

EOPS NEWSLETTER

Dear EOPS Students,

We hope your spring 2024 semester is off to an excellent start.

To our new EOPS students, welcome to GCC and EOPS! We wish you great success as you embark on your educational journey.

To our continuing students, we hope you had a restful break and wish you a successful semester! You are one step closer to accomplishing your goals at GCC!

Proceed to read through the newsletter to learn more about important information you need to know as an EOPS student, along with details regarding our Foster Youth Support Program, CARE program, financial aid, GCC scholarships and graduation. Additionally, you will learn more about the Pomodoro study technique and sleep habits that can help guide your success this semester.

“All dreams are within reach. All you have to do is keep moving towards them.” – Viola Davis

EOPS UPDATES

- All EOPS students are required to meet with an EOPS counselor three (3) times during the spring 2024 semester (February 20th- June 12th).
 - **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. 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 spring 2024!



TEXTBOOKS



Spring 2024 EOPS Book Voucher is available to use now through April 29, 2024. 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

By: Nick Bravo

There is a new program on campus here at GCC! The Foster Youth Support Program was recently created 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!

CARE (Cooperative Agencies Resources for Education)

CARE is a supplemental component of the EOPS program designed to provide educational support services and activities for single parents who are CalWORKs cash aid recipients. The goal of CARE is to reduce long-term welfare dependency and support the needs of the single parent for economic self-sufficiency. CARE students must be eligible for EOPS services.

For more program information and the application process, visit the [CARE Program website](#).

MEET OUR NEW EOPS COUNSELOR

We are happy to announce that Andrineh Dilanchian has joined the EOPS team. Below are a few remarks from our newest counselor!

My name is Andrineh Dilanchian and I am excited to share a bit about myself with you all.

Just like many of you, I immigrated to the United States with dreams of a better life. I started taking ESL classes at GCC. Glendale College became a home away from home. It gave me the opportunity to work and study at the same time.

After graduating from UCLA, I found myself back at GCC. I started working full-time at the Admissions and Records office. It was an enriching experience where I gained insight into the administrative side of academia, while also interacting closely with students. However, my passion for directly supporting students led me to pursue a Master's in College Counseling and Student Development at Azusa Pacific University.



After graduating, I started a new chapter at GCC's Academic Counseling Center as an Academic Counselor. After five fulfilling years there, I am absolutely thrilled to transition to EOPS and be part of this dynamic and passionate team. I am genuinely looking forward to the opportunity to meet you and assist each of you in reaching your fullest potential.

Outside of work, you can find me hiking and exploring the great outdoors, cuddled up with a good book or spending quality time with family, friends, and of course my two cute chihuahuas.

Now, let's work towards achieving greatness and making a positive impact in our community. Go Vaqueros!

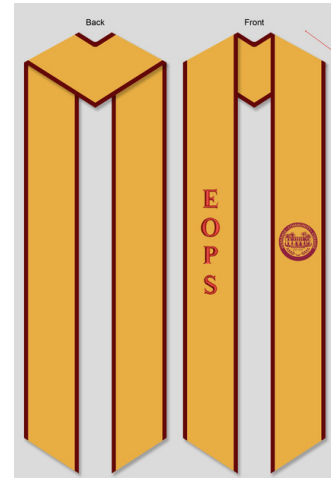


GCC GRADUATION PETITION

Are you completing your certificate and/or AA, AS, AA-T or AS-T degree requirements in Spring or Summer 2024?

If so, schedule an appointment with an EOPS counselor to complete a graduation check and Petition to Graduate form as soon as possible.

EOPS will be gifting a graduation cap and gown and an EOPS sash to fall 2023, spring 2024 and summer 2024 graduates! To recognize your success, we will also host a celebration event in your honor. *More information regarding GCC commencement and EOPS celebration to follow in our future newsletter.*



SLEEP: AN ULTIMATE PROTECTOR

By: Roxanne Rafii

I am not going to tell you anything you don't already know. Yet remember, it is applied knowledge that has real power. Once you apply what you know to your life, you are exercising real power.

Our lives are to a large degree habitual. We have habits around what we eat and when, how we get to school and study, how we spend our leisure. We have morning routines, yet many of us do not have solid evening routines. Sleep, stress management, diet and activity are cornerstones of a healthy life.

How well and how much are you sleeping?

Quality and quantity of sleep, generally between 7-9 hours, impacts a multitude of functions. Learning, mood, motivation, hormone function, brain function, longevity, genetic expression (epigenetics), disease onset (Alzheimer's, diabetes) is all impacted by sleep.

How well you sleep directly impacts weight management through the hormones of ghrelin (hunger) and leptin (satiety). The body in sleep deprivation is more likely to use lean muscle as fuel and store fat. Also motivation and intensity of exercise is impacted by sleep, as is our likelihood of injury during exercise. Sleep is critical to athletic performance and recovery.

