Parent Resource Handbook 2023 - 2024





Feather River College

570 Golden Eagle Avenue Quincy, CA 95971 530-283-0202 www.frc.edu

ACADEMIC CALENDAR 2023-2024

F	ΔΙΙ	SEI	MES	ΓFR	20	123

FALL SEMES	TER 2	023
Aug 18	F	New Student Orientation
Aug 21	M	Fall 2023 Day/Evening Instruction Begins/First 9 week classes begin
Aug 25	F	Last day to enroll in first 9-wk classes and drop first 9-wk classes with 100% refund
Aug 30	W	Last day to drop first 9-week classes without a "W"
Aug 31	R	CENSUS for first 9-week classes
Sept 1	F	Last day to enroll/add full-term classes and drop full-term classes with 100% refund
Sept 1	F	Graduation petition due for Fall 2023 graduates
Sept 4	U	Last day to drop full-term classes without a "W"
Sept 4	M	HOLIDAY – Labor Day – CAMPUS CLOSED
Sept 5	T	CENSUS for full-term classes
Sept 22	F	Last day to drop first 9-week classes with a "W"
Oct 20	F	First 9-week classes end
Oct 23	M	Second 8-week classes begin
Oct 23-25	MTW	Spring 2023 priority registration for Homeless/VETS/EOPS/DSPS/Foster Youth/CalWORKs/CARE
Oct 26-28	RFS	Spring 2023 priority registration for TRIO
Oct 27	F	Last day to enroll in second 8-week classes and drop second 8-week classes with 100% refund
Oct 29	U	Spring 2023 registration for fully matriculated new and continuing students begins
Oct 30	М	Students planning to graduate Spring 2024 need to meet with their advisor to review petitions to graduate as they are due January 29, 2024
Oct 31	Τ	Last day to drop second 8-week classes without a "W"
Nov 1	W	CENSUS for second 8-week classes
Nov 10	W	HOLIDAY – Veterans Day – CAMPUS CLOSED
Nov 13	M	Spring 2024 registration for non-matriculated new and continuing students begins
Nov 17	F	Last day to drop full-term classes with a "W"
Nov 22	W	Last day to drop second 8-week classes with a "W"
Nov 22	W	Minimum Day for instruction. Classes will be held until 1:00 PM
Nov 23-24	RF	HOLIDAY – Thanksgiving – CAMPUS CLOSED
Dec 8	F	Last day to change grading option between Grade or Pass/No Pass for full term classes
Dec 11-15	M-F	Final Examinations (Friday is a make-up day)
Dec 15	F	Fall 2023 semester ends/Second 8 weeks ends/Finals make-up day
Dec 18	M	All grades due by 4:00 p.m.
Dec 22-Jan 1	F-M	HOLIDAY RECESS – CAMPUS CLOSED

2023-2024 Financial aid disbursement and enrollment revision dates will be provided on the FRC Financial Aid website and with the 2023-2024 award letters

SPRING	SEMESTER	2024
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	New Student Orientation
	Spring 2024 Day/Evening Instruction Begins/First 9 week classes begin
	Last day to enroll in first 9-week classes and drop first 9-week classes with 100% refund
V	Last day to drop first 9-week classes without a "W"
}	CENSUS for first 9-week classes
:	Last day to enroll/add full-term classes and drop full-term classes with 100% refund $$
	Graduation petitions due for Spring 2024 graduates
J	Last day to drop full-term classes without a "W"
1	CENSUS for full-term classes
:	HOLIDAY – President's Day – CAMPUS CLOSED
1	HOLIDAY – Washington's Birthday – CAMPUS CLOSED
	Last day to drop first 9-week classes with a "W"
	First 9-week classes end
1	Second 8-week classes begin
	Last day to enroll in second 8-week classes and drop second 9-week classes
	with 100% refund
1-F	SPRING BREAK – NO CLASSES HELD
1	Summer 2024 registration begins
1TW	Fall 2024 priority registration for Homeless/VETS/EOPS/DSPS/Foster Youth/CalWORKs/CARE
	Last day to drop second 8-week classes without a "W"
V	CENSUS for second 8-week classes
S	Fall 2024 priority registration for TRIO
J	Fall 2024 registration for fully matriculated new and continuing students begins
	Students planning to graduate Fall 2024 need to meet with their advisor
	DAY IN THE MOUNTAINS
	Last day to drop full-term classes with a "W"
	DAY IN THE MOUNTAINS
1	Fall 2024 registration for non-matriculated new and continuing students begins
	Last day to drop second 8-week classes with a "W"
	Last day to change grading option between grade or Pass/No Pass for full term classes.
1-F	Final Examinations (Friday is a make-up day)
;	Spring 2024 semester ends/Second 9 weeks ends/Finals make-up day
;	Commencement
1	HOLIDAY – Memorial Day – CAMPUS CLOSED
	! I TW / S

2023-2024 Financial aid disbursement and enrollment revision dates will be provided on the FRC Financial Aid website and with the 2023-2024 award letters

Grades due by 4:00 p.m.

