“EOPS Continues to Create Strategies to Increase Student Success!”
Message from the Program Coordinator

Andre Strong

EOPS/CARE Family and Friends,

As stated in the theme of this newsletter, “EOPS Continues to Create Strategies to Increase Student Success”, we are still fighting, advocating, and connecting students to what is needed to be successful in college and beyond when students put their major to work in the career world. In the Fall 2014 Newsletter, a question was stated in one of the articles that said, “Will EOPS statewide get our budget fully restored in the future to what it was before the budget cuts?” Well, it is that time again for students to advocate for themselves. AB 490 is the bill that will help EOPS/CARE students advocate for themselves and our EOPS/CARE programs in general. We need monies to be restored to EOPS so thousands of low income, underrepresented students don’t loose out on the support needed to succeed in college, prosper, and contribute as a tax paying citizen to the dream of the state of California as a whole. Staff and students must advocate for this support without haste. As mentioned by our State EOPS/CARE support team, the following is a list of what you can do:

- Go to your Board of Trustee meetings and let them know about the success of EOPS and ask for them to support AB 490.
- Meet with the local state representative. Persuade representatives to commit to co-sponsoring and supporting AB 490. Students and staff can refer to the link below these bullet points.
- Accompany Association Board Members to State legislative meetings and try to attend state budget sub-committee meetings. As students, you are the strongest voice to advocate for EOPS/CARE. Letters need to be sent to representatives that chair committees that will have input on AB 490.

Don’t just take my word for it. Please visit the CCCEOPSA website so you can get all the information you need about AB 490 at [http://www.ccceopsa.org/advocacy](http://www.ccceopsa.org/advocacy). Remember as students you are the strongest voice for EOPS/CARE, yourself, and future students coming up behind you, that will need the services of EOPS/CARE, to be successful in their future college and career goals. Mobilize students, advocate through letters, emails, phone calls, and presentations to let our local and state representatives know we need AB 490. We need to restore EOPS funds for student success. Keep knocking down the barriers to student success, and as always, “Stay EOPS/CARE Strong.”

YOU’VE GOT THE POWER!
President’s List: Spring 2015 - Requires 12 or more degree applicable units in a semester with a 3.75 to 4.00 GPA

Jennifer Arias
Geraldi Armas
Alexsandra Baltezar
Rolando Barragan
Julia Becerra
Brandon Carson
Cruz Castillo
Jaimee Deegan
Jasmine Fierro
Hannah Gardner
Samantha Green
Ana Hernandez
Ngoc Hoang
Ju Yi Hsia
Kara Lovell
Hsiu Min Lu
Josue Mendez
Johnson Mithcell
Simin Mokhtari
Eduardo Montiel
Huong Nguyen
Katina Nguyen
Man Nguyen
Francisca Niculue
Ivan Oregel Rios
Kelvin Perez
Ana Ramirez Zarate
Esau Santiago Vazquez
Grace Sebo
Jessika Tejada
Hieu Tran
Ambirly Vuthy
Dana Woodbridge
Yicheng Zhang

Dean’s List: Spring 2015 - Requires 12 or more degree applicable units in a semester with a 3.0 to 3.74 GPA

