

# Counseling Corner

@raid.ersrise



## February Dates to Remember:

- February 4th Strong Youth, Strong Communities Assembly
- February 7th Black College Expo
- February 7th: **STEPS TO COLLEGE 2026**: The Largest Bilingual & Binational University Fair in Northern California
- February 9th Pre Registration for 2026-2027 classes
- February 12th Last day to request PE Exemption
- February 13th - 16th President's Weekend - no school
- February 18th-19th Ask an Expert

The SACRAMENTO CITY COLLEGE REPRESENTATIVE, RACHEL DINH, will be onsite during both lunches in the counseling office. See Flyer for dates.

## PE WAIVER Read Carefully!

This Form must be completed by all **rising Juniors and Seniors for next year**. All students are required to complete four years of PE; however, students who are 16 years old or older and who have passed two years of PE during their freshman and sophomore years may opt-out of PE during their Junior and/or Senior years by requesting an exemption. A form must be completed each year. **Students without a waiver will be automatically scheduled into a PE Course.**

Click [LINK](#) to sign. Deadline to fill out the waiver is February 12, 2026

## SPOTLIGHT on: Sacramento City College: Legal Studies & Administration of Justice

### [Program Highlights & Features \(video\)](#)

### [Student Testimonial \(video\)](#)

### Academic Degrees

- AS-T: Administration of Justice
- AA-T: Law, Public Policy and Society
- AS: Administration of Justice
- Academic Certificate: Legal Studies

### Law School Pathway

Dual Enrollment - Law Pathway

ADMJ 300, 302, 304, 320 Course offerings align with both of our transfer degrees & our associate degree

### Pro Football Hall of Fame

### Strong Youth, Strong Communities Assembly

Wednesday, February 4th, 2026

#### Please Note: This event is only for RCHS Students & Staff

We are thrilled to share that River City High School has been selected for a special Community Schools partnership event: the Strong Youth Strong Communities (SYSC) Summit, brought to us in partnership with the Pro Football Hall of Fame, Centene, and Big Brothers Big Sisters of America. This powerful, whole-school assembly will take place in the RCHS gymnasium during the school day. It will feature Pro Football Hall of Fame guest speakers, Warren Moon, Darrell Green, and Fred Biletnikoff, and three-time ACC Basketball Champion Iman McFarland, who will share their personal stories and speak openly about the mental health challenges many teens face, along with real tools and strategies to build resilience and create stronger, healthier communities.

## RISE CENTER Counselor of the Day - February

Monday	Tuesday	Wednesday	Thursday	Friday
Ms. Straessler Ms. Alduenda	Ms. Price	Mrs. Clark	Mrs. Ozeroff	Mrs. Cramer

# Tutorial de el Formulario FAFSA

Tue, Feb 3, 2026 3:00 PM - 4:00 PM PST



uAspire is hosting a free [FAFSA Walkthrough in Spanish](#) for students and families. This session will give them an overview of the new FAFSA and walk them through the steps required to receive federal financial aid at colleges nationwide.

**Date:** Tuesday, February 3rd

**Time:** 3:00-4:00 PM PST / 6:00-7:00 PM EST

**Where:** Virtual

[\*\*REGISTER HERE\*\*](#)



# STEPS TO COLLEGE PASOS A LA UNIVERSIDAD

## 2026

**SAVE THE DATE**  
**FEBRUARY 7, 2026**

  
**CAL EXPO**  
1600 Exposition Blvd,  
Sacramento, CA  
Buildings A & B  
**9 am - 3 pm**



THE LARGEST BILINGUAL  
AND **TRINATIONAL** UNIVERSITY  
FAIR IN NORTHERN CALIFORNIA

- FINANCIAL AID ASSISTANCE
- UNDOCU COUNSELING
- COLLEGE & UNIVERSITY COUNSELORS

**REGISTER NOW!**



**México**  
Consulado General de México  
en Sacramento



PRESENTED BY: NATIONAL COLLEGE RESOURCES FOUNDATION

# OAKLAND BLACK COLLEGE EXPO™



## EVENT HIGHLIGHTS:

- MEET WITH OVER 50 COLLEGES
- GET ACCEPTED ON THE SPOT
- MILLIONS IN SCHOLARSHIPS AVAILABLE
- SOME COLLEGES WAIVE APPLICATION FEES
- CERTIFICATE AND TRADE SCHOOLS
- LIFE CHANGING SEMINARS
- CELEBRITIES AND PRIZES \$\$\$

Saturday  
Feb 7, 2026

10:00am - 3:00pm

Oakland Marriott City Center  
1001 Broadway, Oakland, CA



**REGISTER TODAY**



\*\*\*\*BRING 10 COPIES OF YOUR TRANSCRIPTS



**WIN A SCHOLARSHIP**

DEADLINE: Jan. 26, 2026

Info at:

[NCRFoundation.org/Scholarship](http://NCRFoundation.org/Scholarship)

For more information please visit  
[NCRFoundation.org](http://NCRFoundation.org)

CASH FOR COLLEGE

# ASK AN EXPERT

## VIRTUAL WORKSHOPS

NEED HELP WITH YOUR FAFSA  
OR CADAAC?

