

EOPS/CARE/CalWORKs/FYSI NEWSLETTER



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Welcome Serina Garcia!



My name is Serina Garcia and I am currently working as an Office Assistant in the EOPS/CARE/CalWORKs/FYSI & SparkPoint office at Cañada College. I am an alum of both Skyline College and Cañada College. I obtained my Certificate in Early Childhood Education from Cañada in 2011 and graduated with my A.S. in Early Childhood Education from Skyline College in 2011. I worked as a Preschool Teacher for the past 5 years and realized it was time to aim my love for helping others learn and grow in a different direction. I was given the opportunity to work as an Office Assistant in the SparkPoint office at Skyline, assisting people in the pantry as well as connecting potential participants to financial coaches and public benefits specialists, and was truly grateful for such a humbling experience. Being a Bay Area native, I look forward to my future in assisting our Cañada College students, as well as the community.

EOPS Counseling Contact Guideline

Please complete each of the 3 required counseling contacts by the stated deadline:

1st Contact: January 17 – February 24

2nd Contact: February 27 – March 31

3rd Contact: April 10 – May 19



Progress Reports

Please submit EOPS Progress Reports no later than March 17th!



Progress Reports were mailed out on February 19th.

Please give your instructors time to complete the form.

Progress Reports are required for ALL classes.

It is the student's responsibility to submit the progress reports to our office by the deadline.

By NOT submitting the progress reports *you will jeopardize your eligibility for some, or all, of the EOPS services.*

EOPS Group Counseling

Financial Aid Updates

Wednesday, February 15, 1pm-2pm

Bldg. 9 Rm. 154

Resume and Cover Letter

Thursday, March 9, 1pm-2pm

Bldg. 9 Rm. 106

Improving Student and Faculty Relationships

Wednesday, March 22, 1pm-2pm

Bldg. 9 Rm. 154

Interview Essentials

Thursday, April 13, 1pm-2pm

Bldg. 9 Rm. 154

Stress Management/Self Care

Wednesday, April 26, 1pm-2pm

Bldg. 9 Rm. 154

Learning Styles

Thursday, May 11, 1pm-2pm

Bldg. 9 Rm. 154

Only one Group Counseling Session can count towards 1 of the 3 Counseling Contacts.

Spring 2017 CARE & CalWORKs Workshops

Building Self Esteem in Children

Presenter: Susan Belton, Parent's Place
Friday, February 24, 12pm-1:40pm
Bldg. 3 Rm. 104



Healthy Snacks

Presenter: CJ Jones
Friday, March 24, 12pm-1:40pm
Bldg. 3 Rm. 104



Self Care for Parents

Presenter: Wendy Lair, MA, LMFT, Star Vista
Friday, April 28, 12pm-1:40pm
Bldg. 3 Rm. 104

If you have any questions or would like to sign up, please contact:
EOPS/CARE/CalWORKs/FYSI Office
at (650) 306-3300 or cancelworks@smccd.edu
Transportation Assistance and Lunch will be provided

Spring 2017 CARE/CalWORKs Support Group Meetings

Balancing School, Work & Home

Friday, February 10, 12pm-1:30pm
Bldg. 3 Rm. 104

How Do You Make Ends Meet Financially?

Friday, March 10, 12pm-1:30pm
Bldg. 3 Rm. 104

Children Behavioral Issues and Discipline

Friday, April 14, 12pm-1:30pm
Bldg. 13 Rm. 113



EOPS Student Club



EOPS Student Club Upcoming Meetings

Every 1st and last Monday
of each month

All students are welcome! Please
consider participating in the
club's activities and fundraising
events!!

*We are very excited to have our
EOPS Club Officers:*

Cristhel Gomez	President
Mario Chavac	Treasurer
Benita Kayembe	Secretary
Dulce Alvarado	ICC Rep
Shayenne Walker	ICC Rep

Financial Aid Updates

CA Dream Act Application still available! 2017-2018 applications due March 2nd!

The Financial Aid Office would like to remind and encourage all DREAMER (undocumented/AB 540) students to apply for and/or renew their Dream Act Applications. We would like to emphasize that all information that is included in the application is kept confidential and safe. The information listed on your DREAM Act Application is used specifically to award and grant aid. None of the information is used for any other purpose and will not be shared with any other government officials or agencies. We want to insure all students are comfortable completing the application. If you have any concerns or questions please contact our office and we would be more than happy to assist you.

