



EOPS (EXTENDED OPPORTUNITY PROGRAMS AND SERVICES & CARE (COOPERATIVE AGENCIES RESOURCES FOR EDUCATION))

FALL 2015 EOPS/CARE NEWSLETTER

GROSSMONT COLLEGE

Contact Us

(619) 644-7617
www.grossmont.edu/eops
Building 60, Room 125

Fall 2015 Hours
M – W: 8am-7pm
Th: 8am-5pm
F: 8am-1pm

IN THIS ISSUE

Director's Welcome

by Mario Chacon

mario.chacon@gcccd.edu (619)644-7819



To our continuing Grossmont College EOPS students, we welcome you back to this journey towards achieving your dreams. To our new students we welcome you to this next phase of your educational journey.

We at EOPS share your excitement as you proceed through the best years of your life. We are encouraged by your personal commitment towards self-improvement and personal growth and stand ready to support your efforts through our excellent counseling and advising services, and through the variety of other support services provided by EOPS. We eagerly await your participation as you attend your three required Counseling contacts and encourage you to get in touch with our office if you have any questions related to your educational experience here at Grossmont College.

As a reminder we would like for each of you to work with your counselor to attain the best educational plan to meet your educational goals.

Likewise it is the expectation of the college that you carefully follow your educational plan with clarity and understanding of the new Satisfactory Academic Progress requirements. This has a direct bearing on your financial aid and future enrollment so please read the following link carefully:
<http://www.grossmont.edu/student-services/offices-and-services/fa/sap.aspx>.

Attention to these simple rules will facilitate a positive experience as you progress towards your educational goals and life dreams. Again, we welcome you and wish you the best of luck!

EOPS Mission

EOPS is a California State funded program established to recruit, enroll and retain students. EOPS is designed to assist students who are identified as economically and educationally disadvantaged. Eligible students are provided with a wide range of support services to foster success at Grossmont College.

Newsletter Purpose

Our hope is to create a sense of family and community for our students. We want to keep you informed about the resources and opportunities available to you. Any EOPS/CARE updates and news will be posted here. This is also an opportunity to bring a spotlight to our thriving students and staff.



Student Feature

Be inspired by the courage of one young woman's fight for her and her family's safety. Her journey is one of hope, pain, love and empowerment.

Page 4



Student Involvement

Interested in joining our club? Our EOPS Club is a cooperative group that comes together to foster leadership skills, spread cultural awareness and provide services for the community. Meetings are held every Friday 1-2pm in the ASGC Club Room (2nd floor of the Griffin Center)

Fall 2015 Important Dates & Deadlines



DATE	TO REMEMBER
Aug. 6	5:00pm Class Fee Payment Deadline
Aug. 7	Drop for Non-Payment (Financial Aid)
Sep. 15-Oct.13	Hispanic Heritage Month and Latino Film Festival
Sep. 30	Last Day to Apply for P/NP (Semester Length Classes) Last Day of EOPS Extended Application (See Program News)
Oct. 9	Last Day to Use EOPS Book Vouchers
Oct. 16	Last Day to Apply for Fall 2015 Degree/Certificate
Oct. 30	EOPS Grants disbursement* EOPS & CalWORKs Office Retreat EOPS office is closed
Nov. 6	Last Day to Drop Semester Length Classes
Nov. 11	Veteran's Day (Holiday) EOPS office is closed
Nov. 26-28	Thanksgiving (Holiday) EOPS office is closed
Dec. 8-12,14	Final Examinations
Dec. 14	Close of Fall Semester Last Day to Apply for a Fall BOGW (Financial Aid) Last Day to Submit Documents for Fall BOGW
Dec. 17	Last Day to Submit an Appeal for Fall Term (Financial Aid)
Dec. 24-Jan.1	Campus and District office closed

*Must have completed FAFSA, 6 units minimum and be in Good Standing with Financial Aid.



Need Deadline Reminders?

Download the Grad Guru application on your smartphone (IOS & Android) and it will send you free notifications about academic and financial aid deadlines! This app only includes general Grossmont deadlines, not any specific to EOPS.



Free Money?

As a college student, you have access to apply to scholarships. Don't miss out on the chance to get free money for your education! Check out the Grossmont College Financial Aid website below.

www.grossmont.edu/fa/scholarships

Program News

New Eligibility Requirements for the BOG Fee Waiver

Starting Fall 2015, you must meet minimum academic and progress standards to maintain eligibility for the Board of Governors (BOG) Fee Waiver. These standards are explained below and are different than federal financial aid satisfactory academic progress standards. If you are placed on academic probation for two consecutive primary semesters (Fall or Spring) due to not meeting either or both standards, you will become ineligible for the BOG effective at the first registration opportunity for a primary term after you are determined ineligible, that could be as soon as Fall 2016!

