



**ASIAN
PACIFIC
ISLANDER
DESI**

**STUDENT
RESOURCE
GUIDE**



TABLE OF CONTENTS

Greetings	3
Career & Academic Pathways.....	4
Academics.....	5
Success Centers	8
Admissions & Aid	10
Student Life.....	12
Bookstore.....	13
Athletics.....	14
Food Services	15
Counseling	16
Health & Wellness	17
Student Services.....	18
University Transfer & Transportation Services.....	20
Police & Campus Safety	21
LBCC Phone Numbers - Quick Reference	22

GREETINGS!

On behalf of Long Beach City College, it is my great pleasure to welcome you, and to recognize the On behalf of Long Beach City College, it is my great pleasure to welcome you, our Asian Pacific Islander Desi (APID) students.

LBCC views our wonderfully diverse student population as one of our strengths. Through the years, we've developed a community through our student organizations like the Cambodian, Chinese, Japanese, Korean, Pacific Islander and Pilipino student clubs. We're proud to offer a number of courses at our College that explores Asian Pacific Islander Desi art, history, and music, as well as our desire to openly examine topics such as race and ethnicity in the United States.

This resource guide is one of the many ways we are committed to ensuring that our community is responsive to your needs. Through this new APID Student Resource Guide, we hope that this will assist our APID students in their journey through LBCC. You will find a variety of LBCC Student Services, tips to achieve academic success, information on transfer, off-campus resources and much more. And there are several resources specifically focused on serving our APID student community. In addition, you will find a number of LBCC faculty and staff members in this guide. I hope you find their profiles inspiring and helpful during your time here at LBCC.

Our goal is to prepare students to assume their roles as culturally empowered and contributing members of the student body here at Long Beach City College and 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
Superintendent-President
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

ACADEMICS

COURSES THAT CELEBRATE ASIAN PACIFIC ISLANDER DESI HERITAGE

Learn more about APID history, heritage and culture through these courses offered at LBCC.



African, Oceanic, Native American Art - ART 4 (Also, Art 4 Honors) This course is a survey of the painting, sculpture, architecture and other cultural objects of sub-Saharan Africa, Australia, Polynesia, Melanesia, Micronesia and Native North America.

History of Asian Art - ART 5

This course serves as a comprehensive introduction to the art traditions of India, Southeast Asia, China, Korea and Japan. The historical development of the arts is examined within their broader cultural context.

Elementary Chinese - CHIN 1

This course introduces students to the standard Chinese language (Mandarin). Students will study grammar, vocabulary, pronunciation, and culture. They will develop elementary competency in listening, speaking, reading and writing.

Elementary Chinese - CHIN 2

This course is the second of two beginning courses on the fundamentals of modern standard Chinese (Mandarin). It is designed to further develop students' competency in speaking, listening, reading, and writing.

World Cuisines: American Regional - CULAR 216

American Regional cuisine explores the use of indigenous ingredients in the preparation of traditional and contemporary American specialties from Hawaii to Florida, with stops in the Pacific Northwest, Texas, and New England along the way.

World Cuisines: Asian - CULAR 218

Students prepare, taste, serve, and evaluate traditional, regional dishes of the cuisines of India, the four regions of China, Japan, Vietnam, Thailand, and Indonesia.

Masterpieces/Asian Literature - ENGL 32

This course is an introduction to Asian literature (in translation), with an emphasis on major literary works of India, China and Japan.

World Literature I - ENGL 44 (Also, Art 44 Honors)

This course offers a comparative survey of the historical development of world literature in translation from ancient times to the mid or late seventeenth century, including works from Europe, the Middle East, Asia, and other areas and reflecting philosophical, political, and artistic changes in western and eastern cultures.

World Regional Geography - GEOG 40

The basic concepts and fundamentals of both physical and cultural geography are used in this course for an interpretation of the geographic regions of the Americas, Africa, Europe, Asia, the Middle East and the Pacific area.

History of China - HIST 9A

This class is a survey of Chinese history from antiquity to the present with an emphasis on the modern era. Emphasis is given to the evolution of traditional China, the Chinese way of life, the dynastic cycle, the impact of modernization, the imperial era, and the building of a new society and economic power during the 20th and 21st centuries.

