



EOPS BULLDOG BULLETIN

EOPS Newsletter for EOPS Students at College of San Mateo

Extended Opportunity Programs & Services (EOPS) ~ April 29, 2016

Your EOPS Staff....

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Message from the Director:

Dear EOPS Students,

James Comer said, "No significant learning occurs without significant relationship." If you were wondering why EOPS helps students become successful in school and in life, well it's the significant relationships you build with your EOPS family. We think about you more often than you think. Your challenges become our challenges and your success is our success. To our graduates and transfers, congratulations and although you must let go of the past in order to embrace your future, our doors will always be open and you will still have to recycle your bottles/cans!

Good Luck on Finals,

Krystal

EOPS Priority Registration for Summer and Fall 2016 is Monday, May 2, 2016



IMPORTANT DATE!!

Register early to save your place! Don't miss your opportunity to register early to get your classes and not worry about being waitlisted. EOPS students are required to take advantage of this valuable support service on this day. If you need registration assistance, your EOPS Counselor can assist you with this process or you can access your Student Education Plan through DegreeWorks on your WebSMART. Students have received an email notification on their MY.SMCCD.EDU email to register.



GRADUATES:

The **college graduation ceremony** is **Friday, May 27, 2016 at 5:30pm**. The graduation ceremony is an exciting and emotional occasion for you, your family and friends; we hope you plan to participate. Your EOPS program is pleased to provide you a **complimentary cap, gown and tassel**; Register at the CSM Bookstore and Sign the EOPS graduation list. The **deadline to register** is Tuesday, May 24, 2016; more information is available about graduation activities on the CSM website: (collegeofsanmateo.edu/commencement).

Important Dates & Deadlines

April 29	Third Academic Progress Report
May 2	*EOPS Priority Registration*
May 6	2016 Scholarship Awards Reception
May 18	3rd EOPS Appointment completed
May 19	*EOPS Student Recognition Celebration
May 21-27	Final Examinations
May 26	Stepping Up: A Transfer Tribute (Reception for students transferring in Fall 2016)
May 27	CSM Commencement (Graduation Ceremony)
June 7	Final grades for Spring 2016
June 13	Summer Session 2016 begins

REVIEW YOUR MUTUAL RESPONSIBILITY CONTRACT (MRC)

*Ensure your eligibility for continued EOPS support services comply with your MRC.

- 3 Counseling Appointments & Academic Progress Reports
- Follow your Student Education Plan (SEP)
*Earn a certificate, associate degree or transfer
- Complete your units and maintain a 2.0 GPA
- Complete COUN 121 (CRER 121)
- Register on EOPS Priority Registration Day

Academic Success Workshops

The following workshops are offered with your academic success in mind. You are encouraged to attend and participate in workshops to be successful and resourceful students. All workshops are held in the EOPS Office in Building 10, Room 110. To sign up for a workshop call (650) 574-6154.

Workshop Topics

- Improve your Memory, Improve your Grades
- Time Management
- Stress Management
- Test Preparation
- Interview Skills
- Major Exploration

Attention EOPS Students on Probation:

Check your EOPS Continuing Eligibility Status form to make sure you complete the required EOPS Student Success Workshops in order to be in compliance with the EOPS Mutual Responsibility Contract.

Tips for Academic Success Did You Know?

- Students who work an average of fifteen hours per week or less are more likely to do well in college.
- Research shows the more engaged ⁰¹⁴³⁸⁷ in class you are, the more you will learn.
- Find the most effective methods for reading, listening, taking notes and studying that work for you.
- Cognitive scientists suggest alternating study spaces is a more effective way to remember what you learn.
- Flashcards are oldies but goodies when it comes to memorizing definitions for studying purposes.

EOPS Club meets every Wednesday at 1:10 in Building, 10, Room 180



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 tools necessary to maximize your academic success by enhancing your understanding with college expectations, resources, facilities and requirements. COUN 121 is a short-1 unit course that is CSU transferable. (See courses below).