For more information, visit the Financial Aid Web page under BOGW requirements or click [here](#).



CalFresh Eligibility for EOPS students – Food Assistance

Students who provide proof of enrollment in EOPS or in a Workforce Innovation and Opportunity Act (WIOA) activity shall be eligible for CalFresh if they meet all other conditions of CalFresh eligibility. The CalFresh Program helps supplement your food budget and allows you to buy nutritious food. To apply, go to your local welfare county office and provide them proof of your EOPS participation (e.g. copy of signed EOPS Mutual Responsibility Contract).

EOPS Extended Application Period

If you meet the following criteria, you may check in with Maria De La Cruz in the EOPS office by September 30th, 2015 to see if you have the general requirements to complete an EOPS application:

- The student or her/his children must be receiving CASH AID (actual money) and her/his children must be 14 years of age or younger. The student must be single or have a spouse who does not live at home. **OR**
- The student must have proof of foster care placement at any point since they turned age 13 for whatever period of time (even if you are no longer in foster care today).

Chair's Corner

by Dr. Pearl Lopez
pearl.lopez@gcccd.edu



Dear EOPS/CARE students,

As you proceed on your educational journey, I am reminded of my own educational path. There have been many lessons I learned along the way that have helped me get to where I am today. School was definitely not easy, but that makes the reward at the end that much more amazing!

Therefore, I would like to take a moment to offer some words of wisdom that I hope will help you achieve your educational and lifelong goals!

First of all, be interdependent. This means, take advantage of the support around you to help you achieve your goals. Don't be afraid to ask for help. Talk to your teachers, counselors, meet with tutors, develop a study group, meet with a study buddy and ask your family to help you out.

Second, don't be a victim, be a creator. Sometimes life throws a curve at you. You decide whether you're going to lay down and take it, or be a creator and overcome it. Nobody is going to do it for you.

Third, take responsibility for your life. If you go through life blaming everybody else, you'll never achieve your goals. You'll be waiting forever for somebody else to achieve them for you.

Finally, if you're not uncomfortable or afraid, you're not growing. Be willing to take meaningful risks in life. How do you know what your potential is if you don't try? So what if you're afraid? So what if you fail? You learn, You grow and You move on.

Good luck to you all and don't forget the EOPS/CARE family is here to support you!

Staff Feature

by Katherine Vilchez | Editor | EOPS Counselor

Sylvia Montejano

In addition to providing excellent counseling to students here on campus, our EOPS/CARE Counselor Sylvia Montejano brings in her love for the arts. She grew up surrounded by the beautiful sounds of her mother's singing, her father's trumpet tunes and her sister's guitar playing. Music has always been a big part of her life. Even before birth, Sylvia's mother would sing to her while she was in the womb. Amongst her earliest memories is the sound of her mother's voice during a large gathering. It was then that Sylvia told herself she wanted to be just like her mother.

The first time she sang was "Silent Night" to her kindergarten class in front of their Christmas tree. Her mother would always sing at weddings and special occasions and as Sylvia grew up, she began singing duets with her. Once Sylvia's mother retired from singing, she took over her singing duties.



Sylvia's mother (left) with a young Sylvia (right) embraced in each other's arms.

Sylvia believes that music is an avenue to the soul that brings people together. Music has helped her create a bond with her family and close friends. Her experience is an intimate bond with people when she sings with them. She appreciates the value of music in her Mexican culture. When she sings, Sylvia describes it as a sensation where she loses all concepts of space and time and becomes one with the music. Her love for singing is a blessing from God and she loves to share it with others.

She's been told that when she sings "Ave Maria" she sounds the most like her mother. Every time Sylvia sings she channels her mother and feels like they are together. She will continue to share this gift inherited from her mother for the rest of her life.



