



Fall 2021

## EOPS/CARE PROGRAM WORKSHOPS

Temporary EOPS Hotline: (909) 274 - 4500

Email: [eops@mtsac.edu](mailto:eops@mtsac.edu)

ACTIVITY	DESCRIPTION
Reminders: EOPS/CARE First Counseling Contact (July 6 <sup>th</sup> – October 1 <sup>st</sup> ) Second Counseling Contact (October 4 <sup>th</sup> – October 29 <sup>th</sup> ), Third Contact (November 1 <sup>st</sup> – December 15 <sup>th</sup> ) Priority Registration Winter 2022 (November 3, 2021)	
<b>Time Management</b>  <b>Wednesday, September 29<sup>th</sup></b> 2:00 – 3:30 pm  <i>Facilitator(s): Carolyn Lake-Bain, EOPS/CARE Counselor</i>	The trick is not to manage our time, but to manage ourselves. Learn how to prioritize and maximize your time.  Meeting ID: 961 9598 3716 Meeting Password: 078697  <b><i>Recommended for all EOPS/CARE Students</i></b>
<b>EOPS/CARE Monthly Check In</b>  <b>Thursday, September 30<sup>th</sup></b> 10:00 – 11:30 am  <i>Facilitator: Urias Garcia, EOPS/CARE Counselor</i>	We will share important reminders and answer important questions. As well, as discuss strategies to transition successfully into your first year of college. (Discuss Grade Options).  Zoom Meeting ID: 224 033 0354 Password: EOPS <b><i>Recommended for all EOPS/CARE Students</i></b>
<b>Peer Navigator Tutoring Centers Tour</b>  <b>Tuesday, October 5<sup>th</sup></b> 3:00 – 4:00 pm  <i>Facilitators: Jasmine and Audrey, EOPS Peer Navigator(s)</i> & <i>Maria Hernandez Figueroa, EOPS/CARE Coordinator</i>	Join us in becoming familiar with all the important tutoring centers on campus.  <b>Meeting Location: EOPS/CARE Department Lobby (9B)</b> <b><i>Recommended for all EOPS/CARE Students</i></b>
<b>Parent Connect</b>  <b>Wednesday, October 6<sup>th</sup></b> 10:00 – 11:30 am  <i>Facilitator: Carolyn Lake-Bain, EOPS/CARE Counselor</i>	Join us to connect and build community with other student-parents and learn from one another on how to be successful students and parents.  Meeting ID: 993 3023 3246 Meeting Password: 182557 <b><i>Recommended for all EOPS/CARE parent-students</i></b>
If you need disability-related accommodations or services such as sign language interpreter, note taker, or captioning, please contact the EOPS/CARE Program, at (909) 274 - 4653 at least 5 days in advance of event, workshop, or meeting.	