May 28

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Support Services

Academic Advising:

Academic Advisors assist students in identifying educational and career goals, and developing a schedule of classes and individualized Student Education Plan (SEP). School transcripts are used to help in this process. An SEP helps ensure that students will meet all degree, transfer and/or certificate program requirements. Advisors will assist with the transfer process including college searches, scheduling campus visitations, and completion and filing of applications. Advisors monitor students' progress on an ongoing basis.

Contact: frcadvising@frc.edu

Admissions, Registration & Records:

The Admissions/Records Office administers the registration process for all classes; handles student accounts (tuition and enrollment fees, parking permits, printing fee; housing fees); maintains student records (transcripts, grades, declaration of major, release of information); and conducts graduation petitions and eligibility review as per deadlines outlined in the Academic Calendar.

Contact: admissions-records@frc.edu

Basic Needs Center:

The Basic Needs Center is part of the Wellness Center providing students with a one-stop shop for all things health, wellness, and other basic student needs such as food resources like CalFRESH as well as housing, hygiene, clothing and transportation. The Basic Needs Center is dedicated to connecting students with support and resources so they can stay focused on their education!

Basic Needs Coordinator: Tara Hamer, thamler@frc.edu

Bookstore/Post Office:

The Bookstore sells required textbooks, school supplies, FRC apparel, backpacks, greeting cards, snack foods, and gift items unique to the FRC campus. It also offers a textbook buyback program during final exam week and a United Parcel Service counter. The Bookstore accepts VISA and MasterCard.

Bookstore Manager: Rayen Lowry, rlowry@frc.edu

Child Development Center (CDC):

The CDC offers a creative preschool program for children ages 2-5 years of age. The CDC serves income eligible student families who are carrying 6 or more units toward a professional/vocational goal. In addition, the CDC serves families who are working in the community and are income eligible. The Center is open Monday-Friday 7:45 – 5:00 PM and provides breakfast, lunch, and an afternoon snack each day.

Child Development Center Director: Kinderlin Hoznour, khoznour@frc.edu

Disability Support Program for Students (DSPS):

DSPS provides services to students with disabilities to assist them in equally participating in and benefiting from the instructional offerings of the College. Specialized, individualized support includes accommodations designed to remove barriers that hinder an individual's ability to access the educational process. Services are available for students with a permanent and/or temporary disability, including physical disability, deafness or hard of hearing (DHH), blindness or low vision, learning disability (LD), acquired brain injury (ABI), attention deficit hyperactivity disorder (ADD/ADHD), intellectual disability (ID), autism spectrum disorder (ASD), mental health disability, and other health conditions or disabilities that affect major life activities. To receive assistive technology, alternate media (e.g., textbooks in digital format), test accommodations, mobility assistance, or other accommodations, please contact the DSPS office.

Director of DSPS: Sarah Dimick, sdimick@frc.edu

Eagle's Perch (Cafeteria):

The Eagle's Perch provides affordable, nutritious breakfast and lunch menus for various eating styles; there is always a variety of food to choose from. Food is prepared fresh daily and can be purchased at the Eagle's Perch or you may purchase meal cards from FRC Bookstore in increments of \$10 to \$100.

Dinning Hours: 8:00 - 3:00 PM; Monday-Thursday and 8:00 - 2:00 PM on Friday.

Food Service Manager: Sean Conry, sconry@frc.edu

Extended Opportunity Programs & Services (EOPS) and Cooperative Agencies Resources for Education (CARE):

EOPS is a state-funded program designed to offer additional financial assistance and special support services to help and encourage those students who are determined to have either social or economic barriers to success. For eligibility information, contact the EOPS office.

The **CARE** program serves EOPS eligible, single parents who are full-time students and have children that are dependents. Services for eligible students might include books, supplies, transportation and childcare reimbursement, and cash aid.