ACADEMICS

History of Japan and Korea - HIST 9B

This class is a survey of Japanese and Korean history from antiquity to the present with an emphasis on the modern era. Particular attention is given to the relationship of both countries to traditional China, the development of a unique way of life in each, and the impact of modernization and the imperial era on these two societies during the 19th, 20th and 21st centuries.

History of India and Southeast Asia - HIST 9C

This class is a survey of the history of India and Southeast Asia from antiquity to the present. Emphasis is placed on the political, economic, social, religious and intellectual institutions of traditional India and representative cultures in Southeast Asia. Special attention is given to the impact of modernization on the Subcontinent, the development of modern India, and the history of representative cultures of Southeast Asia: Vietnam, Laos, Cambodia, Thailand, Burma, Malaya, Sumatra, and Java.

Elementary Japanese - JAPAN 1

This course introduces the students to the four skills necessary for language acquisition: listening, speaking, reading and writing (hiragana and katakana systems). Students will learn the sound system and basic grammatical structures. It presents everyday situations and topics of the Japanese culture.

Elementary Japanese - JAPAN 2

Students will acquire further competency in the four skills necessary for language acquisition: listening, speaking, reading and writing. This course continues to teach the kanji writing system.

Intermediate Japanese - JAPAN 3

Students will acquire further competency in the four skills necessary for language acquisition: listening, speaking, reading and writing. Topics will be placed in the contemporary context in the Japanese world.

Intermediate Japanese - JAPAN 4

It continues the review of Japanese grammar, emphasizing more advanced structures, and introducing additional kanji characters. Topics include expansion of vocabulary, development of reading and speaking ability and improvement of writing skills through the writing process.

Khmer for Heritage Speakers - KHMER 9

This course is the first semester of intermediate Khmer. It develops reading and writing skills of Heritage Khmer speakers. The KHMER 9 course also increases student's oral proficiency and understanding of Khmer cultural practices.

Khmer for Heritage Speakers - KHMER 10

It continues to develop reading and writing skills of native Khmer speakers and increases oral proficiency. Students explore Khmer history and culture in PreAngkorian, Angkorian, and Post-Angkorian periods.

Music of Multicultural America - MUSIC 35

This class will feature the music histories and progression of Native Americans, European Americans, African Americans, Chicano/ Latino Americans, Pacific Islanders, Asian Americans and Middle Eastern Americans. Students will gain the knowledge and skills necessary to understand and interpret analyses of musical traditions from technical and cultural perspectives.

Introduction to Non-Western Philosophy - PHIL 8

This course provides a broad introduction to some of the main philosophical traditions from around the world, such as Buddhism, Taoism, African Philosophy, and American Indian Philosophy. The major themes to be examined include the nature of reality, the meaning of life, the role of the individual and society, and the effects of history and culture on belief systems.

Race & Ethnic Relations in the U.S. -

SOCIO 11 (Also, Honors Socio 11)

The sociological study of diverse racial and ethnic groups in the U.S., including Latino, Asian American, African American and Native American sub-groups is covered. The course also includes an analysis of migration patterns, stratification, gender, social movements and inter- and intra-group relations. An examination of how social, political, economic and historical forces affect contemporary race and ethnic relations will be included.

Elementary Vietnamese - VIET 1

Students will learn the sound system, appropriate vocabulary and basic grammatical structures. In addition, this course exposes students to everyday situations and cultural topics of the Vietnamese speaking world.

Elementary Vietnamese - VIET 2

This course is a continuation of the study of Vietnamese vocabulary and grammar forms, emphasizing listening and speaking, reading and writing based on modern topical material.



Mia Tabayoyong

Disability Support
Services Specialist
Disabled Student Programs
& Services (DSP&S)

How do you identify?

Although I am multi-racial, I strongly identify as Japanese.

What makes you proud to be APID?

What makes me proud to be APID is that while the APID community consists of multiple, diverse ethnic groups, there is a shared value and appreciation for the collective group versus oneself along with the reverence for family and elders.

Who is your APID role model?

My mother, Chizuru Vancil, is the strongest person I know who has demonstrated grit from an early age. As a young adult, she left Japan to create a life of her own. Traveling thousands of miles away from the comforts of home, she attended CSULB with

limited knowledge of English. She spent endless hours using Japanese-English and English-Japanese dictionaries to successfully understand course content and complete course assignments. Despite the surmounting hours and effort required, my mother graduated with a Bachelors in Psychology. Her grit despite the hardships she faced is what I admire about her the most. She inspires me to fight for my dreams and goals.

