Let the staff and counselors in the EOP&S/CARE office help you achieve your goals...

Is it Spring yet? As I write this message it is raining, but the forecast of sun and the budding trees reinforces the calendar: spring will be arriving soon! I know all of you are hard at work studying for your classes, mid-term exams, and completing all required paperwork for EOPS (your APR) and for graduation!

As the state of California struggles with the budget, I too am working on how to provide services with a significant less amount of money. I will continue to work with EOPS staff and their suggestions in making these decisions.

Now, let’s talk about the exciting events we can look forward to in spring. Many of you are graduating, and EOPS is still able to purchase your cap and gowns for the ceremony. Please come to the front counter after you have completed your graduation petition (by March 5th with your counselor!), and ask for the “Cap and Gown” form.

Additionally, we are beginning the planning process for our Spring Celebration of EOPS students and your families to come together and celebrate your accomplishments. This celebration is for all of you who have a 3.0 GPA or above, and graduates. Please look to our bulletin board and website for additional information.

I will close with wishing all of you a wonderful semester, and my thoughts are with you and your families.

Diane Delgado
Coordinator EOP&S/CARE

EOP&S has a celebration every year for graduating and honor students. This year the celebration is tentatively scheduled for May 19, 2010. Hope to see you there!

EOP&S Spring 2010

1st Contact (in person) Jan 19th- March 5th

Academic Progress Report Feb 8th- March 5th

2nd Contact March 8th- April 23rd

3rd Contact Drop-in/By appointment to sign “Exit Form” April 26th- May 7th

April 19th – Last day to drop full term classes with “W”

Priority Registration April 20th-26th

<table>
<thead>
<tr>
<th>EOP&amp;S Office Hours</th>
<th>Campus Holidays</th>
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<tbody>
<tr>
<td>Monday 8:00-5:00</td>
<td>Spring 2010—Friday, April 2nd, 2010 Spring Recess (campus closed)</td>
</tr>
<tr>
<td>Tuesday 8:00-7:00</td>
<td>May 31st, 2010 Memorial Day (Campus Closed)</td>
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<tr>
<td>Wednesday 8:00-7:00</td>
<td>Summer 2010—July 5th, 2010</td>
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<tr>
<td>Thursday 8:00-5:00</td>
<td>Independence Day Holiday (Campus Closed)</td>
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<td>Friday 8:00-5:00</td>
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If you have any questions please stop by the EOP&S office or call

(916) 484-8128 American River College 4700 College Oak Drive

Turn Page Over
Dear EOPS Students and Friends,

It is a privilege to be one of your EOPS counselors. Every day I look forward to meeting with you and to try my best to give accurate and helpful counseling. I think that every one of us who works in EOPS really enjoys serving you, our students.

About myself: I was born many, many years ago at Sutter Memorial Hospital in Sacramento. I grew up in South Sacramento near Franklin Blvd. just down the railroad tracks from Sacramento City College. I went to elementary school and junior high school near my home and then had to ride the bus to McClatchy High School.

My neighborhood was very diverse even back in the 1950’s. I think that is why I have always enjoyed meeting people from all backgrounds and cultures. I worked several jobs while attending Sac City College. After earning an A.A. in Social Science I transferred to U.C. Santa Barbara. I majored in Psychology for two quarters until I realized that their Psych program had a Bio-Psych emphasis which required chemistry, biology, and higher math (all classes I had never had in college). By default I became a history major because I was enjoying and doing well in all of the lower division history general ed. classes.

In the 1970’s one of the main things one did with a degree in United States history (emphasis in Indian and Frontier history) was to become a teacher. So, through two parts luck and one part determination, I was accepted into a wonderful federal program called Teacher Corps. Fifty of us from all races, cultures, and backgrounds were trained by USC to work with low income young people who had gotten into trouble with the law.

