

STUDENT PROGRAMS AND SERVICES

Academic Advising

All students at LaGuardia Community College benefit from a comprehensive college-wide system of developmental academic advising. Through academic advising, students connect their educational and career goals. While the ultimate responsibility for decision-making rests with the students, academic advising is a valuable part of the College's support network dedicated to helping students achieve their educational and career goals. Students are advised within their major by a cross-campus team that includes professional advisors, faculty and peer advisors who support them from admissions to graduation. There are seven teams; Business, Education and Language Acquisition, Health Sciences, Humanities, Liberal Arts & English, Social Science, and STEM. Students work with advisors to discuss their current academic progress, review their degree requirements, and develop their Graduation Plan.

Students in special programs – ASAP and College Discovery are encouraged to meet with an advisor prior to the beginning of the registration period.

ADVISEMENT TOOLS

Students can prepare for advisement with a variety of tools available on the Student Portal, "My LaGuardia." A review of the Student Advisement DegreeWorks can help students understand degree requirements they have completed and those remaining. CUNYfirst will indicate when students are eligible to register. This catalog, academic major website, and the College website offer additional information about major curricula, Pathways requirements, and academic policies.

STUDENT ADVISING SERVICES

**Hours: Monday and Thursday 9:00 a.m. to 7:00 p.m.
Tuesday & Wednesday 9:00 a.m. to 5:00 p.m.
Friday 9:00 a.m. to 2:00 p.m.**

Located in B102, Student Advising Services offers academic advising designed to enhance students' personal and academic development by professional advisors who are members of the major-based advisement teams. Students can make an appointment by visiting their MYLGA page. Walk in hours are offered on Fridays.

Student Services

The Wellness Center

As a part of LaGuardia Community College's Health and Wellness Services, the Wellness Center is available for students in need of mental health and/or crisis services. We provide personal guidance and counseling services to help students achieve educational and career goals, learn the process of complex problem solving, and enhance their capacity to develop satisfying interpersonal relationships. Specifically, we provide short-term individual counseling, group counseling, crisis intervention, and workshops on many topics that impact students' lives (i.e., depression, stress management, anxiety, etc.). Through this work, the Wellness Center assists students in their journey towards overall wellness. The Wellness Center is open from 9:00 a.m. to 7:00 p.m. - Monday through Thursday and 9:00 a.m. to 5:00 p.m. on Friday. Please stop by C249 or call (718) 482-5471 for an appointment. For counseling-related emergencies, please contact ext: 4444.

Academic and Student Social Integration for Success Team (ASSIST):

The ASSIST program is staffed with a team of peer mentors/coaches and a graduate intern(s). The program is supervised by a trained and licensed counselor. Peer mentors/coaches assist students who experience severe social anxiety, often feel isolated, or have been diagnosed with Autism and/or Asperger's. The peer mentors/coaches offer an open mind, a listening ear, goal development, and a plan to help each student reach his/her goals. Peer mentors/coaches also help students work on their coping skills with anxiety producing situations by planning events to meet other students coping with these difficulties. The graduate intern(s) provides counseling support to students when needed.

Early Alert Program

The Early Alert Program is designed to identify, help and engage students at risk of failing their course(s). As part of the Early Alert Program, faculty are asked to submit information regarding students' performance in their course(s). Students, who are at risk of failing a course, will be contacted and asked to come in and meet with an advisor. The advisor will identify strategies and options to address and improve student course performance.

Early Childhood Learning Center Programs: MB09

The Early Childhood Learning Center Programs Inc. (ECLC) is accredited by the National Association for the Education of Young Children. ECLC programs provide child care for children ages 12 months to 12 years, preparing them for the next level of development. ECLC programs are located on campus. The ECLC is a licensed child care facility. We provide a variety of quality educational programs to meet the needs of both the child and student parent. We offer infant toddler care, preschool, free Pre-K, extended day & Saturday, school age population, summer camp, holiday camp for the children of LaGuardia students. ECLC is also a training site for intern teachers to develop hands on knowledge of working in a childcare setting. Our team of professional educators provides a warm and nurturing environment that supports the academic, social, emotional needs of children, families, and teachers.

