

REFLECT. IMPROVE. SUCCEED. EXCEL. (R.I.S.E.)

R.I.S.E. offers purposeful and strategic guidance along with support to help students with returning to academic good standing with the college.

REQUIREMENTS

SUMMER/INTERSESSION

✓ R.I.S.E. ORIENTATION

For students on Guidance Level 1 only:

This in-person orientation offers a thorough overview of college policies regarding academic and progress standing. It provides insight into your individual status and its implications, along with effective strategies to help you regain Good Standing.

✓ R.I.S.E. FUNDAMENTALS WORKSHOP

For students on Guidance Level 2 & 3:

This workshop is accessible online via Canvas. It provides a comprehensive overview of the *academic/progress guidance levels* and proven strategies to return to Good Standing.



FALL/SPRING

✓ MEET WITH A R.I.S.E. COUNSELOR/ADVISOR

For all students in the R.I.S.E. Program:

We are available for you throughout the entire year. Schedule your counseling appointment by calling 661-722-6365 or visit the RISE office.

✓ ATTEND THE MID-SEMESTER CHECK-IN & RESOURCE FAIR

For all students in the R.I.S.E. Program:

Connect with AVC Support Programs (i.e. Financial Aid, Basic Needs, Books H.E.L.P., Office for Students with Disabilities, etc). Also get guidance for your classes as you navigate through midterms. Details TBA via email!

✓ “LEVEL UP WITH R.I.S.E.” WORKSHOP SERIES

For all students in the R.I.S.E. Program:
Must attend one.

Stay motivated and inspired by our online & in-person workshops. Topics include:

- Financial Aid & R.I.S.E.
- Time Management & Motivation
- Growth Mindset & Strategies for Success
- Mindfulness & Meditation

More details and registration TBA via email.



ANTELOPE
VALLEY
COLLEGE

SSV, 2ND FLOOR, COUNSELING-R.I.S.E. PROGRAM
PHONE: 661-722-6365
EMAIL: RISE@AVC.EDU

RECOMMENDATIONS



✓ OFFICE HOURS

Make the most of your Professor's Office Hours. They are there to help you with any questions, concerns, progress updates, and to provide tips for your success.

Be sure to check your class syllabus for the specific dates and location of your professor's office hours.

✓ GET CONNECTED

Get connected to resources and programs that are here to support you!

- Books H.E.L.P.
- Basic Needs
 - * Housing
 - * Food Assistance
 - * Internet Hotspot
 - * Bus Fare
 - * Child Care
- Health Services (Dental, Vision, Medical, Mental Wellness)
- Much more!

Speak to your RISE Counselor for details!

✓ STUDY HOURS

Work smarter, not harder!
Get assistance with your classes!

The following services are available at the Learning Center.

- Tutoring (In-Person & Online)
- Writing & Math Specialists
- Workshops on Success Skills
- Laptop & Headphone Reservations
- Quiet Study Areas

Additional study spaces and computers may be available at the Math Lab & the Library.