What advice would you have for your 20-year-old self about your identity?

Be proud of who you are, whoever that may be. Your so-called labeled "differences" are actually strengths and make you the unique individual you are.

How do you celebrate/honor your heritage?

By taking a keen interest in upholding various Japanese traditions at home or when visiting Japan. For example, I honor my heritage by celebrating various holidays like Hinamatsuri or Tanabata, participating in cultural traditions like going to Onsens or paying respect to ancestors at local Japanese shrines, and maintaining my bilingual knowledge of the Japanese language.



Stacey Smith-Clark
Child Development Center
Manager - Pacific Coast
Campus

How do you identify?

Asian / Chinese American.

What makes you proud to be APID?

Our shared history, culture, education, innovation, etc. I am so proud of my ancestors for making their way to a new country to create a better life. We are resilient and tenacious: Less than a century ago, Asian-Americans were perceived as backward, undesirable and unassimilable aliens, full of filth and vice. They faced blunt racism and endured harsh legal exclusion.

Who is your APID role model?

Celeste Ng, Ali Wong, Mindy Kaling, Amy Tan, Empress Dowager Cixi.

What advice would you have for your 20-year-old self about your identity?

Lean in to who you are and the core values you were taught and that are the fiber of who you are will serve you well both personally and professionally.

How do you celebrate/honor your heritage?

I honor my elders and do my best to live an authentic and honest life to make my family proud. I also love this Chinese proverb: What you hear about may be false; what you see is true.

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

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



August Luuga
Applications Manager
Instructional & Information
Technology Services

How do you identify?

I am Samoan.

What makes you proud to be APID?

What makes me proud to be APID is the cultural richest of being Samoan.

Who is your APID role model?

My role models have been my family. Starting with my parents, who are first generation Samoans that raise our family in the States. My sister who is my only sibling. As well as my wife and daughter.

What advice would you have for your 20-year-old self about your identity?

Do more and pay better attention to your health and mental well being.

How do you celebrate/honor your heritage?

Working here at LBCC, I hoped that I have helped mentor students by being a club advisor to the Pacific Islander student club, supporting Athletic events and serving on the Athletic Associates group and sponsoring a PI designated scholarship. Outside of work, I try my best to support various cultural events and volunteer for non-profit groups.

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

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





Lubert Iglesia

Manager Environmental Health & Safety and Parking Services

How do you identify?

Filipino.

What makes you proud to be APID?

Our culture is what makes me proud to be Filipino especially when it comes to our family values.

Who is your APID role model?

My parents are my role model. They taught me at a very young age that no matter what others think of you, being true to yourself will bring you endless joy and happiness.

What advice would you have for your 20-year-old self about your identity?

Life is full of hardships and struggles. The way you face them will mold you to the best version of yourself.

How do you celebrate/honor your heritage?

I guess the best way to honor my heritage is by being proud of who I am and where I came from.

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 APID students 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



Stacey Ann Fong Toda

Associate Director Communications & Community Engagement

How do you identify?

Asian American/Chinese American/Japanese American/ABC/Yonsei.

What makes you proud to be APID?

I am proud of my culture and my family's history in this country.

Who is your APID role model?

My parents, my grandparents and my great-grandparents for the sacrifices they have gone through and the generosity they have shown to the younger generation.

What advice would you have for your 20-year-old self about your identity?

It's ok that you don't speak Cantonese or Japanese. There is no one right way to be APID. Be proud of who you are and realize that you stand on the shoulders of those who came before you.

How do you celebrate/honor your heritage?

It gets harder to connect to the motherlands when you are third and fourth generation Asian American. So I do my best to learn of my family's history - from Angel Island to Manzanar. I hand out lai-see at Chinese New Year, and attend obon festivals. It is my job to teach my daughter our traditions and what our families went through to make a better life here. And to share my heritage with as many people as possible.

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



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

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 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 for Summer and Winter Session hours.



Amy La, Ph.D., MBA

Mental Health Clinician
(Licensed Psychologist)
Student Health Services

How do you identify?

