Hello EOPS/CARE students! I hope everyone enjoyed the holiday season with family and friends, I sure did! It’s almost that time…. Are you all ready? I’d like to welcome the new students joining our EOPS/CARE community. It will not take long for you to realize what a privilege it is to be a part of one or both of these programs. I am not speaking as an employee, but as one of the privileged students of these two programs. I have been with EOPS since January 2012, which was also my first semester here at Sacramento City College. The first thing I was blown away by was how warm and welcoming the entire staff was, including the students working here. I don’t know about you, but for me it was a great feeling walking into an office and being greeted by name after only the second or third week of school. (Thinking about it now, I’m not entirely sure if that meant I was in here too much or their memory is astounding… maybe I should ask Sammy) The second thing was how easily accessible my counselor was to me. If you have had any experience with the main counseling office, you will understand. They are all great counselors over there, but they have a lot of students they see on a daily basis, making it harder for them to develop personal relationships with the students they see. The third thing, priority “0” (zero) enrollment, well that will speak for itself during the week of April 21st when you experience it for yourselves. Once again, welcome back to all the returning students and a big CONGRATS to all the new participants joining us.
Welcome back from what I hope was a wonderfully relaxing winter break. Each and every one of us needs the opportunity to refuel before taking on another challenging but rewarding semester. I hope you took the time to relax and rejuvenate during your break.

My message for this newsletter will not be long in length but I hope it will be full of content regarding the need for us to care and commend ourselves. More often than not we concentrate on the negative—what we didn’t do that we should have….what we could have done but we didn’t….missed opportunities….perhaps poor choices…or worse yet falling prey to “inaction”. (Just as a side note what I have often told my children, not taking action is action in itself.) We tend to spend more time and concentrate on the negative. Am I right or what?

So what I ask of you may seem easy to write but more difficult to do - stop and acknowledge a job well done! What you say??? “Compliment ourselves!!! Well that is just plain conceded! I can’t stand people that are all full of themselves!” Well let’s look at this with a different pair of lenses. Let’s reinterpret this to be more like “complimenting myself demonstrates I have esteem for myself”.

So what does this mean? When we are first generation college student, struggling economically, or feel like we are not college material, it is really easy for us to listen to the inner critic and fall into focusing on the negative. So let’s change it up and...ready for this.... take the time to praise ourselves for a job well done! It is important that we value ourselves. Take time to care and commend yourself. No matter how small you may think your deed was or is - stop, notice and praise yourself.

So let’s start now. How many of you began this semester acknowledging the milestone of another semester completed and a new one started??? What you say…it is not a big deal! OF COURSE IT IS! You have achieved what so many in our community still have to do...enroll in college and take the first steps towards reaching their life dreams. You being here Spring 2014 is an achievement! You are taking steps towards a more wonderful future! You are an “academic warrior”!

I would like to leave you with a quote from Napoleon Hill an American author who wrote on success. “Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements”.

I am so proud of each and every one of you. Have a wonderful and productive Spring 2014!

Un gran abrazo,

Irma
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<th>Event</th>
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<tr>
<td><strong>FAFSA Priority Application Period:</strong></td>
<td>January 1st-March 2nd</td>
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<td>SCC Foundation Scholarships Application Process:</td>
<td>January 6th-March 7th</td>
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<td>Second Financial Aid Disbursement:</td>
<td>March 21st</td>
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<td>Last Day for Spring Loan Apps &amp; Requested Info:</td>
<td>April 10th</td>
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<td><strong>EOPS/CARE REMINDERS</strong></td>
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<td>2nd Contact:</td>
<td>February 3rd-March 14th</td>
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<td>PAAS Students submit your Progress Report forms</td>
<td>February 18th – 28th</td>
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<td>PAAS Students make sure you schedule an appointment with your counselor to review your PAAS standing March 6th or 7th.</td>
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<td>3rd Contact:</td>
<td>March 31st-April 11th</td>
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<td>Priority Enrollment:</td>
<td>April 21st-25th</td>
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SCC FOUNDATION SCHOLARSHIP INFORMATION

