How to Check My EOPS Counseling Contacts:

1- Go to MyGCC and login



2- Click on "Main Menu" button then select "my EOPS / CARE"



3- Click on "My EOPS Counseling Contacts" tab



IMPORTANT: Please monitor your contacts to make sure it matches your record. If you find that your last counseling visit date does not match your record, you will be expected to inform our office within one week from the time of your counseling visit in question. No corrections or adjustments will be made if it is not addressed with that week.

Key to notations on your My EOPS Counseling Contacts page:

On this page you will see the date of your contact, counselor's name and the contact number. Example: **Spring 18-1** (for the first contact) Spring 18-2, and Spring-3. Other notations are: **C** and **No Show**.

C-If you have two counseling contacts in the same week, the second one will show up as a C in your contact record and will not count towards meeting the counselor meeting/contact requirement. **ONE MEETING PER WEEK POLICY:** You may visit your EOPS counselor as many times a week as needed, however, only one meeting per week will be counted towards the counselor meeting requirement.

NO SHOW-Once you scheduled an appointment with a counselor, you are expected to keep this appointment and show up on time. If extenuating circumstances prevent you from keeping your appointment, please call or stop by the office to cancel your appointment to make it available to other students. If your record indicates two consecutive NO SHOWS, you will not be able to see a counselor until you meet with EOPS director. If the student cancels his/her appointment in advance, NO SHOW will not be recorded in the system.