

EOP&S / CARE

American River College

Special Points of Interest

- Tutoring Services
- Math Success Project
- Care Corner
- Academic Progress Report
- EOP&S Requirements
- DSP&S Letters

Congratulations!

To spring 2010 EOP&S/
CARE graduates and
high honors students!
**WE ARE PROUD OF
YOU!**

EOP&S Fall 2010

1st Contact (in person)
Aug 23rd-Oct 8th

Academic Progress Report
Sept 13th-Oct 8th

2nd Contact
October 11-November 11

3rd Contact
Drop-in/By appointment
to sign "Exit Form"
November 15th-
December 10th

November 16th— Last
day to drop full term
classes with "W"

Priority Registration
Nov 22nd—Nov 24th

Success for all...Happy Fall!

Happy Fall Semester!

I hope all of you are settled, and doing well in your classes. Please be sure to stay current with your requirements for EOPS and CARE. Have you completed your 1st contact? Have you scheduled your 2nd? Did you turn in your APR? Remember, all of your requirements are listed on your "Important Dates" flyer, and the poster by the front counter. You will be held accountable for all of these requirements.

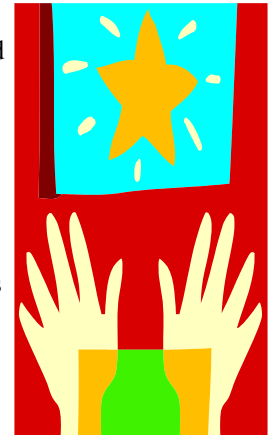
As I write this message our state budget has not been passed; this has a direct impact on the EOPS/CARE program, as we are funded through the State of California. I tell you this, not to scare you, but to prepare you for possible changes you could see

in the spring semester services. It is unclear what funds we will receive and what that will mean to run EOPS/CARE and provide counseling, tutoring and book services. We will post notification as soon as it is clear.

Please continue to work hard in your classes, and meet with your counselors for any support you need. We are committed to support and encourage your academic, professional, and personal goals.

Warm regards,

Diane Delgado
Coordinator EOP&S/CARE



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



Turn Page Over

Office Hours/Contact Information

EOP&S Office Hours

Monday 8:00-5:00
Tuesday 8:00-7:00
Wednesday 8:00-7:00
Thursday 8:00-5:00
Friday 8:00-5:00

Campus Holidays

Fall 2010—September 6th, 2010 Labor Day
(Campus closed)
November 12th, 2010 Veterans Day
(Campus closed)
November 25-28: Thanksgiving Recess
(Campus Closed)

If you have any questions

please stop by the
EOP&S office or call
(916) 484-8128
Fax (916) 484-8151
American River College
4700 College Oak Drive

Counselor's Corner

Welcome back! I hope all of you had great summers and that you are now focused on doing your very best in your classes this semester.

I have been asked to share a little about myself with you. My life's journey began in Santa Monica, California as an only child in a working class family. After losing both of my parents at the age of 15, and having no close relatives, I graduated from high school and moved to northern California to begin my college education. At a very young age I realized being a college graduate would be the only way for me to achieve my dreams and create the life I wanted. This was a big stretch for me since I would be the first college graduate in my family. Often when we set goals, obstacles present themselves and this was certainly true for me. It took me 13 years and 9 colleges to earn my BA in Social Science

and my MA in Counseling Psychology, but.....I DID IT! As I have told many of you – never give up your dream of a college education. It may take you a while to graduate but you are going to be “that age” with or without your degree – so just keep going!

The reward for me is that I have been able to work at a job I LOVE! I feel privileged to have worked at ARC as an EOPS counselor for the past 16 years. I look forward to meeting with you – our EOPS student. My goal is to always provide you with the best information I can and if I do not know the answer to your question, to do the research until I find the answers for you.

I have been married to my life's partner and best friend for 35 years. We have two sons: Brian, who is married and works as an insurance agent in his dad's agency, and Brad who is a partner in a commercial real estate firm. Unfortunately, there are no grandchildren yet, but I

still have hopes! The things I love most are spending time with my family, motorcycle trips (yep, I love to ride) and spending the summer on our boat in the San Juan Islands.

As you can tell I am passionate about serving EOPS students. When I meet with you my goal is to help you find a career path that will bring you as much joy as my career has brought me. Finally I would like to share with you some of my favorite quotes: Never let your memories be greater than your dreams!

Patsy Idleman

EOP&S Counselor

Spend eighty percent of your time focusing on the opportunities of tomorrow rather than the problems of yesterday.
Brian Tracy



"Nothing is more expensive than a missed opportunity." H. Jackson Brown JR

"Success is not measured by what you accomplish, but by the opposition you have encountered and the courage with which you have maintained the struggle against overwhelming odds."
Orison Swett Marden

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."
Vincent T. Lombardi

I did and You CAN!

Word Search



- APR
- EOP&S CARE
- EMPOWER
- WAC
- RAD
- ABOVE
- BEYOND
- ED PLAN
- GPA
- DARE
- TUTORING

E	O	P	&	S	C	A	R	E	E
M	N	G	L	I	A	B	T	A	D
P	O	N	T	P	E	O	S	Y	P
O	S	S	R	Y	S	V	E	N	L
W	A	C	O	S	D	E	I	N	A
E	A	N	C	N	A	N	I	F	N
R	D	D	D	A	R	E	S	E	P
T	U	T	O	R	I	N	G	P	A

EOP&S Highlighted Student

Hi, my name is Carlos Marquez and I was honored in being asked to share a brief glimpse of my thought/life in my academic journey. I was involved in a near death accident in August of 2002 that left me in a coma for almost three months, and with a lots of challenges. I believe with all my heart that achievements of any kind are the heart of effort. They who would accomplish little must sacrifice little; they who would achieve much must sacrifice much; and they who would attain highly must sacrifice greatly.

