



## Spring 2020 EOPS/CARE Community Building Activities & Events

Activity/Event	Description
<b>Scholarship Overview Workshop</b> Date: 3/04/2020 Time: 12:00 – 1:00 pm Location: Assessment Center Lab Facilitator: Teresa Pham, Financial Aid Program Specialist	This info session will walk you through starting the Mt. SAC Scholarship General Application process.
<b>Scholarship Overview Workshop</b> Date: 3/05/2020 Time: 12:00 – 1:00 pm Location: Assessment Center Lab Facilitator: Teresa Pham, Financial Aid Program Specialist	This info session will walk you through starting the Mt. SAC Scholarship General Application process.
<b>Financial Aid On-The-Go</b> Date: 3/24/2020 Time: 11:00 – 1:00 pm Location: EOPS Office Facilitator: TBD	A Financial Aid Specialist will be stationed at the EOPS office ready to answer any of your financial aid questions!
<b>Scholarship Workshop (Hands-on)</b> Date: 3/25/2020 Time: 12:00 – 1:00 pm Location: Assessment Center Lab Facilitator: Teresa Pham, Financial Aid Program Specialist	This info session will walk you through how to best answer the four (4) short answer questions and provide you with writing tips. Come prepared with any questions that you may have about the application or process.
<b>Movie Night</b> Date: 3/27/2020 Time: 5:00 – 8:00 pm Location: 9C- Stage Facilitator(s): Maria Hernandez Figueroa, CARE Coordinator & Kaitlyn Yrineo, EOPS/CARE Program Specialist	Students will have the opportunity to build community and engage with fellow EOPS scholars while viewing a movie.

*To request reasonable disability related accommodations, please contact the EOPS Office at least five business days prior to the event.*

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<b>Vision Board</b> Date: 4/08/2020 Time: 10:30 am – 12:30 pm Location: 9C- Stage Facilitator(s): Maria Hernandez Figueroa, CARE Coordinator & Kaitlyn Yrineo, EOPS/CARE Program Specialist	Join us to discuss your individual dreams and how to convert them into achievable goals. You will then create a vision board for your long or short term goals to help manifest them into reality.
<b>Mindfulness</b> Date: 4/14/2020 Time: 2:00 – 3:00 pm Location: 6-160 Facilitator: Andrea Torres, Meditation, Mindfulness and Breath Work Instructor	In this workshop, students will learn what Self-Care can be. Students will walk away with a few practical ideas that they can carry with them including practicing meditation, mindfulness and breath work. These tools will help students cope with the everyday pressures and stress of school and life.
<b>UCI Campus Trip</b> Date: 5/08/2020 Time: 8:00 – 4:00 pm Location: UCI Facilitator(s): Maria Hernandez Figueroa, CARE Coordinator & Kaitlyn Yrineo, EOPS/CARE Program Specialist	Join us for a trip to the University of California, Irvine to learn about the campus, academics and student support services. A guided tour will be provided. Transportation will also be provided.

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