EOPS/CARE Counselor: Monica Potter, mpotter@frc.edu, ext.354 EOPS/CARE Program Specialist: Chanae Hackett, chackett@frc.edu, ext.313

Financial Aid:

Financial Aid staff assists students in obtaining funds to help meet educational and living expenses while attending college. Staff members assist with the FAFSA and California Dream applications and processing to determine federal and state financial aid eligibility, including eligibility for the California College Promise Grant. They also assist students with researching scholarship opportunities available to community college students.

Contact: financialaid@frc.edu

Health Services:

FRC provides limited health services to all its students through a special arrangement with the Plumas County Public Health Agency. Licensed health care providers are available and offer counseling, health education, assessment, and/or referral services. To receive services, students must show their FRC photo identification card with the current semester's validation sticker and they must make an appointment with the Plumas County Public Health Agency (530-283-6330). Students are responsible for all costs as a result of referral visits, including but not limited to prescription medications, lab tests, x-rays, and any hospital emergency room or patient fees. Students under the age of 18 must have parental consent to receive services, except family planning services, and must provide documentation of such consent before an appointment is made. For a list of the specific health services provided, contact the Student Services Office.

Student Services Office: cmccarthy@frc.edu

Instructional Resource Center (IRC):

The IRC staff is dedicated to helping students achieve academic excellence across the curriculum by offering a variety of services including individualized or group-based tutoring, writing critiques, and instructional assistance in mathematics, English, and English as a Second Language.

Tutoring Services: Free to all students, the IRC offers group and individual peer tutoring in most subjects. Students can request a tutor by contacting the IRC. Referrals can also be made by instructors.

All students also have access to virtual tutoring services through **NetTutor**. NetTutor offers live tutoring on-demand, question drop-off, and writing feedback on all papers. The service is available 24 hours a day, everyday.

English/ESL Instructional Assistant: Joan Jarrett, jjarrett@frc.edu

Library:

The library is pleasant and comfortable with areas for group study and individual carrels for students to study or read for pleasure. Wireless capability throughout the library allows students with their own laptops to access the Internet. The library supports the college curriculum with a collection of over 23,000+ books in hardcopy, 10,000+ e-books, thousands of print and electronic periodical subscriptions, numerous state, local and national

newspapers, and 8,500 video, DVD and streaming media selections. Students can obtain assistance at the main desk or schedule a research appointment with the library director. **Library Computer Lab**: The lab has 30 workstations with high-speed connection to the internet and the local campus network. Word processing, spreadsheet and other appropriate software applications are available (an FRC Network Account is required). During the academic year, the lab is open from Monday-Thursday, 8am – 9pm; Friday from 8am – 4:30pm; Sunday from 4-8pm.

Library Director, Darryl Swarm, dswarm@frc.edu

Mental Health & Wellness Center:

Feather River College Mental Health and Wellness Center provides free and confidential counseling services for FRC students. Services include:

- Individual and Group Counseling
- Consultation and Outreach
- Programming and Workshops
- Crisis Intervention
- Referrals to Community Providers

Any FRC campus community member concerned about a student in distress may contact the Center. *TimelyCare* is FRC's 24/7 virtual mental health and telemed services for students. This service provides FREE access to a diverse network of providers through students smartphone, laptop, or desktop.

Mental Health and Wellness Counselor: Heather Caiazzo, hcaiazzo@frc.edu

NextUp - Former Foster Youth Success Initiative (FYSI):

The NextUp Program or FYSI Liaison is available to provide support for current and former foster youth. The liaison helps youth find resources to go to college, provides a safe and supportive environment, is familiar with the challenges of foster youth, and is committed to helping students access and connect with college and community resources.

FYSI Liaison: financialaid@frc.edu

Student Accounts:

Student Accounts processes all student fees, refund checks, third party billing, and student housing fees. Students may pay fees through their Student Portal (MyFRC), in person with cash, check, Visa or MasterCard, or call 530-283-0202, ext. 292 to pay by phone.

Student Accounts: Holly Bromby, hbromby@frc.edu

Student Leadership:

The Associated Students of FRC (ASFRC) and the Student Ambassador program work together in sponsoring student activities and events. ASFRC officers also serve on campus wide committees providing the students perspective in the shared governance process.