For more specific information, contact the Early Childhood Learning Center Programs, in room MB09, or call (718) 482-5295.

Center for Career & Professional Development: B114

The Center for Career & Professional Development (CCPD) offers a variety of career-related and job readiness services designed to prepare students and alumni to set career goals and become competitive and successful job seekers. The office helps students and alumni with employment opportunities in the field in which they have studied.

CCPD offers a variety of professional development services such as assistance with resumes, interviewing techniques, and professional branding. In addition, students can use resources to secure part-time and full-time employment such as the CCPD online job board. CCPD also sponsors on-campus recruitment efforts and targeted job fairs.

To schedule an appointment with a CCPD professional, search and apply for jobs, RSVP for events and explore career options, students can log in to LAGCC Career Connect by:

Log in to your "My LaGuardia" Page

Username: FirstName.LastName

Password: Eight digits of your CUNY ID and two digits for your birth year

Click on the Career Connect icon under E-Tools

Complete your Academic Profile

Students can access the College's career and professional development online tools at www.laguardia.edu/careerservices.

REGISTRAR AND STUDENT FINANCIAL SERVICES: C107

The dedicated, skilled staff of the Registrar and Student Financial Services answer questions and give students the information they need from the time they are admitted to the college until the day they graduate to ensure their stay at LaGuardia is a successful one. Inside C107, students will find Student Financial Services and the Office of the Registrar. Generalists who have been trained in each of these areas are available at the Generalists Desk to assist students in the following areas:

Student Financial Services

The mission of Student Financial Services is to provide financial aid information, and to advise students of the requirements and resources available to finance their education at LaGuardia Community College. Student Financial Services is committed to removing financial barriers by ensuring that all students receive aid in a timely manner, in accordance with Federal, State, and CUNY policies and regulations.

Single Stop USA

Single Stop USA provide students, alumni and their families with access and application assistance to public benefits such as SNAP, Cash Assistance, Housing Subsidies, Transportation, Child Care, Scholarships, HEAP, Food Pantry and much more. In addition

Single Stop provides FREE services to include: Legal, Tax Preparation, and Financial Consultation. A free benefit screening is conducted to determine all eligibilities. Please visit us Monday - Friday. Walk-ins are welcome. For more information call (718) 482-5135/29 or visit our website www.laguardia.edu/singlestop/. Single Stop is located in C107.

The Office of the Registrar

Support is given to students as they navigate through the following processes: class registration and change of program, pre-requisite adjustments, degree and attendance verification, readmission, reinstatement (dismissal) review, degree (graduation) audit, academic appeals, change of grade, medical leave of absence, independent study request, city and state residency updates and transcript requests.

The Process and Pick Up Station assist students with a variety of services including the following: self-help terminal assistance, transcript requests, student data changes, enrollment verification letters, readmission/reinstatement to the college, diploma pick up and residency applications

Student Financial Services Resource Center: C109

Student Financial Services Resource Center was established to engage students on all available resources to pay for college. Students are also empowered to file their FAFSA electronically and help them access other financial aid information. Staff is available to answer their questions. Filing a FAFSA online is immediate and prevents careless errors. Students may walk in and log on at www.fafsa.ed.gov to apply for financial aid or schedule an appointment for a "FAFSA on the Web Workshop" by calling (718) 482-7218 during office hours.

New York State residents can also link to the online TAP application form after completing their FAFSA. Students' FAFSA data will already be pre-filled on their TAP application. Students must be sure to request a Federal Student Aid (FSA) ID at (www.fsaid.ed.gov). With their FSA ID, they will also be able to check the status of their federal financial aid application; renew their FAFSA; complete Pre-Loan Entrance Counseling for Direct Loan; complete Pre-Loan and Exit Counseling for Perkins Loans; check their loan account information; and access Financial Aid history (transcript) via the National Student Loan Database System (NSLDS).

Health Services: MB40, (718) 482-5280

Hours: Monday - Friday 9:00 a.m. - 8:00 p.m.

