

CARE Program Newsletter

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WELCOME TO FALL 2018 SEMESTER!



Welcome to the 2018—2019 school year. Here in EOPS/CARE/NEXT—UP we embark on this year's journey under the direction of a new Dean of Student Services, Dr. Saadia Lagarde Porche. We are very fortunate to have someone with her extensive professional background and expertise. Dr. Porche has served students of the Los Angeles Community College District for 5 years and most recently as the Dean of Disabled Student Program &

Services at Los Angeles Trade Tech. Dr. Porche returns to our campus where she previously served as the Director/Counselor of the TRIO program. Feel free to stop by and introduce yourself and share your program experiences.

As we quickly move into the sixth week of the new school year I'm sure everyone is very busy multi-tasking and managing their busy schedules. Here at CARE, Annet and I are happy to continue serving you and looking forward to meeting with new CARE members and catching up with our ongoing members. Come by and meet our new student worker Ana Lozada.

This semester we have eliminated empowerment sessions and are only offering CARE workshops which are all complemented with a meal. A couple of these semester workshops will welcome your children. Prioritized CARE counseling appointments continue to

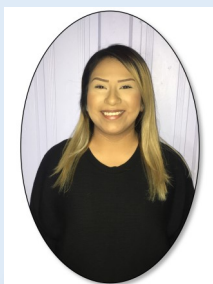
be available weekly and CARE laptops are available to CARE members. This semester we now ask that all CARE members must participate in at least one CARE sponsored event as part of your CARE responsibility contract. A CARE sponsored event attendance will also count as an EOPS responsibility contract contact.

A recent CARE program survey was sent out to all CARE students. We would like everyone to participate and provide valuable feedback. Our goal is always to provide improved services that are prescribed to your needs. Stay focused, work hard, and reach out for assistance when needed. Well wishes to you and your families as we move onward and forward this semester.

Best,

Rosemary Valencia
CARE Counselor/Coordinator

NEW TO THE FAMILY!



Hello CARE Students!

My name is Ana Lozada and I am excited to announce that I am the new program assistant for the CARE program. I started in July 2018 during the

summer semester, and since then, these past few weeks have been incredible! Working with Annet and our CARE counselor, Rosemary has been a pleasure. I am also a student here at Los Angeles City College and this is my third and final year. My major is Psychology and like some of you, I am planning to transfer to a University.

Before transitioning to the CARE program, I was a student worker in the General Counseling Department where I gained a lot of knowledge and experience in addressing students' needs. As

both a student, and program assistant, I understand some of the difficulties students might encounter, so I will do my very best in assisting all of you.

Let's have a great semester!

Best,

Ana Lozada
CARE Program Assistant

STUDENT HIGHLIGHTS



CARE student, Stephen Guevara accomplished one of her goals and took advantage of the opportunity to study abroad!

During the summer of 2018, she participated in the study abroad program offered through the Foreign Language Department at Los Angeles City College. She visited Spain, Portugal, Italy and learned the culture, made new friends, enjoyed the food, and experienced one of the best trips of her life! She encourages CARE students to be open to new experiences and set forth the steps needed to accomplish goals, however large or unattainable they may seem.



The CARE Program congratulates Ysabel Lacanlale, former CARE Program Assistant for a job well done here at City! She has now moved on to the University of California, Davis (UC Davis) and is having a great time exploring her new surroundings. We miss her and wish her well!

Are You Ready For Transfer?

This is the time of year that much needs to get done if you are planning to transfer next year. October 1st is the kick-off date for CSU applications (10/01-11/30) and November 1st is the kick-off date for UC applications (11/01-11/30). Application due dates to private universities vary, however, generally speaking, the process begins around October and may carry into early next year. By now you should know if you are ready to apply for next year. If you have any doubts make an EOPS/CARE counseling appointment to evaluate your transfer readiness. Some majors/programs may require supplemental applications and/or auditions and have specific selection criteria. The UCs will require you to provide personal responses to specific questions. Private universities will likely require personal statements. EOPS is providing a couple of CSU/UC application workshops.

Our campus Transfer Center is providing numerous CSU/UC application workshops as well as other transfer related topics/tips workshops throughout the months of October and November. You can view dates/times as well as other vast transfer resources on our campus website under the resources tab to link to Transfer Center. SIGN-UP NOW!! It's best that you see an EOPS/CARE counselor first for transfer readiness ASAP!! One on one appointments are limited at the transfer center.

