



OLYMPIANS

STUDENT-ATHLETE

HANDBOOK

A Message from the Dean



Welcome to San Diego Mesa College Athletics,

We offer twenty intercollegiate sports, ten women's and ten men's sports. The women's program includes: cross country, soccer, volleyball, water polo, basketball, softball, swimming, tennis, track and field, and badminton. The men's program includes: football, cross country, soccer, water polo, basketball, baseball, swimming, tennis, volleyball, and track and field.

Mesa College has developed several programs to help our student-athletes' collegiate experience become a positive force in their life by providing a student-athlete handbook, an educational plan, the matriculation process of the college, and employing transfer requirements.

Please utilize the components that Mesa College has put into place to make your experience here positive and productive. Remember, "Success is a journey, not a destination." Make your success include the classroom as well as the athletic arena at Mesa College.

Sincerely,
Dave Evans,
Dean of Physical Education, Dance
Health and Athletics



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ELIGIBILITY AT A GLANCE

AMATEUR STANDING	All student-athletes must be of amateur status and have never been paid for participation in the sport they are competing in at the college.
UNITS CARRIED/ENROLLMENT	Continuously and actively enrolled in a minimum of 12 units during the season of sport.
1st SEASON OF COMPETITION	Also known as the Freshman year, this is the very first season competing in that particular sport.
2nd SEASON OF COMPETITION	Also known as the Sophomore year, this is the second season of competing that particular sport.
2.0 GPA	All student-athletes must maintain a continuous 2.0 or higher grade point average (GPA) to be eligible for any sport.
12/9 RULE	The number or required units to be taken in order to be eligible during the season of competition. Student-athletes must be continuously enrolled in 12 units overall, 9 of which must be academic (towards a degree or transferable unit) during their entire season of competition.
24/18 RULE	This rule applies only to the sophomore and transferring student-athletes. 24 is the cumulative number of units which must be completed with a grade of "D" or better and 18 of those units have to be academic. The 24/18 includes units taken during the first season of competition and the units taken prior to the second season of competition. These units must be completed before the first competition of the second year.
TRANSFER STUDENT	Any student-athlete coming to Mesa College from another college whether it is another community college or a 4 year institution.
RESIDENCY	All transfer student-athletes who have competed in a sport from another community college within California, must complete 12 units prior to their first competition to establish their residency.
PARTICIPATION	Any involvement in any scheduled game, meet, or match constitutes participation for that season. This does not apply to scrimmages or nontraditional contests.
SEASONS ALLOWED	Any student-athlete is allowed to play 2 seasons of each sport.
RED SHIRT	A student-athlete who practices with their team and is academically eligible but does not participate in any way in any contest for one full season of competition.





ELIGIBILITY FOR THE FRESHMAN STUDENT-ATHLETE (1ST SEASON OF COMPETITION)

12/9 Unit Rule

In order to be eligible for any practice, regular or post season competition, a student-athlete must be continuously enrolled in a minimum of 12 units at their college during their season of competition. 9 of those 12 units must be academically transferable towards either an associates degree, certificate, transferring, or lower general education for major preparation. Students who fall below the minimum units, will not be allowed to compete until they are cleared by the eligibility specialist. Eligibility is checked once a week to ensure compliance.

Educational Plan

Prior to the start of the second season of competition, all student-athletes must have an educational plan on file with the counseling department. This plan will set a timeline of the courses to be taken and during which semester based on the educational needs of the student-athlete. All educational plans are individually tailored to each student-athletes based on their learning ability, needs and goals. Kristy Carson is the Athletic Counselor and appointments can be made with her in the PE/Athletics Office or she can be reached by phone at 619-388-2535.

2.0 GPA

A minimum 2.0 grade point average (GPA) must be maintained by all student-athletes beginning with the classes taken during their first season of competition. All classes taken from that point forth, will be counted towards the overall GPA.

Enrollment in Intercollegiate & Professional Activities Class

All student-athletes must be enrolled in their particular sport's intercollegiate and professional activities class (if it is offered) prior to the very first practice. Freshmen student-athletes must enroll in their sport's Intercollegiate I and Professional Activities I classes.

Amateur Status

All student-athletes must be of amateur status in their particular sport of which they are competing. No student-athlete may accept money from, try out, or practice with a professional team while they are in season of competition.

Club Team Participation

At no time during the season of competition, may any student-athlete participate or practice with another team, regardless of the formality, during their season of the same sport.

2 Semester Sports (Men and Women's Basketball)

The basketball season spans 2 semesters and all basketball student-athletes must be continuously enrolled in 12 units during the entire 2 semesters. If a student-athlete does not complete 12 units at the end of the first semester, they are not eligible until the second semester starts and they are enrolled in a minimum of 12 units.





ELIGIBILITY FOR THE SOPHOMORE STUDENT-ATHLETE (2ND SEASON OF COMPETITION)

24/18 Unit Rule

To be eligible for the 2nd season of competition, the Sophomore student-athlete must complete 24 units prior to the first practice or competition of their sport's 2nd season (includes units taken during their 1st season of competition.) 18 of the 24 overall units must be academic or towards either an associates degree, certificate, transferring, or lower general education for major preparation with a passing grade. Eligibility is checked once a week to ensure compliance.

Enrollment in Intercollegiate & Professional Activities Class

All student-athletes must be enrolled in their particular sport's intercollegiate and professional activities class (if it offered) prior to the very first practice. Sophomore student-athletes must be enrolled in their sport's Intercollegiate II and Professional Activities II classes.

“Incomplete” Grade

An incomplete, or “I” recorded for a grade in any class will not be counted as units earned until the grade is officially changed and recorded to be above a “F” grade.

2.0 GPA

A minimum 2.0 grade point average (GPA) must be maintained by all student-athletes beginning with classes taken in their first season of competition. All classes taken from that point forth, will be counted toward the overall GPA. Any class that receives a “D” or lower may be retaken for a higher grade and the higher grade will replace the previous one. However, the units earned from the retaken class **CAN NOT** be counted towards the 24/18 rule.

Amateur Status

All student-athletes must be of amateur status in their particular sport of which they are competing. No student-athlete may accept money from, try out, or practice with a professional team while they are in season of competition.

Club Team Participation

At no time during the season of competition, may any student-athlete participate or practice with another team, regardless of the formality, during their season of the same sport.

2 Semester Sports (Men and Women's Basketball)

The basketball season spans 2 semesters and all basketball student-athletes must be continuously enrolled in 12 units during the entire 2 semesters. If a student-athlete does not complete 12 units at the end of the first semester, they are not eligible until the second semester starts and they are enrolled in a minimum of 12 units.



ELIGIBILITY FOR THE TRANSFER STUDENT-ATHLETE

Residency

All transfer student-athletes from another community college in California must establish residency prior to the beginning of the semester of their season of competition. The units are to be taken at the college where the student-athlete wishes to participate. Any other units taken at another college can not be counted towards residency. By completion of 12 units with a 2.0 GPA or better prior to the start of the semester, a student-athlete will establish their residency for competition.

24/18 Unit Rule

See heading "24/18 Unit Rule" on page 7

Enrollment in Intercollegiate & Professional Activities Class

All student-athletes must be enrolled in their particular sport's intercollegiate and professional activities (if one is offered) class prior to the very first practice. Sophomore student-athletes must be enrolled in their sport's Intercollegiate II and Professional Activities II classes.

"Incomplete" Grade

An incomplete, or "I" recorded for a grade in any class will not be counted as units earned until a grade is officially changed and recorded to be above a "F" grade.