Through student leadership FRC sponsors a variety of activities designed to reflect the interests of a diverse student population. Several committees, clubs, and service areas sponsor entertaining and educational events and activities throughout the year. Examples of some the activities include:

Week of Welcome

- First Year Experience Workshops

Spirit Week

Chili Cook-Off

- Resource Fair

- Cultural Fair

- Earth Day

- Movies at the local theater

Student Life and Engagement Specialist: William McKenzie, wmckenzie@frc.edu

Student Employment:

FRC offers students a variety of employment opportunities. To be eligible a student must be enrolled in 6 units or more, and can work up to 20 hours per week while classes are in session. Student employment is competitive involving an application and interview process. Qualifying for work-study is not a guarantee of employment. A list of available campus jobs can be found on the FRC Student Employment webpage.

Contact: HR@frc.edu

Student Equity & Achievement:

Student Equity and Achievement provides comprehensive outreach to support educational access and academic achievement for all students. Academic support services and activities are offered to address the needs of students to close the achievement gap and foster a supportive and inclusive environment for all students, faculty, and staff.

Director of Student Equity & Achievement Programs:

Michelle Petroelje, mpetroelje@frc.edu
Student Success Specialist: Stacey Svilich, svvilich@frc.edu

Student Housing:

Student Housing includes the on-campus apartment style dorms, the Meadows apartments, and the Pines. Housing payments can be made in full at the time of move-in, by semester, or can be broken down by month. A late fee will be assessed on payments received after the 5th of each month. The Student Housing Handbook that outlines all the policies and procedures that students are required to follow can be found at www.frc.edu/housing. This Handbook includes information about the fines that are assessed in the event of damage/vandalism to any student housing property and/or violation of housing policies. Maintenance staff handles all facility repairs. Requests for repairs can be submitted online at: http://www.frc.edu/housing/Student-Housing-Forms.cfm.

Contact: frchousing@frc.edu

Student Support Services/TRiO:

TRiO is a federally funded student support program designed to help first-generation, low-income, and disabled students who plan to graduate and transfer to a 4-year university. As a transfer program, it is the goal of TRiO staff to help students streamline the process. TRiO provides students with a variety of services designed to create an academically focused environment.

Program Director: Billy Ogle, wogle@frc.edu

Veterans Services:

The Veteran's Certifying Officer is available to assist veterans in meeting their educational goals by providing eligibility and VA educational benefit information, assisting with the benefit application process, and making referrals to support services as needed to help veterans acclimate to college life.

Contact: veterans@frc.edu

Cost of Attendance for 2023-2024

In order to assist students and parents with making a more informed choice about the Cost of Attendance at Feather River College the estimated costs on the following page have been established. The cost of attendance for a student is an <u>ESTIMATE</u> of that student's educational expenses for the academic year. The table on the following page shows average expenses at FRC, rather than actual expenses. The following notes apply to the table:

- 1. Fees include Health & Transit fees, which are \$18 per semester for Health fee, \$1.50 per unit for Transit fee, and \$2 per semester or the Student Representation Fee. Fees based on full-time of 15 units per semester (which is the minimum load needed to graduate in 2 years). California residents: \$46 per unit; Out-of-state & International students: \$315 per unit (\$269 Nonresident + \$46 Standard Enrollment Fee per unit. Upper Division Coursework Fee: \$84 per unit.
- 2. The breakdown for this category is as follows: books (\$630), educational supplies (\$144), course material fees (\$180), and computer-related expenses (\$198), excluding the costs associated with the purchase of a personal computer.
- On Campus dorm housing cost includes utilities, cable and WiFi; Parent and Off Campus housing costs include utilities.
- 4. Includes food, snacks, meals on campus, household supplies.
- 5. Includes travel to and from parent's residence and transportation costs to and from classes and work (e.g. gasoline, parking).
- 6. Includes clothing, laundry, personal care, gifts, recreation, medical etc.