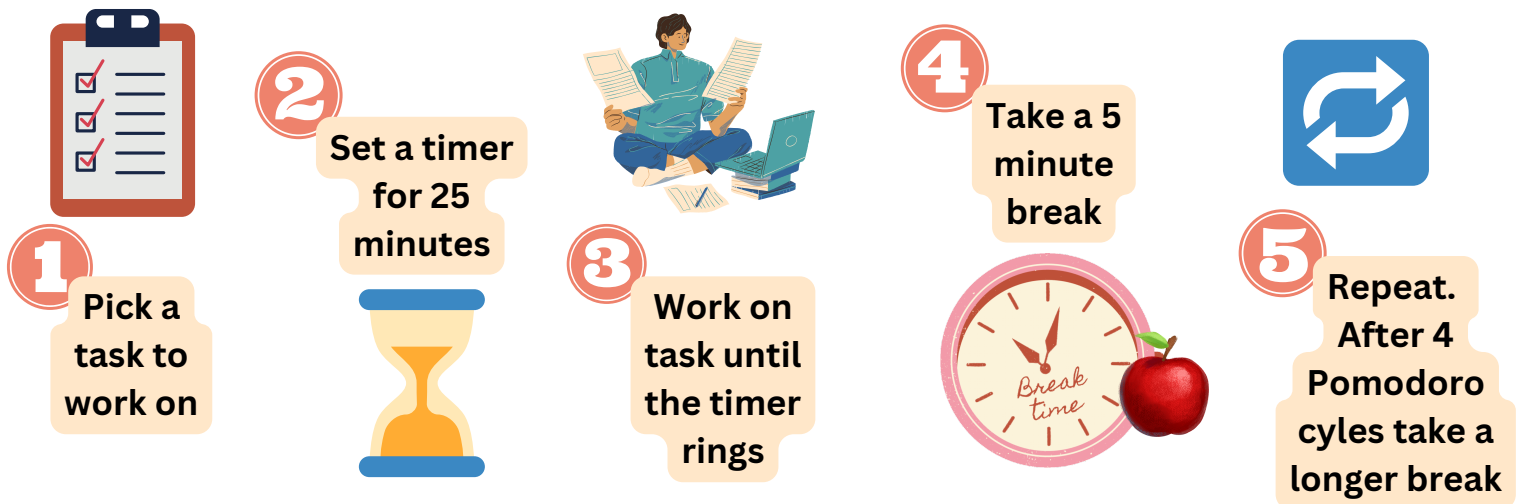
Suggestions for Improving Sleep:

- No tech 90 minutes before bed (blue light impacts melatonin production)
- Set thermostat to the mid 60's
- Light stretches
- Breathing exercises
- Calm/relaxed reading
- Meditation
- Journaling your thoughts/emotions
- Writing your next day's To Do List
- Early A.M. exposure to natural light
- Remember caffeine has a 12 hour $\frac{1}{4}$ life. If you drink your last cup at 11am, by 11pm a $\frac{1}{4}$ is still in your system. It is like drinking a $\frac{1}{4}$ cup at 11pm.

Sources: *Dr. Rangan Chatterjee (you tube/podcast). "Why We Sleep"/Matthew Walker.*

POMODORO STUDY TECHNIQUE

There are many ways to study. Below is one study technique that many students find helpful called the Pomodoro Technique. This study method helps individuals manage their time better and increase focus.



Connect with an EOPS Counselor if you want to explore other study techniques. Free tutoring is available to all students. To schedule a tutoring session call (818)240-1000 Ext. 5333 or visit the Learning Center in-person (AD 232). If you need extra support with your academics, priority tutoring is available for students with an EOPS counselor referral.

By: Samantha Chavez, EOPS Graduate Counseling Intern

SCHOLARSHIPS/ FINANCIAL AID

By: Jessica Alvarez



Submit the **FAFSA** or **California Dream Act Application** by the priority deadline: **April 2, 2024** for the 2024-2025 academic year.

One of the major requirements for EOPS students is to submit the financial aid application (**FAFSA** OR **CADAA**) once a year as soon it becomes available but no later than the published priority deadline. The 2024-2025 financial aid application is available now! Check out the links to the application above. After you submit your financial aid application, make sure to follow-up with the **Financial Aid Office** and submit all the required documentation to get your application processed and to receive your Financial Aid Notification showing your remaining unmet need. Only after that, EOPS can award grants.

Each year, the EOPS office awards the **Dinh Luu Memorial Scholarship** in honor of former EOPS Counselor Dinh Luu. **The GCC Scholarship Application** awards over 500 scholarships each year. Scholarships can be used for a variety of things such as: registration fees, electronics, class materials as well as for personal expenses. **Apply Today** and learn more about the scholarships offered at GCC! Find out **Who Can Apply** & check out the **Application Resource Guide** for helpful tips.



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