2.0 GPA

A minimum 2.0 grade point average (GPA) must be maintained by all student-athletes beginning with classes taken in their first season of competition. All classes taken from that point forth, will be counted toward the overall GPA. Any class that receives a "D" or lower may be retaken for a higher grade and that higher grade will replace the previous one. However, the units earned from the retaken class **CAN NOT** be counted towards the 24/18 rule.

Amateur Status

All student-athletes must be of amateur status in their particular sport of which they are competing. No student-athlete may accept money from, try out, or practice with, a professional team while they are in season of competition.

Club Team Participation

At no time during the season of competition, may any student-athlete participate or practice with another team, regardless of the formality, during their season of the same sport.

2 Semester Sports (Men and Women's Basketball)

The basketball season spans 2 semesters and all basketball student-athletes must be continuously enrolled in 12 units the entire 2 semesters. If a student-athlete does not complete 12 units at the end of the first semester, they are not eligible until the second semester starts and they are enrolled in a minimum of 12 units.





OLYMPIANS CODE OF CONDUCT

Behavior

All student-athletes are a representatives of San Diego Mesa College and are a direct reflection of the college. They also represent the athletic department, all the coaches and their teammates and the sport itself. Therefore, all student-athletes must demonstrate high levels of dignity, honesty, integrity, respect and sportsmanship whether they are competing, are in the classroom, or in the community. Behavior of the student-athlete at San Diego Mesa College should be a positive reflection of themselves, the college, all its intercollegiate sports, coaches, staff and participants.

Sportsmanship

Student-athletes are expected to compete with the utmost respect to opposing teams and their coaches, any official, the fans, all administration, and any facility. Professional and mature behavior towards others is part of the high standards of dignity, honesty, respect and integrity that is expected from all student at San Diego Mesa College. Behavior that engages in, but not limited to, taunting, fighting, inappropriate celebration, usage of profanity or vulgar gestures, and damaging of facilities is deemed unsportsmanlike and unacceptable. Such behavior is not condoned and will be dealt with immediately.

Attire

No student-athletes shall wear any type of clothing that advertises alcohol, drugs or any other controlled substances while they are a participant with athletics at San Diego Mesa College. As a representative of San Diego Mesa College and it's athletics, all student-athletes will represent themselves, and the college, in a clean, professional manner in their outward appearance.

Substance Abuse

San Diego Mesa College strictly prohibits the usage of controlled substances by its students. The usage of any controlled substance jeopardizes one's physical and mental health as well as endangers those around them. A zero tolerance policy is strictly enforced.

Sexual Harassment

It is the policy of the college and athletic department to provide an environment free of sexual harassment. All students should be aware that any type of conduct that constitutes sexual harassment will not be tolerated and that disciplinary measures will be taken to ensure compliance. All complaints will be taken seriously and investigated and then the appropriate action will be taken. Behavior typically identified as sexual harassment includes, but is not limited to, verbal abuse of a sexual nature, sexual remarks about a person or their appearance, demands for sexual favors, unwarranted sexual touching, and inappropriate physical exposure. If you believe you are a victim of sexual harassment, report it immediately to a head coach or athletic director.





Traveling

All team travel and lodging will be provided and arranged by San Diego Mesa College and the intercollegiate team. As representatives of the college, student-athletes will carry themselves with a professional and mature manner giving respect to themselves and those around them while traveling. Student-athletes are expected to respect all host facilities, vehicles, and places of lodging. They are also to adhere to team curfews, dress codes, and all other team rules set forth by the coaches.

TEAM EQUIPMENT & UNIFORMS

Men's Equipment Manager - Wayne Mitchell/Jose Guzman (619) 388-2756

Women's Equipment Manager - Jennifer Simley (619) 388-5845

Holds

A hold is placed on a student-athletes record for either the failure of returning issued equipment or uniforms or for returning an item damaged. This includes items loaned from the Athletic Training Room. When a student-athlete has a hold on their record, they are not able to register for classes or receive transcripts. Holds are not removed until either the item is returned or paid for in full. The only authorized personnel to remove the hold from a record will be the personnel who issued the equipment or uniform.

Equipment

All team issued equipment is the property of San Diego Mesa College and the intercollegiate team unless otherwise noted. Equipment will be issued, according to that team's particular needs, to each student-athlete in good condition, if not better, and expected to be returned in the same condition at either the conclusion of the contest or the season depending on the sport and the equipment. If the equipment is not returned or returned damaged, a hold will be placed on the student-athlete's record until the equipment is returned or damages are paid for. All issuing and returning of equipment will be done at a time scheduled by the equipment manager. Any student-athlete who's equipment is not returned during the scheduled time, will have a hold against their record.

Uniforms Game/Practice

All teams will be issued San Diego Mesa College game uniforms and practice uniforms. The uniforms are the property of the college and the intercollegiate team unless otherwise noted. Game uniforms will only be issued on the day of the game and are to be turned in at the conclusion of the game or immediately upon return to Mesa.

Practice uniforms are only issued at a scheduled time by equipment managers and other times must be approved by the equipment manager and coach. All uniforms will be laundered by the equipment manager and any allergies should be reported to the equipment manager prior to the first contest. If any part of game or practice uniforms are not turned in at the conclusion of the season, a hold will be placed on the student-athlete's record until the uniform is returned or paid for if lost.





Leaving a team before conclusion of season

If a student-athlete leaves a team before the conclusion of the season, **it is their responsibility** to turn in all issued equipment and uniforms to the equipment manager as soon as possible. If any part of the issued equipment and or uniforms are missing or damaged, a hold will be placed on the student-athlete's record until the missing or damaged item is turned in or paid for.

TEAM ROOM & LOCKERS

Locker and Team Room usage

Only student-athletes are allowed to use the team room and it's lockers during their season of competition. Any other visitors or students are not allowed inside team rooms or to use team room lockers for any reason. All student-athletes are expected to treat everything and everyone in the team room with respect by keeping your area clean, refraining from eating inside the team room, using foul language, and locking the doors to team room before leaving.

Issue of lockers

All lockers in the team rooms will be issued during a scheduled time and date by the equipment managers only. Locks will be provided by the equipment manager and lock combinations will be kept on file for all student-athletes. These lockers are to be used to hold equipment and clothing needed during the season. Please refrain from leaving anything valuable or edible in the lockers.

Return of lockers

All lockers will be cleaned, belongings removed and locks turned in to the equipment manager by the assigned day following the conclusion of the season. Any lockers that are not emptied after the season will have their contents either donated to charity or thrown away. Any student-athlete who does not turn in their lock to the equipment manager will have a hold placed on their record until the lock is returned.



PHYSICALS & ATHLETIC TRAINING ROOM
Sue Lalicker, Laurie Black (619) 388-2421, Room L505

Physicals

The passing of a physical screening is required for all individuals participating in inter-collegiate sports, practices and competitions prior to any participation. Screenings are given to all student-athletes, red shirts, grey shirts, and volunteers who will be participating in physical activity during their regular and non-traditional season of competition. Physicals can be done only by a medical doctor (M.D. or D.O.) and are subject to approval by the college's team physician. Physicals are provided, free of cost, by the training room prior to the first participation. Personal physicians can be used for a physical screening. However, a preliminary screening should be done by the training room staff. The student-athlete will then be given the physical screening form which must be returned to one of the head trainers.

