

THE LEGACY LETTER

The Newsletter of the Laney College Parenting Scholars



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DEAR PARENTING SCHOLARS:



Congratulations, Parenting Scholars, on making it through the first few weeks of the semester. By now, you should have enrolled in your classes, received your student ID (or updated your ID sticker if you're a returning student), and completed your Parenting Scholars Orientation (if you haven't attended orientation yet, don't worry! Our second orientation will be held today, September 10th).

Starting a new semester while balancing school, family, work, and everyday life is no small accomplishment. Give yourself credit for showing up, getting organized, and continuing to move forward.

Keep going, Parenting Scholars! Every class you attend, every assignment you complete, and every challenge you overcome is another step toward your goals and the future you're building for yourself and your family.

You started strong. Now let's finish even stronger! 🍀

Shanice Millican, M.S., Program Coordinator

SCHOLAR RESOURCES

A successful semester starts with knowing where to find the support you need. Take a few minutes to explore these valuable services and save the links for easy access throughout the semester.

Your Success Starts Here

- **BenefitsCal** – Apply for or manage public assistance benefits, including CalFresh, Medi-Cal, and CalWORKs.
- **Welcome Center**
Get help with admissions, registration, orientation, and enrollment services.
- **Laney College Bookstore** – Purchase textbooks, school supplies, and Laney merchandise.
- **Library** – Access research databases, study spaces, computers, and librarian support.
- **Tutoring & Learning Labs** – Receive free academic support in a variety of subjects to help you stay on track.
- **Student Accessibility Services (SAS)**
Connect with accommodations and support services for students with documented disabilities.
- **The Eagles Nest** – Access free food, clothing, hygiene products, and other basic needs resources to help you thrive.

IMPORTANT DATES

- **Sept 4th** -Last Day to Add Regular session classes IN-PERSON without permission number/add cards
- **Sept 7th** -**LABOR DAY-NO CLASSES**
- **Sept 7th** -**Last Day to Drop Regular session classes and Receive a Refund.**
- **Sept 10th** -Parenting Scholars Orientation
- **Oct 13th** -**Professional Development - NO CLASSES**

Workshop of the Month:

“Legacy Lab: Building Financial Stability Workshop”

Date: Thursday, Sept. 24th

Time: 12PM-1PM

Location: E-211

TO RSVP, CLICK:
[LEGACY LAB WORKSHOP](#)





Positive Affirmation

"I choose wellness because I matter. Every healthy choice I make strengthens me and shapes the legacy I leave for my family."

LEGACY CORNER

Eat Smart, Save Time!

Between classes, work, family, and everything else on your plate, finding time to eat healthy can be a challenge. The good news? Healthy meals don't have to take a lot of time!

Quick Meal Corner: "I Have 15 Minutes!" 🕒
Try these easy meals when you're short on time:

🍗 **Chicken & Rice Bowl:** Microwave brown rice + rotisserie chicken + frozen vegetables + your favorite seasoning or sauce. Heat. Mix. Eat.

🥪 **Breakfast Wrap:** Scrambled eggs + whole-grain tortilla + cheese + spinach + salsa. Wrap it up and go!

🍝 **10-Minute Pasta Bowl:** Whole-grain pasta + marinara + frozen vegetables + pre-cooked chicken. One pot. Minimal cleanup.

👨👩👧 **Family Tip:** Meal prep doesn't have to be another chore. Turn it into family time! Let your children help wash vegetables, mix ingredients, measure portions, or choose a healthy meal for the week. It's a fun way to spend time together while teaching them valuable skills about healthy eating, planning, and responsibility.

Scholar Tip: Planning a few quick meals ahead of time can save you money, reduce stress, and give you more time for school and family. You don't need hours to eat well. Sometimes, you just need 15 minutes! 💚

Find Your Community at Laney.

Learning communities at Laney College support student cohorts with classes, counseling, and, most importantly, community. Research shows that having a supportive community creates a safe space to learn, connect, and thrive.

At Laney, there's a community for everyone! Today, we're highlighting Umoja-UBAKA, Puente, and ROC. Find your people, build connections, and thrive at Laney!

Restoring Our Communities (ROC) is an academic support program at Laney College, by and for formerly incarcerated students. ROC is about supporting and equipping formerly incarcerated (FI) students with the tools to be successful at Laney College and beyond.



The Laney Puente Program is a transfer preparation program designed to increase the number of educationally underserved students who transfer to four-year colleges and universities, earn degrees, and return to their mentors. The program is offered as a partnership between the University of California and The California Community Colleges.



LEGACY SPOTLIGHT

SHINES A LIGHT ON THE PEOPLE, PLACES,
PROGRAMS, EVENTS, AND IMPORTANT UPDATES
THAT EMPOWER OUR PARENTING SCHOLARS
COMMUNITY TO SUCCEED.

LANEY LEARNING COMMUNITIES

The Umoja-UBAKA Mission is to serve as a critical resource for enhancing the cultural and educational experiences of African, African American and other students. We deliberately and intentionally recognize student voices, social realities and histories. Umoja-UBAKA promotes self and community empowerment through an affirming atmosphere and culturally-responsive curriculum specifically focused on the Black experience. ALL students are welcome to be a part of Umoja-UBAKA.