2023-2024 Financial Aid Office Fall & Spring Semesters Student Expense Budgets

Financial Aid Office Hours: Monday - Friday 8:30 - 4:30 *closed Fridays in June & July* Phone: (530) 283-0202 x 603 Toll Free: 800-442-9799 x 603 Fax: (530) 283-4659 www.frc.edu/financialaid/

Fall & Spring Semesters	California Living with Parent	California On Campus	California Off Campus	Out-Of-State & International On Campus	Out-Of-State & International Off Campus	
DIRECT COSTS	DIRECT COSTS					
Tuition and Fees ¹	\$1,465	\$1,465	\$1,465	\$9,961	\$9,961	
Books and Supplies ²	\$938	\$938	\$938	\$938	\$938	
Housing - FRC Dorm ³	N/A	\$5,950	N/A	\$5,950	N/A	
•	(includes \$400 security deposit & non-refundable \$50 application fee)					
Sub-Total	\$2,403	\$8,353	\$2,403	\$16,849	\$10,899	
INDIRECT COSTS	INDIRECT COSTS					
Housing ³	\$3,654	N/A	\$12,960	N/A	\$12,960	
Food ⁴	\$6,471	\$6,471	\$6,471	\$6,471	\$6,471	
Transportation ⁵	\$1,611	\$1,107	\$1,764	\$1,107	\$1,764	
Personal / Misc ⁶	\$3,609	\$2,871	\$4,428	\$2,871	\$4,428	
Sub-Total	\$15,345	\$10,449	\$25,623	\$10,449	\$25,623	
Total	\$17,748	\$18,802	\$28,026	\$27,298	\$36,522	

NOTES: 1. Fees include Health & Transit fees which are \$18 per semester for Health fee, \$2.00 Student Representation Fee and \$1.50 per unit for Transit fee. Fees based on full-time of 15 units per semester (which is the minimum load needed to graduate in 2 years). California residents: \$46 per unit; Out-of-state & International students: \$328 per unit (\$282 Nonresident + \$46 Standard Enrollment Fee per unit)

- The breakdown for this category is as follows: books (\$486), educational supplies (\$137), course material fees (\$173), and computer-related expenses (\$142), excluding the costs associated with the purchase of a personal computer.
- 3. On Campus dorm housing cost includes utilities, cable and WiFi; Parent and Off Campus housing costs include utilities.
- 4. Includes food, snacks, meals on campus, household supplies.
- 5. Includes travel to and from parent's residence and transportation costs to and from classes and work (e.g. gasoline, parking).
- 6. Includes clothing, laundry, personal care, gifts, recreation, medical etc...

→>→>BRING FUNDS WITH YOU TO PAY FOR FRC Dorm (or Local Rental) Security Deposit and First Month's Payment, Books & Supplies, Food ←←←←

Payment of Fees

All tuition and enrollment fees are due in full by the first day of the semester. If not, a payment plan outlining how the balance will be paid in full by the beginning of the 10th week must be signed by the first day of the semester, OR evidence that full payment will be made through Financial Aid or a waiver signed by the Chief Student Services Officer must be on file with Admissions & Records. A HOLD will be placed on the student's account by the beginning of the 10th week of the semester if payment in full has not been received. Also, billing statements will be sent following a regular, monthly schedule.

All student housing fees are due according to the Payment Plan Option chosen by the student. A **HOLD** will be placed on the student's account by the beginning of the 10th week of the semester for students who are not current with their housing payment. A late fee will be assessed as stipulated in the Student Application and License Agreement for housing fees not received by the Payment Plan due date.

A **HOLD** on the student's account prevents the student from enrolling in future semesters, obtaining official transcripts, and receiving their diploma until all balances owed to the College have been paid in full.

Student Accounts processes all student fees, refund checks, third party billing, and student housing fees. Students may pay fees through their Student Portal (MyFRC), in person with cash, check, Visa or MasterCard, or call 530-283-0202, ext. 292 to pay by phone. The Student Accounts office is located in the Admissions & Records office in the Student Services Building.

FERPA

FERPA is a Federal law administered by the Family Policy Compliance Office in the U.S. Department of Education, 20 U.S.C. § 1232g; 34 CFR Part 99. FERPA applies to all schools that receive funding under any program administered by the U.S. Department of Education.

Once a student reaches 18 years of age or attends a postsecondary institution, he or she becomes an "eligible student," and all rights formerly given to parents under FERPA transfer to the student. The eligible student has the right to have access to his or her education records, the right to seek to have the records amended, and the right to have control over the disclosure of personally identifiable information from the records (except in certain circumstances specified in the FERPA regulations).

For a student to release their educational record and/or information to anyone, that student must have an *Authorization to Release Information* form on file with Feather River College stipulating with whom their educational records and/or information can be released. The records/information will only be released to those for which authorization has been given.

For more information on FERPA guidelines, visit www.ed.gov

2023-2024 Financial Aid Calendar has not been published at the time of print. Visit our Financial Aid Website; https://www.frc.edu/financialaid/index for our most current information.