Athletic Training Room

The purpose of the facility is to provide professional athletic training and health services to all student-athletes. Their goal is a swift and safe return to the competition field from sports related injuries. The staff of the Athletic Training Room includes certified Athletic Trainers, Athletic Training Students, an Orthopedic Surgeon, and a Family Practice Physician. All of the members of the staff are committed to providing the best care possible by using multiple resources to assist them in providing the most complete care to the student-athletes.

Athletic Training Room rules

The Athletic Training Room is a professional facility whose purpose is to provide athletic training and health services to all student-athletes. Therefore, all student-athletes are expected to treat all staff and other student-athletes in the training room with the utmost respect. Some of the Athletic Training Room Rules are as follows:

1. Remove cleats before entering the Athletic Training Room
2. Do not eat while in the Athletic Training Room
3. Allow ample time for treatments and taping prior to practice or games to avoid being late for all participation
4. Do not bring gear bags into Athletic Training Room
5. Refrain from using foul language

Athletic Training Room hours

The Athletic Training Room will open daily at 11:00am and remain open until the conclusion of the last practice or contest. Other hours may be available based on game days.

Injuries

Over the course of a season many injuries can occur. It is the best policy to report an injury at the moment it occurs. If a student-athlete becomes injured and does not seek assistance, the injury may continue to worsen and lengthen the recovery time and complexity of the required treatment. The Athletic Training Room staff is available during all practice and contest times to assess and treat injuries.





TRANSFERRING TO A 4-YEAR COLLEGE AT A GLANCE

Amateurism

All student-athletes must maintain their amateur status as they transfer to a 4-year college.

2-4 Transfer

A student-athlete who has never previously attended a 4-year college, attending a 2-year college, and attempting to transfer to a 4-year college.

Qualifier

Any student-athlete who, immediately following high school graduation, would have competed at a Division I or II school based on their credits earned, grades and scores on standardized tests.

Non-qualifier

Any student-athlete who either did not graduate from high school, did not earn the minimum GPA, completed the number of required courses, or has the minimum SAT or ACT scores required to qualify.

Partial Qualifier

A Freshman student-athlete who has met some of academic criteria to be a qualifier. A partial qualifier can practice and receive money from a Division II school but cannot play for one academic year. There are no partial qualifiers for Division I.

Five Year Clock

Applying to Division I schools, all student-athletes are given 5 years in which to compete in 4 seasons of an intercollegiate sport. This clock begins with the first enrollment as a full time student which includes participation at a community college.

10 Semesters/15 Quarter Clock

Applying to Division II, III, and NAIA schools, all student-athletes are given 10 semesters or 15 quarters to compete in four seasons of competition. This clock begins with the first enrollment as a full time student. A term is not lost when a student-athlete changes their status to a part time student or enrolls in classes for one term.

UC colleges

All colleges in the state of California that are affiliated with the University of California system.

CSU colleges

All colleges in the state of California that are affiliated with the California State University system.





Student-athletes who are planning on transferring must be aware of their status as a qualifier, non-qualifier or partial qualifier. Depending on their status and the division, student-athletes may or may not be eligible to receive athletic related financial aid, participate in practices, and compete in contests. See the chart below to determine eligibility:

Division I

If you are a qualifier

At a community college did you: Complete at least one semester as a full time student?
Earn an average of 12 units for each semester ?
Earn a 2.0 GPA?

If answered “yes” to all the above questions, a student-athlete can receive athletically related financial aid and can participate with an intercollegiate team during the first year after transferring.

If answered “no” to at least one of the questions, a student-athlete can receive athletically related financial aid and can only practice with an intercollegiate team. A student-athlete can not participate in any competition until one full year of residence is completed.

If you are not a qualifier

At a community college did you: Complete at least 3 semesters as a full time student
(Summer school can not be counted)?
Graduate from a community college?
Earn 48 units?
Earn a 2.0 GPA?

If answered “yes” to all the above questions, a student-athlete can receive athletically related financial aid and can participate with an intercollegiate team during the first year after transferring.

If answered “no” to at least one of the questions, a student-athlete can not receive athletically related financial aid and can not participate in any way with an intercollegiate team until one full year of residence is completed.

Division II

If you are a qualifier

At a community college did you: Complete at least one semester as a full time student?
Earn an average of 12 units for each semester ?
Earn a 2.0 GPA?

If answered “yes” to all the above questions, a student-athlete can receive athletically related financial aid and can participate with an intercollegiate team during the first year after transferring.

If answered “no” to at least one of the questions, a student-athlete can receive athletically related financial aid and can only practice with an intercollegiate team. A student-athlete can not participate in any competition until one full year of residence is completed.



If you are a partial qualifier

At a community college did you:

1. Complete at least 2 full semesters (Summer school can not be counted)

AND

- 1a. Graduate from community college?

OR

2. Complete an average of 12 units for each semester that can be transferred to the 4-year college?

AND

- 2a. Earn a 2.0 GPA?

If answered yes to 1 and 1a or 2 and 2a, a student-athlete can receive athletically related financial aid and can participate with an intercollegiate team during the first year after transferring.

If answered “no” to at least one of the questions, a student-athlete can receive athletically related financial aid and can practice with an intercollegiate team. However, they can not compete until one full year of residence is completed.

If you are not a qualifier

At a community college did you:

1. Complete at least 2 semesters as a full time student (Summer school can not be counted)

AND

- 1a. graduate from a community college?

OR

2. Complete an average of 12 units for each semester that can be transferred to a 4-year college

AND

- 2a. Earn a 2.0 GPA?

If answered yes to 1 and 1a or 2 and 2a, a student-athlete can receive athletically related financial aid and can participate with an intercollegiate team during the first year after transferring.

If answered “no” to at least one of the questions, a student-athlete can not receive athletically related financial aid or participate in any way with an intercollegiate team until one full year of residence is completed.

Division III

At any college

Have you practiced or competed in any intercollegiate sports?

If answered yes, a student-athlete can practice and compete if the student-athlete would be considered to be eligible if participated in an intercollegiate sport at their current community college.

If answered no, a student-athlete may participate and compete with an intercollegiate team during the first year after transferring.





NAIA

At any community college

Have you practiced or competed in any intercollegiate sports?

If answered yes, a student-athlete can practice and compete for 4 seasons and is exempt from the 16 week residency requirement.

If answered no, a student-athlete may participate and compete with an intercollegiate team for 4 seasons and is exempt from the 16 week residency requirement.

ACADEMICS & TRANSFERRING

IGETC (Intersegmental General Education Transfer Curriculum)

The IGETC track is one of the options for student-athletes who are planning on transferring to a 4 year college. IGETC is an academic track which was designed for those who wish to transfer into either a California State University, the University of California system, or another college outside of California. The IGETC will satisfy all lower general education accepted by all CSU and most UC colleges, and some private colleges outside of the state. Upon completion of IGETC, a student-athlete will have earned the 60 units required to transfer to a CSU or UC college. This option is ideal for student-athletes who are unsure of what college they plan on transferring to.

University of California and California State University Intersegmental General Education Transfer Curriculum (IGETC)

Forms are available from the Counseling or Evaluations office.

* Courses with asterisks are listed in more than one area but shall not be certified in more than one area.

+ Courses with pluses indicate transfer credit may be limited by either UC or CSU, or both. Please consult a counselor for additional information.

@Courses with at symbols indicate CSU-only requirements.

C-City College, M-Mesa College,
MMR-Miramar College

Area 1—English Communication 2-3 courses, 6-9 semester/8-12 quarter units

Group A: English Composition

1 course, 3 semester/4-5 quarter units

ENGL 101 Reading and Composition (C,M,MMR)

ENGL 105 Composition and Literature (C,M,MMR)

Group B: Critical Thinking - English Composition 1 course, 3 semester/4-5 quarter units

Courses must have English Composition as a pre-requisite.

