

# EOPS NEWSLETTER

## WELCOME VAQUEROS

### IN THIS ISSUE

**EOPS PROGRAM  
UPDATES, IMPORTANT  
INFORMATION &  
DATES/DEADLINES BY  
ANA BODURYAN**

It is with great pleasure that we welcome our new and continuing GCC students to the 2023-2024 academic year. We wish our EOPS students a successful semester. We hope your educational experiences are filled with new knowledge, self-discovery, academic and personal success. Always strive to achieve your highest potential and know that EOPS is here to support and guide you throughout your journey.

**FOSTER YOUTH SUPPORT  
PROGRAM BY NICK BRAVO**

Our office has been working hard in making sure we support you and your needs. Proceed to read through the newsletter to learn more about new developments that have been implemented within our department and important information you need to know as an EOPS student. Additionally, you will learn about academic and personal strategies that can guide your success this semester, and support services available to you within GCC.

**REFLECTION BY ROXANNE  
RAFII**

**CAMPUS INVOLVEMENT  
& OPPORTUNITIES BY  
JESSICA ALVAREZ**

**PREPARING FOR FALL  
2024 UNIVERSITY  
TRANSFER BY ANA  
BODURYAN**

We are excited to welcome our students back to campus!

**“Success is the sum of small efforts repeated day-in and day-out.” – Robert Collier**

# EOPS UPDATES

- All EOPS students are required to meet with an EOPS counselor three (3) times during the fall 2023 semester (August 28th-December 15th).
  - **Failure to meet all three contacts, by the deadline, will have implications for your EOPS benefits. Review the EOPS Mutual Responsibility Contract (MRC) and EOPS Counseling Requirements webpage** for more details related to the purpose of each counseling meeting!
- **Counseling Appointments** are available in-person, by phone and online through Zoom. Use the EOPS Appointment Request Form to schedule your next appointment. Appointments are scheduled for 30 minutes, and we can discuss your educational and career goals, create an educational plan, discuss career and transfer options, make course recommendations and much more!
- **Drop In Counseling** is available each week through Zoom. We offer online and phone options. Visit the EOPS home page to view the weekly schedule. Click here to read more about how to access and use EOPS Drop-in Counseling. *Please note that students are allotted 15 minutes during drop-in to discuss: problems with registration, problems with current classes, tutoring referral, study list for next term, petitions, transfer questions, course revisions for approved financial aid contract or other quick questions.*
- For EOPS program related questions meet our EOPS Student Services Assistants live remotely through Zoom and in-person at the EOPS office window, Sierra Vista 3rd Floor. Click here to view the weekly in-person and online live support hours.
- Activate and regularly check your student e-mail account . All official GCC communications from the college, your instructors and EOPS news and updates will come to your GCC e-mail address. Use your GCC email address to send messages to your instructors, counselors and other college personnel.
- Update your primary contact phone number and home address in MyGCC. Watch this helpful video on how to make the changes to your primary contact information.

**Spread the word!**

**EOPS is accepting program admission applications now for fall 2023!**



## TEXTBOOKS



Fall 2023 EOPS Book Voucher is available to use now through October 30, 2023. Purchase your books in-person at the bookstore or through the GCC Bookstore website. Log in to MyGCC and find your EOPS/CARE/FYSP page to determine your book voucher eligibility.

Click here to find a list of the books and material needed for your classes this term.

Watch the video tutorial on how to purchase your books online through GCC's Bookstore. Your order can be mailed to you for a small fee or picked up at the campus bookstore free of charge, during operating hours.

For more information and FAQ's related to your textbooks and how to use your EOPS Book Voucher, click here.

## FOSTER YOUTH SUPPORT PROGRAM

There is a new program on campus here at GCC! The Foster Youth Support Program was recently created (Summer 2023) to support current and former foster youth students. There is an amazing team that is available to support you throughout your journey at GCC and beyond! The goal of the Foster Youth Support program is to assist students in their educational journey by providing a sense of community and a supportive environment at Glendale Community College. We support foster youth through financial and academic resources to ensure foster youth have every opportunity to succeed in higher education. The Foster Youth Support Program operates within the EOPS program and office at Glendale Community College.

The Foster Youth Support Program provides many resources and support services to students. The program has a dedicated counselor who can assist you with creating your Student Educational Plan, assist with academic, career, financial aid, and transfer counseling, and developing a supportive environment on campus for you. In addition, the Foster Youth Support Program provides financial assistance to support with groceries, textbooks, transportation, as well as technology assistance.

To apply for the foster youth program, complete and submit the EOPS application online. Students who join the program will be required to meet with a Foster Youth Support Program counselor. If you are former or current foster youth, feel free to reach out to the EOPS office to get more information. Please share the word with your peers about this great program!



**REMEMBER!**



- All EOPS students should monitor their EOPS counseling contacts by checking *MyGCC* student portal. If you find that your last counseling visit date does not match your record, you will be expected to inform our office within one week from the time of your counseling visit in question. No corrections or adjustments will be made if it is not addressed within that week.
- [Click here](#) to find instructions on how to check your EOPS contacts.

