



Spring 2021

EOPS/CARE PROGRAM WORKSHOPS

Temporary EOPS Hotline: (909) 637-2506

Email: eops@mtsac.edu

ACTIVITY	DESCRIPTION
Reminders: EOPS/CARE First Counseling Contact January 4 th – March 19 th , Second Contact March 22 th – April 30 th , Third Contact May 3 rd – June 11 th	
EOPS/CARE Support Group Monthly Check In Friday, January 29th, 2021 10:00 – 11:30 am <i>Facilitator: Urias Garcia, EOPS/CARE Counselor</i>	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. We all have so many things in common that bring us together. We can celebrate that! ZOOM Link: http://bit.ly/checkinweops <i>Recommended for all EOPS/CARE Students</i>
Time is like a Coin. Don't Let Someone Else Spend it for You! Tuesday, February 16th, 2021 10:30 am – 12:00 pm <i>Facilitator: Tony Rivas, EOPS/CARE Counselor</i>	Ever wondered how time passes by so fast in a 24-hour day? Well, wonder no more. Join this workshop and learn how to maximize your time (daily schedule) as a college student who has to continually balance multiple responsibilities. Tips and tricks of the trade will be shared with all to promote time management success at Mt. SAC and beyond. Morning alarm not included. ZOOM Link: http://bit.ly/399hO5n <i>Recommended for all EOPS/CARE students.</i>
Spring 2021 EOPS Services Tuesday, February 16th, 2021 1:00 – 2:30 pm <i>Facilitator: Kaitlyn Yrimeo, EOPS/CARE Program Specialist, Huu Bui, EOPS/CARE Tutorial Services</i>	Need a refresher on the services EOPS provides? Join us to learn and ask questions about the EOPS Book Grant, EOPS Grants, Tutoring and other perks of being in the program. This Zoom workshop will go how the disbursement of the EOPS Grant Book Voucher gets released to those in good standing, what it means to be in good standing with the EOPS/CARE Program, contact timeframes, tutoring offered specifically with the EOPS/CARE Program, and information on Basic Needs on campus such as the Mountie Fresh Food Pantry. ZOOM Link: http://bit.ly/3bFWw1Y <i>Recommended for all EOPS/CARE Students</i>
Get Some Rest and De-stress Thursday, February 18th, 2021 2:00 – 3:30 pm <i>Facilitator: Selene Roman, EOPS/CARE Counselor</i>	It's a new year and COVID-19 presents some added challenges. Learn some tips on how to practice self-care and improve your well-being. ZOOM Link: http://bit.ly/399hO5n <i>Recommended for all EOPS/CARE Students</i>



Spring 2021

Activity		Description	
Reminders: EOPS/CARE First Counseling Contact January 4 th – March 19 th , Second Contact March 22 th – April 30 th , Third Contact May 3 rd – June 11 th			
EOPS Scholarship Workshop Friday, March 5, 2021 11:00 am – 12:00 pm Facilitator: Teresa Pham, Financial Aid Program Specialist		This workshop is specifically for our EOPS students as there are hundreds of scholarship opportunities, especially for first-generation college students & more specifically transferring students from EOPS. ZOOM Link: http://bit.ly/399hO5n <i>Recommended for all EOPS/CARE Students.</i>	
“Let’s Get Personal” Connecting Personality to Career Exploration Wednesday, March 10, 2021 1:00 – 2:30 pm Facilitator: Nigel Leos, EOPS/CARE Counselor		During this workshop we will take a deeper look into discovering the benefits and opportunities of our own personality through a personality assessment. This personality assessment will help us understand ourselves, but at the same time it will help us understand how our personalities can fit into potential occupations/ careers. Through this connection we can make a more educated decision on what career/ occupation we choose, so that our jobs align with our personality for a more lasting and enjoyable work life balance. ZOOM Link: http://bit.ly/399hO5n <i>Recommended for all EOPS/CARE students.</i>	
On Your Marks, Get Set, Goal! Goal Setting (that is) Thursday, March 18, 2021 10:30 am – 12:00 pm Facilitator: Tony Rivas, EOPS/CARE Counselor		Join this workshop and learn the basics of setting short-term goals that will help you keep track of the successes in your Spring 2021 classes. As a workshop participant, you will learn how to set, take control, and achieve goals that are manageable and rewarding. Goals included (soccer ball not included). ZOOM Link: http://bit.ly/399hO5n <i>Recommended for all EOPS/CARE students.</i>	
EOPS/CARE Support Group Monthly Check In Friday, March 26, 2021 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 do icebreakers, share important reminders, and answer your questions. Let’s connect and empower each other. We all have so many things in common that bring us together. We can celebrate that! Recommended for all EOPS/CARE students. ZOOM Link: http://bit.ly/checkinweops	



Spring 2021

ACTIVITY

DESCRIPTION

Reminders: EOPS/CARE First Counseling Contact January 4th – March 19th, Second Contact March 22th – April 30th,
Third Contact May 3rd – June 11th

I have a BIG EXAM and I haven't even begun to Prepare

**Tuesday, April 6th, 2021
10:30 am – 12:00 pm**

Facilitator: Tony Rivas, EOPS/CARE Counselor

Ever stressed out over an exam that's arriving sooner than you expected? If you answered "Yes", then you are not alone. In fact, many college students freak out over exams because they may not know how to prepare for them. As a workshop participant, you will be provided with tips on how to get yourself ready before, during, and after an exam. Wisdom included (Scantron not included)

ZOOM Link: <http://bit.ly/399hO5n>

Recommended for transferring EOPS/CARE Students.