As a part of LaGuardia Community College's Health and Wellness Services, the Health Services Center assists students in matters pertaining to health prevention and the early recognition of illnesses and diseases. The Center also provides emergency care for accidents and makes appropriate referrals, when necessary, for follow-up care.

The Health Services Center is staffed by a Center Director, Nurse, two Emergency Medical Technicians, a Health Care Assistant and a part time College Assistant. In addition, college and graduate interns, work-study students, and volunteers assist with the delivery of services to the College community.

The Center's services are available free of charge to the entire College community. The Health Education Learning Project Services (HELPS) Program provides educational outreach activities, free counseling and testing for HIV, Chlamydia and Gonorrhea (sexually transmitted infections). The medical team responds to all medical emergencies on campus. The Health Services Center also facilitates medical leaves of absence for students, provides over-the-counter medication, blood pressure, glucose and cholesterol monitoring, and record keeping for students, faculty and staff.

The Health Services Center coordinates immunization compliance according to Public Health Law 2165 and 2167. The center provides clinics to administer the necessary measles, mumps and rubella vaccines to ensure compliance and also provides information for students to obtain the vaccinations free of charge at the Department of Health Clinic. Information about the NYS Public Health Law 2167 regarding meningococcal disease is available. It is mandatory for all students enrolled in class to complete and sign the Meningitis Response Form. The Center also provides Influenza vaccines.

The Health Services Center coordinates health education outreach initiatives/events throughout the academic year to promote and educate the college community on issues pertaining to health and wellness including, but not limited to, the Wellness Festival and the commemoration of World AIDS Day. We also collaborate with health insurance navigators to ensure that all eligible students have the opportunity to enroll for free or low cost health care insurance.

At the center, educational pamphlets, brochures and videos on health-related issues are available for the College population.

Laboratory Facilities

The Business and Technology Resource Center serves as an accounting tutorial lab, and also a center for the completion of the computerized components of accounting and managerial courses.

The English as a Second Language Lab provides large and small group tutoring for matriculated students taking ESL classes in the credit program. Large group tutoring is conducted on the assigned schedule. Individual or small group tutoring is conducted based on teachers' referral or by special appointment.

The Humanities Department contains the following labs: Music Center, Speech Center, Photography, Art, Painting and Drawing, Sculpture and Design.

Instructional Services (formerly Academic Computing) oversees the administration of microcomputing laboratories located throughout the College. Twenty-four computer laboratories are available to students during the College's normal operating hours on weekdays and Saturdays.

The Reading Lab of the Communication Skills Department is required for all developmental reading courses; in addition, the lab is a resource center to help students in reading and study skills on their request.

The **Veterans Center Lab** is required for the program's non-credit courses in reading, writing and mathematics. This lab assists veterans to prepare for the GED exams and exemption from basic skills courses upon entry into college.

The **Writing Center** provides personalized tutoring for all post-ESL students in the College to work on grammar, paper revision, paper development and research papers for any course they are taking.

Library Media Resources Center: E101, (718) 482-5426

In this increasingly complex world, every LaGuardia student requires access to dynamic, up-to-date information and data. LaGuardia's Library provides quick, easy, and efficient access to print books, electronic books, traditional media, streaming media, and periodical articles, available both in person and via the Library's website at library.laguardia.edu. The Library's subscription database offerings include all formats of academic and popular information: encyclopedias, magazines, newspapers, peer-reviewed journals, primary source materials, videos, and books. All electronic resources can be accessed from off campus with either the student's My LaGuardia credential, or faculty/staff email ID. A team of faculty librarians and several key support staff members collaborate to connect users to the Library's vast resources for research and educational development.

The entire collection supports LaGuardia's curricular needs. The Library offers a book collection of almost 100,000 volumes and provides access to over a half-million ebooks. Holdings include textbooks, assigned course readings, career information, and study aids. The Library also subscribes to over 500 current print periodicals, including magazines and newspapers. Electronically, the Library has access to over 100,000 periodical titles. The physical media collection includes over 6,000 titles and, thanks to streaming technology, the Library can provide access to over 200,000 video titles. Viewing and listening stations are available in the Media Lab. Special workstations are available for students with disabilities. The Library's College Archives houses important documents related to the governance of the College and its history, for example, Board of Trustee materials, union agreements, the College budget, the student newspaper, and yearbooks.