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<b>UC TAG Workshop</b>  <b>Wednesday, October 13<sup>th</sup></b> 10:00 – 11:30 am  <i>Facilitator: Tony Rivas, EOPS/CARE Counselor</i>		Do you know what the UC Transfer Admission Guarantee program entails? This workshop will give students an overview of the requirements for TAG. Come learn the benefits of TAG.  Meeting Location: Ragan Room, Building 9B <b><i>Recommended for all EOPS/CARE Students</i></b>	
<b>Test-Taking Strategies</b>  <b>Thursday, October 14<sup>th</sup></b> 2:00 – 3:30 pm  <i>Facilitator: Luzolo Luzombe, EOPS/CARE Counselor</i>		To do well on a test, you must have good knowledge of the information. However, you must also have test-taking strategies that allow you to show what you know. In this workshop, you will learn strategies to reduce test anxiety before, during, and after a test.  Meeting ID: 985 2633 7930 Meeting Password: 472498 <b><i>Recommended for all EOPS/CARE Students</i></b>	
<b>CSU Application Workshop</b>  <b>Tuesday, October 19<sup>th</sup></b> 10:00 – 11:30 am  <i>Facilitators: Urias Garcia &amp; Jazmin Hurtado, EOPS/CARE Counselor(s)</i>		This workshop will provide an overview on how to complete the CSU college admissions application and allow time for question and answer. We will also review common mistakes to avoid when applying.  Zoom Meeting ID: 203 013 8549 Password: EOPS <b><i>Recommended for all transferring EOPS/CARE students</i></b>	
<b>Growth Mindset</b>  <b>Wednesday, October 20<sup>th</sup></b> 10:00 – 11:30 am  <i>Facilitator(s): Carolyn Lake-Bain, EOPS/CARE Counselor &amp; Selene Roman, EOPS/CARE Counselor</i>		Come learn the tools to develop a growth mindset that will aid in your academic success. Gain a clearer perception of learning and resilience to accomplish your goals.  Meeting ID: 997 2819 0266 Meeting Password: 074096 <b><i>Recommended for all EOPS/CARE Students</i></b>	
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<p><b>Personal Insight Questions</b></p> <p><b>Thursday, October 21<sup>st</sup></b> 10:00 – 11:30 am</p> <p><i>Facilitator: Tony Rivas, EOPS/CARE Counselor</i></p>	<p>The personal insight questions are about getting to know you better — your life experience, interests, ambitions and inspirations. Think of it as your interview with the Admissions office. In this workshop, we will review personal insight questions that are most relevant to your experience and that best reflect your individual circumstances.</p> <p>Meeting ID: 203 013 8549 Meeting Password: EOPS <b>Recommended for all transferring EOPS/CARE Students</b></p>	
<p><b>EOPS/CARE Monthly Check In</b></p> <p><b>Tuesday, October 26<sup>th</sup></b> 10:00 – 11:30 am</p> <p><i>Facilitator: Urias Garcia, EOPS/CARE Counselor</i></p>	<p>Join your EOPS/CARE Family to check-in on your academic and personal well-being. We will share important reminders and answer important questions.</p> <p>Zoom Meeting ID: 224 033 0354 Password: EOPS <b>Recommended for all EOPS/CARE Students</b></p>	
<p><b>Get Some Rest and De-stress</b></p> <p><b>Thursday, October 28<sup>th</sup></b> 11:00 – 12:30 pm</p> <p><i>Facilitator: Selene Roman, EOPS/CARE Counselor</i></p>	<p>Woah! We have gone through some historical moments in 2020 through 2021! Let us practice self-care to improve our well-being and wrap up 2021 on a positive note.</p> <p>Meeting ID: 949 8112 3057 Meeting Password: 739308 <b>Recommended for all EOPS/CARE Students</b></p>	
<p><b>Priority Registration – How to Register for Classes</b></p> <p><b>Monday, November 1<sup>st</sup></b> 10:00 – 11:30 am</p> <p><i>Facilitator(s): Urias Garcia, EOPS/CARE Counselor &amp; Kaitlyn Yrineo, EOPS/CARE Program Specialist</i></p>	<p>Join us to review the systematic process of registering for classes and go over the importance of utilizing your priority registration as an EOPS student.</p> <p>Meeting ID: 933 0760 1985 Meeting Password: 648518 <b>Recommended for all EOPS/CARE Students</b></p>	
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<b>Peer Navigator Library Tour</b>  <b>Tuesday, November 2<sup>nd</sup></b> 3:00 – 4:00 pm <i>Facilitators: An &amp; Carlos, EOPS/CARE Peer Navigator(s)</i> & <i>Kaitlyn Yrineo, EOPS/CARE Program Specialist</i>		Become familiar with the services provided by the library on campus.  <b>Meeting Location: EOPS/CARE Department Lobby (9B)</b> <b><i>Recommended for all EOPS/CARE Students</i></b>	
<b>Raise Your Score, Get Out of Debt</b>  <b>Wednesday, November 3<sup>rd</sup></b> 10:00 – 11:30 am  <i>Facilitator: Mountie Money Management Center</i>		If you are carrying credit balances from month-to-month or struggling to figure out how to make ends meet due to debts you owe, you are not alone. About 37% of U.S. households cannot pay off their credit cards in full each month. This workshop will provide you with a roadmap to get you out of debt and raise your credit scores in the process.  <b>Registration Link:</b> <a href="https://mtsac-edu.zoom.us/j/93174982267">https://mtsac-edu.zoom.us/j/93174982267</a> <b><i>Recommended for all EOPS/CARE Students</i></b>	
<b>UC Application Workshop</b>  <b>Wednesday, November 8<sup>th</sup></b> 10:00 – 11:30 am  <i>Facilitator: Carolyn Lake-Bain &amp; Jazmin Hurtado, EOPS/CARE Counselor(s)</i>		Are you planning to transfer to UC? Counselors will be available to assist you with the UC application process and answer questions throughout the application process. In addition, we will review common mistakes to avoid when applying.  Meeting ID: 203 013 8549 Meeting Password: EOPS <b><i>Recommended for all transferring EOPS/CARE Students</i></b>	
<b>Parent Connect</b>  <b>Wednesday, November 10<sup>th</sup></b> 11:00 am – 12:30 pm  <i>Facilitator: Carolyn Lake-Bain, EOPS/CARE Counselor</i>		Join us to connect and build community with other student-parents and learn from one another on how to be successful students and parents.  Meeting ID: 937 7037 3568 Meeting Password: 319614 <b><i>Recommended for all EOPS/CARE parent-students</i></b>	
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Priority Registration Winter 2022 (November 3, 2021)

## **CSU Application Workshop**

**Wednesday, November 16<sup>th</sup>**

2:00 pm – 3:30 pm

*Facilitator: Urias Garcia & Jazmin Hurtado,  
EOPS/CARE Counselor(s)*

This workshop will provide an overview on how to complete the CSU college admissions application and allow time for question and answer. We will also review common mistakes to avoid when applying.

Meeting ID: 203 013 8549

Meeting Password: EOPS

***Recommended for all transferring EOPS/CARE students***

## **EOPS/CARE Monthly Check-In**

**Thursday, November 18<sup>th</sup>**

10:00 – 11:30 am

*Facilitator: Urias Garcia, EOPS/CARE Counselor*

Join your EOPS/CARE Family to check-in on your academic and personal well-being. We will share important reminders and answer important questions.

Zoom Meeting ID: 224 033 0354

Password: EOPS

***Recommended for all EOPS/CARE Students***

## **UC Application Workshop**

**Tuesday, November 23<sup>rd</sup>**

2:00 – 3:30 pm

*Facilitator: Urias Garcia, EOPS/CARE Counselor*

Are you planning to transfer to UC? Counselors will be available to assist you with the UC application process and answer questions throughout the application process. In addition, we will review common mistakes to avoid when applying.

Zoom Meeting ID: 203 013 8549

Password: EOPS

***Recommended for all transferring EOPS/CARE Students***

## **Prepping for Finals**

**Wednesday, November 24<sup>th</sup>**

11:00 – 12:30 pm

*Facilitator: Selene Roman, EOPS/CARE Counselor*

Ready, Set, Study! Let us prepare for our exams together with some awesome study tips that can help us conquer our finals.

Meeting ID: 920 6621 6941

Meeting Password: 032337

***Recommended for all EOPS/CARE Students***

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