

EOPS NEWSLETTER

Welcome Back EOPS Students!

Dear EOPS Students,

May this year be filled with prosperity, peace, good health, personal and academic success.

To our new EOPS students, welcome to GCC! We wish you a great start as you embark on your educational journey.

To our continuing students, we hope you had a restful break and wish you a successful semester! You are one step closer to accomplishing your goals at GCC!

As we continue to provide remote services this term, know that the EOPS department is here to support and advocate for your needs. We are very proud of your hard work and dedication through a truly difficult year.

We encourage you to take some time to reflect on the past year; celebrate your accomplishments, think of the challenges you overcame and use that momentum to continue into a successful spring semester.

"It always seems impossible, until it's done." ~ Nelson Mandela

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BREAKING NEWS

Effective immediately, the EOPS Counseling Appointment scheduling system has changed.

All counseling requests now need to be made through the **Appointment Request Form**.

After you have completed the form, continue checking your GCC e-mail for communication and confirmation of your scheduled appointment. *Your request will be processed in the order it was received.*

Watch a helpful step-by-step video tutorial on how to successfully request your EOPS counseling appointment.

TEXTBOOKS



Spring 2021 Book Voucher is available to use now through April 29th. Purchase your books through the GCC Bookstore website. Log in to *MyGCC* and find your EOPS/CARE page to determine your book voucher eligibility.

Watch the video tutorial on how to purchase your books online through GCC's Bookstore. Your order can be mailed to you for a small fee or picked up at the campus bookstore by appointment only, free of charge.

Reminders:

- All EOPS students are required to meet with an EOPS counselor three (3) times during the Spring 2021 semester (Counseling contact dates: February 16th- June 9th). Failure to meet all three contacts will have implications to your EOPS benefits. Review the MRC for more details.
- Complete your 21-22 FAFSA or 21-22 CADAA by March 2nd to be considered for EOPS Financial Support.
- Update your primary contact phone number and home address in MyGCC. Watch this helpful video on how to make the changes to your primary contact information.
- Activate and regularly check your student e-mail account . All official GCC communications from the college, your instructors and EOPS will come to your GCC e-mail address.
- Drop- In Counseling is available each week via Cranium Café. Visit the EOPS home page to view the weekly schedule. Watch this helpful video on how to access and use EOPS Drop-in Counseling.
- Online Counseling is available to EOPS students via Cranium Café! In your appointment request, indicate your preference for online counseling. *You will need to have access to a computer with the latest version of Chrome or Firefox. Webcam & microphone are required for face-to-face online appointments.*
- For non-counseling program related questions, meet our **EOPS Students Services Assistants for Live Support** Monday-Thursday, 10:30-11:30 AM & 4:30-5:30 PM.

Spread the word! EOPS is accepting Spring 2021 applicants now through March 5, 2021



This year, the GCC community began our Black History Month celebration in January, as we honored the life of Dr. Martin Luther King Jr. and his legacy as a civil rights leader. We will continue our celebration throughout February by hosting a series of events to recognize the contributions of Black and African-Americans and celebrate their achievements.

We encourage our students and community members to engage in as many of these events as possible to learn about black culture and experience, art, literature and celebrate Blackness.

- Celebrating Blackness Events hosted by Cultural Diversity Department.
- Check out the GCC Library Campus Guide for Black History Month.
- Watch GCC's 6th annual Dr. MLK Breakfast Celebration recording.



EOPS CLUB IS BACK



Why Join?

Joining the EOPS club is a great way to build your leadership skills and network, socialize with your peers, and get involved both on and off campus. In the Spring 2021 semester, all meetings will be held remotely via Zoom, until further notice. All GCC students are welcome to join; you can invite your GCC peers. **Click here to learn more about the EOPS Club and how to join!**

GCC REMOTE SERVICES

We offer many resources on campus to help make your educational journey more efficient, as well as more meaningful. The time we are living in is unprecedented and may feel isolating and scary. However, we are in this together. Our commitment to you is to provide our services and resources remotely. In this newsletter, we are featuring three of these services. You can learn about the variety of campus resources here.