ENGL 205 Critical Thinking and Intermediate
Composition (C,M,MMR)

PHIL 205 Critical Thinking and Writing in Philosophy (C,M,MMR)

Group C: Oral Communication

1 course, 3 semester/4-5 quarter units

@ SPEE 103 Oral Communication (C,M,MMR)

@ SPEE 160 Argumentation (C,M,MMR)





Area 2—Mathematical Concepts and Quantitative Reasoning

1 course, 3 semester/4-5 quarter units

Courses must have Intermediate Algebra as a prerequisite.

- + BIOL 200 Biological Statistics (C,M)
- + MATH 116 College and Matrix Algebra (C,M,MMR)
- + MATH 119 Elementary Statistics (C,M,MMR)
- + MATH 121 Basic Techniques of Applied Calculus (C,M,MMR)
- + MATH 122 Basic Techniques of Calculus II (C,M,MMR)
- + MATH 141 Precalculus (C,M,MMR)
- + MATH 150 Calculus with Analytic Geometry I (C,M,MMR)
- + MATH 151 Calculus with Analytic Geometry II (C,M,MMR)
- MATH 245 Discrete Mathematics (C,M,MMR)
- MATH 252 Calculus with Analytic Geometry III (C,M,MMR)
- MATH 254 Introduction to Linear Algebra (C,M,MMR)
- MATH 255 Differential Equations (C,M,MMR)
- + PSYC 258 Behavioral Science Statistics (C,M,MMR)

Area 3—Arts and Humanities

3 courses, 9 semester/12-15 quarter units

At least one course from the Arts and one from the Humanities.

3A: Arts Courses:

- ARTF 100 Art Orientation (C,M,MMR)
- ARTF 107 Contemporary Art (M,MMR)
- ARTF 109 History of Modern Art (C,M,MMR)
- ARTF 110 Art History: Prehistoric to Gothic (C,M,MMR)
- ARTF 111 Art History: Renaissance to Modern (C,M,MMR)
- + ARTF 113 African, Oceanic, and Native American Art (M,MMR)
- + ARTF 115 African Art (C,M)
- + ARTF 120 Native American Indian Art (M)
- ARTF 125 History of Art: Far Eastern Art (MMR)
- BLAS 110 Afro-American Art (C,M)
- + BLAS 111 African Art History (M)
- BLAS 120 Black Music (C,M)
- CHIC 230 Chicano Art (M)

- DFLM 101 Introduction to Film (MMR)
- DFLM 102 The American Cinema (MMR)
- DRAM 105 Introduction to Dramatic Arts (C,M)
- DRAM 107 Study of Filmed Plays (C)
- DRAM 136 History of Canonized Theatre - Ancient Greece to the Restoration (C)
- DRAM 137 History of Canonized Western Theatre -Restoration to the Present (C)
- DRAM 150 Cinema as Art & Communication I (M)
- DRAM 151 Cinema as Art & Communication II (M)
- MUSI 100 Introduction to Music (C,M,MMR)
- MUSI 101 Music History I: Middle Ages to Mid 18th Century (M)
- MUSI 102 Music History II: Mid 18th - Early 20th Century (M)
- MUSI 105 Music of Our Time (M)
- MUSI 109 World Music (C,M,MMR)

- MUSI 111 Jazz - History & Development (C,M,MMR)

- MUSI 125 Music, The Arts, and Humanity (M)

- PHOT 150 History of Photography

3B: Humanities Courses:

- * AMSL 104 Introduction to Deaf Culture (M)
- * AMSL 116 American Sign Language Level II (C,M)
- * AMSL 215 American Sign Language Level III (C,M)
- * AMSL 216 American Sign Language Level IV (C,M)
- * BLAS 145A Introduction to African History (C,M)
- * BLAS 145B Introduction to African History (C)
- BLAS 150 Black Women in Literature & the Media (C,M)
- BLAS 155 Afro-American Literature (C,M)
- CHIC 130 Mexican Literature in Translation (C)
- CHIC 135 Chicano Literature (C,M)
- CHIC 138 Literature of La Raza in Latin America in Translation (C,M)
- CHIC 190 Chicano Images in Film (C,M)
- * CHIC 210 Chicano Culture (C,M)
- CHIN 102 Second Course in Mandarin Chinese (M)
- CHIN 201 Third Course Mandarin Chinese (M)
- ENGL 208 Introduction to Literature (C,M,MMR)
- ENGL 209 Literary Approaches to Film (C,M,MMR)
- ENGL 210 American Literature I (C,M,MMR)
- ENGL 211 American Literature II (C,M,MMR)
- ENGL 215 English Literature I: 800-1799 (C,M,MMR)
- ENGL 216 English Literature II: 1800-Present

(C,M,MMR)
ENGL 220 Masterpieces of World
Literature I:
1500 BCE - 1600 CE (C,M,MMR)



PHIL 108 Perspectives on Human
Nature &
Society (C,M)
PHIL 110 Philosophy of Religion

(M)
PHIL 111 Philosophy in Literature (C,M)
PHIL 112 Philosophy of Science (M)

ENGL 221 Masterpieces of World Literature II:
1600 - Present (C,M,MMR)
ENGL 230 Asian American Literature (M,MMR)
ENGL 237 Women in Literature (C,MMR)
ENGL 240 Shakespeare (C,M)
FREN 102 Second Course in French (C,M)
FREN 201 Third Course in French (C,M)
FREN 202 Fourth Course in French (C,M)
GERM 102 Second Course in German (C,M)
GERM 201 Third Course in German (C,M)
* HIST 100 World History I (C,M,MMR)
* HIST 101 World History II (C,M,MMR)
* HIST 105 Introduction to Western Civilization I
(C,M,MMR)
* HIST 106 Introduction to Western Civilization II
(C,M,MMR)
* HIST 120 Introduction to Asian Civilizations
(C,M,MMR)
* HIST 121 Asian Civilizations in Modern Times
(C,M,MMR)
* HIST 131 Latin America Before Independence(M)
* HIST 132 Latin America Since Independence(M)
HUMA 101 Introduction to the Humanities I
(C,M,MMR)
HUMA 102 Introduction to the Humanities I
(C,M,MMR)
HUMA 103 Introduction to the New Testament
(C,M)
HUMA 104 Introduction to the Old Testament (M)
HUMA 106 World Religions (C,M)
HUMA 201 Mythology (C,M,MMR)
ITAL 102 Second Course in Italian (C,M)
ITAL 201 Third Course in Italian (C,M)
JAPN 102 Second Course in Japanese (M)
JAPN 201 Third Course in Japanese (M)
JAPN 202 Fourth Course in Japanese (M)
LATI 102 Second Course in Latin (M)
LATI 201 Third Course in Latin (M)
PHIL 102A Introduction to Philosophy: Reality &
Knowledge (C,M,MMR)
PHIL 102B Introduction to Philosophy: Values
(C,M,MMR)
PHIL 103 Historical Introduction to Philosophy(M)
PHIL 104A History of Western Philosophy (C,M)
PHIL 104B History of Western Philosophy (C,M)
PHIL 106 Asian Philosophy (C,M)
PHIL 107 Reflections on Human Nature
(C,M,MMR)

PHIL 125 Philosophy of Women (C,M)
PHIL 130 Philosophy of Art and Music (M)
PSYC 207 Psychology of Religion (M)
RUSS 102 Second Course in Russian (M)
RUSS 201 Third Course in Russian (M)
+ SPAN 102 Second Course in Spanish
(C,M,MMR)
+ SPAN 201 Third Course in Spanish (C,M,MMR)
SPAN 215 Spanish for Spanish Speakers I
(C,M,MMR)
SPAN 216 Spanish for Spanish Speakers II
(C,M,MMR)
TAGA 102 Second Course in Tagalog (M,MMR)
TAGA 201 Third Course in Tagalog (M,MMR)
VIET 102 Second Course in Vietnamese (M)
VIET 201 Third Course in Vietnamese (M)

Area 4—Social and Behavioral Sciences

3 courses, 9 semester/12-15 quarter units

Courses from at least two disciplines or an
interdisciplinary sequence.