After working as a teacher for severely emotionally disturbed kids, my cousin who was a financial aid officer at Sacramento City encouraged me to apply for a job at American River College. Thirty-five years later, the rest is history! My wife worked for many years in the Lodi school district and then as a counselor at Sacramento City College for the past 20 years. My kids (daughter 22 and son 17) still drive me crazy on a daily basis. But, they are both “good-hearted” when it comes to others.

Look forward to seeing you soon.

Paul Sakakihara/EOP&S Counselor

Counselor’s Corner

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ASSESSMENT
COUNSELING
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SECIVRESEP
TUITION GPA

Give light and the darkness will disappear of itself.

Desidres
Erasmus

“We must become the change we want to see”
Mahatma Gandhi

You may never know what results will come of your actions, but if you do nothing there will be no result.”
Mahatma Gandhi

Dreams are journeys that take one far from familiar shores, strengthening the heart, empowering the soul.”
Anonymous
Each semester EOP&S honors a student who overcame special circumstances to become successful. This spring 2010 EOP&S is honoring Teresa Schneider, a single parent, and a dedicated student, to share her personal story of success with all of us.

“I would like to let you know that no matter who you are, where you come from in life, or how long you wait to get started its’ never too late to get a higher education. I am sharing a bit of my personal story in hope to reach their dreams. If I can do it, anyone can.

I came to American River College a broken spirit, with very little faith in myself. It had been over 20 years since I had graduated from high school, and I hadn’t been the greatest student. I had reached a very low bottom in my life, and I wanted better for myself. Ever since I was a child I wanted to be a nurse; however, I never thought that I had what it took to get the education necessary to achieve such a goal. First of all, I wasn’t the greatest student, remaining dedicated to my studies was a challenge for me, and then I came from a poor family, so how would I ever be able to afford the cost. Those two factors worked against me, and I never even tried...until the fall 2007.

It was suggested that I make an appointment with a counselor here at American River, and see what they could do for me. I was told that I might be able to get help with my tuition and books. Today, I am grateful for that suggestion and bit of encouragement. It is what got me here, and so my journey began. My counseling appointment gave me great hope.

I was told that I qualified for a few services offered on campus and things quickly took from there. We put together an educational plan for me, and I started my first semester with my major being Nursing. I was excited!

What a humbling experience I have had here at ARC. One of the programs I qualified for was the EOP&S program. I would like to take a moment and give thanks for all of the support they have given me. From book vouchers and one-on-ones with my counselors, to the workshops and progress reports; I truly believe that my story is one of success because of all the support I have received from them. And of course without my personal story in hope to reach for me, and then I came...”

If can do it, so can you!

Teresa Schneider

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### Spring Term

<table>
<thead>
<tr>
<th>Spring Term</th>
<th>Start/End dates</th>
<th>Last day to drop and qualify for full refund</th>
<th>Last day to drop without notation</th>
<th>Last day to drop with a “W” grade</th>
<th>Last day to petition for Pass/No Pass</th>
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</thead>
<tbody>
<tr>
<td>Full Semester</td>
<td>Jan 16-May 19</td>
<td>Jan 29</td>
<td>Feb 14</td>
<td>Apr 18</td>
<td>Feb 11</td>
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<tr>
<td>First Eight Weeks</td>
<td>Jan 16– Mar 15</td>
<td>Jan 22</td>
<td>Feb 1</td>
<td>Feb 28</td>
<td>Feb 1</td>
</tr>
<tr>
<td>Second Eight Weeks</td>
<td>Mar 16-May 12</td>
<td>Mar 19</td>
<td>Apr 1</td>
<td>Apr 28</td>
<td>Apr 1</td>
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<tr>
<td>First Five Weeks</td>
<td>Jan 16-Feb 24</td>
<td>Jan 22</td>
<td>Jan 27</td>
<td>Feb 14</td>
<td>Jan 27</td>
</tr>
<tr>
<td>Second Five Weeks</td>
<td>Feb 25-Apr 10</td>
<td>Feb 26</td>
<td>Mar 9</td>
<td>Mar 29</td>
<td>Mar 9</td>
</tr>
<tr>
<td>Third Five Weeks</td>
<td>Apr 12-May 18</td>
<td>Apr 16</td>
<td>Apr 22</td>
<td>May 8</td>
<td>Apr 22</td>
</tr>
<tr>
<td>2nd Eight Weeks (alt)</td>
<td>Mar 22-May 19</td>
<td>Mar 26</td>
<td>Apr 7</td>
<td>May 4</td>
<td>Apr 7</td>
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</table>
EOP&S/CARE now offers educational and life workshops. Stop by to sign-up for the March workshops at the front desk.