EOPS Scholarship Workshop

**Tuesday, April 13, 2021
4:00 – 5:00 pm**

Facilitator: Teresa Pham, Financial Aid Program Specialist

This workshop is specifically for our EOPS students as there are hundreds of scholarship opportunities, especially for first-generation college students & more specifically transferring students from EOPS.

ZOOM Link: <http://bit.ly/399hO5n>

Recommended for all EOPS/CARE Students.

Time Management

**Wednesday, April 21st, 2021
11:30 am – 1:00 pm**

Facilitator: Selene Roman, EOPS/CARE Counselor

The trick is not to manage our time, but to manage ourselves. Learn how to prioritize and maximize your time.

Zoom Link: <http://bit.ly/399hO5n>

Recommended for transferring EOPS/CARE Students.

Transitioning to the University

**Wednesday, April 28th, 2021
2:00 – 4:00 pm**

Facilitators: Urias Garcia & Lupe De La Cruz

Students will learn strategies to make a seamless transition from Mt. SAC to the university by exploring housing options, identifying resources for first-generation and low-income transfer students at the university, and making an informed decision when selecting a transfer destination.

Zoom Link: <http://bit.ly/399hO5n>

Recommended for transferring EOPS/CARE Students.



Spring 2021

ACTIVITY

DESCRIPTION

Reminders: EOPS/CARE First Counseling Contact January 4th – March 19th, Second Contact March 22th – April 30th, Third Contact May 3rd – June 11th

EOPS/CARE Support Group Monthly Check In

Friday, April 30th, 2021
10:00 – 11:30 am

Facilitator: EOPS/CARE Counselor

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. We all have so many things in common that bring us together. We can celebrate that! ***Recommended for all EOPS/CARE students.***

ZOOM Link: <http://bit.ly/checkinweops>

Career Exploration Through Eureka!

Wednesday, May 5th, 2021
1:00 – 2:30 pm

Facilitator: Nigel Leos, EOPS/CARE Counselor

This workshop will help students understand how to navigate a career exploration website called Eureka. Eureka is a career exploration website with information on things such as self-assessments, occupational information, Education/ major information including short term, vocational training, and military information. Lastly, students will receive access to this paid website so they can continue to explore and navigate their career/ education.

ZOOM Link: <http://bit.ly/399hO5n>

Recommended for all EOPS/CARE students.

Let's Connect and Meet Other EOPS Students

Tuesday, May 11th, 2021
10:30 am – 12:00 pm

Facilitator: Tony Rivas, EOPS/CARE Counselor

Ever wanted to meet other EOPS students but haven't had a chance to do so? Well, this is your opportunity to mingle with other EOPS students to see what you might have in common with them. Participants will have the opportunity to share their majors, professors they might recommend, college experiences, on-campus support services they have taken advantage of, and any other things that have helped to promote their college success. Smiles and sharing included.

ZOOM Link: <http://bit.ly/399hO5n>

Recommended for all EOPS/CARE Students



Spring 2021

ACTIVITY

DESCRIPTION

Reminders: EOPS/CARE First Counseling Contact January 4th – March 19th, Second Contact March 22th – April 30th,
Third Contact May 3rd – June 11th

EOPS/CARE Support Group Monthly Check In

Friday, May 21st, 2021
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 do icebreakers, share important reminders, and answer your questions. Let's connect and empower each other. We all have so many things in common that bring us together. We can celebrate that! ***Recommended for all EOPS/CARE students.***

ZOOM Link: <http://bit.ly/checkinweops>
Recommended for all EOPS/CARE Students

Growth Mindset

Friday, May 27th, 2021
11:00 – 12:30 pm

Facilitator: Selene Roman, EOPS/CARE Counselor

Come learn the tools to developing a growth mindset that will aid in your academic success. Gain a clearer perception of learning and resilience to accomplish your goals.

ZOOM Link: <http://bit.ly/399hO5n>
Recommended for all EOPS/CARE Students

EOPS/CARE Support Group Monthly Check In

Friday, June 11th, 2021
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 do icebreakers, share important reminders, and answer your questions. Let's connect and empower each other. We all have so many things in common that bring us together. We can celebrate that! ***Recommended for all EOPS/CARE students.***

ZOOM Link: <http://bit.ly/checkinweops>
Recommended for all EOPS/CARE Students

Spring 2021 is FINALLY over! Let's Share our **Successes and Challenges**

Tuesday, June 15th, 2021
10:30 am – 12:00 pm

Facilitator: Tony Rivas, EOPS/CARE Counselor

Relax, take a break, and share how things went in Spring 2021 now that the semester is finally over! As a participant, you will get the opportunity to share your experiences with other EOPS students. Feel free to let others know what strategies got you thru the semester and challenges you may have experienced along the way. Your sharing can help new and continuing EOPS students better prepare for a future semester at Mt. SAC and beyond. Inspiration and lightbulb moments highly encouraged!

ZOOM Link: <http://bit.ly/399hO5n>
Recommended for all EOPS/CARE Students

If you need disability-related accommodations or services such as

a sign language interpreter, note-taker, or captioning, please

contact the EOPS/CARE Program at, (909) 556 - 1255 at least 5 days before the event workshop or meeting.