

EOPS/CARE/CALWORKS/FFYSI PROGRAMS



Then and Now

It has been forty-five years since the Extended Opportunity Programs and Services (EOPS) within the California Community College system came to existence. Our Cañada EOPS has continued to grow; we served 348 students in Fall 2013 and currently are serving 317 students in Spring 2014. We provide counseling, priority registration, workshops, extra tutoring, book vouchers to assist students with the purchase of required textbooks, UC/CSU fee waiver and much more, as funding permits. In Spring 2014, we started accepting AB540 students into our program.

Our students have continued to inspire and remind us of the work that we all do.

STUDENT VOICE

Your opinion matters to us! We are going to have a student voice column in our next newsletter. Students are invited to voice and share their ideas about Cañada College, challenges, family, tips to other students AND how EOPS/CARE/CalWORKS has helped you.

Your voice can be in any creative format such as a poem, picture or essay. If you want to share your voice, please send it to our counselor, Sarah Aranyakul, aranyakuls@smccd.edu by March 14, 2014.

INSIDE THIS ISSUE:

EOPS Group Counseling	2
Counseling Appointments, Progress Reports & EOPS Club	2
CARE/CalWORKs Workshops	3
CalWORKs Peer Mentoring	3
Alumni SPOTLIGHT	4
Financial Aid Workshops	4

"An investment in knowledge always pays the highest return."

Ben Franklin

EOPS Group Counseling Sessions

EOPS is continuing to offer GROUP COUNSELING sessions with the following selected topics. Please take advantage of these sessions with essential information! There is no limit to the number of sessions you can attend, however only ONE can be counted towards the three required EOPS counseling contacts for this semester. Please contact the EOPS Office to sign-up.



<i>Date</i>	<i>Time & Location</i>	<i>Topics</i>
Wednesday, February 19, 2014	1pm-2pm / Bldg. 9 Rm. 106	Financial Aid Updates
Thursday, March 6, 2014	1pm-2pm / Bldg. 9 Rm. 106	Stress Management
Thursday, April 10, 2014	1pm-2pm / Bldg. 9 Rm. 106	Transfer Center- Next Steps
Wednesday, May 7, 2014	1pm-2pm / Bldg. 9 Rm. 106	Time Management

CARE & CalWORKs Workshops

NUTRITION WORKSHOP # (1st)



Learn to Eat Well for Less
University of California Cooperative Extension
Thursday, February 13, 1 – 2 pm, Building 9, Room 154
Presented By: May Woo, RD

NUTRITION WORKSHOP # (2nd – continuation)

Thursday, February 20, 1 – 2 pm, Building 9, Room 154
Presented By: May Woo, RD

PARENTING WORKSHOP

TOPIC: DISCIPLINE VS. PUNISHMENT

Wednesday, March 12, 1 – 2.30 pm, Building 13, Room 110
Presented By: Marsha Howard



INTERVIEWING SKILLS

Wednesday, April 9, 1 – 2 pm, Building 9, Room 154
Presented By: Robert Haick, Career Center

CalWORKs Students may receive a Gas Card for attending these workshops

COUNSELING APPOINTMENTS

Students are required to meet with a counselor a minimum of 3 times during the semester.

Timeline for each appointment

1st appt: Jan. 6 – Feb. 13
2nd appt: Feb. 18 – March 28
3rd appt: April 7 – May 16

Don't wait until the last minute to schedule your appointments!

Having 2 NO SHOW appointments during the semester can make a student ineligible for EOPS/CARE/CalWORKs for the following semester.

PROGRESS REPORTS

Please submit Progress Reports by Friday, March 14.

- ✓ Progress report forms will be mailed out to you the week of Feb. 13.
- ✓ Give instructors time to complete the form.
- ✓ Progress report forms are required for ALL classes.



EOPS STUDENT CLUB

As EOPS students you are all members of this club. The benefits of our student club are:

- ✓ Leadership and teamwork experience
- ✓ Extra-curriculum activities to place on your resume and personal statement for scholarships and four-year university applications
- ✓ Fundraising for Scholarships
- ✓ Networking

We have several club officer positions available. If interested, please contact Anahi Chavez at (650) 381-3537

CalWORKs PEER MENTORING

Our CalWORKs goal is to help students transition from public assistance to economic self-sufficiency, we believe that the peer mentoring is another component that can help students meet their goals. The purpose of our peer mentoring program is to assist new CalWORKs students with his or her transition, challenges and progression at Cañada College.

Benefits of peer mentoring

- Develop / enhance your leadership skills.
- Make a difference in the life of your mentee.
- Building this experience to add on your resume.

If interested, please contact our counselor, Sarah Aranyakul, 650 381 3529, aranyakuls@smccd.edu

"Nobody but nobody can make it out here alone." Maya Angelou

EOPS ALUMNI SPOTLIGHT



Diego Campos is one of our EOPS alumni, he is going to be graduating from Cal Poly San Luis Obispo with a Bachelor's of Science in Civil Engineering this spring quarter. We asked him to share his educational experience with us.

An event that changed my life completely was moving from Peru to the States. It changed my expectations for life. Growing up in Peru would have meant different challenges and opportunities than growing up in the States. Yet I had to adapt to this new culture, learn its language, and develop a new lifestyle.

As a student in the States, I worked hard in my ESL courses and eventually earned a seat in the same classes that native-English students took. And I have only continued to grow and succeed since high school.

I attended Cañada College instead of going to a 4-year university because I didn't know yet what I wanted to study. I also was awarded the Cañada College 40th year scholarship for my outstanding grades during my high school which made my decision easier to choose Cañada as my next step in life. And that turned to be the best decision for me as with the assistance of the EOPS program I was able to find my career path.

I transferred from Cañada College in 2011 and now I'm about to graduate from Cal Poly SLO with Bachelors in civil engineering in this incoming spring 2014. EOPS guided me throughout the whole process of taking the right classes to make it to Cal Poly and without their help Cal Poly would not be possible.

My experiences as an immigrant have shaped my commitment towards achieving my goals. I have learned to love myself – my hopes, my dreams, and even my most painful memories – during the course of my journey, refusing to let anybody put me down or to settle for less. I have come to understand that no matter what culture you come from, your dreams and goals should not change; instead, they should serve as a guide in a world that is increasingly changing.

FINANCIAL AID WORKSHOPS

FAFSA: every Tuesday: 2 -4.30 pm

Dream Act: every Wednesday: 11am—2 pm

Priority Deadline to file FAFSA 2014—2015 is MARCH 2!

Sign up at the Financial Aid Office.



EOPS REWARDS POINTS



Congratulations to all the students that participated in the EOPS REWARDS POINTS Program in the Fall 2013 semester! And the WINNERS of the \$100 EOPS REWARDS GRANTS are:
Monica Vasquez AND Kenia Cabrera