EOPS INVOLVEMENT

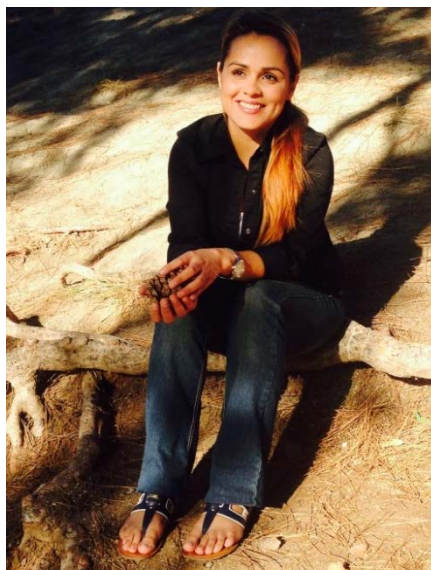
Ms. Sylvia Montejano has served as an EOPS/CARE Counselor at Grossmont College since 1994.

She serves as the Secretary for the EOPS Statewide Association Committee and a member for the Executive Committee for Cal-Soap Region 10. We thank Ms. Montejano for her dedication to students of all walks of life and for her service to Grossmont College EOPS.

Student Feature

by Katherine Vilchez | Editor | EOPS Counselor

Jacky Valenzuela



Jacky has been with EOPS since Fall 2014 and is the Student Lead in our Front Office Support. Her featured story is one of hardship, pain, strength and courage. She shares with us her past of being in an abusive relationship. These are real issues experienced by women and men everywhere—including on our campus. Her story brings light to these issues that are usually kept in the shadows by pain, shame and solitude. Jacky is a living testimony of her path to healing and change, among abuse and fear.

[Her]story

Jacky was born in Mexico as the second oldest of five children. Her father was a doctor and her mother a housewife. Although she was provided with her basic necessities, her father was a controlling man with “machista” (macho) principles that are traditionally imbedded in Mexican culture. In her early twenties, she ran away with her first boyfriend after a violent fight with her father. They got married and soon thereafter she became pregnant with their first child.

She soon realized that her partner would abuse her in worst ways than what she ran away from. Her partner used violence to control her in many ways, such as not let her go back to school or see her parents. He was violent towards her in many ways, including physical and emotional. Jacky endured this domestic violence for ten years. She tried to leave him several times but found it impossible to get away from him.

When he got a job opportunity in San Diego, she hoped that leaving Mexico meant the domestic violence would not continue anymore. However, he became more violent towards her when she got a raise and promotion at her new job in the US.

The night she left him was after he had locked her in the bathroom for two hours while her daughters cried outside. She recalls him assaulting her in many ways that night. Afterwards, she silently escaped with one bag and her children in her car. That night, the police referred her to a domestic violence shelter where she initially planned to stay only for that night before returning to Mexico. However, as a requirement she was expected to go to therapy the next day. It was during this conversation with the therapist when she first learned that it was not okay to be abused by anyone and much less when she was at risk of losing her life. She ended up staying at the shelter for three months where they gave her food, clothes and afterwards a transitional housing placement.

After a year of separation, he convinced her that he was a changed person and begged for a second chance. Since they were still married and she saw efforts in him she had never seen before, such as going to therapy and church, she decided to try again. When she became pregnant with their third and youngest child, he became violent again. At 1 month into her pregnancy, she went to court where they granted her an immediate divorce. She was determined to have her child alone without him, despite her family's pressures for an abortion for fear there was something else tying her back to him. During this time, her family was disappointed with her for having another child with him. She recalls feeling lonely. Therapy has helped her and her daughters cope with the abuse and family separation. In the end, her father and her family supported her throughout her pregnancy and continue to support her in achieving's her life's goals.

Jacky applied to Grossmont College in Fall 2013 to initially get a paralegal studies certificate and find a job quickly. Instead she has decided to apply to UC San Diego and SDSU next fall semester with plans to work for a non-profit organization that deals with child abuse, domestic violence and drug abuse.

We admire and honor Jacky and her courage to share her story. We stand in solidarity with her and all of our students who have or are in abusive relationships. We are here for you.

Interview

The main reason I left this abusive relationship was because I did not want my daughters to grow up and think that their abusive father was a male role model. I grew up with an abusive father and ended up with an abusive partner. I did not want my daughters to think that abuse was okay.



It's really hard to leave an abusive relationship. You feel like you're in an emotional cage and you lose yourself inside of it. You are isolated and feel alone like there is no one to help you. Because he used all types of violence with me, my experience with one man has taught me to recognize the red flags of abuse in many men. If I had not gone to a domestic violence therapy program, I would have stayed in that relationship or been with another relationship with the same kind of man. It is very easy to repeat your dating habits and return to a similar abusive relationship. In the shelter, I met women who had been in three previous abusive relationships with different children. A "normal" person would think they are crazy, but now all I see is that they are the ones most in need of help. At the end, it's the children involved in an abusive home that end up getting hurt the most.