Magaly Agredano
Jerry Aguilar
Jessica Aguirre
Youssef Ahmed
Fadumo Ali
Richard Altamirano
Carolina Alvarez
Osiel Arriaga
Vincent Batt
Alessandra Bocca Diaz
Elizabeth Bueno Campos
Dinh Bui
Alexis Cabrera
Stacey Calderon
Elizabeth Cancino
Natalli Cancino
Victor Cardenas
Yesenia Carrillo
Ruben Castaneda
Brenda Castro
Elba Chambers
Mayalyinne Cook
Luis Cordoba
Marissa Davisson
Yoel Delgado
Stephanie Elias
Elizabeth Esqueda
Daniella Estrada
Cynthia Fernandez
Julia Flores
Jose Gallardo
Courtneie Gallegos
Diego Galvez
Santiago Garcia
Kasandra Garcia
Maria Gaytan
Alexis Gonzalez
Leticia Gonzalez
Magaly Guevara
Anaiby Hernandez
Josue Hernandez
Jasmin Hiemer
Milan Ingram
Youvanna Jimenez
Alfredo Justo
Amin Khakzad Renani
Vitalii Konopelkin
Yesenia Leana
Savannah Lewis
Diana Lino
Guadalupe Marron-Sanchez
Diana Martinez
Omar Martinez
Martha Martinez Hernandez
Uribel Mejia
Liliana Mendez
Michele Mendoza
Katherine Mendoza Taccsi
Lizbeth Monter
Maria Nava
Gia Nguyen
My Nguyen
Ky Nguyen
Khoa Nguyen
Keaton Nugent
Jose Orendain
Denise Ortuno
Pegah Ostad Hassan Panjeh
Abraham Padilla Reynoso
Daisy Peralta
Luz Perez
Robert Phan
Stephanie Pineda
Albert Planida
Maria Plascencia
Silvia Pulido
Trinh Quach
Bibiana Ramirez
Richard Ramirez Tamayo
Norma Ramos
Daniel Rasheed
Jose Rodriguez
Bryan Rojas
Daniel Rojo
Raul De Jesus Rojo
Mayra Romero
Andrew Romero
Aidee Rosales
Patricia Ruiz
Jose Angel Salazar
Pegah Sanaei
Joy Saragosa
Rachele Schneider
Clarisa Segura
Amalia Serna
Samantha Sotelo
Mohammad Tavakoli Hossein Abadi
Richard Toumasian
Thao Tran
Samantha Uribe
Narali Uribe
Patricia Valdez
Evelyn Vazquez
Jose Villarruel Hernandez
Anthony Villeda
Happy Haven
By: Antionese Cotton

We are happy to announce the new
EOPS HONORS ALLIANCE!

The EOPS Honors Alliance is a new organization at Fullerton College designed to support and recognize students that are enrolled in EOPS who have demonstrated exceptional scholastic achievement (3.0 and above G.P.A.) in the midst of financial and lifestyle obstacles. The ongoing mission is to create a continual enthusiasm for scholarship, a desire to render service, to promote worthy leadership, and encourage the development of character. Join us at our next meeting,

**Friday, May 8th at 1:00 p.m., Room TBA.**

**EOPS Honors Alliance Officers**
Carolyn McNichols- President
Lucero Benitez- Secretary
Esteban Padilla- Treasurer
Magali Agredano- Publicity Commissioner
Elizabeth Esqueda- Elections Officer

**Advisors**
Sylvia Pimentel- Faculty Advisor
Antionese Cotton- Staff Advisor
EOPS continues to Foster Student Success through the FYSI Program

EOPS has been providing minimal services for current and former Foster Youth students attending Fullerton College since Fall 2008. This effort was spearheaded by the California Community College Chancellors Office and called the Foster Youth Success Initiative (FYSI) program. The EOPS office at Fullerton College selected Dolores Cornejo, to be the Foster Youth Liaison. Over the years, she has met with the Foster Youth students and provided guidance and assistance with; Chafee Grant, housing information, Scholarship information, campus and community referrals. Although this effort was very helpful for our foster youth population, it was not always enough support to make sure our students were staying enrolled and achieving success. It was challenging to find outside funding to increase service because over the next few years the state was in a budget crisis.

As the economy has improved, the State of California is now in a position to provide resources through Student Equity Funds. Fullerton College awarded the FYSI Program with Student Equity Funding to help the retention and student success rate for the Foster Youth population. The FYSI Program is currently able to provide the following new services for students who are under the age of 35 and can provide a “ward of the court” letter:

- **Priority Registration**
- **Book Award**
- **Transportation Assistance**
- **Backpack & Educational School Supplies**
- **Assistance with student fees: Health Fee/Student ID Card/AS benefits**
- **Workshops & Conferences**
- **FYSI High School Outreach & Program Assistant**

As an EOPS/FYSI alumni, Ashley Lowery has been hired as the FYSI High School Outreach & Program Assistant. Ashley is currently working on her Bachelor’s degree at Cal State Fullerton and is majoring in Sociology. She is very excited to share her knowledge and life experience as a former Foster Youth and give back to her community. Ashley’s career goals are to complete her Bachelor’s degree and enroll in a Master’s program for Counseling. She would like to have a career in higher education and the opportunity to teach and provide academic counseling.

We would like to encourage students to come by the EOPS/FYSI office and make an appointment with our Foster Youth Liaison, Dolores Cornejo. For those of you who are currently part of FYSI, don’t forget to stop by and say hello.

This Foster Youth friendly logo was created to symbolize a safe and supportive environment or person, familiar with both the issues and challenges that youth from foster care face. College students who see this symbol will know that our staff is equipped to assist them in higher education.
Time and Stress Management
by Gloria Sebo

It’s that time of the semester EOPS family!! All of us college students are feeling the STRESS! We feel like there is just not enough time, yet there are so many things to accomplish! I am here to share some of my experiences and give a few tips on how to succeed not only in your academic life, but your personal life as well.

