



EOPS/CARE/CalWORKs FYSI Programs

Spring 2018, Issue 1

February 2018



CARE
Cooperative Agencies Resources for Education


CalWORKs
EDUCATION THAT WORKS!

Welcome Max Hartman, Dean of Counseling & Director of EOPS/CARE/CalWORKs/FYSI



A short introduction of Max: Max Hartman has a M.S. in Rehabilitation Counseling from San Francisco State University, a B.A. in American Studies from UC Santa Cruz, and is currently pursuing an Ed.D. in Educational Leadership from UC Davis. Max has over 10 years of experience in California Community Colleges where he has worked as a classified professional, a counseling faculty member, and for the last three years as the Director of the Disability Resource and Personal

Counseling Centers at Cañada College. Max believes counseling services play a crucial role in the success and completion of community college students.

In This Issue:

Meet Max Hartman	1
EOPS Counseling Contact Guideline	1
EOPS Group Counseling Sessions	2
CARE & CalWORKs Workshops	3
Financial Aid	4
Resource for Tax Preparation	4
Dream Center	4
Graduation and Year End Celebration	5
Student Spotlight	6

caneops@smccd.edu

facebook.com/canada.eops

EOPS Counseling Contact Guideline

Complete each of the 3 required counseling contacts by the deadlines:

1st Contact: January 26 – March 6

2nd Contact: March 9 – April 17

3rd Contact: April 20 – May 22

Have a quick question?

Use our Monday Drop-Ins and see a counselor!

Remember that to cancel or reschedule an EOPS Counseling Appointment:

Notify the office 24hrs in advance.

No show: when canceled appointment is less than 24 hours

2 no-shows within the same semester will result in becoming ineligible for EOPS services such as clipper cards, food vouchers.

You will receive your EOPS Progress Reports in the mail. Please have your instructors complete the forms so that you can return them to the EOPS Office no later than:

March 16, 2018

Please note that the EOPS Office is CLOSED at noon on Fridays.

EOPS Group Counseling Sessions

Personal Statement

Thursday, February 8, 1pm-2pm, Bldg. 9 Rm. 154 Presented by
Lorraine Barrales-Ramirez

Financial Aid Updates and Scholarships

Wednesday, February 14, 1pm-2pm, Bldg. 9 Rm. 123 Presented by Yesenia Mercado
and Manuel Delgado

Career Center Online Resources

Tuesday, March 6, 5pm-6pm, Bldg. 9 Rm. 106 Presented by Robert Haick

Decision Making: Choosing An Educational Goal/Major

Thursday, March 15, 1pm-2pm, Bldg. 9 Rm. 154 Presented by Dega Teclemariam

Time Management

Wednesday, March 21, 1pm-2pm, Bldg. 9 Rm. 154 Presented by
Lorraine Barrales-Ramirez

Learning Styles

Thursday, April 5, 1pm-2pm, Bldg. 9 Rm. 154 Presented by Dega Teclemariam

Transfer Options

Tuesday, April 10, 5pm-6pm, Bldg. 9 Rm. 154 Presented by Jessica Boyle

Stress Management and Self Care

Tuesday, April 18, 1pm-2pm, Bldg. 9 Rm. 154 Presented by Gena Rhodes

Resume Cover Letter Creation

Tuesday, May 1, 5pm-6pm, Bldg. 9 Rm. 154 Presented by Jessica Boyle

Interview Essentials

Wednesday, May 9, 1pm-2pm, Bldg. 9 Rm. 106 Presented by Robert Haick

Improving Student-Faculty Relationships

Thursday, May 17, 1pm-2pm, Bldg. 9 Rm. 154 Presented by Dega Teclemariam

CARE/CalWORKs Workshops

Spring 2018 CARE & CalWORKs Workshops

Creating Terrariums for Wellness

Presenter: Aracely Montero

Friday, February 23rd, 12pm-1:30pm

Bldg. 3 Rm. 104



Essence of Positive Discipline

Presenter: Pablo Gonzalez

Friday, April 6th, 12pm-1:30pm

Bldg. 3 Rm. 104



Compassionate Parenting, Parenting From The Heart

Presenter: Pablo Gonzalez

Friday, May 4th, 12pm-1:30pm

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 canalworks@smccd.edu

Transportation Assistance and Lunch will be provided

CARE/CalWORKs Support Group Meetings

Spring 2018 CARE/CalWORKs Support Group Meetings



Connecting and Networking

Friday, February 9th, 12pm-1:30pm

Bldg. 3 Rm. 104

Values & Nutrition

Friday, March 9th, 10:30am-1:30pm

Whole Foods Tour

Understanding and Valuing Our Differences

Friday, April 20th, 12pm-1:30pm

Bldg. 3 Rm. 104



Academic Achievement Event

Friday, May 18th, 1pm-3pm

Celia's Mexican Restaurant

1850 El Camino Real, Menlo Park



Need Help With Your Financial Aid Forms?

Attend one of the following:

FAFSA Tuesdays 2pm-4:30pm

Dream Act Wednesday 11am-2pm

March 2 Deadline to submit Cal Grant

GPA

Verification & 2018-2019 FAFSA or

Dream Application

Cañada College Scholarship Deadline is March 2nd!

Do you still need to file your taxes?

IRS-certified volunteers provide free basic income tax return preparation with electronic filing for household with a 2017 income of \$66,000 or less.