CRN #	Dates	Times	Start-end
#94364	M/W	11:10am - 12:00pm	08/17-10/17
#94681	M/W	11:10am - 12:00pm	08/17-10/17
#87192	T/Th	9:45 - 11:00am	08/18-09/22
#87210	T	12:35 - 1:50pm	08/23-11/01
#87202	T/Th	11:10am - 12:00pm	08/30-10/20
#89134	T/Th	11:10am - 12:00pm	10/13-12/08
#87203	Sat	8:30am - 4:30pm	09/10-09/17

EOPS TUTORING: HELP is HERE!

EOPS Tutoring Schedule – SPRING 2016

	Brian (Chemistry)	Ives (Math up to 122)	Karen (COMM, ADMJ)	Anthony	Michael (Psyc, Sociology)	Vicki (Statistics)
Monday		11am – 1pm				9-10am 12-1pm
Tuesday		9 – 10am			11:30am –1:30pm	9-11am
Wednesday						9-10am 12-1pm
Thursday	2:30 – 4:30pm	9 – 10am		12:00 – 2:00 pm	11:30am –1:30pm	9-11am
Friday			2-4pm By apt.	12:00 – 1:30 pm		9-10am 12-1pm

Student Lab Hours

Students can keep track of the hours they spend getting tutored at EOPS 004097 by an EOPS Tutor. Select the correct sign-in option when signing into the EOPS Office with your GNumber.

Click on "Support Services" then select "Tutoring" and click Continue to be checked-in for tracking purposes.

*Students must first get permission by their professors to get their hours at the EOPS office.

EOPS Needs Tutors!

Some of our current tutors will be moving on and will need to be replaced. We need tutors for Summer and Fall 2016 in the following subjects: Astronomy, Biology, Chemistry, Math, Physics, History and more.

Help EOPS by referring interested individuals to Arianna Avendano, EOPS Program Services Coordinator. You can reach her at 650-574-6513 or visit the EOPS Office (10-110).

Find your G# (last 6 digits) hidden within the EOPS Bulldog Bulletin; the first three students who come to EOPS by 5/6/2016 get a prize.

No Show Appointment Policy Revision: Starting May 4, 2016 rescheduling of any “no show” appointment” will be available for “same day scheduling only.”



Q: Do we have to be full-time during the summer to stay in the EOPS Program? If I only take six (6) units in the fall will I still be eligible for the EOPS program?

A: No, enrollment in a minimum of three (3) units during the summer will allow you to be eligible for summer support services and compliance with the Mutual Responsibility Contract. Enrollment in summer is not required to continue in the Fall term. Enrollment in less than twelve (12) units in the Fall or Spring terms should always be discussed and approved 020193 with your EOPS counselor to receive EOPS support services.

Q: Does EOPS have to be notified of a change to my major? Is the Student Education Plan (SEP) unchangeable?

A: When meeting with your EOPS counselor you should always share changes to your major and educational goal(s) and update this 988916 information in DegreeWORKS. Additionally, this will require changes to your SEP.

Q: EOPS only helps six (6) semesters. What if I don't want EOPS to help me in the summer?

A: The summer session is not counted as a semester; therefore, not included in the 993452 six semesters (Fall/Spring terms are counted).

EOPS Students Responded: “Who Am I”

I am:

Smart, Strong-minded, Creative, Passionate, Organized, Responsible, A role model to my younger siblings, Courageous, A single mom, An artist, A father, Striving to be a better person in my education and everyday life, Respectful, A Powerful leader.

I have:

A good sense of humor, Pride in myself, 2 children, A positive attitude and try to make the best out of any situation, Commitment to my education, Overcome a lot of obstacles and proven to myself I am intelligent and strong, Belief in myself, Talent, Goals.

Come Celebrate with Us!

At the closing of every academic year, EOPS recognizes those students who will be earning a Certificate or Associate Degree, earned a place on the Dean’s List or are transferring to a four year university. At the Student Recognition Celebration we will celebrate the success of our students and wish them the best of luck in their future endeavors. Be sure to celebrate with your EOPS family and enjoy food, entertainment, participate in the EOPS Drawing for some prizes and some fun!



**The 28th Annual EOPS/CARE
Student Recognition Celebration
Thursday, May 19, 2016
12:00 pm – 2:00 pm
Location: TBA**

Each honored EOPS student will receive 2 free lunch tickets.