The Library also loans laptops, iPads, and calculators to students. The second floor of the Library features eleven group study rooms which students can reserve online. The rooms allow students to collaborate, and to use in-room technology such as large monitors, if their work requires it.

The LaGuardia community has access to the Interlibrary Loan (ILL) service, which allows patrons to borrow items not held in the LaGuardia collection from institutions outside of CUNY. Faculty and staff can use ILL to borrow books and articles, while students can use it to borrow articles. The LaGuardia community can also have books from other CUNY campuses sent to LaGuardia via the CUNY Libraries Inter-Campus Service (CLICS).

Library faculty provide one-on-one instruction at the Reference Desk and teach information-gathering skills through the Library's instruction program. Library instruction is embedded in ENG101,

each section of which has a one-hour Library class. Library instruction is also embedded in the First Year Seminars, all of which have a Library instruction component. The Library also offers credit classes: Internet Research Strategies (LRC 103) is a one-credit course offered both face-to-face and fully online, and addresses web searching and the critical evaluation of web resources. InfoCity: Informed Citizens in the Information Age (LBN 105) is a three-credit Liberal Arts and Urban Studies course that is part of the Pathways Individual and Society Flexible Common Core. Information Strategies: Managing the Revolution (LRC 102), another three-credit course, is an in-depth exploration of research methods and the critical evaluation of contemporary information sources.

All members of the LaGuardia community are encouraged to use the Library. A validated, bar-coded LaGuardia ID serves as a library card for LaGuardia's Library and other CUNY libraries. The Library is open each day of the week except designated holidays. Library hours are posted each month at the entrance door and on the Library's website. For additional information, please call the circulation desk at (718) 482-5426 or visit the Library's website: library.laguardia.edu.

Office for Students with Disabilities: M102

The Office for Students with Disabilities provides specialized services for disabled students. Under Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, LaGuardia Community College has an implicit responsibility to ensure that students with disabilities have equal access to its programs and services, and that the rights of students with disabilities are not denied. OSD provides advocacy to ensure access to all college programs and facilities and facilitates the transition to college life for student with disabilities. All students are required to register with supporting documentation.

Appropriate accommodations and services are determined and may include academic, career and personal counseling, academic advisement and registration and other support services such as readers, note takers, tutors and proctoring of exams for students. We encourage all students with disabilities to self-identify in order to take advantage of these services.

If you are a student with a disability requiring an accommodation to gain access to a program or service or feel that your rights as a student with a disability are being denied, please call (718) 482-5279. Counselors are available to assist all students with their needs. The Office is open Mondays - Thursdays until 8:00 p.m. and Fridays until 5:00 p.m.

Office of International Student Services: B117

The Office of International Student Services provides cross-cultural and Immigration counseling to students in F-1 Status attending LaGuardia Community College. The office is required by federal law to keep extensive records of students in F-1 status and to adhere to federally mandated regulations in assisting and advising students.

All students in F-1 status, at LaGuardia Community College, are required to report to the International Student Services Office in

order to maintain such records. The office has general responsibility for the adjustment to college life of students from outside the U.S. Services include orientation to life in U.S., F-1 status advisement, full time student status verifications, housing and health insurance information. Please call (718) 482-5145 or visit room B 117 for more information.

Transfer Services: B215

Transfer Services engages, educates and empowers students to make informed decisions about the transfer process and the opportunities available when transferring to 4-Year colleges, including the City University of New York (CUNY), the State University of New York (SUNY), and any other public, private and/or Ivy League institution.

Transfer Services' staff provide resources, tools, and support to guide the successful transfer, transition, persistence, and graduation of transfer students. The Transfer Services team empowers students by facilitating the college research processes, connecting students with 4-Year college representatives, providing students with access to on-site credit evaluations, helping students to understand the 4 Year college application and admission requirements, assisting with Admission appeals as well as the availability of potential scholarships.