Before my accident I was involved in real estate profusely. I actually participated in it from a business view. As in I would purchase fix-it-up and resale as fast as possible. So past experience led to my fascination with business, and therefore my major. The list below are some of the academic challenges I have:

1. Significant memory loss
 2. Drastic change in circumstances
 3. Thought process decline due to brain injury
 4. Blind in the right eye due to the accident
 5. Decline in communication skills
 6. Interaction in the socialization process
 7. Financial
- 71.5% of my above challenges need to come from the help of within myself, but the other 28.5% come from EOP&S. Numbers 6 and 7 on my list are directly affected through EOP&S. Not only am I stimulated financially (#7) through the assistance in the purchasing of my text books, but also I have the privilege of being stimulated intellectually by one of the California's best counselor (Tatyana Yatsenko). Also, EOP&S helps me in the area of interaction and socialization. Its either some encouraging words and a

warm welcoming from the Coordinator (Diane Delgado), the Clerk (Faryal Said), or nice talk with beautiful Olga Muskalyuk. I really appreciate all aspects of EOP&S. The staff and the program really go Above and Beyond, so I want to say Thank You!

As for my academic plans, I plan to attain my Associate Degree. I am also a very money motivated individual and will incorporate all my acquired skills and knowledge back into the most important school. The school of life. In all of our lives there comes a time when we must decide. To put our foot down and live our dreams, or sit back and live our fears. In that crucial moment of choice, we have to have a vision and grab the power that lies deep inside yourself. Then you will see that dreams can and do some true. All things are possible, if you just believe! If you want it you can get , it, the only thing stopping you is you.

Carlos Marquez

"No matter who you are, where you come from in life, or how long you wait to get started it is never too late to get a higher education."

"I Truly believe my story is one of success because of all of the support I have received from EOPS"

Hold your KEY to Success



Fall 2010 Term	Start/End dates	Last day to drop and qualify for full refund	Last day to drop without notation	Last day to drop with a "W" grade	Last day to petition for Pass/No Pass
Full Semester	Aug 21-Dec 16	Sept 3	Sept 19	Nov 16	Sept 17
First Eight Weeks	Aug 21- Oct 15	Aug 27	Sept 5	Oct 1	Sept 3
Second Eight Weeks	Oct 16-Dec 10	Oct 22	Oct 31	Nov 26	Oct 29
First Five Weeks	Aug 21-Sept 28	Aug 27	Aug 31	Sept 18	Aug 31
Second Five Weeks	Sept 29-Nov 3	Oct 1	Oct 8	Oct 25	Oct 29
Third Five Weeks	Nov 4-Dec 14	Nov 5	Nov 15	Dec 3	Nov 15
2nd Eight Weeks (alt)	Oct 16-Dec 10	Oct 22	Oct 31	Nov 26	Oct 29

CARE Workshops

TO ALL CARE IMPORTANT-PLEASE READ!



Beginning Fall semester 2010, all EOP&S required deadline dates must be met before CARE services will be disbursed to a CARE student.

Failure to meet the deadline dates for all requirements (1st contact, 2nd contact, 3rd contact, the APR, and workshops) will result in you **NOT** receiving meals/gas cards and the CARE award check. For your information, all the CARE sponsored workshops are available at the counter.

EOP&S Tutoring NATIONAL TUTORING WEEK (October 4-8, 2010)

Successful Event!

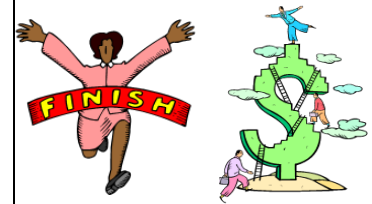


So far EOP&S Tutors are able to help 69 students just for the first eight weeks of fall 2010, and those of you who need the service; please apply before its TOO LATE.

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.lasrios.edu/
Support_ServicesSupport/
EOPS.htm](http://www.arc.lasrios.edu/Support_ServicesSupport/EOPS.htm)



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**

Sharon Helms—**SPA (CARE)**

Melinda Linscott—**SPA**
Lyubov Militan—**Clerk III**
Faryal Said—**Clerk II**

Olga Maskalyuk—**Clerk II-Temp**

Jeanne Fields—**Clerk II-Temp**
Sergy Postolaki—**Clerk I-Temp**

Gia On—**Student Support**
Alyssa Brown—**Student Support**

IMPORTANT!

EOP&S Requirements!!!!

All EOP&S students please note that it is important to make your three counseling contacts and APR deadlines according to the Important Dates EOP&S calendar each semester. 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 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:

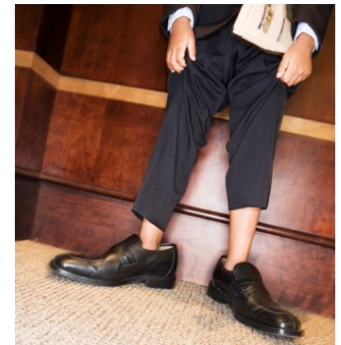
All students enrolled in classes at other Los Rios campuses please stop by the EOP&S office and fill out a consortium agreement and attach a copy of your class schedule. Also students who are receiving DSPS services are required to bring a letter of unit limit from their DSPS counselor every semester. The **deadline** for both Consortium Agreement and DSPS letters is **November 11th, 2010** which is also the last day for the second contact.

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

Big Dreams

=

Big Achievements



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

Harold Taylor