



EOPS BULLDOG BULLETIN

EOPS Newsletter for EOPS Students at College of San Mateo

Extended Opportunity Programs & Services (EOPS) ~ February 18, 2016

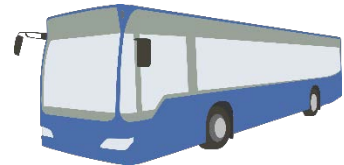
Message from the Director:

Dear EOPS Students,

Congratulations!!! You are now settled in to the semester, received your classes, purchased textbooks, navigated your way through financial aid processes, applied for scholarships, adjusted your schedule, and now preparing to make your 1st counseling appointment. Wow, you have accomplished a lot in the last month while balancing school, work, children and other responsibilities. You are determined, persistent, responsible, reliable, intelligent, and unique. It brings us great pleasure to assist you in achieving your goals! Please take advantage of all the great services that EOPS has to offer. EOPS students know that what they receive is not just for their own benefit. You know that your certificate or degree will make a difference in your home and in your communities. We expect great things from you! Our future students depend on your success and your voice!

Have a great semester,
Krystal

Southern California University Tours



Don't have Spring Break plans?

Are you undecided about which university you would like to transfer to?

If so, join EOPS staff for the EOPS SoCal University Tours 2016!

Space is available for 35 students, so reserve your spot by providing a required deposit by Monday, March 14, 2016. Please be assured that your deposit will be returned to you during the trip! EOPS will provide transportation and hotel, so don't let cost be an issue!

Your EOPS Staff....

Krystal Romero,
Director

Ruth Turner,
Counselor/Coordinator

Sylvia Aguirre-Alberto,
Counselor

Adrian Orozco,
Counselor

Roxana Rugliancich,
Counselor

Arianna Avendano,
Program Services
Coordinator

Katrina Evasco,
Program Services
Coordinator

Warren Shelby,
Retention Specialist

Katricia Manalo,
EOPS Intern



Six Steps to Ensuring your Continuation of EOPS Support Services

You are in the “driver’s seat” by complying with the **Mutual Responsibility Contract** as follows:

- Complete 12 units; unless approved for less
- Maintain a 2.00 GPA
- Follow your Student Education Plan (found on DegreeWorks)
- Complete COUN 121: Planning for Student Success
- Register for classes on EOPS Priority Registration Day
- Meet with your EOPS Counselor three times each semester
- Complete three monthly Academic Progress Reports

Additionally, the time limitation to receive 009596 EOPS support services is 70-degree applicable units or six consecutive semesters, whichever comes first.

COUN: 121 Planning for Student Success

COUN 121: “Planning for Student Success” class is a requirement for all EOPS students to complete with a grade of “C” or better no later than their second semester in EOPS. This course is designed to provide you with the skills necessary to maximize your academic success by enhancing your understanding with college expectations, resources, facilities and requirements. COUN 121 is a short 8-week 1 unit course that is CSU transferable.



Important Dates & Deadlines

February 18	2016-17 CSM Scholarship Application Deadline
February 26	First Academic Progress Report
March 2	FAFSA Application for 2016-17 Priority Deadline
March 4	Last Day to Apply for Spring 2016 A.A. /A.S. Degree or Certificate
March 10	1st EOPS Appointment completed
March 31	Second Academic Progress Report
April 15	2nd EOPS Appointment completed
April 27	EOPS Preview Day: Mentors Needed!
April 28	Last day to Withdraw from a Semester-Long class
April 29	Third Academic Progress Report
May 2	*EOPS Priority Registration*
May 18	3rd EOPS Appointment completed
May 19	*EOPS Student Recognition Celebration
May 21-27	Final Examinations

Cooperative Agencies Resources for Education (CARE) Program



CARE is a supplemental component of EOPS that assists EOPS students, who are single head of households with young children. CARE provides assistance with child care, transportation, textbooks, supplies, and much more. Students participating in CARE may choose to pursue a certificate, associate degree, or transfer. Every CARE student is an EOPS student who must meet the eligibility criteria for both programs.

For CARE, the student must:

1. Be eligible for EOPS Services
2. Be single, head of household, and at least 18 years of age,
3. Have at least one child under the age of 14, and
4. Be receiving TANF (Temporary Assistance for Needy Families, formerly AFDC) or CalWORKs

See Arianna or Katrina for the additional verification needed to determine your eligibility.

