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

EOP&S Requirements

All EOP&S students please note that it is important to make your three counseling contacts according to the EOP&S important dates calendar each semester. These appointments are scheduled for 30 minutes and students are expected to be on time. Check-in for your appointment TEN minutes prior to your scheduled time. We expect our students to dedicate the entire 30 minutes for their appointments. If you are a PROBATION or CARE student you are required to meet only with EOP&S counselors for all three contacts.

EOP&S/CARE appointments are individual counseling appointments; it is not group or family counseling. There is confidentiality and ethical issues involved and we expect our students to understand the importance of protecting their privacy.

EOP&S Spring 2009

1st Contact (In person)
Jan. 20th – March 6th

Academic Progress Report
Feb 9th – March 6th

2nd Contact (In person)
March 9th – April 17th

3rd Contact – Drop-in/By appointment to sign “Exit Form”
April 20th – May 8th
April 19th - Last day to drop full term classes with “W”
April 20th - April 26th

PRIORITY REGISTRATION

Consortium Agreement and DSP&S Letters

All students enrolled in classes at other Los Rios college please stop by the EOP&S office to fill out a Consortium Agreement (attach a copy of class schedules from all the colleges you are attending.) Also, students who are receiving DSP&S services are required to bring a letter of unit limit from DSP&S counselor every semester. The deadline for both Consortium Agreement and DSP&S letter is April 17th, 2009 which is the last day for the second contact.

I mail Reminder

EOP&S/CARE Web Site Coming Soon!

EOP&S/CARE staff are excited that the EOP&S web site is coming soon. This will be a great help for students in many different ways. We will make an announcement when it is ready.

I mail will be another way to communicate with students.

There is an email address form to fill out at the EOP&S office, so if you haven’t done that already please do so. A mass email to EOP&S/CARE students will be sent out in the near future, so don’t miss the surprise that will be in your email.

EOP&S Office

Spring Hours

Monday 8:00-5:00
Tuesday 8:00-8:00
Wednesday 8:00-8:00
Thursday 8:00-8:00
Friday 8:00-5:00

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 & Records Offices.

If you have any questions please stop by the EOP&S office or call (916) 484-8128

American River College
4700 College Oak Drive
Sacramento, CA 95841
10 Key Reasons to Read:

1. Stress Release
2. Relaxation
3. Gain knowledge
4. Find information
5. Keeps brain active
6. Improve your writing
7. Read for Fun
8. Raise your cultural awareness
9. Reading the news makes you a well informed citizen
10. Knowledge is the food for the mind and soul.

Did you hear about the Math Success Project?

EOP&S Math Success Project is a pilot project that started fall 2007. The purpose is to increase the success rate of EOP&S students taking math classes by offering a tutor to sit-in the math class and tutor an hour after class. The math classes are 25, 32, and 100. So far, students’ achievement is higher than it was in the past and the program is attracting more students to participate every semester.

I CAN ACHIEVE...

**Empowerment**

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

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

“Give light, and the darkness will disappear of itself.” Desiderius Erasmsus

“Continuous effort – not strength or intelligence – is the key to unlocking our potential.” Winston Churchill

“It’s not what I do, but they way I do it. It’s not what I say, but the way I say it.” Mae Wes

“Dreams are journeys that take one far from familiar shores, strengthening the heart, the soul.”

Thank you to all the students who donated books to EOP&S Lending Library. Every semester EOP&S/CARE students borrow books from the “EOP&S Lending Library” and return them at the end of the semester. Please donate books that are good for next semester, so students who are in need can benefit from them.

Read 4 Fun!

**Empowerment**

Diane Delgado - EOP&S Coordinator
Linda Emmenga - Counselor
Paul Sakakihara - Counselor
Martin Gomez - Counselor
Patsy Idenman - Counselor
Tatiana 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 (Outreach)
Sergey Postolaki - Clerk I
Kara Perry - SPA (Foster Youths)
Tatiana Tarasyuk - Clerk I
Olga Moskaluyk - Student Support
Tatiana Tarasyuk - Student Support
Chelsea Clainard - Student Support
Gerson Ordonez - Student Support

**Staff Corner**

Dear CARE students: Staff is excited to WELCOME you all! CARE is sponsoring eight workshops for the spring 2009 semester. CARE students must complete two workshops per semester. One of these workshops must be sponsored by CARE. All the workshops for the Spring semester will be presented on different days/dates/times to meet students’ schedules. Students will be notified if additional workshops are planned.

**CARE Club**

Unfortunately, the CARE Club is presently inactive. Those CARE students, who are interested in being a part of the club and help reactivate the club, please contact Sharon.

**California Budget Crisis**

EOP&S/CARE is funded by State of California; therefore the state budget crisis affected Categorical programs like EOP&S. It is unfortunate that EOP&S can’t provide any services for new students this Spring 2009 semester.

Students can check with EOP&S office about Fall 2009 application information beginning of May 2009 pending final budget negotiation.

**March in March!**

Student Senate for California Community Colleges is organizing the “March in March: Rescue Education” on March 16th, 2009 begins 12:00 p.m. – 2:00 p.m. from Raley Field to the State Capitol. Please join us to make our voices heard “RESCUE EDUCATION RALLY” to KEEP THE DOORS OPEN for our community colleges, keep student fees low and to stop education budget cuts.

For more information and to sign-up the rally, please stop by the EOP&S office or call (916) 484-8128.

**Spring 2009**

January 17th – May 20th