OUR FINANCIAL AID EXPERTS  
ARE HERE TO HELP YOU  
COMPLETE YOUR FAFSA OR  
CADAAC!

February 18 and 19

Time: 6:00 pm - 8:00 pm

ZOOM ID:

[HTTPS://SCOE.ZOOM.US/J/88353498106](https://SCOE.ZOOM.US/J/88353498106)

February 24 and 25

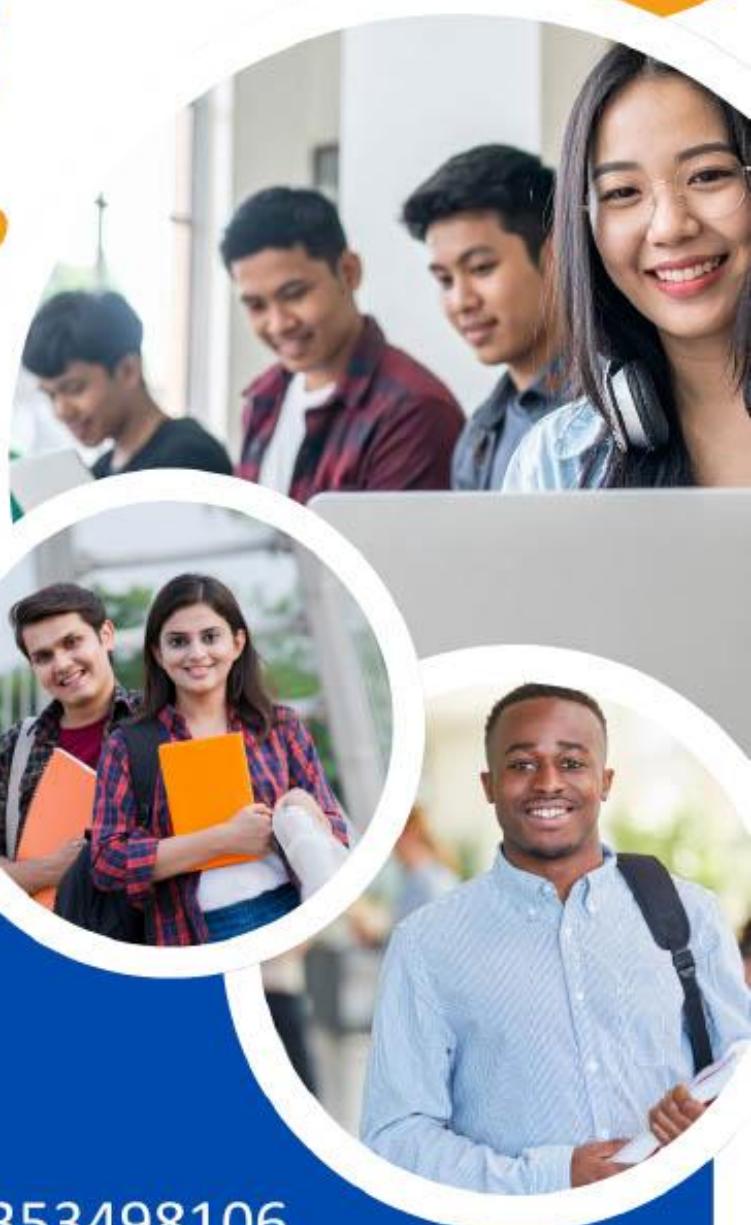
Time: 6:00 pm - 8:00 pm

ZOOM ID:

[HTTPS://SCOE.ZOOM.US/J/82874923570](https://SCOE.ZOOM.US/J/82874923570)

**REMEMBER:**

The priority deadline  
to apply for financial  
aid is March 2, 2026!



# UC Merced invites high school students to apply for computer science internship

By Jim Silva



Water flowing through a canal at UC Merced. *VERONICA ADROVER UC Merced*

Computer science and engineering Professor Ahmed Arif runs the program. Most of the applications he receives are from students in the Bay Area, and he said he would like to see more applicants from Central Valley, according to an article from UC Merced Public Information Officer Patty Guerra.