Chinese American.

What makes you proud to be APID?

The resilience and grit that we embody and show despite ongoing oppressions.

Who is your APID role model?

My loving mother, and Dr. Derald Sue, pioneer in multicultural psychology.

What advice would you have for your 20-year-old self about your identity?

Don't let others mistaken your kindness for submissiveness. Carpe noctem!

How do you celebrate/honor your heritage?

Everyday is a celebration of my heritage and family culture. I speak to my parents in Chinese and hope to infuse cultural practices to my children. I am honored to be bilingual and bicultural.

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

STUDENT SERVICES

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



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

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

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

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

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

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



Teila Robertson

Student Life Coordinator
Student Affairs

How do you identify?

I identify as Samoan.

What makes you proud to be APID?

I am proud to be a 1st Generation, Samoan Woman working in Higher Education. I am proud to represent APID here at LBCC for 14 years.

Who is your APID role model?

My role models are my Father and my Mother who raised me in our homeland of Samoa and taught me through faith, love and example, our culture. My grandfather was a High Chief Matai in our village and I owe it to them for keeping our culture alive in our home.

What advice would you have for your 20-year-old self about your identity?

Be true to yourself and know who you are and where you come from. Converse with your family and research your family history, there you will find answers to your own lineage and who came before.

How do you celebrate/honor your heritage?

By remembering who you are and where you come from and to be proud to represent your ancestors that paved the way for you. I honor by informing others of who I am and where I am from especially in events like this one, APID Heritage Celebration.

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



LooLoo Amante
Outreach and Recruitment
Specialist Matriculation

How do you identify?
Samoan, Filipino & Mexican

What makes you proud to be APID?
As being one of the few handful Pacific Islander staff members at LBCC, I always found it a calling to make sure I advocate for the needs of underrepresented students. Being in institution with the second largest population of Pacific Islander students, I make it imperative that my “tautua” helps bridge the graduation gap for our students. The values of faith, family and education have always been central to who I am. I am thankful that there were role models and leaders in my communities who broke barriers and paved the way so I can be where I am today.

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 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

Who is your APID role model?

It would be disrespectful if I just picked one: My Mom, My Chosen-Mothers, Aunties, Cousins, Teresia Teaiwa, Richard Chang, 'Alisi Tuluva, Keith Camacho, Larry Itliong, Estella Habal

What advice would you have for your 20-year-old self about your identity?

In the Samoan culture, your “Gafa” is your genealogy to who you are and where you family comes from. It wasn't until I was 22 that I truly explored my gafa and learned how I am to be. There was joy and sadness in the learning process but it's empowered me to proud of my families' migration stories.

How do you celebrate/honor your heritage?

Being a multi-ethnic individual, means I get experience multiple cultures and traditions. I honor my heritage through my every day actions and characteristics I embody. Respect, Care & Love through my interactions with students, staff, co-workers and strangers honor the values of my ethnicities.

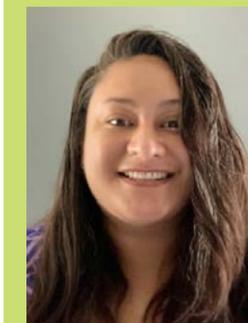
POLICE & CAMPUS SAFETY

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.



Kare'l Aniva Lokeni
Adjunct Counselor

How do you identify?

Samoan

What makes you proud to be APID?

The stories. Knowing the rich history, the connections to people, land, and faith, to the nuances across groups. APID encompasses many ethnicities and cultures. We are not all the same - we understand that. And I love that we show up and show out for each other.

Who is your APID role model?

My parents. My community. Seeing other folks like me in decision making spaces and using that role to build and develop our community is so inspiring; I make sure to take mental notes of those role models.

What advice would you have for your 20-year old self about your identity?

Invest in yourself, step out of your comfort zone, and embrace the true meaning of “fa'alogo” as a Samoan.

How do you celebrate/honor your heritage?

I celebrate and honor by showing up every day as my authentic self. In a time where social media can be misleading, just being true to myself is empowering.

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 2ND 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



Ruben Page

Transfer Coordinator
Transfer Center

How do you identify?

Filipino.

What makes you proud to be APID?

My family history as immigrants and our love of family.

Who is your APID role model?