If you need assistance in completing your DREAM Act Application our office hosts weekly workshops.

DREAM Act Application Workshops (Open Lab)

Every Wednesday

11:00 AM – 1:00 PM

Building 9 Room 123 (Financial Literacy Lab)

Other FA updates:

Cañada College Scholarship deadline is approaching! Make sure to complete your application no later than March 2nd. If you need assistance with the scholarship application please attend the scholarship workshop on Thursday March 1st from 1:00 PM – 2:00 PM.

2017-2018 FAFSA application for State Aid (Cal Grant) Deadline is March 2nd! Make sure to submit your FAFSA application on or before March 2nd to be considered for a Cal Grant award.

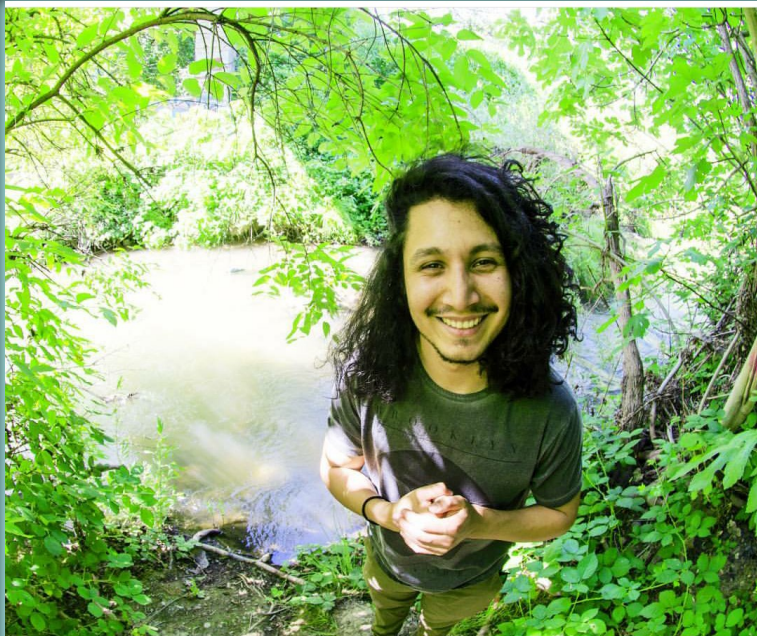
FAFSA Workshops

Every Tuesday 2:00 PM – 4:30 PM

Building 9 Room 123 (Financial Literacy Lab)

*“The best way to predict the future is to create it.”
Abraham Lincoln*

STUDENTSPOTLIGHT



Marty Martinez
2012 Cañada Commencement Student Speaker
2016 UC Davis Graduate

Growing up as a Chicano male in Southern California developed, by necessity, my ability to survive and navigate through the personal and institutional racism targeting people from poor, immigrant, and racially marginalized communities. The limited access to higher education and employment opportunities for poor people of color became self-evident during my upbringing.

Despite these circumstances, I made it my goal to be the first male on both sides of my family to attend college. Little did I know how long and difficult the path would be as I struggled to navigate within the educational system feeling both unprepared and lost. I soon learned that attending community college provided me the necessary support network and resources to complete my degree and transfer to a four-year university.

EOPS provided me the proper guidance, advice, and educational support I needed to navigate through school. There were many instances when EOPS helped me while at Cañada College. I never identified as a “school person”, yet this program brought extensive encouragement and accountability throughout my entire journey. As a result, I transferred to UC Davis after four years, initially as a science major, until I decided to change my major and study Sociology.

These pivotal experiences made a profound effect upon me both academically and professionally as I went from being heavily involved pursuing a science degree to redirecting my career path as a college counselor committed to helping disadvantaged students in the process of achieving their educational goals.

As a recent graduate, my academic, work, and life experiences as a low-income, minority, and first-generation college student significantly shaped my decision to pursue graduate school and become an EOPS community college counselor.

Reflecting on both educational and personal hardships has helped me to contextualize this journey as both a learning experience and opportunity for personal growth. These experiences, obstacles, and achievements are simply an extension of the communities I represent.