“Each year, I personally mentor four high school interns, teaching them how to conduct research responsibly, uphold strong ethical standards and gain hands-on experience in building real-world software systems,” Arif told Guerra. The internship is mostly virtual, lasts 12 weeks and requires 20 hours of work per week. Arif told Guerra that while demanding, the internship is flexible and can be worked around students’ schedules. “In research, you cannot schedule productivity,” Arif said. “Sometimes you’re in the mood to do it, and sometimes you’re not in the mood. This is being human.” To apply, students can go to [shorturl.at/WYiA3](http://shorturl.at/WYiA3).

# SACRAMENTO CITY COLLEGE

## MEET WITH RACHEL TUESDAYS IN THE COUNSELING ROOM FROM 12:00 - 1:30pm



### I CAN HELP WITH

- SCC APPLICATION QUESTIONS
- HOW TO ENROLL, ADD, OR DROP CLASSES
- DUAL ENROLLMENT QUESTIONS
- ESERVICES HELP
- RESETTING YOUR PASSWORD
- SCHEDULING COUNSELING APPOINTMENTS
- FINDING STUDENT SERVICE RESOURCES
- ANSWERING QUESTIONS ABOUT NEXT STEPS

January

TUES  
27

February

TUES  
3

March

TUES  
17

April

TUES  
7

TUES  
21

May

TUES  
5

TUES  
26

This year, I am available on Mondays, Tuesdays, Fridays, and Saturdays. Please note that **I will not be available on Wednesdays and Thursdays.**



WANT TO SCHEDULE A MEETING?

FILL OUT THIS FORM TO CHOOSE A DATE TO MEET WITH ME! TAKES 1-2 MINS.

LINK: [HTTPS://FORMS.GLE/EAUJWLJ2N2HB4DSS6](https://forms.gle/EAUJWLJ2N2HB4DSS6)

EMAIL: [DINH-LR@SCC.LOSRIOS.EDU](mailto:DINH-LR@SCC.LOSRIOS.EDU)  
PHONE: 916-343-8853 (TEXT OR CALL)

# SCC Summer/Fall 2026 - Timeline

## STEPS:

- Step 1: Fall Applications open: OPEN Feb 1st**
- Step 2: City Jam (Virtual Orientation begins):**
  - Summer 2026 starts **March**
    - Registration opens **Mid-February**
  - Fall 2026 **starts April**
    - Registration opens **Mid-March**
- Step 3: Meet w/ Success Coach/Counselor  
Self-Enroll**
- Step 4: FAFSA 2026-27: Priority March 2**
- Step 5: Pay Fees**

Summer is coming  
SUMMER 2026  
**CITY JAM**  
**VIRTUAL ZOOM**  
**ORIENTATION**

First time college students  
who plans to start school:

**When: Starting Summer semester?**  
2 sessions ONLY  
Wednesday, March 4 from 4:30pm-6pm  
Wednesday, March 18 from 4:30pm-6pm

**When: Starting Fall semester?**  
Wednesday, April 1 from 4:30pm-6pm  
Wednesday, April 15 from 4:30pm-6pm  
Wednesday, April 29 from 4:30pm-6pm  
Wednesday, May 13 from 4:30pm-6pm  
Last session: Tuesday, May 26 from 4:30pm-6pm

Registration opens **2 weeks prior to each session**  
Limited Spots - first come first serve  
Register here: <https://bit.ly/CityJamRe>

## Virtual - City Jam Sessions for Spring 2026

**City Jams** are our virtual Orientation sessions for new/returning students covers:

- **Financial Aid Information**
- **Navigating eServices/Student Accounts**
  - How to enroll into classes after meeting w/ Success Coach/Counselor
  - How to find course placements
- **Student Support Services Information**
  - DSPS
  - EOPS
  - ASHE/RAZA/UNDOCU Center
  - etc
- **INDIS 313 - Freshman Seminar Course**
  - Connect w/ Success Coach
  - Connect w/ Peer Mentors
- After orientation is complete, we get students connected with success coach/counseling department



# Services Offered at the Center

The SCC West Sacramento Center is an outreach location designed to offer a broad range of courses and services. The Center allows students to take advantage of a smaller learning environment, while still having access to academic and student support services. Whatever you need, our team is ready to support you!