- To continue EOPS program eligibility, all EOPS students are required to follow their [EOPS Mutual Responsibility Contract](#) to ensure continued program eligibility. At the end of each semester, EOPS conducts continued program eligibility verification using the following criteria to determine EOPS Student's Program Standing.
  1. EOPS Academic Standing
  2. Completed Counseling Contacts
  3. Completed Units
  4. EOPS Program Standing

- **Click below to read more about...**

- [EOPS Continue Program Eligibility Guideline](#)
- [How to Access your EOPS Program Standing Report](#)
- [Eligibility requirements for EOPS Book Services](#)
- [Eligibility requirements for EOPS Grant](#)

## STAY CONNECTED WITH EOPS

- For any EOPS/CARE related questions use the following options to connect with us:
  - **NEED HELP?** ([Submit questions online](#))
  - **EOPS LIVE SUPPORT** ([ZOOM](#))
  - **OFFICE EMAIL:** [eopsdesk@glendale.edu](mailto:eopsdesk@glendale.edu)
  - **OFFICE VOICE MAIL:** (818) 240-1000 ex. 6900
  - **LOCATION:** Sierra Vista Building, 3rd floor
  - **[EOPS HYBRID COUNTER HOURS](#)**

# REFLECTION QUESTION

What do you consider your most precious asset? Take a moment to really think about this one. Throughout time, there have been different answers to this question.

While education and information have historically been considered critical and are still considered important, technology has placed education/information at our finger tips. The answer here is attention. Attention may be the one critical resource in short supply. Attending to what is with awareness and spaciousness.

Everywhere we look these days, someone/something is vying for our attention, from social media postings to endless/curated ads. There is instantaneous, unlimited, convenient, cost effective supply of anything and everything one can think of, and yet where does one focus with so much going on?

What we focus on is everything...what we pay attention to determines our mood, our thoughts, and our behaviors. Repeated thoughts/behaviors later become habits and character, and shape our brain, also known as neuroplasticity.

How attentive are you, right now? What are you doing right now? What are you feeling? What are you thinking? Pay attention to your attention. Pay attention to what you are consuming. Are you spending time creating or consuming, in order to have the life that you want?

Multitasking, doing multiple things simultaneously, is one threat to our attention. While multitasking as in scrolling through social media posts while listening to a class lecture may seem like optimizing your time and attention, multitasking creates stress, and can result in mistakes, it also takes time to focus once again once you're back to the main task. Furthermore, you can become preoccupied/distracted when you switch tasks, as in thinking about the likes you got on Facebook, while trying to study later that same day.

Paying attention to what you are doing in the moment is key. To keep your attention focused, ask yourself what do I want to accomplish today? When during the day, do I have the most energy/focus to devote to what I want to accomplish? What are my goals? Can I write them out and carry them on a postcard, or post them around my room where I see them?

Remember just like time, our ability to pay attention is finite/limited. We need to prioritize the important tasks for the times of day when we can best attend to them. As human beings, we get increasingly tired focusing on difficult/important tasks and even when the tasks are not as important, they take up some of our attention, leaving less ability to attend to those tasks that are important.

# GETTING INVOLVED

You can make the most of your college experience by getting involved on campus. Studies show that being involved increases success by reducing stress, and also helps academic performance. Become involved by joining a student club or organization, attending a variety of events hosted on campus, or volunteering. You can also highlight your leadership skills by running for student government as well as seeking and utilizing resources where you can make meaningful connections such as tutoring, counseling, basic needs, etc.

## **Ways to get involved at GCC**

- Join or start a club that showcases your interests and helps build your resume and social connections.
  - Check out GCC clubs on the ASGCC [club directory](#).
  - Club Fest will be held at Vaquero Plaza from Tuesday, September 26-Thursday September 28th, 2023 from 12-2pm and you'll be able to network with different clubs and organizations active on campus.
- Find events hosted on campus throughout the semester here:
  - [Event Calendar – Associated Students of Glendale Community College](#)
- [Join a support program](#) aside from EOPS, such as: Student Equity, Disabled Students Programs & Services (DSPS), and more!
- Meet with an EOPS counselor to ask questions and get connected with more opportunities.

# FALL 2024 UNIVERSITY TRANSFER

Are you ready to apply to University of California (UC), California State University (CSU) and/or private universities for Fall 2024? If so, click on the links below to access the university applications.

- **UC TAG** is available September 1, 2023-September 30, 2023
- **UC application** is available now! You can begin working on your university application and personal statement. Submit your application October 1, 2023 - November 30, 2023
- **CSU application** will be available October 1, 2023- November 30, 2023
- **University of Southern California (USC)**
  - Cinematic Arts, Dramatic Arts, Music, and Dance Deadline: December 1, 2023. See Additional Major Requirements for information about your intended program.
  - All other majors (including Business) Deadline: February 15, 2024
- Visit the **Transfer Center website** for other private and out of state transfer applications and deadlines.

## MORE TRANSFER INFORMATION

- Apply for **2024-2025 FAFSA** or **CA Dream Act Application** October 1, 2023 - March 2, 2024
- Include school codes for all universities you apply to
- Apply to CSU EOP at the time of your university application
- **Earning a AA-T or AS-T ?** Apply for your degree with an EOPS counselor in Winter 2024
- **Remember EOPS students receive 4 UC and 4 CSU application fee waivers!**
- Check out the **Transfer Center Calendar** for workshops and event schedule.
- Connect with your **University Representative**