Transfer Services' Credit Evaluators review and evaluate courses for Transfer in credits from accredited higher education institutions, College Now courses, performs Military, Advanced Placement, and CLEP (College Level Examination Program) credit Evaluations.

Transfer Services engages students and the college community by hosting and collaborating with partners on traditional semester events, and co-curricular activities. Students are encouraged to visit our website. "<http://www.laguardia.edu/transferservices>" www.laguardia.edu/transferservices, email transfer@lagcc.cuny.edu or go to My LaGuardia to schedule an appointment.

Veterans Resource Center: C371

The Veterans Resource Center provides a full range of counseling services for the veteran population. The Veterans Director provides information regarding all of the benefits available to students and assists with any other problems encountered while attending the College.

The Program for Deaf Adults (PDA): C203

Under the Program for Deaf Adults, students who are deaf or hard of hearing are provided with support services. These services include academic advisement, registration assistance, interpreters, testing, accommodation, tutoring and note-taking. Please contact the Program for Deaf Adults, C203, or call (718) 482-5325 (TTY) or (718) 482-5324 (voice).

Student Advocate/Ombuds Officer: M103C

LaGuardia Community College's Student Advocate/Ombuds Officer offers a confidential, neutral resource for students to receive assistance, voice concerns and complaints. The Student Advocate/Ombuds Officer serves as a mediator who strives to

address issues and facilitates communication and resolution in a fair and equitable manner.

The College Ombuds Officer provides information about LaGuardia Community College's policies, procedures, services, rights and responsibilities. Also, visit the Student Complaint Resolution webpage: www.laguardia.edu/Admissions/Student-Complaint-Resolution/.

The Ombudsperson receives and suggests modifications to the institution based on students' concerns. When trends are observed, or an incident occurs more than three times in a semester, the Ombudsperson makes recommendations for improvement to the appropriate Chair, Dean or Director and the VP of Student Affairs is copied. The Ombudsperson shares trend data about student complaints monthly with the Student Affairs Leadership Team and makes presentations to departments and offices, as needed. With regard to trends in academic complaints, the Ombudsperson will advise the VP of Student Affairs and his/ her designee will contact Academic Affairs directly regarding the issues observed.

The Student Advocate/Ombuds Officer will assist in resolving issues and concerns.

- Serve as an impartial advocate for fair and equitable resolution to problems
- Analyze, conduct impartial investigations and resolve problems
- Offer information about the College's policies and procedures
- Present a range of options for resolving problems
- Facilitate communication, use shuttle diplomacy, and mediate disputes.
- Foster equity, fairness, pluralism and institutional values.
- Assess student needs and refer to appropriate services
- Maintain confidentiality and follow-up to ensure students' success
- Adhere to professionalism, ethics and responsibility
- Make recommendations for institutional improvement

Any student seeking advice can use the services of the Student Advocate/Ombuds Officer.

LaGuardia's Student Advocate/Ombuds Officer is Dr. Robert Walton, located in M-103C.

He can be reached via E-mail at rwalton@lagcc.cuny.edu or by phone at (718) 482-5414. Office Hours: Monday through Friday: 9:00 a.m. to 5:00 p.m. Additional evening hours available by appointment.



Office of Campus Life

M115, (718) 482-5190

The Office of Campus Life, part of the Division of Student Affairs, is located in room M115. Almost every College-wide event that occurs at LaGuardia has the involvement of the Campus Life Office. From Orientation to LaGuardia, to Honors Night and the Commencement ceremony, Campus Life is your partner throughout your college experience. From entertaining social activities to engaging intellectual, social, and emotional development, Campus Life can offer you opportunities that will improve your skills, increase your enjoyment of college life, and help you discover the joy in your most important asset—you. Information concerning activities can be obtained at the Campus Life Office, Monday-Friday in M115. Here are a just a few of the programs and services offered:

Multi-cultural and Social Events

LaGuardia prides itself on being a pluralistic family. The LaGuardia community comes from over 150 countries and regions of the world and speaks over 100 languages. We not only respect each other's differences, but we learn from our diversity. Campus Life celebrates this vision of rich international diversity through various social gatherings such as concerts, theatrical productions, cultural seminars, dances, and talent and fashion shows, to name just a few. Students experience the wide diversity of cultures and customs that enrich LaGuardia and make it unique.

