THE EOPS/CARE CalWORKs/FYSI Newsletter









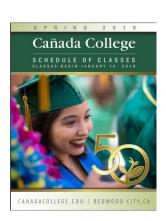
EOPS/CARE/CalWORKs/FYSI

Priority Registration

November 1, 2017

Drop-In Counseling

Wednesday, November 1st, 9am-6:30pm & Thursday, November 2nd, 4th 9am-3pm Building 9 (Transfer Center)



Inside this issue

NOTE: If you do not get a November 1st registration date, please contact the EOPS Office immediately.

Refreshments will be served

Cañada College Scholarships 2018-19

The Cañada College Scholarship Application will be open on November 1, 2017 and will be closed on March 2, 2018.

> To apply for Cañada College Scholarships https://smccd.academicworks.com



EOPS Drop-In Counseling

Mondays 12:30pm-2pm 9am—11am **Tuesdays**

Please contact the EOPS Office to confirm availability.



Cañada College Scholarships...1 **EOPS Drop In Counseling1** Counseling Appointments.....2 **EOPS Counseling Contact** Guideline.....2 **EOPS Group Counseling......2** Last day to Withdraw.....2 CARE/CalWORKs Workshops......3

Student Spotlight.....4

Important Dates.....4

EOPS Priority Registration.....1



Time is ticking! Have you scheduled your 3 counseling appointments?

Final day to schedule a counseling appointment is <u>Friday</u>, <u>December 8</u>, <u>2017</u>. Don't wait until the last minute! Appointments book up quickly. You may use one Group Counseling Session to fulfill one of the three counseling appointments. Drop-In Counseling doesn't count.

EOPS Counseling Contact Guideline

1st Contact: August 6th - September 22nd

2nd Contact: September 25th - November 3rd

3rd Contact: November 6th - December 8th



EOPS Group Counseling Sessions and Topics

CSU Transfer Application October 26th /1pm-2pm/Bldg. 9 Rm. 106

Presented by: Soraya Sohrabi

UC Transfer Application November 1st /1pm-2pm/Bldg. 16 Rm. 110

Presented by: Soraya Sohrabi

Learning Styles: November 16th /1pm-2pm/Bldg. 9 Rm. 154

How To Best Utilize Study Time Presented by: Dega Teclemariam

Time Management December 6th /1pm-2pm/Bldg. 9 Rm. 154

☆ Presented by: Lorraine Barrales-Ramirez

Thinking About Dropping A Class?

The deadline to drop a class with a "W" is November 15th. As an EOPS student, you are required to maintain a minimum of 12 units and pass your classes with at least a "C" grade. Please meet with an EOPS counselor if you are thinking about withdrawing from a class so we can discuss your options. Remember we are here to help you! Please come talk to us to see how we may assist you.



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Fall 2017 CARE/CalWORKs Workshops

Behavioral Issues and Discipline Presenter: Susan Belton, Parents Place Friday, September 8 12pm-1:30pm Bldg. 3 Rm. 104

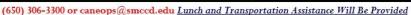




Mindfulness Presented by: Pablo Gonzalez Friday, October 6 12pm-1:30pm Bldg. 13 Rm. 110

Connected or Disconnected
Technology and Family
Presented by: Parents Place
Friday, November 17
12pm-1:30pm, Bldg. 13 Rm. 104







CARE & CalWORKs

Support Group Meetings

Therapy Through Art

Friday, September 22nd, 12.00 pm – 1.30 pm Bldg. 3, Rm. 110

How Do You Make Ends Meet Financially?

Friday, October 20th, 12.00 pm – 1.30 pm Bldg. 3, Rm. 104

Canada College Scholarships & Personal Statement

Friday, November 3^{rd} , 12.00 pm - 1.30 pmBldg. 3, Rm. 110

Achieving Self-Sufficiency

Friday, December 8th, 12.00 pm – 1.30 pm Bldg. 3, RM 104

Student Spotlight



I was born and raised in Chinandega, Nicaragua. In 2012 I moved to the United States with my sisters to live with our mother who we hadn't seen in 12 years. After transitioning to the United States, I attended San Mateo Adult School for a year. While learning English, my ambition for higher education was sparked. Therefore, in 2013, I began my educational journey at Cañada College. After completing the ESL program, I took on the challenge of taking transferable level classes. I graduated in spring 2017 with an AA & AA-T in Political Science. AA in Interdisciplinary Studies, IGETC Certificate, Bilingualism and Biliteracy in English/Spanish Certificate, and transferred to Calvin College a private Christian school in Michigan this fall.

Starting my college career at Cañada College signified a privilege for me as it opened numberless doors toward success. When I came to Cañada College in 2013, I had problems registering for classes and paying my tuition since I came from a low-income family. Fortunately, the EOPS staff helped me through the process of registering and introduced me EOPS, which assists first generation, low-income, and basic skills level students. I was fortunate to be the EOPS Student Club President and raise funds for the EOPS and CARE/CalWORKs Scholarships, in addition of organizing fun activities for students like the End of the Year Dance. While I was attended Cañada, I was a full-time student working two jobs, active on campus, and commuting from Hayward to Hillsdale to Sequoia Station, Redwood City to Cañada College. It was so expensive and hard for me to come to school as I relied on public transportation. Books were also expensive and the two jobs I had were not enough to pay my bills. One of the jobs was as a Student Assistant in EOPS. I enjoyed working with staff and helping other students. With the assistance of EOPS, I was able to graduate with three AA Degrees, one Certificate, and completed the Honors Transfer Program. Thank you to the EOPS Team for the services the program provides, such as the bus passes, book-vouchers and counseling; but most importantly, for helping me transfer to my dream school, Calvin College.

EOPS/CARE/CalWORKs/FYSI TEAM

Gloria Darafshi Interim Dean of Counseling

Lorraine Barrales-Ramirez EOPS/CARE/FYSI Counselor & Coordinator

Sarah Aranyakul
EOPS/CalWORKs Counselor &
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José Romero EOPS/CARE/CalWORKs/FYSI Program Services Coordinator

> Jessica Boyle EOPS/CARE/FYSI Retention Specialist

Claudia Dorantes
EOPS/CARE/CalWORKs/FYSI
Office Assistant

Cindy Mata EOPS Counselor

Dega Teclemariam EOPS Counselor

Peter Tam Accounting Technician

> Mayra Arellano College Recruiter

November

- 1 EOPS Priority Registration
- 3 Last day to fulfill 2nd EOPS Counseling Appointment.
- 6 First date to fulfill 3rd EOPS Appointment
- 10 Veteran's Day (Holiday)
- 11-12 Declared Recess
- 15 Last Day to withdraw from a semester length course with a "W"
- 23 Thanksgiving (Holiday)
- 24-26 Declared Recess

December

- 8 Last day to fulfill 3rd EOPS Counseling Appointment
- 10-16 Final Examinations (Day & Evening Classes)
- 16 Day and Evening Classes End