2023-2024 Financial Aid Calendar

Financial Aid

Enrollment Revision Deadline Fall: September 4, 2023 Spring: February 4, 2024 (see our Financial Aid Enrollment Policy for full details)

Full Semester Withdrawal 60% Date Fall: October 29, 2023 Spring: April 6, 2024

(see our Return of Title IV Funds Policy for full details)

Satisfactory Academic Progress, Maximum Credit, and Promise Grant Appeal Deadlines

Fall Semester Aid: 11/3/23 Spring Semester Aid: 4/12/24 Summer Session Aid: 7/15/24 Financial Aid Progress Report Required if turned in after 10/6/23 for Fall or 3/8/24 for Spring

Notice: your aid disbursements may be delayed if you are a *continuing student* at FRC due to the timing of the Financial Aid Satisfactory Academic Progress batch processing for the prior semester.

GRANTS -- Fall Disbursement Dates

Grant Type	Disbursement Date	Amount of Award
Federal Pell Grant	August 24, 2023	50% of the semester amount
SEOG	August 24, 2025	100% of the semester amount
*Cal Grant	C	100% of the semester amount
Student Success Completion Grant	September 14, 2023	100% of the semester amount
Federal Pell Grant	October 26, 2023	50% of the semester amount

GRANTS -- Spring Disbursement Dates

Grant Type	Disbursement Date	Amount of Award
Federal Pell Grant	Innuam: 25, 2024	50% of the semester amount
SEOG	January 25, 2024	100% of the semester amount
*Cal Grant	February 15, 2024	100% of the semester amount
Student Success Completion Grant	February 15, 2024	100% of the semester amount
Federal Pell Grant	March 28, 2024	50% of the semester amount

Awards for Pell Grant and/or Cal Grant (if awarded) reflect an amount based on 12 units or more. Units will be checked 7-10 days before each disbursement date. If you are emolled/attending less than 12 units, your award amount will be adjusted. Please refer to the Financial Aid Enrollment Policy for details. If your file is not completed and finalized 7-10 days before the disbursement date, an alternative disbursement date will be assigned. Also, your grants will not disburse until your classes have started.

LOANS -- Fall Disbursement Dates

OTA 10 Tan Dissardement Dates			
Loan Type	Disbursement Date	Amount of Award	
First Time Borrower	September 28, 2023	100% of the semester amount	
Returning Borrower	A	100% of the semester amount	
Single Semester Loan	August 24, 2023	50% of the semester amount	
Single Semester Loan	October 18, 2023	50% of the semester amount	

LOANS -- Spring Disbursement Dates

Loan Type	Disbursement Date	Amount of Award
First Time Borrower	February 29, 2024	100% of the semester amount
Returning Borrower	I 25, 2024	100% of the semester amount
Single Semester Loan	January 25, 2024	50% of the semester amount
Single Semester Loan	March 21, 2024	50% of the semester amount

Loan disbursement dates vary based on several factors:

- · When the loan request form with all required documentation is turned into the Financial Aid Office
- When FRC completes processing of the loan and receives notification from the federal government that the student
 has completed the Entrance Counseling and the MPN
- · Loans for first-time borrowers cannot disburse until you have been enrolled for 30 days in your first semester
- Loans for a single semester are required to disburse in two parts, the second disbursement occurs after the half-way
 point of the semester
- When you are enrolled in six or more units

IMPORTANT NOTE: Once we have originated your Direct Loan(s), the Disclosure Statement you receive from Direct Loans provides two dates that are NOT ACCURATE as to when you will receive your loan disbursement from FRC.

^{*}Disbursement of the Cal Grant Award is contingent upon the receipt of the funds by the college.

Emergency Notifications

In the event of an emergency, including campus closures, we make every effort to post an announcement as soon as possible.

Primary Notification Method:

 Regroup – Enrolled students and staff are automatically added to Regroup for notifications via text, email and phone call. If FRC Friends and Family would like to join please text "JOIN FRC-Fand F" to 66893 without the quotes.