<http://earnitkeepitsaveit.org/site-lists/>

About the Dream Center

The Cañada DREAM Center is a resource center and safe space for undocumented students, community members, and allies. Services include free legal consultations, a food pantry, free printing, scholarship and financial aid resources, weekly newsletters, workshops, confidential conversations, and a student club. Our staff assistant, Brenda Martinez, is available in the Dream Center (located in Building 9, Room 219-B) on Mondays 10:00am-6:00pm, Thursdays 9:00am-3:30pm, and Fridays 9:30am-2:30pm and you can set up an appointment at <https://tinyurl.com/confidentialconvos> or e-mail her at martinezb@smccd.edu.





Are you graduating?

The deadline to apply for degrees and certificates is March 31st! The EOPS Program will purchase your graduation regalia!

Please note: Although the deadline is March 31st, EOPS Counselors will only be available through March 23 due to Spring Break.

SAVE THE DATE!

EOPS/CARE/CalWORKs Recognition Ceremony Class of 2018

Please Join Us In Celebrating
The Graduation and Transfer Accomplishments of
EOPS/CARE & CalWORKs Students

Wednesday, May 9, 2018
Building 6 Room 102 4:30pm - 6:30pm
RSVP caneops@smccd.edu or (650) 306-3300

Office Hours:

Monday and Thursday	8:00 A.M.—4:30 P.M.
Tuesday and Wednesday	8:00 A.M.—7:00 P.M.
Friday	8:00 A.M.—12:00 P.M.

Phone: (650) 306-3300
Fax: (650) 306-3305

Student Spotlight

EOPS/CARE/CalWORKs & FYSI TEAM

Max Hartman
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

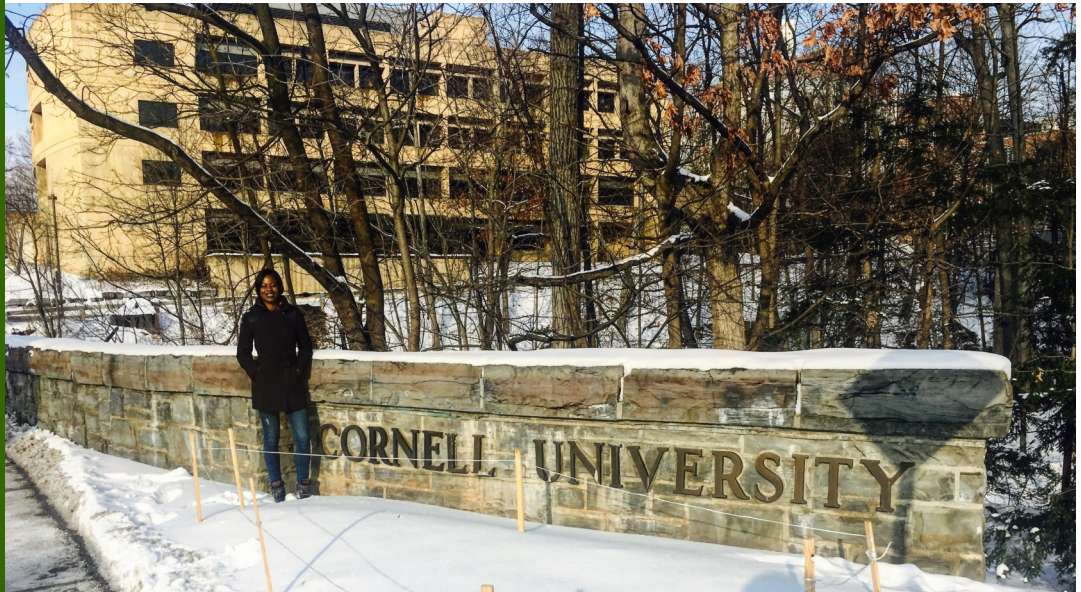
Dega Teclemariam
EOPS Counselor

Jessica Boyle
EOPS/CARE/FYSI
Retention Specialist

Claudia Dorantes
EOPS/CARE/CalWORKs/FYSI
Office Assistant

Peter Tam
Accounting Technician

Mayra Arellano
College Recruiter



Benita Kayembe

I learned about the EOPS program during my first semester at Cañada College when a classmate told me that there was a program on campus that could give me up to \$350 in book support each semester. I saw that as an amazing opportunity because books are expensive. Therefore, I went to the EOPS office, learned more about the program, and applied to the program.

Applying to the EOPS program was one of the best decisions I ever made because they helped me to care less about my financial needs as a student in order to focus more on my academic goals. Not only did EOPS provide me with financial support with books, they also helped me with high quality academic counseling services, with transportation assistance by giving me monthly bus passes, and many other things such as a backpack and calculator. As an EOPS student, I was constantly pushed to be a better student and reminded that the program was there to help me to successfully achieve my academic goals.

Fast forward, there came the time for me to apply for transfer to a four year university. Cornell University was my top transfer choice because it is one of the best institutions that offers a major in my academic interests, International Economics and Development. Hence, my EOPS counselor helped me look further into all of Cornell's transfer requirements and wrote me one of the two recommendation letters required for my application.

Thanks to EOPS and many other support systems at Canada College, I was accepted at Cornell University, an IVY League Institution, where I started as a junior transfer in spring 2018 majoring in International Agriculture and Development with a concentration in Economics and Development.

caneops@smccd.edu

"Believe you can and you're halfway there"

Theodore Roosevelt