So what is stress exactly? It is a short-term physiological tension and mental alertness that subsides once the challenge is met. Responses to stress can be emotional such as fear or sadness or physical such as a headache. If the body does not return to a relaxed state, then the stress becomes negative. Too much stress can cause problems and affect our health, productivity, and relationships.

I am currently a full-time employee, part-time Cal State Fullerton student, a source of income for my family, and involved in other activities that factored in a lot of stress in my life. I would feel irritated, exhausted, and wouldn’t be able to sleep at night. Going through this struggle day to day became very difficult. I have learned from being a Human Services major that I needed to learn self-care, time management, and stress management. These three are huge factors that have helped me in every aspect of my life. So here are a few tips to help you manage your time and stress!

1. Get—Use—a calendar! It can be a paper calendar, planner or an app, on your cell phone, etc. No matter what kind this tool can help you to keep yourself organized and know what deadlines are coming up.

2. Plan ahead! Do you have a large research paper due the last week of the semester? Work backward in your calendar and figure out how much time you need to write it, how much time you’ll need to research it, and how much time you’ll need to pick your topic. Work backward from the due date and schedule the time into your calendar before it’s too late.

3. Be aware of yourself! Pay attention to your body. It gives you clues as to what it needs, and when something is wrong with it. Being able to recognize them will help you make great decisions for yourself. It’s important to take breaks. Take them. While you are responsible for your own study schedule, it is critical to your success that you take time to rest—away from your desk.

4. Time is your greatest asset in life! You get to choose how you spend it. I know—it’s a hard concept to embrace. We are all personally responsible for our lives, and how we spend our time is a direct reflection of how well we embrace time management.

5. Reward yourself! Do things that bring you joy! If that means exercising, taking walks on your favorite trail, reading a good book, playing sports, getting a massage etc. Some of you may lean towards spirituality involving prayer, meditation, or attending services. Do what brings you joy the most!!

I hope these tips are going to help you all and I wish my EOPS family luck on the rest of your semester! We are proud of you and we believe in you!!

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style” ~ Maya Angelou
1. Maximum Pell Grant award will increase from $5,730 to $5,775
2. Maximum Pell Grant EFC will increase from $5,157 to $5,198
3. Due to sequestration, loan fees will increase on new loans December 1
4. There will be no alternative/private loans in 2015/2016
5. Beginning summer 2015, all forms including Special Conditions, Dependency Overrides, and loan request will be electronic on the Student Verification Software
6. Beginning fall 2016, there will be limitations similar to SAP for receiving the BOG Fee Waiver. Detailed communication will be forthcoming fall 2015
7. Fullerton College Financial Aid has an auto consortium with Cypress College
8. Students will be allowed one major change for maximum time-frame appeals.
   *Previously, approved appeals will be grandfathered in until students are done with same major
9. Cash Course, a suite of money management/financial literacy, is on the Financial Aid website
10. CSAC has a text back campaign, dial 335577, ask FAFSA questions and get answers
11. Download the CSAC mobile app at www.mobilegallery.ca.gov. It will guide you the nearest Cash for College Workshops and to social media assets.
12. Find links on the Fullerton College Financial Aid website to Federal Student Aid YouTube channel, FAFSA Twitter, and Federal Student visual.ly

Information adapted by:
Financial Aid Office
321 E. Chapman Ave., Fullerton, CA 92832
(714) 888-7588
I would like to take the opportunity to welcome all new and continuing CARE students for the Spring 2015 semester. I hope all of you enjoyed your winter break and are ready to take on the challenge of completing a successful semester. The CARE program encourages you to complete all program requirements! Don’t forget to meet with your Academic Counselor or Student Service Specialist. There have been many changes to our EOPS/CARE requirements and it’s important that you meet with you CARE specialist so that she can keep you informed.