I am studying so that I can provide mental health services to young people. Students here worry so much about clothes and grades but there needs to be more focus on the mental health of our students. In the end, it could save so many children. Any help makes a difference because out of 100 women and children who are abused; I can save a few just like I was saved.

Are you wondering if you or someone you know is in an abusive relationship?

Recognizing abuse is the first step to getting help. Click on the following link for more info.

<http://www.helpguide.org/articles/abuse/domestic-violence-and-abuse.htm>

FOR HELP:

- Ask to see a counselor at our Student Health Services on campus (Bldg.60-130)
- Call the National Domestic Violence Hotline 1-800-799-7233

To be in our next student feature, email the editor at Katherine.vilchez@gcccd.edu

Creative Corner

This space is dedicated to spotlight the different art pieces created by our EOPS/CARE students.

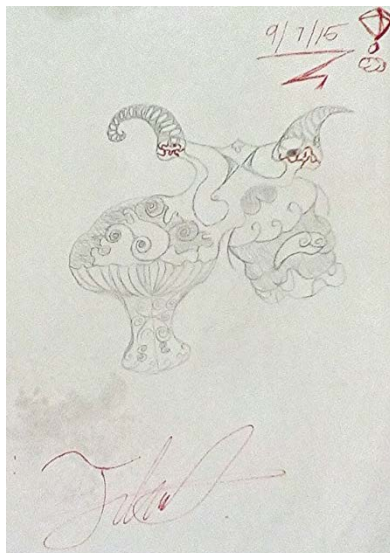
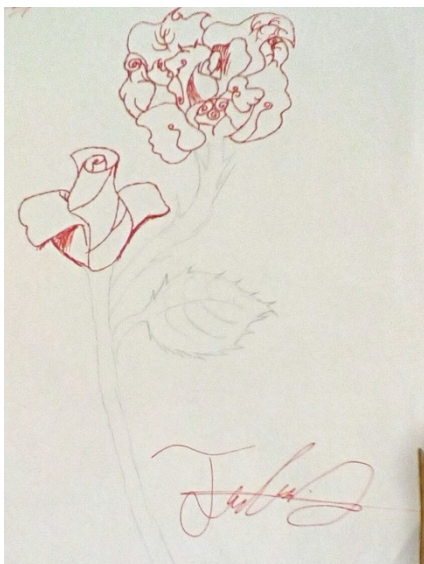
Student | Mario Murillo

"Faith, love and hope are the three important things in life. If you don't have faith, you're going to be blind to what you do in life. Hope shows that there is something better at the end of the tunnel. Love is something we all need to be welcomed into the world.

Art helps me feel better when I'm stressed or overwhelmed and builds my self-confidence. My brother Bogus is part of an artist group named ODC that designs graffiti pieces at Chicano Park. He is my inspiration and I thank him for teaching me this skill."



THE
EARTH
WITHOUT
ART
IS JUST
EH



Student | Tommie Artist Jr.

"I use art as a way to express myself. It helps relieve my stress and I often do it for fun. The image on the left is a drawing of a rose that I created as a gift for my mother. It was my way of showing my appreciation and care for her. The image on the right has no direct meaning to it and is a product of my creativity. It is the image of a face with a merged plant."

If you would like your art highlighted in the next newsletter, please email our newsletter editor at Katherine.vilchez@gcccd.edu

Health and Wellness

This section is sponsored by the Grossmont College Student Health Services.

Student Health Services

Building 60—Room 130
Mon-Thu 9:00am-7:00pm
Fri 9:00am-1:00pm
P: (619) 644-7192

*All enrolled students who pay the Student Health Fee will be seen in Student Health Services.



Need to Talk to Someone?

Free Mental Health Counseling has returned this Fall Semester. See a professional therapist in a confidential, supportive and culturally sensitive manner. Call or come in to the Health Services Center for an appointment. *No problem is too big or too small.*

You Are Not Alone

September is National Suicide Prevention Month. According to the Centers for Disease Control, suicide is the 10th leading cause for deaths in the United States. You are not alone. There IS a better tomorrow. If you or someone you care about needs to speak to someone or is in crisis and needs immediate help, please go to the Student Health Services center or call the National Suicide Prevention lifeline at 1-800-273-8255

Flu Season

Fall is time for a Flu Shot for everyone who is 6 months and older. You need to stay healthy to succeed in your classes. You may receive flu shots in Health Services at a special student rate or watch for emails and flyers for free flu shots given by San Diego County Health and Human Services at various locations.