## 1ST FLOOR SERVICES

### Academic Counseling

Meet with a counselor to get help completing an Education Plan (iSEP), declaring a major, or getting information on degrees and certificates. Academic counseling is available in-person, or virtually via video or phone. [Schedule an appointment online](#) or call the Center staff at **(916) 375-5511**.

### DSPS Counseling and Accommodations

The Center supports students with disabilities through exam accommodations and counseling. To schedule exam proctoring, [visit the Front Desk](#). Counseling is available in-person, or online via video or phone. For appointments, contact the DSPS office:

- Phone: (916) 558-2087
- Email: [DSPS@scc.losrios.edu](mailto:DSPS@scc.losrios.edu)
- Ask to meet with Yelena Piskun at WSC

### eServices Assistance

Students can get assistance with completing the CCCApply Application, receive registration assistance, navigate eServices, Canvas, and more.

### Financial Aid Services

Students can get assistance with forms and questions about financial aid. Please call **Dmitriy Tkachenko** at **(916) 375-5551** for financial aid assistance.

### Parking Permits

Students can purchase their parking permits online via eServices or pay with cash at the Front Desk.

### Student Access Cards

To get a student access card, students need to provide proof of identification such as a driver's license and must be enrolled in at least one course at any Los Rios college.

## 3RD FLOOR SERVICES

### Career Services

Career Services supports students with resume building, interview preparation, career exploration, and finding job and internship opportunities.

#### Location: WSC 3rd Floor

### Computer Lab

The Computer Lab is for students to do research, complete homework, or receive assistance with navigating the college website, Canvas, and eServices.

#### Location: WSC 317

### Financial Aid Lab

The Financial Aid Lab offers 1:1 assistance to complete the FAFSA and CADAA application, review some eForms, and answer general questions.

#### Location: WSC 317

### Learning Resource Center (LRC)

The LRC has materials available for check out such as computers, calculators, headphones, and textbooks.

#### Location: WSC 322

### Math Lab

The Math Lab provides free math and statistics tutoring for SCC students, with drop-in and scheduled sessions available. Appointments can be made on their [website](#).

#### Location: WSC 320

### Mini Market

The Mini Market, provided by Panther Cares, lets students pick up to 5 items weekly, including food, personal care products, and laundry detergent.

#### Location: WSC 3rd Floor

### Study Spaces

The open study area has tables, a microwave, casual seating, electrical outlets available. Students can also [reserve a study room](#) to do work!

#### Location: WSC 321

### Writing Center

The Writing Center offers free tutoring in reading, writing, speaking, and listening across all subjects. Appointments can be made on their [website](#).

#### Location: WSC 314

# Important Information

Provided below are some tips to help you have a successful semester as you work towards your academic and educational goals. If you have any questions, the Center staff is always happy to help!

## Know Where to Park

Sacramento City College students, staff, and faculty need to **park in the designated LRCCD parking lot**. Please do not park in the lot directly in front of the West Sac Center to avoid getting a parking ticket. The time-restricted and designated parking spots are reserved for senior citizens, library customers, and electric vehicles.

**Students can purchase a parking permit at the Front Desk or online via eServices.**

## Find your Classroom

The first digit of the room number indicates which floor the room is on. WSC stands for West Sac Center.

1st floor classes include **WSC 114, 115, 116**  
2nd floor classes include **WSC 214, 215, 216, 217, 219, 220, 221**  
3rd floor classes include **WSC 323**

## Connect to Wifi

Students are able to connect to wifi by logging into the **LRCCD Network** with their **Los Rios W+ID + password**.



Enter the password for "LRCCD"

Cancel Enter Password Join

**W1234567**

Username | **eServices**

Password **Password**

## Instructions for Chromebooks, Android, and Linux

1. Connect to LRCCD Network
2. EAP Method: PEAP
3. Phase 2 authentication: MSCHAPV2
4. CA Certificate: Do Not Check
5. Identity: Los Rios W+ID
6. Password: Los Rios Password

## Print with PaperCut

SCC's printing system is called PaperCut. Printing stations and instructions are posted on both the 1st and 3rd floor.

**Printing charges are \$0.10 per page for black and white printing; no color printing is available.**

## Find Support Programs

Scan here to find student support programs to help you be successful at Sac City College!



## Know Important Deadlines

Scan here to view the Academic Calendar and Deadlines for current and upcoming semesters!



## Get Involved

Scan here to view the Calendar and Events to see what events SCC's programs, clubs, and organizations have planned for you!



## Follow us on Social Media

Follow us on social media to get the latest updates!



@WestSacCenter



@WestSacCenter



SCC West Sacramento Center - Official