



### September 2020

### **EOPS/CARE PROGRAM WORKSHOPS**

#### **ACTIVITY**

#### DESCRIPTION

**Reminders:** Semester Begins (August 24) – EOPS/CARE First Counseling Contact (July 1-September 30)

#### EOPS/CARE Program Services Refresher

Tuesday, September 8<sup>th</sup> **2:30 - 3:30 pm** 

**Facilitator:** Dr. Julieta Marquez

Come learn about all the services the EOPS & CARE Program offers and get your questions related to EOPS and/or CARE answered. We will review program requirements, how to schedule your academic appointment, how to sign up for tutoring, and other useful tools to get us through our virtual semester. **Recommended for all EOPS/CARE students** 

## Transfer Workshop: Writing about Yourself

Wednesday, September 9th **3:00 - 5:00 pm** 

**Facilitators:** Urias Garcia & Mt. SAC Transfer Center

In this workshop, you will learn how to present your life experiences through responses to open-ended questions. The CSU Educational Opportunity Program (EOP) and UC Personal Insight Questions (PIQ's) will be reviewed, and you will have an opportunity to brainstorm. This workshop will also provide strategies to tie in responses to scholarship applications. Recommended for students applying for transfer in this October – Nov 2020.

# Success Strategies in an Online Setting

Wednesday, September 16<sup>th</sup> **10:00 - 11:30 am** 

**Facilitator:** Armine Akopyan

This workshop will focus on success strategies and tools to use in an online learning environment. Students will have the opportunity to build community and engage with fellow EOPS/CARE scholars. Recommended for all EOPS students, students new to online learning.

#### EOPS/CARE Support Group Monthly Check In

Friday, September 25th **10:00 - 11:30 am** 

Facilitator: Karina Medrano

Join your EOPS/CARE Family to check-in on your academic and personal well-being. We will do icebreakers, share important reminders, and answer your questions. Let's connect and empower each other. **Recommended for all EOPS/CARE students.** 

#### **RSVP**



Sign up for as many workshops as you please! We are excited to get to know you more and continue to build our community during this remote environment! We care about you, we believe in you, and we are rooting for your success!!



If you need disability-related accommodations or services such as sign language interpreter, note taker, captioning, etc., please contact the EOPS/CARE Program, at (909) 529 - 0807 at least 5 days in advance of event, workshop, or meeting.