.LBCC.BNCollege.com**



**Myke McMullen**

Dept. Chair - Business Administration/Economics

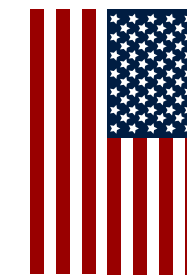
*United States Air Force*

**What was one of the most important take-away or experience you learned while you served in the military?**

Discipline.

**What advice would you give to our LBCC student Veterans?**

Press on!



**Debi Beitler**

Professor

*United States Air Force*

**What was one of the most important take-away or experience you learned while you served in the military?**

Everyone responds and copes differently

**What advice would you give to our LBCC student Veterans?**

That you are not alone and talking really does help.



# ADMISSIONS & AID



## ADMISSIONS & RECORDS OFFICE

The Admissions & Records office is the first stop for new students, acting as a gateway to their educational future. Admission & Records can help by assisting students with registering for classes, changing your major, transcripts, and support in understanding prerequisites and registration requirements.

**LAC: A-1075 | PCC: GG-102**  
**(562) 938-4485**

[www.LBCC.edu/admissions-records](http://www.LBCC.edu/admissions-records)

## FINANCIAL AID

LBCC administers a comprehensive student financial aid program to assist students in meeting college costs. The amount of financial aid awarded varies from student to student depending on the individual's need and resources. Please contact the LBCC Financial Aid offices if you would like additional information on any of the programs listed below.

**LAC: A-1075 • (562) 938-4485**  
**PCC: GG-201 • (562) 938-4485**

## Free Application for Federal Student Aid (FAFSA)

The application process for financial aid begins with the completion of the Free Application for Federal Student Aid (FAFSA), which is available on October 1 for the following Fall semester. Students may apply online at <http://www.fafsa.gov>.

In addition to having financial need, students must meet the following requirements:

- Be enrolled in an eligible program leading to the completion of a degree, transfer requirements, or a certificate program
- Be a U.S. citizen or eligible non-citizen
- Register with the Selective Service, if student is a male
- Not be in default on any student loan or owe a refund on any grant made under any Title IV program
- Have a high school diploma, GED or equivalent
- Maintain Satisfactory Academic Progress

Additional documentation, such as transcripts, tax returns, and verification documents may be requested from students and/or parents. Students and parents will be able to submit any requested documentation online through Campus Logic at <http://LBCC.verifymyfafsa.com>.

## Pell Grants

Pell Grants are a federally funded program for undergraduates who demonstrate need. The amount of the Pell Grant varies according to eligibility (determined by the FAFSA) and enrollment. Pell Grants are limited to 12 full-time semesters of enrollment.

## Federal Supplemental Educational Opportunity Grants (FSEOG)

This grant is available to undergraduate students who demonstrate exceptional financial need. The awarding of FSEOG funds is limited to the availability of funding and must be given to maximum Pell Grant recipients. If eligible, you must be enrolled in 6 units or more to receive funding.

## Federal Work Study (FWS)

This program provides employment opportunities to student with financial need. Students awarded FWS receive an allocation of funds earned through part-time jobs on campus. Students are employed a maximum of 16 hours per week while school is in session. For more information please visit the Financial Aid office at LAC and PCC to learn about your eligibility to participate.

## Direct Loan Program

This federal program provides loans to student to be used for educational expenses. Students having completed less than 30 units may borrow up to \$3,500 per year, and students completing over 30 units may borrow up to \$4,500 per year in subsidized loans. Interest does not accrue on a subsidized loan as long as a student remains enrolled in 6 units or more.

## Cal Grants

Cal Grants are state funded grants available to California residents who qualify. U.S. citizens, permanent residents, or eligible non-citizens may apply for Cal Grants via the FAFSA or California Dream Act application at <http://dream.csac.ca.gov>. Cal Grants also involve a GPA submission requirement. The Cal Grant has a deadline of March 2 each year for all California college students. Community college students have an additional deadline of September 2 for limited remaining grants.

## Scholarships

The Long Beach City College Scholarship Program awards approximately \$1 million in funds to LBCC students annually. To apply for a scholarship, students complete one online application, autobiography and two references. This one form can help you apply to the 700 scholarships available.

**LAC: A-1040**      [www.LBCC.edu/Scholarships](http://www.LBCC.edu/Scholarships)



# ATHLETICS

Since capturing its first state title in 1928, the Long Beach City College Athletics program continues to make a name for itself locally and nationally. While academics remain a constant emphasis at LBCC, the institution is proud of its athletic program's success. To date, Long Beach City College has won 16 national titles, seven runner-up national titles, 93 state titles, and 51 state runner-up titles. Athletics is an important part of a total college experience. It provides students (whether they are the athletes competing or the student fans cheering and supporting) many opportunities to develop skills such as teamwork, leadership, and dedication to a goal. These are concepts that can be used in the classroom, as well as in the workplace. Our 18 teams give hundreds of young men and women of color this opportunity each year.