Clubs and Organizations

The formation of clubs depends upon the interests of students involved. Club members plan and implement social, cultural, educational and creative ventures outside the classroom. New clubs are organized through the Student Advisory Council. An average of 35 clubs and organizations are chartered within the College. The organizations stem from the social, academic and cultural interests of our students. In addition, if you want to start your own club, you will be provided with the necessary assistance for its development.

For more information on how to become involved in any of the organizations, contact the Office of Campus Life, (718) 482-5190. Email campuslife@lagcc.cuny.edu

Leadership Program

Open to all students, this program shapes our future leaders through community service activities, organizational leadership sessions and skills development workshops. Students develop leadership skills and participate in situational challenges, while embracing and capitalizing on the cultural diversity of our community.

Student Government Association: M160 (718) 482-5297

The Student Government Association (SGA) is an organization elected by students to represent the student body to the administration of the college, faculty, student organizations and the general college community. Elections are held annually. The SGA consists of 12 elected student members (governors) selected through a democratic voting process open to the entire student body, which is coordinated by the Office of Campus Life. SGA also sponsors a variety of institutional functions and activities in order to create services that will benefit the student body and enhance the entire college community.

SGA Study Hall: M159

The SGA Study Hall at LaGuardia Community College is committed to assisting students achieve academic excellence by offering multidisciplinary academic support. Our philosophy is based on the principle that each student has a unique style of learning. Students can receive tutoring in multiple subject areas via appointment, walk-in requests and group tutoring sessions during the day and evening hours. The SGA study hall provides a supportive space for students to not only excel but enjoy learning.

Phi Theta Kappa International Honor Society Room M222, Office A, Tel: (718) 482-5220

E-mail: ptk@lagcc.cuny.edu, pdoctor@lagcc.cuny.edu
Website: www.lagcc.cuny.edu/ptk/ or www.ptk.org

Phi Theta Kappa is the international honor society for community colleges. Founded in 1918 to recognize academically high-achieving and motivated community college students, Phi Theta Kappa offers members the opportunity to develop in areas that its founders designated as the Society's four hallmarks: scholarship, leadership, service and fellowship. Members are also eligible for special Phi Theta Kappa transfer scholarships offered by four-year

colleges across the country. The Phi Theta Kappa Chapter at LaGuardia Community College is named Alpha Theta Phi and it was chartered in 1983. The Chapter, which converted from “club” to “organization” status in 2000, has been a dynamic presence on the College campus, and has been involved in a range of service and scholarly activities. Students who have earned 12 credits with a GPA of 3.50 or higher are eligible to become Phi Theta Kappa members. Qualified students are automatically invited at the end of each semester. There is a one-time membership fee of \$70. To request more information, please e-mail ptk@lagcc.cuny.edu.

The Women’s Center: MB10, (718) 482-5188

The Women’s Center enhances and encourages the intellectual, social, and emotional development of women and embraces all of the holistic personal wellness attributes of the Physical, Social/ Environmental, Emotional, Spiritual, Intellectual and Academic aspects of the student’s life.

Webpage: www.laguardia.edu/Student-Services/Women-s-Center/
Email: womenscenter@lagcc.cuny.edu

LGBTQIA Safe Zone Hub : MB-10

The LGBTQIA Safe Zone Hub at LaGuardia is an open, inclusive, and safe space dedicated to improving the educational environment for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, Questioning, and Ally students, faculty, staff, administrators, and alumnae at LaGuardia Community College. The LGBTQIA Safe Zone Hub at LaGuardia embraces the diversity of the LaGuardia community and provides resources and programs for campus members. Email: safezone@lagcc.cuny.edu and phone number (718) 482-5188.