4A: Anthropology and Archaeology Courses:

ANTH 103 Introduction to Cultural Anthropology
(C,M,MMR)
ANTH 107 Introduction to Archaeology
(C,M,MMR)
ANTH 200 Introduction to North American
Indians (M)
ANTH 210 Introduction to California Indians(C,M)
ANTH 215 Cultures of Latin America (C,M)

4B: Economics Courses:

ECON 120 Principles of Economics I (C,M,MMR)
ECON 121 Principles of Economics II (C,M,MMR)

4C: Ethnic Studies Courses:

* AMSL 104 Introduction to Deaf Culture (M)
BLAS 100 Introduction to Black Studies (C,M)
+ BLAS 104 Black Psychology (C,M)
+ BLAS 115 Sociology from a Black Perspective (C)
BLAS 116 Contemporary Social Problems From a
Black Perspective (C,M)
BLAS 130 The Black Family (C,M)



BLAS 135 Introduction to Black Politics (C)

- + BLAS 140A History of the U.S., Black Perspectives (C,M,MMR)
- + BLAS 140B History of the U.S., Black Perspectives (C,M,MMR)
- * BLAS 145A Introduction to African History (C,M)
- * BLAS 145B Introduction to African History (C)
- CHIC 110A Introduction to Chicano Studies (C,M)

- CHIC 110B Introduction to Chicano Studies (C,M)
- + CHIC 141A United States History From a Chicano Perspective (C,M)
- + CHIC 141B United States History From a Chicano Perspective (C,M)
- CHIC 150 History of Mexico (C,M)
- CHIC 170 La Chicana (M)
- CHIC 201 Pre-Columbian Cultures of Meso-America (C,M)
- * CHIC 210 Chicano Culture (C,M)
- FILI 100 Filipino American Experience (M,MMR)
- + HIST 150 Native Americans in United States History (M,MMR)
- + HIST 151 Native Americans in United States History (M,MMR)

4D: Gender Studies:

- GEND 101 Introduction to Gender Studies (C)
- + HIST 141 Women in United States History I (C,M,MMR)
- HIST 142 Women in United States History II (C,M,MMR)
- PSYC 133 Psychology of Women (M,MMR)

4E: Geography Courses:

- GEOG 102 Cultural Geography (C,M,MMR)
- GEOG 104 World Regional Geography (C,M,MMR)
- GEOG 154 Introduction to Urban Geography (M)

4F: History Courses:

- + CHIC 141A United States History from a Chicano Perspective (C,M)
- * HIST 100 World History I (C,M,MMR)
- * HIST 101 World History II (C,M,MMR)
- * HIST 105 Introduction to Western Civilization I (C,M,MMR)
- * HIST 106 Introduction to Western Civilization II (C,M,MMR)
- + HIST 109 History of the United States I (C,M,MMR)
- + HIST 110 History of the United States II (C,M,MMR)
- HIST 115A History of the Americas I (C,M)
- HIST 115B History of the Americas II (C,M)
- * HIST 120 Introduction to Asian Civilizations

(C,M,MMR)

- * HIST 121 Asian Civilizations in Modern Times (C,M,MMR)
- HIST 123 U.S. History from the Asian Pacific American Perspective (C, M)
- HIST 130 The Middle East Today (M)
- * HIST 131 Latin America Before Independence (M)
- * HIST 132 Latin America Since Independence(M)

- HIST 141 Women in United States History I (C,M,MMR)
- + HIST 142 Women in United States History II (C, M,MMR)
- + HIST 150 Native Americans in United States History (M,MMR)
- HIST 151 Native Americans in United States History (M,MMR)
- HIST 154 Ancient Egypt (M)
- HIST 175 California History (M)

4G: Interdisciplinary, Social & Behavioral Sciences:

- + CHIL 101 Human Growth and Development (C,M,MMR)
- + CHIL 103 Lifespan Growth and Development (MMR)
- ENGL 202 Introduction to Linguistics (C,M)
- JOUR 202 Introduction to Mass Communication (M,MMR)
- NUTR 153 Cultural Foods (M)
- SOCO 223 Globalization and Social Change (C,M,MMR)

4H: Political Science, Government & Legal Institutions Courses:

- POLI 101 Introduction to Political Science (C,M,MMR)
- POLI 102 The American Political System (C,M,MMR)
- POLI 103 Comparative Politics (C,M,MMR)
- POLI 140 Contemporary International Politics (C,M,MMR)
- SOCO 223 Globalization and Social Change (C,M,MMR)

4I: Psychology Courses:

- + PSYC 101 General Psychology (C,M,MMR)
- + PSYC 121 Introduction to Child Psychology (M,MMR)
- + PSYC 123 Adolescent Psychology (M,MMR)
- PSYC 133 Psychology of Women (M,MMR)
- PSYC 135 Marriage and Family Relations (C,M,MMR)



+ PSYC 137 Human Sexual Behavior (C,M,MMR)
PSYC 155 Introduction to Personality (C,M,MMR)
PSYC 166 Introduction to Social Psychology (C,M,MMR)
PSYC 211 Learning (C,M,MMR)
PSYC 230 Psychology of Lifespan Development (C,M,MMR)
PSYC 245 Abnormal Psychology (C,M,MMR)

4J: Sociology & Criminology Courses:

PHIL 109 Issues in Social Philosophy (M)
+ SOCO 101 Principles of Sociology (C,M,MMR)
SOCO 110 Contemporary Social Problems (C,M,MMR)
SOCO 201 Advanced Principles of Sociology (C,M,MMR)
SOCO 223 Globalization and Social Change (C,M,MMR)

Area 5—Physical and Biological Sciences

At least 2 courses required, 7-9 semester/9-12 quarter units. One Physical Science course and one Biological Science course; at least one must include a laboratory.