Tips for Contact Lenses Wearers

Keep your eyes healthy and prevent eye infections if you wear contact lenses by washing your hands before touching your lenses, don't sleep in your lenses, and avoid showering and swimming while wearing your lenses. Use contact lenses solution, not water, to clean your lenses. Always use fresh solution in your lenses case, and last don't mix with old solution.

Take Control of Your Diabetes

If you or someone you know has diabetes and you are ready to learn, laugh and live better, attend the TCOYD (Taking Control of Your Diabetes) Conference Saturday, September 26, 2015 at the San Diego Convention Center from 9:00am – 5:00pm. TCOYD managers have given Grossmont College staff and students a special discounted registration fee of \$15.00 per person. Pre-registration is recommended. To register or to get more information, call 800.99.TCOYD (900.998.2693) with promo code: COLLEGE or visit www.tcoyd.org.

Summer Institute Program (SIP)

We hosted our 13th annual Summer Institute Program (SIP) June 22nd – July 30th, 2015 at Grossmont College. SIP is a transitional summer program for 1st year first generation or low income students coming into Grossmont College. The intensive six-week program prepares incoming students for the rigors of college through the acquisition of the knowledge and skills necessary to be successful in college. SIP gives entering freshmen the opportunity to get a head-start on their academic career and persist towards a timely graduation or transfer goal. We hosted 80 students in either a Math or English-focused cohort. They all took college courses and participated in social activities with one another.

Watch our recap video and get more information at www.grossmont.edu/eops/sip



Our EOPS/CARE Family

ADMINISTRATION



Mario Chacon
Associate Dean
EOPS & CalWORKs



Dr. Pearl Lopez
Chair & Counselor

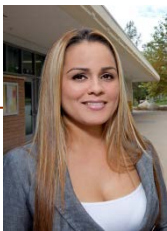


Maria De La Cruz
Program Specialist



Bill Rapolla
Sr. Account Clerk
EOPS & CalWORKs

STUDENT ASSISTANTS



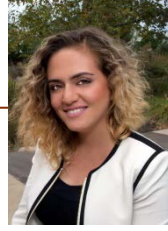
Jacky Valenzuela
Student Lead



Guutaa Regassa



Sally Somo



Sandy Adwer



Brandon Vivero

COUNSELORS



Lorena Malo



Sylvia Montejano



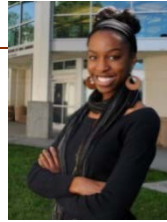
Michael Perez



Jamila Schmidt



Sam Shoostary



Raquel Sojourner



Jim Tolbert



Katherine Vilchez

GUARDIAN SCHOLARS
Former foster youth program



Brian Woolsey
Co-Coordinator
& Counselor



Ava Gill
Liaison &
Counselor

The CalWORKs Family

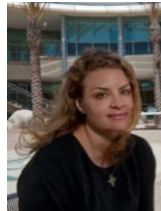
CalWORKs Counseling Services is our neighbor program that supports students who are parents in need of financial aid for their families. We are housed and collaborate in the same office together. Oftentimes, we have the honor of serving the same students.



Gerardette Nutt
Program Specialist



Yohany Corona-Batalona
Counselor



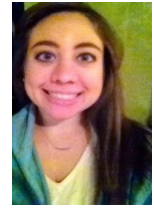
Gabrielle Gosselin
Counselor



Hadasah Jacibsen
Counselor



Heather Liggins
Counselor



Nadia Sayeh
Counselor

FALL 2015 EOPS/CARE NEWSLETTER

Grossmont College
8800 Grossmont College Drive
El Cajon, CA 92020-1799

Editor: Katherine Vilchez
katherine.vilchez@gcccd.edu

Special thanks to Stephen Harvey for his professional headshot pictures and Katherine Vilchez for the rest of the staff pictures.

Template provided by Microsoft Corporation.

GROSSMONT
COLLEGE



GOVERNING BOARD MEMBERS: Greg Barr, Bill Garrett, Edwin Hiel, Debbie Justeson, Mary Kay Rosinski **Student Members:** Evan Esparza, Rafael Navarrete **Chancellor:** Cindy L. Miles, Ph.D.
Grossmont College President: Nabil Abu-Ghazaleh, Ed.D.