[www.LBCCVikings.com](http://www.LBCCVikings.com)



# FOOD SERVICES

## BAKERY & BISTRO

Open during Fall and Spring Semesters only.

**Bakery:** Mon, Tue, Wed • 10:30 a.m. – 1:30 p.m.

**Bistro:** Tue, Wed • 11:30 a.m. – 1:30 p.m.

**LAC: V-101 • (562) 938-4757 • [bistro@LBCC.edu](mailto:bistro@LBCC.edu)**

## VIKING FOOD COURT

Large selection of made-to-order and grab-to-go items prepared fresh daily. Large selection of convenience foods. Gourmet coffee and tea, frozen beverages, and fresh baked goods.

**LAC: Building E • (562) 938-3106**

**Mon-Thurs: 7 a.m.-7 p.m. • Fri: 7 a.m.-2 p.m.**

**PCC: Building GG • (562) 938-3106**

**Mon-Thurs: 7 a.m.-3 p.m. • Fri: 7 a.m.-2 p.m.**

Visit [www.sandbculinary.com](http://www.sandbculinary.com) for Summer and Winter Session hours.

## VIKING EXPRESS

Convenient stores offering grab-and-go food items, coffee and beverages, school supplies and more.

**LAC: Building T**

**Mon-Thurs: 7 a.m.-9 p.m. • Fri: 7 a.m.-2 p.m.**

**Sat: 9 a.m.-1 p.m.**

**PCC: Building GG**

**Mon-Thurs: 7:30 a.m.-8 p.m. • Fri: 7:30 a.m.-2 p.m.**

Visit [www.sandbculinary.com](http://www.sandbculinary.com) for Summer and Winter Session hours.



**Brennan Carr**  
Associate Professor  
*United States Air Force*

**What was one of the most important take-away or experience you learned while you served in the military?**

The importance of discipline, teamwork, and leadership; a focus on education, which I took for granted.

**What advice would you give to our LBCC student Veterans?**

Be persistent and stay focused on your goals. The community college experience is vastly different than the military, so making the transition can be a little difficult, but there are people here who support you and want to see you succeed in every way. Create strong working relationships with your fellow students and your professors. In the classroom, lead by example. Success in the classroom can spill over into other areas of life. No matter what, never, ever give up.



**Jeffrey Sabol**  
Librarian  
*United States Navy*

**What was one of the most important take-away or experience you learned while you served in the military?**

Attention to detail.

**What advice would you give to our LBCC student Veterans?**

You will always be under some form of authority your entire lives, so find contentment and you will grow thereby.

# STUDENT SERVICES

Long Beach City College aims to support our student Veterans by offering a variety of services to ensure that our students are successful during their time here.



## CHILD DEVELOPMENT CENTER

The Child Development Center (CDC) and Learning Lab offers year-round half-day and full-day preschool programs for children ages 2-5. The Center serves children of students, faculty, staff and the community, with locations at both the Liberal Arts Campus and the Pacific Coast Campus.

- **LAC:**  
**4630 Clark Ave., Long Beach, CA 90808**  
**(562) 938-3079**
- **PCC:**  
**1305 E. Pacific Coast Hwy., Long Beach, CA 90806**  
**(562) 938-3082**

[www.LBCC.edu/Child-Development-Center](http://www.LBCC.edu/Child-Development-Center)

## DISABLED STUDENTS PROGRAMS & SERVICES

Disabled Students Programs and Services (DSP&S) at Long Beach City College provides many support services that enable students with disability-related limitations to participate in the College's programs and activities. DSP&S offers a wide range of services that compensate for a student's limitations, such as note-taking assistance, interpretive services, test taking assistance, and alternative media formats at no cost to students.

- LAC: A-1134 • (562) 938-4457**  
**PCC: GG-107 • (562) 938-3921**  
**TTY Phone: (562) 938-4833**  
**dsps-staff@LBCC.edu**

## LGBTQIA+ RESOURCES

LBCC is committed to serving members of the campus community who identify as lesbian, gay, bisexual, transgender, and queer. Visit the LBCC website to find resources and information on campus and community-based programs and services that support the LGBTQIA+ community.

[www.LBCC.edu/lgbtq-resources](http://www.LBCC.edu/lgbtq-resources)

## ADULT EDUCATION

The Adult Education program offers short-term personal and professional development courses that are open year-round to members of the community.

**(562) 938-3248 • aep@LBCC.edu**

[www.LBCC.edu/Adult-Education](http://www.LBCC.edu/Adult-Education)

## CAREER CENTER

The Career Center helps students explore career interests and learn about what degree programs are right for them.