5A: Physical Science Courses:

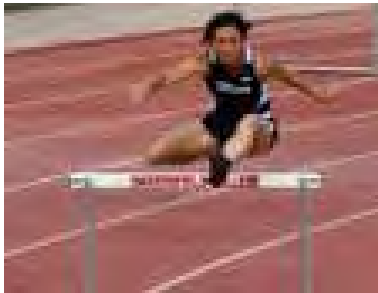
ASTR 101 Descriptive Astronomy (C,M,MMR)
+ ASTR 109 Practice in Observing Lab (C,M)
+ ASTR 111 Astronomy Lab (M,MMR)
+ CHEM 100 Fundamentals of Chemistry (C,M,MMR)
+ CHEM 100L Fundamentals of Chemistry Lab (C,M,MMR)
+ CHEM 130 Introduction to Organic & Biological Chemistry (C,M,MMR)
+ CHEM 130L Introduction to Organic & Biological Chemistry Lab (C,M,MMR)
+ CHEM 152 Introduction to General Chemistry (C,M,MMR)
+ CHEM 152L Introduction to General Chemistry Lab (C,M,MMR)
CHEM 200 General Chemistry I - Lecture (C,M,MMR)
CHEM 200L General Chemistry I - Lab (C,M,MMR)
CHEM 201 General Chemistry II - Lecture (C,M,MMR)
CHEM 201L General Chemistry II - Lab

(C,M,MMR)
+ CHEM 231 Organic Chemistry I - Lecture (C,M,MMR)
+ CHEM 231L Organic Chemistry I - Lab (C,M,MMR)
CHEM 233 Organic Chemistry II - Lecture (C,M,MMR)
CHEM 233L Organic Chemistry II - Lab (C,M,MMR)
CHEM 251 Analytical Chemistry - (C,M,MMR)
+ ENGN 110 Science for Technical Applications (C)
GEOG 101 Physical Geography (C,M,MMR)
GEOG 101L Physical Geography Lab (C,M,MMR)
GEOL 100 General Geology (C,M,MMR)
GEOL 101 General Geology Lab (C,M,MMR)
GEOL 104 Earth Science (C,M,MMR)
PHYN 100 Survey of Physical Science (C,M,MMR)

PHYN 101 Survey of Physical Science Lab (C,M,MMR)
PHYN 120 Physical Oceanography (M, MMR)
+ PHYS 100 Introductory Physics w/Lab (C, M)
+ PHYS 121A General Physics Lab (C)
+ PHYS 121B General Physics Lab (C)
+ PHYS 125 General Physics (C,M,MMR)
+ PHYS 126 General Physics II (C,M,MMR)
+ PHYS 180A General Physics I (C)
+ PHYS 180B General Physics II (C)
+ PHYS 195 Mechanics (C,M,MMR)
+ PHYS 196 Electricity and Magnetism (C,M,MMR)
+ PHYS 197 Waves, Optics and Modern Physics (C,M,MMR)

5B: Biological Science Courses:

ANTH 102 Introduction to Physical Anthropology (C,M,MMR)
ANTH 104 Laboratory in Physical Anthropology (C,M,MMR)
+ BIOL 100 Natural History Environmental Biology w/Lab (M,MMR)
BIOL 101 Issues In Environmental Biology (C)
+ BIOL 107 General Biology - Lecture and Lab (C,M,MMR)
BIOL 110 Introduction to Oceanography (C,M)
BIOL 115 Marine Biology Lecture/Laboratory (C,M,MMR)
+ BIOL 120 The Environment of Man (M)
BIOL 130 Human Heredity (C,M,MMR)
BIOL 131 Introduction to Biotechnology (MMR)
+ BIOL 180 Plants and People (C,M,MMR)
BIOL 205 General Microbiology (C,M,MMR)



Area 6—Languages Other Than English

UC Requirement Only. In order to complete IGETC for The University of California system, students are required to demonstrate competence/proficiency in a language other than English equal to two years of high school study. **Competence may be demonstrated through the following mechanisms:**

1. Completion of two years of the same foreign language of high school level work with grades of "C" or better;
 2. Completion of a course or courses at a college or university, with a grade of "C" or better in each course. Usually, one semester of college work in a language other than English is equivalent to two years of high school work;
- Any one of the following course or courses completed with a grade of "C" or better, will fulfill the requirement:

6A: Languages Other Than English

AMSL 115 American Sign Language Level I (C,M)

* AMSL 116 American Sign Language Level II (C,M)

* AMSL 215 American Sign Language Level III (C,M)

* AMSL 216 American Sign Language Level IV (C,M)

ARAB 101 First Course in Arabic (C,MMR)

ARAB 102 Second Course in Arabic (C,MMR)

CHIN 101 First Course in Mandarin Chinese (M)

CHIN 102 Second Course in Mandarin Chinese (M)

CHIN 201 Third Course in Mandarin Chinese (M)

FREN 101 First Course in French (C,M)

FREN 102 Second Course in French (C,M)

FREN 201 Third Course in French (C,M)

FREN 202 Fourth Course in French (C,M)

GERM 101 First Course in German (C,M)

GERM 102 Second Course in German (C,M)

GERM 201 Third Course in German (C,M)

ITAL 101 First Course in Italian (C,M)

ITAL 102 Second Course in Italian (C,M)

ITAL 201 Third Course in Italian (C,M)

JAPN 101 First Course in Japanese (M)

JAPN 102 Second Course in Japanese (M)

JAPN 201 Third Course in Japanese (M)

JAPN 202 Fourth Course in Japanese (M)

LATI 101 First Course in Latin (M)

LATI 102 Second Course in Latin (M)

LATI 201 Third Course in Latin (M)

RUSS 101 First Course in Russian (C,M)

RUSS 102 Second Course in Russian (M)

RUSS 201 Third Course in Russian (M)

sian (M)

+ SPAN 100 First/Second Course in Spanish-Accelerated (M)

+ SPAN 101 First Course in Spanish (C,M,MMR)

+ SPAN 102 Second Course in Spanish (C,M,MMR)

+ SPAN 201 Third Course in Spanish (C,M,MMR)

+ SPAN 202 Fourth Course in Spanish (C,M,MMR)

SPAN 215 Spanish for Spanish Speakers I (C,M,MMR)

SPAN 216 Spanish for Spanish Speakers II (C,M,MMR)

TAGA 101 First Course in Tagalog (M,MMR)

TAGA 102 Second Course in Tagalog (M,MMR)

TAGA 201 Third Course in Tagalog (M,MMR)

VIET 101 First Course in Vietnamese (M)

VIET 102 Second Course in Vietnamese (M)

VIET 201 Third Course in Vietnamese (M)



GUARANTEE ADMISSION PROGRAMS

Counseling Office (619) 388-2672, Bldg I-400 Third Floor

San Diego Mesa College offers several Guarantee Admission Programs (also called TAG) plans for students who are planning on transferring to colleges within California. The University of California at San Diego (UCSD) and San Diego State University (SDSU) are the two most commonly attended colleges through the TAG program by students who are enrolled at San Diego Mesa College. Below is a list of other CSU and UC colleges who are participants in the TAG program:

CSU Northridge

UC Davis

UC Irvine

UC Riverside

UC Santa Barbara

UC Santa Cruz

Humboldt State University

UCSD-TAG

TAG will guarantee students admission to the university but not to a specific college or major. All students-athletes must attend a TAG workshop and plan accordingly with their counselor. The following requirements must be met to be eligible for the UCSD-TAG program:

1. Maintain a 3.0 GPA and be in good academic standing
2. Complete UC transferable Math and English courses prior to transferring
3. Establish residency
4. Earn a minimum of 60 UC transferable units
5. Complete the IGETC track with a "C" or better
6. Complete courses to prepare for the major as required
7. Submit a UC admission application

SDSU-TAG

The TAG to SDSU program will guarantee admission to the college. Student-athletes must follow the rules of admission of their intended major department to be admitted into the major. The following requirements must be met to be eligible for the SDSU-TAG program:

1. Complete at least 50% of the transferable units
2. Apply for admission
3. Complete general education requirements in oral communication, critical thinking, written communication, and math/quantitative reasoning with a "C" or better.
4. Meet the GPA requirements for the major listed in the SDSU catalog
5. Complete 60 transferable units
6. Complete at least 2 courses of major preparation listed in the SDSU catalog





FINANCIAL AID

(619) 388-2817, Bldg. I-300 First Floor

Grant vs Loan

A grant is money given to students which does not get paid back to the originator of the funding. A loan is funding given to students which does get paid back to the lender depending on the terms of the loan.

