

# Classroom Tips



## Moorpark College Student Health Center



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[www.moorparkcollege.edu/health](http://www.moorparkcollege.edu/health)



mc\_studenthealthcenter



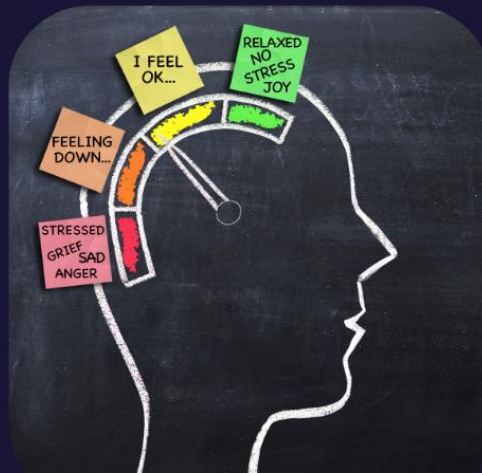
Moorpark College Admin Building Rm 111

## Moorpark College Student Health Center

The MC Student Health Center provides medical and mental health services to currently enrolled MC students. Most services are free.

If you find academic situation particularly stressful or anxiety inducing, consider scheduling a free appointment with one of our mental health providers.

Life is expensive. Did you know that students have access to medical care right on campus with no insurance required? Most services are free or low cost. Services range from acute illness to STI testing. Call for more information or to schedule and appointment.



## Avoid unnecessary distractions

If you bring a laptop, only use it for that course's work!! Do not use it for messaging, doing other work, or searching unrelated topics. It is distracting to the instructors and peers.

Avoid texting/social media during class. Step outside if you need to use your phone.



FYI: It is super obvious to most instructors when you are using a computer for something other than class-related work!





# Try to be on time

You may not always be able to make it to class on time. However, being late should be the rarity and not the norm. Showing up late it can distract the class and you miss class content.

If you are late because of transportation or using the bus system, consider letting your instructor know. They may be able to better support you when you are late.



## Tips for staying on time:

- MC Students can use the VC Bus system for free with a student ID (contact ASMC)
- Build a cushion into your commute time
- If your schedule allows, consider getting to campus early and spending the extra time walking (see the MCSHC walking map; QR code below) or studying



Check out the rest of the student services available



# Show up Prepared



Avoid showing up to class without necessary supplies.

At minimum, bring a pen/pencil, paper, and any required items. If you do not have access to all of the materials you need, consider contacting relevant MC student service areas for assistance. Some MC service areas are listed below.

Students can access case management through the MC Student Health Center AD 111

The Scholarship Office can connect students to scholarship funds FH 210C

Raider Central can provide basic needs CC

EOPS provides services to students who meet criteria SS 107a

MC Equipment Lending



Get access to needed equipment like hot spots and more.

# Be respectful of the instructor's time

If an instructor is running class to class, still trying to get organized for class, or trying to set up material for class, it may not be the ideal time to approach them and ask questions. Once you see that an instructor is no longer busy, consider approaching them in a respectful way. Below are some tips.



"I understand if right now is not a good time, but when you have a minute, can I speak with you briefly about X. I am also happy to schedule a time outside of class if that is better."



If you have something important to discuss, consider emailing them ahead of time so that they know you need to speak with them.

