

EOPS/CARE & SSS Fall 2010 Newsletter



FALL 2010

August 2010

What's new with EOPS & SSS—Teaching Financial Literacy



You may have noticed that we have extended our August 2010 ori-

entation sessions by an hour this summer. We are dedicating this extra hour at orientation to helping our students increase their Financial Literacy. Many of today's college students are swimming in student loans and are starting to build higher levels of credit card debt. And many are not schooled in how to weigh offers for plastic, how to pick through savings and investment options or how to evaluate a financial aid award offer. We want to help you understand the basics of financial

planning through our workshops and through Cash-Course, a web tool that you can access via our EOPS and SSS web pages. The site is divided into four basic content areas: financial basics; paying for college; college life; and the world of work. There's also high-lighted content on the 20 most-popular topics-chosen by college students, including car financing, budgeting, paying for college and many other complications that money brings.

As the economy continues to struggle and jobs seem like a scarce resource we want to help you make the best financial decisions for yourself and your family.

Tips to stretch your dollar:

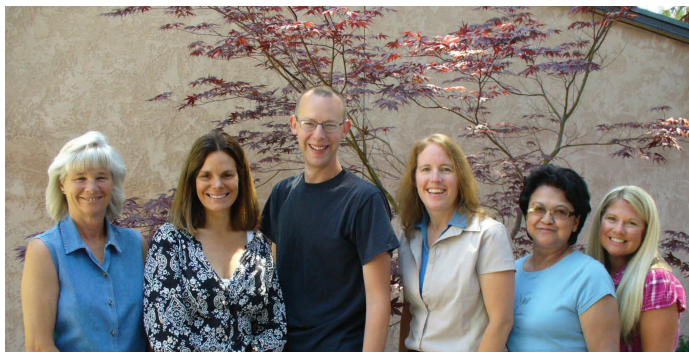
- Saving on food—learn to cook, buy in bulk, use your freezer, or buy generic
- Kick a habit—reduce your smoking, specialty coffee drinks are expensive, and drink less
- Save on rent— get a roommate and turn down the heat
- Save on expenses— walk or bike instead of driving or take the STAGE bus
- Shop around for clothes
- Use the library
- Sponsor a game night

Special points of interest:

- WELCOME BACK— WE HOPE YOU HAD A GREAT SUMMER
- ORIENTATIONS BEGIN ON AUGUST 6
- FALL SEMESTER BEGINS AUGUST 16

EOPS & SSS Staff

(in order from left to right)
Cindy Smith, EOPS & SSS Eligibility/Administrative
Kim Lopez, Director/Counselor
Wade Phelps, Student Worker
Stacey Westrum, EOPS/CARE Coordinator & Advisor
Pat Kushwara, SSS Coordinator & Advisor
Kerri McCree, Student Worker



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EOPS Orientations

New students

Yreka—Tuesday, August 10 at 1-3pm
in Tech 1 & 2

Continuing students

Yreka—Tuesday, August 10 at 10am-12
in Tech 1 & 2



There will be more than just EOPS information at the orientation. Yes, it is two hours!

Weed— Orientations in Weed will be in Life Science 3

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Friday, August 6 at 1-3pm
Monday, August 9 at 11am-1pm
Wednesday, August 11 at 1-3pm
Friday, August 13 at 10am-12
Monday, August 16 at 3-5pm
Tues., August 17 at 3-5pm (LS 9)

Friday, August 6 at 10am-12
Monday, August 9 at 2-4pm
Wed., August 11 at 10am-12
Friday, August 13 at 1-3pm
Monday, August 16 at 3-5pm
Tues., August 17 at 3-5pm (LS 9)

NOTICE THAT THE ORIENTATIONS ARE LONGER! WE WILL BE PRESENTING FINANCIAL LITERACY INFORMATION ALONG WITH PROGRAM INFO.

REMINDERS FOR CONTINUING EOPS STUDENTS:

- You must be enrolled full time by July 16, 2010 for the Fall semester to be eligible for the EOPS book voucher. (waitlisted does not count as being enrolled)
- You must attend an orientation at the beginning of the semester to be in EOPS.
- You must have met with a counselor twice in the Spring 2010 semester to receive the full book voucher in the Fall 2010 semester.
- If you are not enrolled full time, but you are still eligible to be in EOPS, you can still receive the other EOPS services other than the book voucher.
- Classes begin on August 16 for the Fall semester.