Board of Governor's Fee Waiver (BOGW)

The BOGW is a state funded program which waives all enrollment fees and health fees to students who are residents of California. Students who apply for financial aid through FAFSA will automatically be considered for the BOGW waiver. If a student-athlete has not applied for financial aid, and they are a resident of California, they can still apply for BOGW by filling out a the BOGW application.

Academic Competitiveness Grant (ACG)

The ACG is a federal grant that provides eligible students 750.00 for their first year of college and then 1300.00 for their second year of college if they meet the criteria. The criteria is as listed below:

1. A student must have graduated high school by no sooner than 1/1/06 for first year recipients and 1/1/05 for second year recipients.
2. They must have completed a rigorous high school curriculum
3. Be a U.S. Citizen
4. Be receiving a Pell Grant during the same semester
5. Minimum of a 3.0 GPA for 2nd year grant eligibility.

If you feel that you may be eligible for ACG, please contact the Financial Aid Office for more information.

Federal Direct Subsidized Loans

The Federal Direct Subsidized Loan is a federal loan program that replaced the Stafford Loan program at San Diego Mesa College in fall 1995. Instead of borrowing from a bank, students now borrow directly from the Federal Government.

Each academic school year a community college student may borrow up to \$2625 as a grade level I student (fewer than 24 units completed toward major and general education requirements) or up to \$3500 as a grade level II student (24 or more units completed toward major and general education requirements). This is a subsidized loan which means that while a student is enrolled at least part-time, the federal government will pay the interest on the loan.

Federal Supplemental Educational Opportunity Grant (FSEOG)

FSEOG is a federal grant program designed to assist students who are considered to be low-income status and Pell Grant eligible. Awarding of FSEOG funds is determined by the Financial Aid Office at San Diego Mesa College and based on the financial need of the student-athlete. Unlike the Pell Grant, there is no guarantee for all eligible student-athletes to receive funding from the FSEOG as funds are limited.





Federal Direct Parent Plus

Loan

Parents of dependent undergraduate students may borrow from the Direct PLUS loan program. The amount borrowed may be up to the cost of attendance minus any financial aid. First the student must meet all other financial aid eligibility requirements and then parent must meet certain eligibility requirements as well. They must have a favorable credit history, be a U.S. citizen, and be in good standing on all Federal Loans. Checks will be mailed directly to the parent after a electronic promissory note is signed. Parents must begin repayment within 60 days of receiving the full disbursement of the loan.

Cal Grants

The Cal Grant program is managed by the California Student Aid Commission (CSAC) to help students who are California residents of middle and low income households. Students who are attending a California Community College may receive either Cal Grant B or Cal Grant C.

To be eligible for Cal Grant B, a student must not have completed more than one full-time semester or 16 semester units of part-time college work before becoming a full-time college student and must have their GPA verified by their high school counselor. Then, once they have been in college for 24 or more semester units, the student must have a 2.0 GPA to remain eligible for Cal Grant B. Cal Grant C is designed for students and student-athletes enrolled in a vocational program.

Federal Pell Grant

The Federal Pell Grant is the largest federal grant program. Eligibility is determined by the federal government from the information provided on the FAFSA form with sole consideration to financial need. The Pell Grant is paid based on:

1. Estimated Family Contribution
2. Number of units a student is enrolled in on the Census Date (add/drop deadline)

Federal Work Study (FWS)

The Federal Work Study (FWS) program allows an eligible student an opportunity to earn a portion of their financial aid eligibility by working in an assigned part-time job. Jobs can take place either on or off campus. This is a monthly paid position which will last approximately 9 months, or one entire school year. The wages received are at least equal to the current minimum wage, however, many FWS positions pay more than minimum wage.

Extended Opportunity Programs and Services (EOPS) Book Voucher

The EOPS Book Voucher program is available to full time student who are California residents and qualify based on their financial and educational status.

Cooperative Agencies Resources for Education program (CARE)

The CARE program is designed for single parents or legal guardians who are at least 18 years or older and has a child under the age of 14. Eligible students must be enrolled in at least 9 units, registered as head of household, and be CalWORKS and EOPS eligible.





STAR/TRIO

STAR is a federally funded TRIO Student Support Services program that grants aid to participants who are receiving Federal Pell Grants. To be eligible, applicants must be enrolled at Mesa College and meet federal income guidelines, be the first in their family to attend college, and/or be a disabled student with academic need. New participants must also be full-time students who intend to transfer to the four-year university to pursue a bachelor's degree.

STUDENT SERVICES

Disabled Student Programs and Services (DSPS) Room H202

The purpose of DSPS is to fully accommodate the academic and support needs of students with disabilities as mandated by Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. The DSPS Department offers access to a variety of specialized support services and assistive equipment. These services are intended to assist students with disabilities to more successfully participate in regular college programs and activities. Students with either permanent or temporary disabilities are eligible.

Extended Opportunity Programs and Services (EOPS) Bldg I-300 Room 101

Extended Opportunity Programs and Services (EOPS) is a state funded program designed to provide counseling, retention and support services to increase college enrollment for those individuals who have previously not considered college as an option. EOPS provides services, "above and beyond" those offered by the college, to enhance the educational success of program participants. EOPS also offers priority registration, specialized tutoring services, and tuition and book assistance.

Bridging Lab Room H218

The bridging lab is designed to provide individualized assistance and skill development in writing, reading comprehension, ESOL, math and study techniques. It also offers ESOL support, placement test preparation and counseling, and TOEFL test preparation and counseling.

Math and Science Center Room K211

The Math and Science Center provides one on one tutoring in Mathematics, Chemistry, and Physics on a walk-in basis for all Mesa students. Mathematics tutoring is available at all times. Tutoring for Chemistry, Physics and Statistics is provided during most hours. All tutoring is provided by trained peer tutors and faculty support staff. There is no fee for tutorial services.



Tutoring Appointment Center Room K212

The Tutoring Appointment Center provides no cost, one-on-one and small group tutoring in a variety of subject areas by appointment. It also offers resource materials in a variety of subjects.

Writing Center Room K210A

The Writing Center is a free service, providing tutoring in writing for any Mesa College students who desire assistance with improving their writing or need help with producing successful responses to course writing assignments. The Writing Center promotes student success by providing one-on-one and small-group tutoring in writing for any course at any level by trained tutors under the direction of faculty specialists in writing and tutoring.

ACADEMICS

The main purpose of San Diego Mesa College Athletics is to provide the student-athletes with a forum where they can compete in intercollegiate athletics while earning their associates degree or earning units to transfer to a 4-year college. Therefore, academics are an integral part of the athletic experience and have a high priority with all the coaches and athletic administration at the college.

Positive Attendance

Positive attendance refers to when a student-athlete attends all of their classes on a consistent basis. By attending all classes, a student-athlete will retain more information and perform better on assignments, quizzes and midterms than a student-athlete who does not regularly attend their classes.

Class Selection

Think about what is interesting to you. San Diego Mesa College offers a broad selection of classes to fulfill the general education requirements. When selecting classes to meet those requirements, a student-athlete should spend time thinking about what academic topics are of interest to them and then select their classes according to those interests. Also, a student-athlete should take into account their academic strengths. By being realistic about academic interests and strengths, student-athletes will be able to make better class choices and will succeed in the classroom.