The Black Male Empowerment Cooperative (BMEC) Program

The BMEC program assists students in navigating the College experience. The program focuses on, but is not limited to, men of color and offers opportunities for leadership, career and personal growth through guided conversations, interactive workshops, as well as group and one-on-one mentoring. It is a comprehensive retention program with a strong emphasis on academic success and student engagement.

CREAR Futuros Program: M112

The CREAR Futuros program offers participants academic resources, peer mentoring, community support and leadership development. Through its affiliation with the Hispanic Federation, students participate in sponsored activities with prominent professionals from both public and private sectors.

Student Communication Resources

The Student Information Center: (718) 482-5935

The Student Information Center provides important college news to support the educational goals of prospective, new and current students. We remain in touch with students throughout the academic year via telephone, email, text message, Student News and personally at our Welcome Center in Shenker Hall/M-Building Lobby. We offer critical information and assistance about admissions, testing, registration, financial aid, change of program, tuition payment as well as other academic enrichment programs. We are available to answer student questions Monday-Thursday, 9:00 am - 7:00 pm.

Questions? Email: callcenter@lagcc.cuny.edu.

Student Email, Microsoft Office 365

All students are given a LaGuardia email account upon their first registration. Since it will function as the main method of communication between students and the College, students need to check their student email account regularly. All off-campus official College related business will solely be handled through the student email account. Student email also serves as the primary source of College-related news and information about advisement, registration, academic calendar, payment options and weekly updates about campus events.

Questions? Email: LaGuardiaNews@lagcc.cuny.edu

My LaGuardia

My LaGuardia is the “one-stop shop” online tool for students. It is a secured site that enables access to LaGuardia applications, e.g. student email, Blackboard, Student Advisement DegreeWorks, and ePortfolio. It also offers a variety of customized information and resources to help students track their academic progress and get the most out of their college experience at LaGuardia. My LaGuardia can be accessed from the College website or by visiting <http://my.laguardia.edu>.

The College regularly sends announcements and reminders that are essential to success at LaGuardia, including:

- Academic status
- Financial aid updates
- Scholarship info
- Registration deadlines
- Class scheduling changes
- Tuition info

RECREATION DEPARTMENT: AQUATICS, SPORTS & FITNESS

Room: MB42 Tel: (718) 482-5044

Website: www.laguardia.edu/recreation

As a part of LaGuardia Community College's Division of Student Affairs, the Recreation Department offers a wide variety of sports and fitness activities for the entire College population, throughout the day, evening, and on weekends. The facility includes a multi-purpose Sports Gymnasium, Fitness Center, a six-lane, regulation-size swimming pool and a Movement Studio. We are health and fitness educators, promoting the benefits of physical activity, with a focus on the average athlete/participant.

Intramurals & Open Gym Sports

We provide a competitive intramural sports experience in such sports as basketball, handball, flag football, volleyball, indoor soccer and table tennis. We utilize a "Captain" System for our team sports, where individual students can develop their leadership skills.

In addition to organized intramural events, students can request equipment to play handball, basketball, and table tennis at any time during operating hours, while designated hours are set aside for open volleyball and soccer play each semester.

Leagues

5-on-5 Basketball, Indoor Soccer

Tournaments

3-on-3 Basketball, Volleyball, Table Tennis

Fitness Center

The Fitness Center is equipped with Cybex, Flex, and Universal machines, Free Weights, treadmills, stair climbers, stationary bikes, and elliptical cross-trainers. Group Fitness Classes are offered 6 days per week and include a variety of strength, wellness, dance, and aerobic conditioning workshops.

Spinning and TRX Center

Spinning and TRX classes are held in our Movement Studio. They combine high energy cycling with a motivating atmosphere. TRX is also known as a "Suspension Trainer," a highly portable performance training tool that leverages gravity and the user's body weight to complete 100s of exercises.

Swimming Pool

Enjoy our 25-yard, six-lane indoor swimming pool seven days a week, year round. Staffed by certified aquatic specialists and qualified instructors, we offer swimming classes for all levels of ability, from beginner to advanced.

Swim on your own during lap swim and open swim times, or take advantage of one of our classes to improve your swimming stroke and increase your stamina. Whatever your goal, you'll leave relaxed and refreshed.