If you will be transferring next year there is a strong likelihood that you will be earning one or more associate degrees before you depart. Verification of potential degrees earned should be verified during your counseling appointment. Graduation petitions will need to be submitted by you to the Admissions and Records office this semester or no later than early spring 2019.



OCTOBER RECOGNIZES MENTAL HEALTH DAY

Mental Health Day is acknowledged worldwide on October 10th. Unfortunately, suffering from a mental illness still holds somewhat of a stigma in our communities today. It is important to remember that the onset of a mental illness can happen after a person experiences a certain trauma or event in their lives that will trigger it. Not everyone who suffers from a mental illness is born with a mental illness.

A friend suffering from a mental illness may appreciate your support in the following ways:

>> **Take them outside.** Fresh air and some sunshine can lift anyone's mood. You will realize that your friend may be reluctant at first, but don't take no for an answer.

>> **Do some chores.** Folding laundry and/or washing dishes are tasks that most people don't enjoy. For someone who is depressed these tasks may seem daunting. You will make their day!

>> **Listen.** For some folks, this is easier said than done, but it's important to "just listen" and do not interrupt. Instead, ask how you can be of any help.

CRISIS TEXT LINE | Many of us will experience a mental health challenge in our lifetime.
All of us have a reason to speak up.

FREE. 24/7. CONFIDENTIAL

Text: "**COURAGE**" To: **741741**

Life Skills Center

323.953.4000 x 2485
or x 2274

CARE WORKSHOPS

◆ **Mindfulness**

⇒ Thursday, September 20 12:15–2:00 PM SSB, #340B

◆ **Getting Along With Your Teen**

⇒ Tuesday, October 2 12:15–2:00 PM SSB, #340B

◆ **What You Need to Know Before Transferring to a CSU**

⇒ Tuesday, October 16 12:15–2:00 PM SSB, #340B

◆ **Self Defense Workshop (Children ages 9–14 Welcome)**

⇒ Monday, October 22 4:00–6:00 PM Kinesiology South
Women's Gym #107

◆ **Playing It Safe (Children ages 9–13 Welcome)**

⇒ Wednesday, November 14 4:00–6:00 PM Student Union
Multipurpose Rm ABC

◆ **Addiction Studies Major**

⇒ Tuesday, December 4 12:45–2:30 PM SSB, #340B



*****Dates and times are subject to change without prior notice*****

REMINDER!

Last day for credit contacts for EOPS/CARE Program is **Friday, December 14**

ABOUT THE CARE PROGRAM:



CARE Program is an extension of EOPS for single parents/heads of household receiving TANF/CalWORKs who are pursuing their educational goals.

ELIGIBILITY:

- ◇ Acceptance into the EOPS Program
- ◇ Be a single head of household
- ◇ Be officially approved for TANF/CalWORKs
- ◇ Have at least one child under the age of 18
- ◇ Be at least 18 years old
- ◇ Attend an In Person CARE Consultation

BENEFITS:

- ◇ Academic, Personal & Retention Counseling
- ◇ University and Cultural Field Trips
- ◇ Laptop Loan Program
- ◇ Student Parking Permit
- ◇ Meal Credit
- ◇ School Supply Kit
- ◇ ASG Benefits



EOPS / CARE

LOS ANGELES CITY
COLLEGE

◆ ◆ ◆ ◆ ◆ ◆ ◆
COOPERATIVE
AGENCIES
RESOURCES FOR
EDUICATION

LOCATION

Student Services Building
(SSB) 3RD
855 N. Vermont Avenue
Los Angeles, CA 90029

CONTACT

Phone: 323.953.4000
EOP Ext. 2300
CARE Ext. 2313

IMPORTANT DATES FOR FALL'18 SEMESTER

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|-----------------------------|-------------------------|
| ⇒ Last Day to Drop with "W" | Sunday, November 18 |
| ⇒ Final Exam Schedule | December 10—December 16 |
| ⇒ Fall Semester Ends | Sunday, December 16 |

HOLIDAYS:

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|------------------------|-----------------------------|
| * Veterans' Day | Monday, November 12 |
| * Thanksgiving Holiday | Thursday, November 22 |
| | Friday, November 23 |
| * Non-Instruction Days | Saturday, November 25, 2018 |
| | Sunday, November 26, 2018 |