We’ve all heard the saying “nothing comes for free”. In most cases, that may be true, but in the case of scholarships, that’s exactly what it is….. FREE MONEY!!! The SCC Foundation Scholarships opened on Monday, January 06, 2014 at 8am. Applications will be accepted until March 7th at 4pm. To be eligible initially, you must: 1) have successfully completed a minimum of twelve (12) units at Sac City by Fall 2013 semester, and 2) you must currently be enrolled in a minimum of six (6) units at Sac City for the Spring 2014 semester. I say initially because you must pay close attention to the requirements of each offered scholarship. Read the guidelines thoroughly before submitting required information and documents to be sure you qualify for that particular one. You may also ask your counselor to write one of your required letters of recommendation. Just stop by the EOPS office and fill out the Request for Letter of Recommendation Information Questionnaire. You are allowed to apply for up to ten (10) of the SCC Foundation’s Scholarships. More detailed information can be found on the SCC Foundation Scholarship’s website, which can be accessed from Sac City’s main page by clicking the drop down box on the ‘quick link menu’. Select scholarships and you are on your way….. GOOD LUCK!!!

IMPORTANT (RANDOM) INFORMATION

There are still classes available, so don’t wait…get on-line and add if you are still below the required twelve (12) units.

Graduation deadline to submit applications for your degree or certificate is the first Friday of March. Graduation will be held on May 21, 2014 at 6:30pm. You must submit a separate application to participate in the ceremony. More detailed information and application forms can be found under the “deadlines” section on the SCC main website page.

DON’T FORGET to complete your FAFSA 2014-2015 during the priority registration timeline, which started January 1st and goes until March 2nd. You are still able to submit your FAFSA after this date, but priority is given on a first come first serve basis. Students may not be considered for the Cal Grant if their FAFSA is submitted after the March 2nd deadline. Our school code is 001233

The BOG Fee Waiver for 2014-2015 will be available in April. The one that is currently available, 2013-2014, is good through the 2014 spring semester.

***MAJOR MISCONCEPTION*** Per the Financial Aid SAP Policy, students must maintain a semester AND cumulative GPA of 2.0. If they fall below the required 2.0 they are placed on probation for one semester. For more detailed information, go under FAQ’s on Financial Aid page and click on “What is satisfactory academic progress for financial aid eligibility”. As far as the EOPS program goes, a 2.0 GPA will keep you in good standing, but if a student falls below that then they are placed on PAAS (Plan for Achieving Academic Success). All requirements must be met, or the student loses priority enrollment, book services and/or EOPS enrollment. (See Mutual Responsibility Contract, #7 under ‘Committed to My Education’).

REMINDER: As an EOPS student, we are very fortunate to have our very own financial aid officer by the name of Carol Poncini, located right here in the EOPS office. No need to wait in that horrendous line down the hallway anymore. Carol is available for walk-ins Mon-Thurs from 9am-12pm and 1pm-4pm. If you have ANY questions regarding your financial aid, please don’t hesitate to come speak with Carol. I must admit, it took me a few months for this great resource to sink in… I stood in that line several times after being enrolled in EOPS until my counselor asked me WHY? I just blamed it on “first-time-college-student-information-overload”.

EMPLOYEE SPOTLIGHT: *The Face of EOPS* (The guy with the “smiling eyes”)

This section of the newsletter has already become my favorite. This is only the second interview, and I must say, you’d be surprised what you find out when you ask questions. People are so much more than what others may think they see and may stand for something bigger than what one could possibly imagine. For this issue, I interviewed Sammy Sanchez dubbed (by me) The Face of EOPS. If you are new to EOPS, I guarantee this will make sense to you in a few weeks. I hope you enjoy reading this as much as I enjoyed writing it….be prepared to be blown away. I was left speechless.

*Tasauna:* How long have you worked for EOPS?

**Sammy:** I have been with EOPS for three (3) years now.

*Tasauna:* And of that time, how long have you been or were you a part of the EOPS program?

**Sammy:** I am no longer with the EOPS program, I timed out, unfortunately. I participated from spring 2009 until spring 2013.

*Tasauna:* What is your title here at EOPS? *(Smiling)*

**Sammy:** I am the Senior Supervising Student Assistant, also known as SSSA. (This is a self-appointed title….but well deserved).

*Tasauna:* Being at the front counter, you are usually the first initial contact students have with the EOPS program. What’s the most important thing, to you, that you make sure to convey to each student, whether they are new or returning?