Both my parents.

What advice would you have for your 20-year-old self about your identity?

Get in touch with your cultural roots now to feel a deeper sense of connection to it and others.

How do you celebrate/honor your heritage?

By encouraging a sense of family support with my students I educate and those I work with.



Katherine Conchada

Senior Office Assistant
Faculty Professional
Development

How do you identify?

Filipino/a/x.

What makes you proud to be APID?

I am proud of our richly diverse and beautiful cultures, languages, and ancestral knowledge, which have endured for generations, despite many attempts by colonizers to erase us. The first time I felt truly proud to be Filipino was in college, when I learned about Larry Itliong and the Delano Manongs – a group of Filipino farm workers who organized the Delano Grape Strike of 1965 that brought about the creation of the United Farm Workers Union (UFW). The movement is known for Cesar Chavez’s leadership, but it was actually, Larry Itliong, a Filipino labor organizer who reached out to Chavez to join Filipino and Mexican laborers together in a strike that would eventually succeed in improving the lives of over 10,000 farm workers. Learning about how Filipino immigrants shaped the history of the United States in such a significant way made me so proud of my heritage. I wish I’d had opportunities to learn about my people’s history much earlier in life.

Who is your APID role model?

Immigrant/migrant worker mothers, especially my own mother, are my role models. They are the epitome of unconditional love, sacrifice, and resilience. Despite the surmounting hours and effort required, my mother graduated with a Bachelors in Psychology. Her grit despite the hardships she faced is what I admire about her the most. She inspires me to fight for my dreams and goals.

What advice would you have for your 20-year-old self about your identity?

I would tell my 20-year-old self to love myself and to be proud of where I come from. I would tell myself that the next decade will be one of discovering my roots and what it truly means to be Filipino – not the American or Filipino-American stereotypes of what people think that means.

How do you celebrate/honor your heritage?

I honor my heritage by passing down my culture, language, and traditions to my daughter and other Filipino youth. Through my volunteer work with the Filipino Migrant Center and GABRIELA South Bay (an organization that advocates for women’s and children’s rights), I created a program – Kapwa Kids – for Filipino children in Long Beach to learn about our diverse cultures and languages throughout the archipelago, our people’s history of resistance, and the issues that Filipinos face today in the motherland and in the diaspora.



CONTRIBUTORS

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- Teila Robertson
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- Danny Tan
- Stacey Toda
- Mia Vancil



J'son Ong
Faculty/English
Department

How do you identify?

Chinese / SE Asian

What makes you proud to be APID?

As a first generation Asian-American, I am most aware that my history spans thousands of years beyond everything that happens in my stay in this country. I travel extensively in Asia and see the amazing expression of history that was brought over here in the past, and it continues to be very much alive, albeit in different forms. Still, everything APID is recognizable when it is held up in sunlight and mapped against its traditional culture. We live and celebrate the present, but we honor our past, and knowing the past has sustained me, allowing me to put many of my experiences in this country in its proper perspective, its appropriate importance.

Who is your APID role model?

As a poet, many of my APID role models are other Asian writers, primarily Li-Young Lee, Cathy Song, Maxine Hong Kingston, Ruth A. Sasaki, and Yiyun Li. These writers have used the English language to express Asian identities that transcend the English language.

What advice would you have for your 20-year old self about your identity?

Cast your net wide and reach out to the farthest, deepest ocean to expand all your experiences. Do not be afraid to enlarge yourself; you are just stretching. Always come home to tell the unfinished stories you started out with.

How do you celebrate/honor your heritage?

Write about Asian experiences in its deepest, most human images without compromise; those images give the world a more exact portrait of who we are. When those portraits are placed among all others, we, too, can say that we have been blessed, our hands were soiled by our labor, and we are always beautiful in our own ways. No one can take that away from us.



ABOUT THE COVER:

Woodblock printing can be seen in Japanese, Chinese and Indian cultures; with each culture modifying, evolving, and enriching the art. Using this as the common thread, different APID cultures are represented by a different flower and come together in a bouquet and create a unifying composition.





LONG BEACH
CITY COLLEGE



SCAN HERE to visit the **APID Cultural Heritage Website**
www.LBCC.edu/asian-pacific-islander-desi-cultural-heritage

   @LBCityCollege