What you perceive is what you believe and it will lead you to what you achieve

Sheyanne Walker, EOPS Student



STUDENTSPOTLIGHT

My name is Eunice Martin and over the last two years, there has been many challenges I've been faced with. I'm a single mom of 3. My 17 year old son, started hanging around the wrong crowd of people and started getting involved in drugs, lost interest in school as well as lost his respect for me as his mother. Around the same time, my 14 year old daughter, made 3 suicidal attempts to take her life. And my little 5 year old son, is the happiest little busy boy I've even known. I also took care of my elderly father, who had a stroke which paralyzed him and took away his speech. In 2014, my father closed his eyes for the very last time. I lost my rock and my best friend.

With all these trials and tribulations I was faced with, it made it very difficult for me to pursue my A.S. degree in the Human Service field. So many times, I wanted to give up. I couldn't see that light at the end of the tunnel. But through perseverance and the help and grace of God, I've been able to stay strong and continue with my education goals. I've obtained three Human Service certificates, made the dean's list twice in a row and I'm still going strong to finish out my courses.

The idea of going back to school with 3 school age children frightened me, and I doubted myself. Cañada College CalWORKs/EOPS Program enabled me to identify and set attainable educational goals in addition to assisting with the purchasing of textbooks and supplies. I contribute the continuous support from them to helping me to persevere and be the example not just for my children but for other families who are facing similar situations. They have truly been an inspiration for me as I travel through this journey of making my future a better and brighter one.



Eunice Martin
2016 Cañada College Graduate

Eunice is the 2017 "Portraits of Student Success" scholarship recipient from the California Community Colleges CalWORKs Association.

EOPS/CARE CalWORKs/FYSI TEAM

Lizette Bricker
Interim Dean of Counseling

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

Sarah Aranyakul
EOPS/CalWORKs Counselor &
CalWORKs Coordinator

José Romero
EOPS/CARE/CalWORKs/FYSI
Program Services Coordinator

Cindy Mata
EOPS Counselor

Dega Teclemariam
EOPS Counselor

Jessica Boyle
EOPS/CARE/FYSI
Retention Specialist

Serina Garcia
EOPS/CARE/CalWORKs/FYSI
Interim Office Assistant

Peter Tam
Accounting Technician

Mayra Arellano
College Recruiter

Office Hours:

Monday & Thursday

8am-4:30pm

Tuesday & Wednesday

8am-7pm

Friday 8am-12pm

(650) 306-3300

caneops@smccd.edu

 facebook.com/canada.eops

University Visits



Find your Future



Sign-Up in the
Learning Center
Front Desk!

March
17 | **Sacramento State**
9am-6pm

March
24 | **San Jose State**
9am-3:30pm

April
21 | **San Francisco State**
9am-2:30pm

May
11 | **UC Santa Cruz**
10am-6pm



Sign-up Today!

For questions or to request reasonable accommodation for a person with a documented disability at least 5 days before the trip, contact: Patricia Sehl at 650-306-3204.

Funded through MESA, ESO and a generous grant from the Vending Commission.

Free Tax Preparation

There are quite a few locations in San Mateo County where you can get your taxes for free. Please visit the website listed below.

earnitkeepitsaveit.org

Know Your Rights

How to Best Prepare

If you or a loved one are not a U.S. citizen (even if you are a legal permanent resident), take the time now to create a preparedness plan for your family in case one of you is detained and/or deported. This plan should include ensuring important government and health documents are accessible by another family member, emergency contacts are shared with those you trust, and instructions for care and an affidavit designating a care giver for any children you have are documented. Always have on hand the contact information of a legal service provider in case of emergency.

In case of contact with immigration authorities, do not answer any questions or provide personal information. If immigration authorities come to your home, keep your door closed and do not open it at all unless the authorities can show you a warrant with your name on it that is signed by a judge. They almost never have a warrant like that. If you are detained, do not sign anything you don't understand. Ask to speak with a lawyer and for a hearing before an immigration judge. Be sure to keep materials explaining your rights, like ILRC's red cards, easily accessible to read aloud or to pass to immigration authorities or police if immigration authorities were to attempt to enter your home or approach you on the street.