DegreeWorks

DegreeWorks gives you current information to meet your educational goals. “**UPDATE MAJOR**” on DegreeWorks to monitor your progress towards a certificate, degree, and transfer completion.

EOPS Student Statements!

"They always find ways to make you feel at home."

"The services that I found most useful was the appointments we have with our counselor. Also the space to come in and do homework."

"All the support and willingness from the kind staff."

"I have learned that the EOPS is the best place"

"EOPS has all we need as a student."

"I have learn many things from being in EOPS. I have learned from how to succeed in college and take advantage of the little things we get. I appreciate everything we get from EOPS. I have learned how to discipline myself and prioritize my time."

"I've learned that there's a silver lining to all problems and EOPS staff will do all possible to help you reach that line."

Academic Success Workshops & Activities

New Student Success Workshops!

Workshop Topics:

- College Customs
- Discovering Self-Motivation
- Eating Healthy on Campus
- Stress Management
- SMART GOALS

For workshop descriptions, 013796 please visit the EOPS website:
<http://collegeofsanmateo.edu/eops/workshops.asp>



EOPS Program Services Coordinators and EOPS students

EOPS NEEDS TUTORS!

EOPS is seeking tutors for Spring 2016. We are always looking for tutors in the following subjects: Astronomy, Biology, Chemistry, Math, CIS, History and Architecture.

The Learning Center offers a certification training by The College Reading and Learning Center Association (CRLA) for students that are interested in becoming tutors! Student are encouraged to take LCTR 698, which offers the following benefits to you as a student:

- You become certified through the CRLA
- Eligible for awards and scholarships
- Looks great to your professional resume and university application
- Can earn a tutoring job while you finish your degree

If you are interested in being a tutor, please call Arianna Avendano, EOPS Program Services Coordinator at (650) 574-6513 or visit the EOPS Office (10-110).

EOPS Tutoring Schedule Spring 2016

	Brian (Chemistry)	Ives (Math up to 122)	Karen (COMM, ADMJ)	Matt (Biology)	Michael (Psyc, Sociology)	Vicki (Statistics)	Viviana (Math up to 252)
Monday		11am – 1pm				9-10am 12-1pm	
Tuesday		9 – 10am		10am – 12pm By apt.	11:30am – 1:30pm	9-11am	1:30 – 3pm
Wednesday		11am – 1pm				9-10am 12-1pm	
Thursday	2:30 – 4:30pm	9 – 10am			11:30am – 1:30pm	9-11am	1:30 – 3pm
Friday	2:30 – 4:30pm			2-4pm By apt.		9-10am 12-1pm	

EOPS Historical Information



The Story Behind the Nickel and the Nail

The story goes that a young man, years ago in the deep South, walking down a long, unpaved, dusty road to visit his lady friend, was all too aware that he had but a nickel in his pocket and that his self-esteem would be questioned if he were unable to indicate that he was a man of means. Noticing two gnarled horseshoe nails lying by the 999798 side of the road, he picked them up and put them in his pocket. As he jingled these ferrous objects together with his meager fortune, he walked a little bit straighter and with a little more pride and dignity.

Similarly, the Extended Opportunity Program endeavors to enhance self-esteem, foster pride and dignity, and motivate those whom the program serves, enabling them to more effectively define and pursue career goals. It is important that they too have "something to jingle".

Further, the nails are twisted into a puzzle, suggesting that the complete enigma has still yet to be unraveled for helping those who, through societal circumstances, have been limited in successfully meeting their educational challenge.

EOPS CLUB

Meets every Wednesday at 1:10 pm in Bldg. 10, Room 180. *The EOPS club provides a fun environment in which members cooperate together to foster their leadership, spread cultural awareness, provide services for the community and help with educational challenges.*



Like Us!

College of San Mateo EOPS

For the latest information, check out www.collegeofsanmateo.edu/eops

EOPS Office Hours

Spring 2016

Monday & Thursday 8am – 4:30 pm
 Tuesday & Wednesday 8 am – 7pm
 Friday 8 am – 4:30 pm

College Center Building 10, Room 110
 (650) 574-6154

Find your ID number: the last six numbers of five ID numbers are hidden within the EOPS Bulletin; the first three students to find their ID number and come to the EOPS office will receive a prize.