SSS Orientations—for new & continuing students

Weed— Orientations in Weed will be in the Computer Lab

Yreka—

Tuesday, August 10 at 3-5pm
in Room 8

Friday, August 6 at 3-5pm
Monday, August 9 at 9-11am
Wednesday, August 11 at 3-5pm
Friday, August 13 at 3-5pm
Monday, August 16 at 12-2pm
Tuesday, August 17 at 1-3pm



Winner of EOPS Association scholarship

The EOPS Association, which is state wide, gives out scholarships each year. Only 10 schools are picked each year to receive a scholarship. This year COS was chosen to receive a scholarship for one of our EOPS students. We had quite a few applications for the scholarship. The winner of the \$,1000 scholarship goes to Tony Chhom. Tony will be transferring to UC Davis in the Fall majoring in Chemistry. He has been an EOPS student at COS for 4

semesters and has earned a 4.0 GPA.

Here is part of Tony's scholarship essay on how EOPS has helped him:

"EOPS has helped me make that decision and go through with it by providing me with book vouchers to buy expensive books that I needed. Even more important was the required counselor's appointment. These were necessary for me to complete in order to stay in EOPS. Without the

requirements, I would not have had very much motivation to complete my appointments. I tend to get it in my head to do things on my own. However, I have learned the importance of receiving help from experts. Without counselors, I would not have had a very thorough plan for college. Now, thanks to EOPS, I have a plan, and it was obtained from the very supportive staff members."



Tony and his niece

It's never too late to start over...

My name is Kerri McCree, and I am a former student here at COS. I am what you would consider a "non-traditional" student. I have a history of drugs and criminal convictions, which kept me from pursuing my education. However, in 2008 I got clean and sober and decided to come back to school. My experience at COS has been

not only extremely positive but very much beneficial for me as well. After my first semester here I became employed by the EOPS/SSS Office. Coming back to school and getting a job here has allowed me to get reacquainted with reality, discipline, and responsibility! I am now preparing to transfer to Southern Oregon Univer-

sity and pursue a bachelor's degree in Psychology. COS has been a great start for me. The faculty and staff have been very encouraging and understanding. What I've found out along the way is that it's never too late to start over!

"DESTINY IS NOT

A MATTER OF CHANCE, IT IS A MATTER OF CHOICE; IT IS NOT A THING TO BE WAITED FOR, IT IS A THING TO BE ACHIEVED"

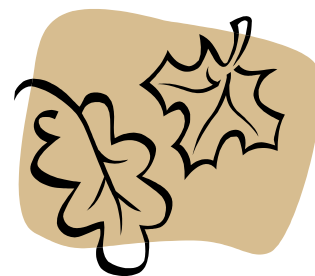
WILLIAM JENNINGS BRYAN

Importance of Obtaining a College Degree

There are articles in the newspaper and online all the time about the importance of people in the U.S. to get a college degree. As of right now, the United States ranks 10th internationally at post-secondary degree attainment. Here is a part of an article from the Wall Street Journal:

"By 2018, the United States will see 46.8 million job openings, 63% — 29.5 million — of which will require some college education. One-third, or 16 million positions, will require a bachelor's degree or higher, according to a report by the Georgetown University Center on Education and the Workforce.

Companies will seek 22 million new postsecondary degree-holders, but just 19 million or so will have earned an associate's degree or higher by then, according to the report. The difference averages to a 300,000 annual deficit of college graduates between 2008 and 2018."



EOPS/CARE & SSS
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Become a fan of College of
the Siskiyous EOPS on
Facebook!



Reminders for EOPS & SSS students

- Attend orientation
- Semester begins August 16
- First Progress check-in begins September 20
- Second Progress check-in begins October 18
- End of Semester check-in begins November 29
- You should have at least one counselor contact by October 29
- Registration for Spring 2011 begins November 8
- The EOPS Coordinator will send out reminder emails, so if you don't get the emails, then be sure she has your correct email address
- Take a look at www.siskiyous.edu/eopscare for current EOPS events and reminders
- For Student Support Services program information, go to www.siskiyous.edu/sss
- You must have at least two counselor contacts by the end of the semester, which is December 16
- Remember— the counselors and advisors are here to help you!
- Get a tutor early in the semester if you think you are going to have trouble
- Sign up for EDUC 670 (0 unit class) to be able to use the Academic Success Center (computer, reading, math labs, etc.)
- If you think you might be eligible for CARE, talk to Stacey, the EOPS/CARE Coordinator
- Have a great semester
- Come see us in Eddy Hall