Be realistic about waking habits. If a student-athlete has difficulty with going to early morning classes, they should try to schedule classes which are later in the morning or during the early afternoon when they are more alert and can commit to their classes.

Balance out your schedule. Some classes are more time consuming than others and require more focus. These type of classes are best to be scheduled on different days or with time in between them to relax and review.





Ask the coach for a practice and game schedule. Avoid scheduling classes on days or at times when the team may have to travel to avoid missing classes. If a conflict does occur, a student-athlete should immediately speak with their coach and the instructor to ensure that no materials are missed.

Tips for Academic Success

1. Attend all classes
2. Sit in the front of the class. Being closer to the instructor eliminates the opportunities to sleep or daze off during class time.
3. Be organized. Keep all materials for each class separated.
4. Take notes in class that you understand. Don't only write down what the instructor writes on the board. Using your own language and symbols helps in understanding and remembering the discussion.
5. Ask questions. If something is unclear, ask the instructor either during class or after.
6. Get a tutor with subjects that are difficult.
7. Review. Re-read and re-write notes to help retain information.
8. Take breaks. Schedule time between classes and studying to relax and do something that you enjoy.

Study Tips

1. Set a realistic schedule for studying and stay with it. Plan around work schedules and allow time to relax.
2. Know how long you can study for a period of time. Don't try to study for three hours if you can not sit in one place for more than two.
3. Remove all distractions from your study space. Distractions such as the television and friends can be tempting to pay attention to rather than study.
4. Establish a study group. Learning is more enjoyable with others.
5. Use the Learning Resource Center (LRC) for extra reading materials. Slides and films from classes are usually on hand for review by students at all times.
6. Review all handouts. These are usually extra material that may or may not be covered in the text book and should have extra special attention paid to.
7. Stay up to date. Stay on track with what chapters are to be read by each date.
8. Reward yourself with a "brain break." Take 15 minutes off from studying and do something you enjoy or have a snack, go for a quick walk, talk to a friend, etc.

Test Preparation

1. Begin to study early. Avoid the late night studying sessions the night before.
2. Know what to study. Ask the instructor if the test is on a specific chapter or what particular materials will be covered.
3. Use study materials such as flash cards or cheat sheets to help review.
4. The day of the exam, relax and slowly review notes.

Class Schedule Worksheet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am						
7:30am						
8:00am						
8:30am						
9:00am						
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MAAP

Kristy Carson (619) 388-2535, Bldg I400 Third Floor

Mesa Academics and Athletics Program (MAAP)

The MAAP at San Diego Mesa College specifically assists student-athletes in achieving their educational, career, and personal goals. MAAP is a cooperative effort between the Counseling and Physical Education/Athletic Departments. MAAP aims to help students obtain an educational degree and meet eligibility requirements based on the California Community College Athletic Association (CCCAA) rules and regulations. Most importantly, MAAP helps students succeed in the classroom and the athletic arena

Goals of MAAP

The goals of MAAP are to assist student-athletes in the identification of career and educational objectives by empowering student-athletes to reach academic success and increase retention, graduation and the transfer rate of student-athletes. MAAP strives to encourage each student-athlete to develop their independence and to mature mentally emotionally, physically and athletically and also create an environment within the intercollegiate athletic program that promotes academic achievement.

Progress Reports

The coaches, administration, and counselors at San Diego Mesa College want their student-athletes to excel in athletics and in the classroom. The progress of a student-athlete is monitored by both the Mesa Athletic Department and the MAAP counselor through progress reports. These progress reports are conducted three times during each semester to assure students are attending class and working towards completing their education goals.

Freshman Year Experience (FYE)

The FYE is a cooperative partnership program between Mesa College and local area high schools. The program is designed to encourage graduating high school seniors to pursue their educational, athletic and career goals at Mesa College, and to provide special support services for a seamless transition to college. The program assists prospective students with early registration, the setting of educational plans, and updated information for financial aid.



SAN DIEGO MESA COLLEGE DIRECTORY

ACCOUNTING OFFICE	619-388-2704
ADMISSIONS	619-388-2682
ATHLETICS	619-388-2737
ASSESSMENT TESTING	619-388-2718
ASSOCIATED STUDENTS	619-388-2903
BOOKSTORE	619-388-2714
CAFETERIA	619-388-2727
CHILD DEVELOPMENT CENTER	619-388-2812
COLLEGE POLICE	619-388-2749
COUNSELING	619-388-2672
DISABLED STUDENT SERVICES	619-388-2780/TTY:388-2974
FINANCIAL AID	619-388-2817
GRADES	http://studentweb.sdccd.edu
LRC (LIBRARY)	619-388-2695
REGISTRATION	619-388-2500
STUDENT HEALTH SERVICES	619-388-2774
TRANSFER CENTER	619-388-2473
TUTORING	619-388-2574

DEPARTMENT OF ATHLETICS DIRECTORY

<u>SPORT</u>	<u>HEAD COACH</u>	<u>PHONE #</u>	<u>EMAIL</u>	<u>OFFICE</u>
BADMINTON	FRANK BAGONGAHASA	619-388-5803	sdfms@sbcglobal.net	None
BASEBALL	KEVIN HAZLETT	619-388-5804	khazlett@sdccd.edu	L101D
BASKETBALL (M)	ED HELSCHER	619-388-2274	ehelsche@sdccd.edu	I201
BASKETBALL (W)	MICHAEL HOOTNER	619-388-2747	coachhootner@gmail.com	L115
CROSS COUNTRY (M)	THOM HUNT	619-388-5805	thunt@sdccd.edu	L101K
CROSS COUNTRY (W)	RENEE ROSS	619-388-5806	rross@sdccd.edu	L101K
FOOTBALL	HENRY BROWNE	619-388-5787	hbrowne@sdccd.edu	L101G
SOCCER (M)	ABDELGHANI TOUMI	619-388-2694	atoumi@sdccd.edu	L115
SOCCER (W)	TODD CURRAN	619-388-2430	tcurran@sdccd.edu	L101C
SOFTBALL	JACLYN GUIDI	619-388-5807	jguidi@sdccd.edu	L101H
SWIMMING (M)	NATHAN RESCH	619-388-2429	nresch@sdccd.edu	I216
SWIMMING (W)	JIM FEGAN	619-388-2452	jfegan@sdccd.edu	L101B
TENNIS (M)	MICHAEL HOOTNER	619-388-2747	coachhootner@gmail.com	L115
TENNIS (W)	PATTI PEISNER	619-388-5431	ppeisner@sandi.net	None
TRACK & FIELD (M&W)	RENEE ROSS	619-388-5806	rross@sdccd.edu	L101K
VOLLEYBALL (M)	JOHN LANDICHO	619-388-2993	jlandich@sdccd.edu	M105
VOLLEYBALL (W)	KIM LESTER	619-388-2275	klester@sdccd.edu	L101E
WATER POLO (M)	NATHAN RESCH	619-388-2429	nresch@sdccd.edu	I216
WATER POLO (W)	JIM FEGAN	619-388-2452	jfegan@sdccd.edu	L101B
OFFICE OF PE, ATHLETICS, DANCE, AND HEALTH		619-388-2737		
DEAN DAVE EVANS		619-388-2737		
ATHLETICS COUNSELOR	KRISTY CARSON	619-388-2535		
EQUIPMENT MANAGER (M)	WAYNE MITCHELL	619-388-2456		
EQUIPMENT MANAGER (W)	JENNIFER SIMLEY	619-388-5845		
TRAINING ROOM	SUE LALICKER	619-388-2421		
	LAURIE BLACK			