Secondary Notification Methods:

- FRC Website (www.frc.edu)
- FRC App (download on the App Store or Google Play)
- Student FRC Email
- Canvas

Secondary notification methods include college social media sites:

Facebook: @FeatherRiverColTwitter: @FeatherRiverCol

Instagram: @FeatherRiverCollege

Check us out at frc.edu:

CTUDENT CERVICES	CURRORT PRO	CDANG	CTUDENT	ee
STUDENT SERVICES	SUPPORT PRO	GRAMS	STUDENT	LIFE
Admissions & Records	CalWorks		Bookstore	•
Advising	Child Developr	ment Center	Cafeteria	
Financial Aid	Disability Supp	ort	Fitness Ce	enter
Mental Health & Wellness	EOPS/CARE		Getting In	volved
Center	Foster Youth		Student E	mployment
Request an FRC Network	Learning Resources		Student Policies Student Safety	
Account	TRIO Programs			
Student Housing	Veteran Services		Student Salety	
Student Success Programs				

Community Resources (530 prefix)

Alliance for Workforce Development	
Animal Shelter	283-3673
Banks	
Plumas Bank	
U.S. Bank	
California Highway Patrol	
CALTRANS (Road Conditions)	
Chamber of Commerce, Quincy	
Department of Motor Vehicles	. 800-777-0133
Environmental Health	
Feather River College Children's Center	283-0521
Feather River College Student Housing	
Feather River Fitness	
Health Department (FRC Health Services)	
Hospital, Plumas District	
Housing Authority	
Mental Health (Plumas Co. Behavioral Health)	283-6307
Pacific Gas and Electric Company (PG&E)	
Pharmacies	
Lassen Drug (Chester)	258-2261
Portola Village Pharmacy	
Quincy Pharmacy	
Rite Aid	
Plumas Arts	
Plumas County Behavioral Health (Mental Health)	
Plumas County Library	203-0307
Chester	250 2742
Portola	
Quincy	
Plumas County Transit	
Plumas County Public Health Agency	
Plumas Crisis Intervention and Resource Center	
Plumas Rural Services (main office)	
Plumas Rural Services Community Connections	
Quincy Comm. Service District (water service)	
Sheriff's Office (Administrative)	
Emergency Only	
Social Security	
Social Services	
Superior Court	283-6305
Theatres	
Town Hall Theatre	
West End Theatre	
Veteran's Services (Plumas & Sierra Co.)	
Welfare Department	
WIC (Women, Infants & Children)	283-4093

Quincy Lodging

Quincy and the surrounding communities have a variety of lodging options. Below is a list of those available in Quincy.

Ada's Place

(530) 283-1954

www.adasplace.com/

Four units. One sunny one bedroom with a private yard; two studios with private garden; one rustic cedar unit with loft & fireplace. All with full kitchens.

Average rates: \$130 to \$165/night

Quincy Courtyard Suites

(530) 283-1401

www.quincycourtyardsuites.com

Luxury downtown suites; kitchens, laundry, non-smoking, minimum stay, no pets, TV's, free WiFi, AC. Average rates: \$149 to \$189/night

Quincy Feather Bed Inn

530-283-3000

www.quincyfeatherbed.com/

Cottages and rooms with pillow top beds, free WiFi, premium TV, microwave, refrigerator, coffeepot. Average rates: \$130 to \$145/night

Pine Hill Motel

(530) 283-1670

www.pinehillmotel.com

Uniquely decorated units, some with kitchens, A/C, free WiFi, refrigerators, coffeemakers, picnic area, ask about pets.

Average rates: \$79 to \$95/night

Gold Pan Motel

(530) 283-3686

Amenities include a continental breakfast, free WiFi, DVD players /movies, microwaves, mini fridges, coffeemakers, pets allowed.
Average rates: \$79-150/night

Lariat Lodge

(800) 999-7199, (530) 283-1000

www.lariatl_odge.com

Pool, cable TV, mini-fridges, microwaves, coffeemakers, AC. Average rates: \$58 to \$95night

Ranchito Motel

(530) 283-2265

www.ranchitomotel.com

All rooms have mini-fridges, microwaves, TV's with DVD players, free WiFi, non-smoking, in room fresh coffee, BBQ/picnic area; some kitchenettes

Average rates: \$76 to \$180/night

Spanish Creek Motel

(530) 283-1200

AC, free WiFi, picnic area, free breakfast

Average rate: \$85/night

Visit www.plumascounty.org for updates on the above lodging options and information about events, weather, dinning, shopping, camping, outdoor recreation, and additional lodging in the surrounding communities.



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For sports team information, schedules, and to view live audio, video, and team statistics go to:

http://athletics.frc.edu/