I know that many of you CARE students have encountered days where you have questioned your ability to complete your educational goals and handle the task of attending to your children’s needs, while being a single parent. I know that there are days where you are dealing with a sick child and trying to study for that exam, all the while, stressing over finances. I wanted to take this opportunity to tell you that I commend you in your continuous efforts in becoming an educated role model for your children. Don’t give up! Whenever you encounter situations, make sure that you come in to speak with the EOPS/CARE staff. We will find the resources and provide you with the guidance to help you through that difficult transition. Our goal is to assist you in completing your academic success!!!- Lizzete Garcia, CARE Specialist

CARE Region VIII CARE Conference

On March 13, 2015, ten lucky CARE students were able to attend our Region VIII CARE conference. The conference was held locally at the Knotts Berry Farm Hotel and its Key Note Speaker was Johanna Parra, a former Fullerton College CARE Student who is doing some awesome community work in the Orange County area. It was a day filled with knowledge, empowerment and networking. We had speakers who provided information on parenting, women’s history and some awesome former CARE student testimonies. The region is hoping to be able to host the conference next year. Some of our students also received some awesome raffle prizes. I highly recommend students to attend! The student feedback was beyond great!

“If you can dream it, you can do it.”
-Walt Disney
A Special Shout Out to An Awesome CARE Student!

I would like to take the opportunity to give a special shout out to Noemi Viramontes. I was recently informed that Noemi was elected to receive the Soroptimist Women’s Scholarship. Noemi became a new student in the fall of 2014 to the EOPS/CARE family. Her efforts and dedication towards her studies have led her to receive a very prestigious scholarship award. She currently holds a 4.0 grade point average and continues to dedicate herself to being a great student and role model for her daughter! The EOPS/CARE program would like to commend Noemi for all of her achievements. I hope this story encourages our CARE students to keep applying towards scholarship opportunities!

YOUR INVITED!!

The CARE and CalWORKs program will be hosting the annual Single Parent Recognition Luncheon. This event is in the month of May. The event this year will take place on Friday May 8, 2015. The theme of the event will be a “Burned out Barbecue”, since we know that it is towards the end of the semester and most of you will be dealing with finals, so we figured we would add some cheer, good food and empowering success stories. Contact the EOPS office and request to speak with Lizzete Garcia if you are interested in attending!

Save the Date:  Friday,  May 8, 2015  “Burned Out Barbecue”
For those of you who someday would like to travel:

Don’t be offended by Argentine humor, which can sometimes be insulting, such as poking fun at your appearance, weight or attire. It’s all in good fun.

In Brazil, don’t make the “OK” sign with your hand. It’s considered a very rude gesture.

Don’t give a Chinese person a clock as a gift. Clocks are associated with death and funerals, and a clock as a gift can be seen as a sinister action.

In Denmark, don’t be too touchy feely. It’s not appreciated.

Just the opposite in Italy, don’t pull away or get offended if an Italian associate wishes to hug you. Embrace him or her in return.

In Egypt, don’t eat with your left hand.

In Ghana, don’t blow your nose at the dinner table.

In India, do leave a small amount of food on your plate to show you are satisfied. Cleaning your plate means, you’re still hungry.

In Kenya, finish everything on your plate if you can. It’s considered polite.

In Thailand, don’t talk with your hands or put your hands in your pockets while talking to someone.

Safe Travels!

Information obtained from the Arizona Republic Newspaper.
Recommended Readings

- Between You & Me by Mary Norris
- Orphan's Inheritance by Aline Ohanesian
- Dreamland by Sam Quinones
- The Children's Crusade by Ann Packer
- Deep by James Nestor
- What If? by Randall Monroe
- Written in My Own Heart's Blood by Diana Gabaldon
- Age of Ambition by Evan Osnos
- Station Eleven by Emily St. John Mandel
- We Are Not Ourselves by Matthew Thomas
- A Spool of Blue Thread by Anne Tyler
- The Story of America by Jill Lepore
- The Secret History of Wonder Woman by Jill Lepore
- Being Mortal by Atul Gawande
- The Paleo Kitchen by Jill Nussinwagen
- The Pigeon Needs a Bath by Mo Willems

Children's Recommended Books

- Mine! by Sue Heap
- Toot by Leslie Patricelli
- Zoom, Zoom, Baby! by Caroline Jayne Church
- Ten Tiny Toes by Mo Willems
- The Pigeon Needs a Bath by Mo Willems
EOPS Requirements

(3) visits with an Academic Counselor
(2nd visit can be waived or required. Ask your assigned Specialist).

(1) visit with your assigned Student Services Specialist

New students are required to complete a New Student Educational Plan and 3 hours of tutoring.

Continuing students have the option of completing 1 workshop OR 3 hours of tutoring.

Please note:

Last day of tutoring is May 21, 2015
Last day to turn in the Workshop Verification forms or SI/ESP Tutoring Logs is by May 22, 2015

“Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved.”

-Mattie Stepanek