- **Health Center** provides many remote services. Their website also lists useful links to resources. You can call 818-551-5189 to set up a virtual appointment with the nurse or the campus therapist. It's all confidential, convenient and cost-free to enrolled students.
- **Learning Center** can provide you much needed academic support. Students who use the resources in the Learning Center enjoy success rates up to 13% higher than students who don't. Maximize your potential in your classes. Click on the "Free Online Tutoring" link in Canvas to access free tutoring in most subject areas (both synchronous and asynchronous), learn more about free workshops, or secure an online study space for you and your classmates.
- **Career Center** has many useful tools to address your major and career questions and concerns. Their motto is **ACHIEVE: Access** your unique qualities & strengths. **Choose** a college major. **Harvest** occupational information. **Identify** your career goal and path. **Evaluate** your developmental needs. **Validate** your choices. **Execute** your career plan.

EOPS students can receive a Learning Center & Career Center Referral- Inquire during your next counseling appointment.



GCC Graduation Petition

Are you completing your certificate and/or AA, AS, AA-T or AS-T degree requirements in Spring or Summer 2021? If so, schedule an appointment with an EOPS counselor to complete a graduation check and Petition to Graduate form by March 1, 2021*
(*deadline for you name to appear in Spring graduation program.)

Fall 2021 Transfer Applicants



The California
State University



- Check your emails for communication from each campus you applied to and complete tasks by the indicated deadlines.
- Activate your university email and student portal accounts and check them regularly.
- Send official transcripts to universities that are requesting transcripts by a given deadline.
- Apply for 21-22 FAFSA or 21-22 CADAA by March 2, 2021.
- CSU/IGETC Certification: A GE certification will confirm that you have completed the transfer General Education requirements to transfer to a specific university. If you have questions about GE Certification, ask an EOPS counselor about it during your next counseling appointment.
- If you are transferring to a CSU for a major that accepts your ADT degree and you noted your ADT intent on your CSU application, you need to complete a graduation petition with an EOPS counselor ASAP.
- Every university has a **Statement of Intent to Register (SIR)** deadline. Check your university email and portal for to-do items and deadlines.
- Directly contact the campus and/or university representative for questions and admission decisions.

ACADEMIC SUCCESS CORNER: TIME MANAGEMENT

Juggling college, family, work and life responsibilities is no easy task. Developing effective time management skills will give you the ability to plan and prioritize how you spend your day, to achieve your task and goals.



Create a To-Do List: Prioritize your day or week by identifying what needs to be done and how long you need to complete that task. By listing your priorities you gain a visual of your tasks and more importantly, it allows you to be organized and can make your day more manageable.

Identify Time-Wasters: It's easy to be distracted with social media, technology, binge-watching Netflix, etc. Keep a log of your daily activities to track of how much time you spend on things that didn't require as much attention as it got from you.

Divide & Conquer: Break up larger projects, such as research papers and studying for midterms and finals into smaller portions. Begin on these projects early and if you have questions along the way, it gives you time to ask for help and allows you complete the task prior to the due date.

Use Breaks Wisely: If you have a big chunk of free time between your responsibilities, make use of most of that time. Resting is important; but use some of that time to tackle a task on your to-do list.

Delegate: Ask family or friends to help you with tasks that can free up time to focus on your studies.

Self-Care: It's critical to devote time to yourself and do something you enjoy to rest your mind.

STAY CONNECTED: SPRING 2021

- Check out the [latest news, student events and activities](#) taking place throughout the term.
- Need Help completing your 2021-2022 FAFSA or CADAA? [Register for a phone consultation with a Financial Aid Advisor now!](#)
- Follow @gceops social media pages for current events and important information



BASIC NEEDS RESOURCES



GCC CARES

Center for Assistance, Resources,
and Educational Success

GCC Food For Thought Pantry: The Food For Thought Pantry is open to any currently enrolled GCC student. You must schedule an appointment.

CalFresh: The CalFresh Program (formerly known as food stamp) issues an EBT card to eligible members to be used to buy groceries. Get more information on [CalFresh](#).

GCC Emergency Grant: The GCC emergency grant program is designed to help students facing a financial emergency or hardship.

Drive Through Food Bank- Spring '21 dates:
To Be Announced