Surviving Mid-Terms & Finals
March 12th - 1:30pm-3:00pm
“The Power of You”
March 18 12:20pm—1:20pm
What is your Personality Type?
March 22 -10:00am -11:30am
March 26—1:30pm—3:00pm
Self Defense
April 15—12pm-3:30pm
Professional Dress
April 20 2:00pm—3:00pm

EOP&S /CARE WEBSITE!!!!

EOP&S/CARE students, we encourage you to visit the EOP&S/CARE website. The website is a great way to find contact information, deadlines and important dates. It is ready for you to view now! Web address is:
www.arc.losrios.edu/Support_ServicesSupport/EOPS.htm

CONGRATULATIONS! Bich Phuong Vo Pham is the WINNER of the EOP&S Black History Month Trivia.

EOP&S Tutoring

Another EOP&S/CARE service for current students is tutoring to improve student’s academic achievement. There is individual tutoring for most subjects and group tutoring for Math 25, 32, and 100. We encourage students to apply for tutoring services ahead of time. The process involved with linking students to tutors to students may take time. Get help for yourself before it is too late.

Can you tutor? We Hire.
$8.25/hr

EOP&S Staff Corner

Diane Delgado—Coordinator
Linda Ennenga—Counselor
Paul Sakakihara—Counselor
Martin Gomez—Counselor
Patsy Idleman—Counselor
Tatyana Yatsenko—Counselor
Judith Valdez—Counselor
Eva M. Munguia—Counselor
Melinda Linscott—SPA
Sharon Helms—SPA (CARE)
Lyubov Militan—Clerk III
Faryal Said—Clerk II
Jeanne Fields—Clerk I
Sergy Postluk—Clerk I
Kara Perry—SPA (Foster Youth)
Olga Moskalyuk—Clerk I
Gia On—Student Support
Alyssa Brown—Student Support
Gerson Ordonez—Student Support

EOP&S Requirements!!!!!
All EOP&S students please note that it is important to make your three counseling contacts according to the Important Dates EOP&S calendar each semester. Also make note of when your APR is due. It is important that you meet all of your EOP&S requirements on time.

Importance of APR
The Academic Progress Report is used as a tool for students with their EOP&S counselors to monitor student progress. The APR is a mandatory requirement every semester. Failure to turn in your APR by the date stated on the EOP&S Important Dates calendar will result in termination from the EOP&S program.

Consortium Agreement and DSPS Letters:
All students enrolled in classes at other Los Rios campuses please stop by the EOP&S office and fill out an consortium agreement and attach a copy of your class schedule (from other campus). Also students who are receiving DSPS services are required to bring a letter of unit limit from their DSPS counselor every semester. The deadline for both Consortium Agreement and DSPS letters is April 23rd, 2010 which is also the last day for the second contact.

EOP&S Events

EOP&S /CARE now offers educational and life workshops. Stop by to sign-up for the March workshops at the front desk.
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April 20 2:00pm—3:00pm

UPDATE YOUR INFORMATION.
If your address or phone number has changed please make sure you update the changes at EOP&S, Financial Aid, Business Office and Admissions and Records

“The roots of true achievement lie in the will to become the best that you can become”
Harold Taylor