**LAC: A-1097 | PCC: EE-1105v**  
**(562) 938-4360**

[www.LBCC.edu/Career-Center](http://www.LBCC.edu/Career-Center)

## LIBRARY SERVICES

The LBCC Library is committed to providing information resources and services that support the mission of Long Beach City College. The Library values lifelong learning and supports student success by providing equal access to information in electronic, print and non-print formats; offering quality instruction through workshops, orientations and library classes and; fostering relationships with departments and programs to create, curate and provide resources that address the multi-faceted needs of students with diverse learning styles.

**LAC: L Bldg. | PCC: LL Bldg.**

**(562) 938-4232**

**(562) 938-3028**

## VETERANS SERVICES

The Veterans Services Office (VSO) provides a caring and supportive environment for Veterans and their dependents by assisting with services they need for enrollment, receiving their VA benefits, and other resources.

**LAC: A-1029 • (562) 938-4162**

**PCC: GG-102 • (562) 938-3929**

[www.LBCC.edu/Veterans-Services](http://www.LBCC.edu/Veterans-Services)

## STUDENT TECHNOLOGY HELP DESK

The Student Technology Help Desk (STHD) supports all LBCC students in accessing and successfully using LBCC technology. All assistance provided is FREE for LBCC students.

**LAC: L Bldg. | PCC: EE-102**

**(562) 938-4250**

[sthd@LBCC.edu](mailto:sthd@LBCC.edu)



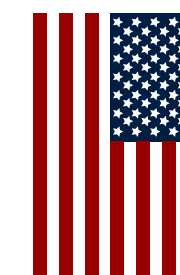
**Chester Britt**  
Special Event Assistant  
*United States Navy*

**What was one of the most important take-away or experience you learned while you served in the military?**

Working with others as a team.

**What advice would you give to our LBCC student Veterans?**

Study Hard, Set a goal, Never give up.



**Marlin Stevens**  
Vocational Instructor  
Technology Welding  
*United States Army National Guard*

**What was one of the most important take-away or experience you learned while you served in the military?**

Combat Engineer -learned to drive heavy equipment and make landing sites and fight.

**What advice would you give to our LBCC student Veterans?**

To learn all you can as long as you can and help people when you can.

# UNIVERSITY TRANSFER

## THE TRANSFER CENTER AT LBCC

Are you thinking about transferring to a four-year university after you complete your studies at LBCC? The Transfer Center at LBCC can assist with a smooth transition to university life. A variety of services such as university appointments, transfer fairs, admissions workshops and university tours are available to you. LBCC students also have a guaranteed transfer to CSU Long Beach through the Promise 2.0 initiative. Visit the Transfer Center to explore transfer options, ask your questions about transferring, and further your education goals.

**LAC: A-1098 • (562) 938-4670**

**PCC: EE-105, PCC • (562) 938-3916**

**[www.LBCC.edu/transfer-center](http://www.LBCC.edu/transfer-center)**

# TRANSPORTATION SERVICES

## LAC - PCC CAMPUS SHUTTLE

Have classes on both campuses, or just need to get from one campus to the other? No problem. The Viking Voyager runs regularly between the Liberal Arts Campus and the Pacific Coast Campus.

Visit [www.LBCC.edu/explore-our-campus](http://www.LBCC.edu/explore-our-campus) for pick-up/drop off locations. You can take the shuttle for free for the first two weeks of the semester and then can ride for free after that with your College Services Card.

## LONG BEACH TRANSIT TAP STUDENT BUS PASS

If you're traveling to the College by using public transportation, Long Beach Transit offers a reduced-fare student Transit Access Pass. LBT Student TAPs are \$40/month (compared to the regular \$65/month!).

**[www.LBCC.edu/post/transportation](http://www.LBCC.edu/post/transportation)**

# POLICE & CAMPUS SAFETY

Contact the Police Department for the following:

- Safety Escorts
- Keys locked in vehicles
- Lost & Found

**LAC Building X, south of Lew Davis Street**

**Mon-Fri, 8 a.m.-5 p.m.**

**(562) 938-4910**

**or (562) 435-6711 for non-emergencies**

**After business hours call the General Service number, or 9-1-1 for an emergency.**



# QUICK REFERENCE

## ADMISSIONS & RECORDS

- LAC: ROOM A-1075 • (562) 938-4485
- PCC: ROOM GG-102 • (562) 938-4485

## CALWORKS

- PCC: ROOM GG-217 • (562) 938-3116

## CASHIER'S OFFICE

- LAC: ROOM A-1081 • (562) 938-4010
- PCC: ROOM GG-101 • (562) 938-3906

## COUNSELING

- LAC: ROOM A-1111 • (562) 938-4561
- PCC: ROOM GG-202 • (562) 938-3920

## DISABLED STUDENT PROGRAMS & SERVICES

- LAC: ROOM A-1134 • (562) 938-4558
- PCC: ROOM GG-107 • (562) 938-3921

## DREAM SERVICES

- LAC: ROOM A-1001 • (562) 938-5101

## ENGLISH AS A 2<sup>ND</sup> LANGUAGE CENTER

- PCC: ROOM LL-216 • (562) 938-3160

## EXTENDED OPPORTUNITY PROGRAMS & SERVICES (EOPS)

- LAC: ROOM A-1134 • (562) 938-4273
- PCC: ROOM GG-217 • (562) 938-3097

## FINANCIAL AID

- LAC: ROOM A-1075 • (562) 938-4485
- PCC: ROOM GG-102 • (562) 938-4485

## GO PROJECT (TRIO GO PROJECT)

- PCC: ROOM GG-217 • (562) 938-3233

## GUARDIAN SCHOLARS

- PCC: ROOM QQ-104 • (562) 938-3216

## HONORS PROGRAM

- LAC: ROOM L-164 • (562) 938-4354

## INTERNATIONAL STUDENT SERVICES

- LAC: ROOM A-1040 • (562) 938-4745

## LBCC CHILD DEVELOPMENT CENTER (CDC)

- LAC: (562) 938-4253
- PCC: (562) 938-3079, (562) 938-3082

## LBCC SHUTTLE

(562) 938-4713

## LEARNING & ACADEMIC RESOURCES

- LAC: ROOM L-212 • (562) 938-4699
- PCC: ROOM EE-206 • (562) 938-3991

## LIBRARY

- LAC: ROOM L-121 • (562) 938-4232
- PCC: ROOM LL-118 • (562) 938-3028

## MATH SUCCESS CENTER

- LAC: ROOM V-163 • (562) 938-4228

## MULTIDISCIPLINARY SUCCESS CENTER

- LAC: ROOM L-212 • (562) 938-4699
- PCC: ROOM EE-206 • (562) 938-3991

## NEXT UP

- PCC: ROOM QQ-104 • (562) 938-3218

## POLICE AND CAMPUS SAFETY

- LAC: Building X • (562) 938-4910 or (562) 435-6711

## PUENTE PROGRAM

- LAC: ROOM P-141 • (562) 938-3095
- PCC: ROOM GG-202 • (562) 938-3016

## STUDENT HEALTH SERVICES

- LAC: ROOM A-1010 • (562) 938-4210
- PCC: ROOM GG-117 • (562) 938-3992

## STUDENT LIFE

- LAC: ROOM E-116 • (562) 938-4978
- PCC: ROOM EE-102 • (562) 938-3983

## STUDENT TECHNOLOGY HELP DESK

- (562) 938-4250

## TRANSFER SERVICES

- LAC: ROOM A-1098 • (562) 938-4670
- PCC: ROOM EE-105 • (562) 938-3916

## TUTORING CENTER

- LAC: ROOM L-203 • (562) 938-4474
- PCC: ROOM EE-206 • (562) 938-3991

## UMOJA

- LAC: ROOM A-1115 • (562) 938-4263

## VETERANS SERVICES

- LAC: ROOM A-1029 • (562) 938-4162
- PCC: ROOM GG-102 • (562) 938-3929

## VIKING BOOKSTORE

- LAC: I BUILDING • (562) 938-4223
- PCC: GG BUILDING • (562) 938-3008

## WELCOME CENTER

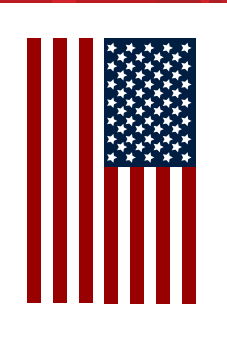
- LAC: ROOM A-1001 • (562) 938-4049
- PCC: ROOM AA-101 • (562) 938-3649

## WORKFORCE DEVELOPMENT

- PCC: ROOM LL-206 • (562) 938-3248

## WRITING/READING SUCCESS CENTER

- LAC: ROOM E-09L • (562) 938-4520
- PCC: ROOM EE-206 • (562) 938-3991



**Barb Cheshier**  
English Adjunct  
*United States Navy*

**What was one of the most important take-away or experience you learned while you served in the military?**

Friendship, learning new cultures.

**What advice would you give to our LBCC student Veterans?**

Don't quit and find other Veterans as a support system. Also teachers are there for you! I've seen so many great students quit and often times, right near the end of the semester. Quite often, it rarely had to do with grades, but feeling like they had no connection with the other students in the class because of their experiences and that other students treated education too lightly.



[www.LBCC.edu](http://www.LBCC.edu)

   @LBCityCollege