



# Spring 2021

## EOPS/CARE PROGRAM WORKSHOPS

Temporary EOPS Hotline: (909) 637-2506

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

| ACTIVITY   | DESCRIPTION   |
|--|---|
| Reminders: EOPS/CARE First Counseling Contact January 4 <sup>th</sup> – March 19 <sup>th</sup> , Second Contact March 22 <sup>th</sup> – April 30 <sup>th</sup> , Third Contact May 3 <sup>rd</sup> – June 11 <sup>th</sup>    |   |
| <p><b>EOPS/CARE Support Group</b><br/>Monthly Check In</p> <p><b>Friday, January 29<sup>th</sup>, 2021</b><br/>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 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!</p> <p><b>ZOOM Link:</b> <a href="http://bit.ly/checkinweops">http://bit.ly/checkinweops</a><br/><i>Recommended for all EOPS/CARE Students</i></p>  |
| <p><b>Time is like a Coin. Don't Let Someone Else Spend it for You!</b></p> <p><b>Tuesday, February 16<sup>th</sup>, 2021</b><br/>10:30 am – 12:00 pm</p> <p><i>Facilitator: Tony Rivas, EOPS/CARE Counselor</i></p>           | <p>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.</p> <p><b>ZOOM Link:</b> <a href="http://bit.ly/399hO5n">http://bit.ly/399hO5n</a><br/><i>Recommended for all EOPS/CARE students.</i></p>   |
| <p><b>Spring 2021 EOPS Services</b></p> <p><b>Tuesday, February 16<sup>th</sup>, 2021</b><br/>1:00 – 2:30 pm</p> <p><i>Facilitator: Kaitlyn Yrimeo, EOPS/CARE Program Specialist, Huu Bui, EOPS/CARE Tutorial Services</i></p> | <p>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.</p> <p><b>ZOOM Link:</b> <a href="http://bit.ly/3bFWw1Y">http://bit.ly/3bFWw1Y</a><br/><i>Recommended for all EOPS/CARE Students</i></p> |
| <p><b>Get Some Rest and De-stress</b></p> <p><b>Thursday, February 18<sup>th</sup>, 2021</b><br/>2:00 – 3:30 pm</p> <p><i>Facilitator: Selene Roman, EOPS/CARE Counselor</i></p>   | <p>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.</p> <p><b>ZOOM Link:</b> <a href="http://bit.ly/399hO5n">http://bit.ly/399hO5n</a><br/><i>Recommended for all EOPS/CARE Students</i></p>  |



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| <b>EOPS Scholarship Workshop</b><br><br><b>Friday, March 3, 2021</b><br><b>10:00 am – 11:00 pm</b><br><br>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.<br><br>ZOOM Link: <a href="http://bit.ly/399hO5n">http://bit.ly/399hO5n</a><br><i>Recommended for all EOPS/CARE Students.</i>   |  |
| <b>“Let’s Get Personal” Connecting Personality to Career Exploration</b><br><br><b>Wednesday, March 10, 2021</b><br><b>1:00 – 2:30 pm</b><br><br>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.<br>ZOOM Link: <a href="http://bit.ly/399hO5n">http://bit.ly/399hO5n</a><br><i>Recommended for all EOPS/CARE students.</i> |  |
| <b>On Your Marks, Get Set, Goal! Goal Setting (that is)</b><br><br><b>Thursday, March 18, 2021</b><br><b>10:30 am – 12:00 pm</b><br><br>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).<br>ZOOM Link: <a href="http://bit.ly/399hO5n">http://bit.ly/399hO5n</a><br><i>Recommended for all EOPS/CARE students.</i>   |  |
| <b>EOPS/CARE Support Group</b><br>Monthly Check In<br><br><b>Friday, March 26, 2021</b><br><b>10:00 – 11:30 am</b><br><br>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!<br><b>Recommended for all EOPS/CARE students.</b><br><br>ZOOM Link: <a href="http://bit.ly/checkinweops">http://bit.ly/checkinweops</a>  |  |



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

**Tuesday, April 6<sup>th</sup>, 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 20, 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>

*Recommended for all EOPS/CARE Students.*

### **Time Management**

**Wednesday, April 21<sup>st</sup>, 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 28<sup>th</sup>, 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>

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

**Friday, April 30<sup>th</sup>, 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 5<sup>th</sup>, 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 11<sup>th</sup>, 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***



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Third Contact May 3<sup>rd</sup> – June 11<sup>th</sup>

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

**Friday, May 21<sup>st</sup>, 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.***

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

### **Growth Mindset**

**Friday, May 27<sup>th</sup>, 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 11<sup>th</sup>, 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.***

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

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

**Tuesday, June 15<sup>th</sup>, 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.