Community Age Group Swim Team

Our age group swim team (5-16 years), the Twisters, is a metropolitan area swimming powerhouse. The team practices 6-days per week and many of our swim program graduates go on to compete in area competitions. We regularly send swimmers to junior Olympic swim meets and have even sent one swimmer to the Olympic trials. With over 140 swim team members, children and teenagers build friendships as well as a physical and mental discipline that serves them for their entire lives.

Basketball Skills Academy

LaGuardia's Basketball Skills Academy gives players ages 8-15 the opportunity to learn the concepts and fundamentals of basketball and develop their overall game. Our academy focuses more on new players and developmental drills as opposed to advanced practice.

Contact Information

- Recreation Office (718) 482-5044
- Gymnasium (718) 482-5043
- Fitness Center (718) 482-5963
- Swimming Pool (718) 482-5038



KRISTIAN LARROTA / LAGUARDIA COMMUNITY COLLEGE

LaGuardia Performing Arts Center

Room E241 (718) 482-5151

The LaGuardia Performing Arts Center (LPAC) is an internationally recognized producer and presenter of new live dance, theater, music, and multidisciplinary programming that reflects the dynamic community of Queens and the surrounding New York City. LPAC is located within LaGuardia Community College, a cultural crossroads that provides an educational and artistic home to New York City's most diverse community. Each year, nearly 20,000 individuals attend LPAC performances by some of today's most exciting international artists. Easily accessible by public transportation and just 10 minutes from Manhattan, LPAC is located in the center of Long Island City, Queens.

LPAC boasts a 740-seat state-of-the-art proscenium theatre (Main Stage), a 200-seat multipurpose theatre (Little Theatre), and a 75-seat Black Box, along with ample site-specific performance and rehearsal space, dance studio, an in-house recording capabilities, and professional costume and scene shops.

LPAC's innovative LAB Program provides crucial professional support for New York City's emerging dance and theater artists and companies to develop and perform ambitious new work. Through space, technical resources, and funding, artists are able to bring their visions to fruition on LPAC's stage.

The LPAC Writers Lab is staffed with professional playwrights and authors who guide writers in bringing their imagination to the page. LAGCC professors work with writers in multiple languages to develop and translate new work for stages all over the world.

To further its artistic mission, LPAC has achieved artistic partnerships with some of the primary international cultural venues that are located in the NYC community including: Carnegie Hall, Brooklyn Academy of Music (BAM), The Public Theater, The Chocolate Factory, Ballet Hispanico, Flux Factory, NYC Opera, Queens Theatre in the Park, and Queens Council on the Arts among many others.

For more information about upcoming performances, programs, and space rentals and to be included on LPAC's mailing list, please visit www.laguardiaperformingarts.org or call (718) 482-5151. Be sure to "Like" us on Facebook.

Public Safety

We are committed to providing a safe learning environment for our students, faculty, staff, and visitors. Public Safety Officers patrol LaGuardia Community College buildings and the contiguous geographic perimeter, the entry gates, and the parking areas on a 24-hour basis. Public Safety Officers are sworn law enforcement/NYS Peace Officers who have the power to make arrests. The college also employs Campus Security Assistants and contractual staff and assigns them to fixed locations at different buildings. Additionally, the Public Safety Department oversees the video surveillance cameras, keys, ID system and fire alarm systems that protect various buildings.

If requested, a member of the Public Safety staff will provide escort services to faculty, staff, or students to the number 7 train station on 33rd street as a safety measure.

We can be reached at 718-482-5555 or the emergency ext. X5555.

CUNY Alert System

CUNY Alert is a CUNY college-wide emergency notification system that enables LaGuardia Community College to immediately notify students, faculty, and staff of an emergency via text messages, email and more. CUNY Alert is an opt-in system. Users are encouraged to sign up and select the best method to get notified. Messages can be received via cell phone (text and/or voice), landline telephone and email.

We strongly recommend that everyone sign up for "CUNY ALERT." To sign up, please visit "<http://www.cuny.edu/alert>" www.cuny.edu/alert and follow the simple, step-by-step instructions.