**Sammy:** I would have to say telling them to keep an eye out for emails and be sure to read them THOROUGHLY!

*Tasauna:* I would like to think that we learn from our mistakes and/or the mistakes of others, so what would you say is the most repeated “no-no” committed by our students that you’ve encountered during your time here?

**Sammy:** Missing contact appointments because they “forgot”. There are way too many reminders that are sent out, and as I stated in my last answer… READ EMAILS THOROUGHLY!!!

*Tasauna:* What would you say is the most common misconception about this program?

**Sammy:** That this is a book buying program. People think that EOPS buys your books. (Sound familiar?)

*Tasauna:* Now, let’s get the low down on Sammy outside of EOPS. Let’s start with what you are majoring in and what are your career goals?

**Sammy:** My major is Sociology and my career goal is to be a College Counselor and to ultimately teach in a college special education program.

*Tasauna:* What do you enjoy doing outside of school?

**Sammy:** I like to hang out with friends. I also enjoy Aztec dancing, it’s a cultural thing for me, and it allows me to get in touch with my roots. I really enjoy it!
Tasauna: Do you have any pets?

Sammy: Yes, I have a cat named Switch.

Tasauna: What is your favorite season or time of the year and why?

Sammy: My favorite season would have to be spring because for one: it’s sunny and not too hot or cold, and most importantly two: it’s my BIRTHDAY!!!

Tasauna: Tell me three (3) surprising things about yourself that would shock people who think they know you?

Sammy: 1) I was raised in foster care. 2) I used to be a trouble maker. 3) I grow my hair for cancer patients.

Tasauna: Okay, I’m a little blown away with that one, need a little breather........

Okay, I’m back. What do you enjoy most about being a part of the EOPS family?

Sammy: It’s very family- oriented, which is something I never had growing up.

Tasauna: (You are killing me Sammy…deep breath). Since you have the attention of the entire EOPS family, especially the new students, what important fact or piece of information would you like to throw out there?

Sammy: **READ EMAILS FULLY & *** PAY ATTENTION TO APPOINTMENTS YOU MAKE!!!
IN CLOSING

Look at all we’ve accomplished already…. EOPS/CARE Orientation, 1st Contact DONE, 2nd Contact almost completed, Care Advisor Contact DONE, and the two required CARE workshops DONE… and the semester has just begun! **WE ROCK!!!** I am so glad I was asked to help during 1st contact because I got a chance to see the many faces of our EOPS/CARE participants. It was a great opportunity for me to meet many of you and answer questions I remember having when I first began. I don’t think many of you realize what an extremely diverse group we are, from the large range in ages to the many different cultures. It really is a beautiful thing. The week went very smoothly. Our counselors are awesome, as is our one of a kind staff. Everyone was willing and waiting to jump in wherever help was needed. There were no job titles or job descriptions. Now that is team work….. A family at its best!

Although the outcome was mainly positive, there were students who did not show up or call to reschedule their day. I cannot stress enough the importance of EOPS. We are not required to be in this program, it is a PRIVILEDGE! They ask so very little of us, but what they want from us is huge….SUCCESS! I’ve mentioned in prior newsletters the importance of reading emails THOROUGHLY! Skimming is not an option. Yes, many of our professors give us pointers on how to skim the chapters and pull out important information and details but when it comes to emails from EOPS/CARE, **EVERY SINGLE WORD** is of utmost importance! There were “Do’s” and “Don’ts” listed in the instruction email that was sent out several times, and yet many students still showed up without their spring 2014 schedule, no pen, brought children and/or guests, and showed up on a day they were not scheduled on (without calling to make prior arrangements). With all of that being said, I’d like to say **congratulations** to all those who took care of business and were present 100% throughout this entire process. Your cooperation is always greatly appreciated from the EOPS office! I want to wish each and every one of you the best of luck for a great semester. Remember to ask for help early if you find yourself struggling in a certain class. As an EOPS student, you get priority tutoring and an additional hour per week in the LRC. Stop by EOPS for more information. Also, remember your professors are one of your best resources! Utilize their office hours; make your face, name and educational goal familiar to them. It really does pay off.

Your questions, comments, and suggestions are always welcomed. My email is **W1410914@apps.losrios.edu**. Remember, this newsletter is **BY US FOR US!!!**

Tasauna Euwing
Editor in Chief