



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

EOPS/CARE NEWSLETTER

GROSSMONT COLLEGE

SPRING 2016

Contact Us

(619) 644-7617

www.grossmont.edu/eops

Building 60, Room 125

Spring 2016 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

Dear EOPS/CARE students, as our Spring 2016 semester comes to an end, I would personally like to express my heartfelt appreciation for your hard-work and dedication to your goals, and congratulate you on your accomplishments.

Whether this is the completion of your first year or the culmination of your educational journey at Grossmont, we are honored you joined our family and made good use of the services offered through EOPS/CARE.

As students who are often living complex lives: working, raising a family, and dealing with other challenges, we encourage you to continue to meet with your EOPS/CARE Counselors to gain expert guidance on how to best navigate your educational plans. Likewise with recent changes in BOG eligibility you may have questions with which our Counseling Faculty can assist you. We are offering limited EOPS/CARE Counseling services over the summer break so don't hesitate to schedule your appointment as soon as you can.

For those of you continuing your educational journey at Grossmont, we welcome you back and look forward to supporting your journey. For those of you moving on to a four-year institution or on to a new career we congratulate you once again and join you in celebrating your success.

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 obstacles and lessons our ASGC president faced in her journey of self-identity and advocacy.

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UC College Trip with EOPS

Find out what University of California campuses our EOPS students visited during our road trip through California!

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Program News

COMMENCEMENT NEWS!

Sandy Adwer, our EOPS student worker and EOPS student, will be this year's commencement speaker on June 2, 2016 in the Main Quad. This marks two years in a row that an EOPS student has been bestowed with this distinction. She will be transferring to UCSD for Fall 2016 with a Human Biology major. EOPS represent!



CARE Students

We are excited to announce that our CARE program is growing. A new CARE counselor, **Maité Guzman Valladolid**, will be meeting exclusively with CARE students. She will be supporting the CARE coordinator with outreach and enhancing CARE services. In the Fall 2016, she will create and run workshops. Welcome to the EOPS/CARE family Maite!



Our new CARE student workers, **Jessica Torres** and **Laura Candia**, have been the key people organizing and case managing the improvements in the program.

CARE students were invited to attend their first time Study Jams on May 7 and May 14, 2016. A Study Jam is a day reserved to allow CARE students a study break—complete with child care, food and tutoring services on hand.

New Leadership

Help us to congratulate **Jacky Valenzuela** as the new EOPS Administrative Assistant!



Her main role will be to provide our EOPS students, program and community at large with administrative support. Welcome to the EOPS/CARE family Jacky!

Undocumented Students

Beginning Spring 2016 semester, many undocumented students at Grossmont College will be eligible for support services offered through the new **Grossmont College Dream Center**. Services include:

- Career/Academic/Personal Counseling
- Educational Planning
- Dream Act application assistance
- Financial Assistance: book vouchers, gas cards, bus passes and meal cards
- And more!

For more information, contact the Dream Center Coordinator: Denise Muñoz, M.S. Building 10, Room 109F (619) 668-1736 or denise.munoz@gcccd.edu



Transfer Student Opportunity

A message from Patricia R. Cardozo: "I am the new Assistant Director of the Liberal Studies program at San Diego State University. We are the major for future elementary and middle school teachers and educational leaders. The Liberal Studies program has some exciting new developments: we created a Student Outreach Emissary (SOE) program for our in-coming LS transfer students. Our SOEs are student mentors who will help you navigate your way through our major and the SDSU campus. We also are now located in the College of Education, working collaboratively with the credential program, ensuring a clear pathway to your career as a future educator and leader. California is in the middle of an overwhelming teacher shortage, and the job possibilities are incredible. If you have any questions about our program, please contact me directly: pcardozo@mail.sdsu.edu. I would be happy to have you come to SDSU as my guest for a tour and to meet our faculty and staff!" Website <http://libst.sdsu.edu/dus/liberalstudies/>.

Former Foster Youth

Grossmont College just landed significant new funds to serve **former foster youth who are ILS-eligible**. This can mean **more money for books, transportation and possibly other needs**.

We are excited that for the first time, EOPS has brought on a counselor to serve former foster youth on a full-time basis. Congratulations and welcome to the EOPS/CARE family **Brian Woolsey!**



Brian's focus will be almost entirely on coordination and counseling for the program, which goes by the acronym CAFYES (that's Cooperating Agencies Foster Youth Educational Support). There's also an expectation that a second full-time counselor will be hired, as well as program specialist to help manage the program. In short, foster youth services at Grossmont are in a period of growth. To learn more, and to check your eligibility, please call and make an appointment to meet with Brian in EOPS: 619-644-7617.



New Emergency Number

In the event of an emergency on campus, call the following toll-free number to get updates: **1-800-550-3922**
*Save it as a contact on your cell phone.

Chair's Corner

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



Dear EOPS/CARE students,

The spring semester is always filled with ups and down for students. It's the last quarter of a football game. How do you maintain your stamina throughout the last quarter of the game? What do you do to keep your motivation up? I remember this was always a challenge for me. For those of you finishing your journey at Grossmont College, it could be filled with excitement and pressure to finish up with a bang!

Regardless of your point in this long journey, remember to take the time to take care of yourself! Take a moment to reflect on why you are here? Who or what keeps you inspired and motivated? For me, it was my parents.

I will never forget how hard they worked to put food on the table and clothes on our back, even though we had no money. We grew up buying large bags of beans and rice and visited our local church very often for the free food drives. My parents had 7 children to feed!

The struggles remind me why I worked so hard to get my education and find a good job. What is it for you? Is it your children? Is it your grandparents? How about a dear friend or mentor? Take a moment to reflect, create a vision board and use your internal ammunition to do your best.

Most of all, remember to get lots of rest and take care of yourself! See you at the finish line!!! 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

Departmental Retreat

At the beginning of the semester, the CalWORKs and EOPS/CARE programs held their departmental retreat together.

Retreat: (noun) a quiet or secluded place in which one can rest and relax.

The purpose of our retreat was to ground ourselves in our vision of providing student-centered services. Just like students, we as staff can get distracted with our busy schedules. It is important for us to make time to stop, breathe and reflect on the purpose of the work we do with our students.

For one of the activities, we each shared a memory about when we felt accepted or unwelcomed at school during our own time as students. Some spoke of painful experiences that affected their education. Others smiled and cried as they talked about people who went out of their way to make them feel like they belonged at school.

Why do this? Every person's story had a lesson to teach us about how to improve our programs for the students.



CalWORKs and EOPS/CARE faculty and staff sitting in a circle during the retreat.

As a student, it is important to share your experiences because that is what makes you the person you are today. When we honor our stories - the positive and the negative - we can then decide to grow from them. You never fail, you either succeed or learn.

FOOD FOR THOUGHT

"There is no such thing as a single-issue struggle because we do not live single-issue lives."

— Audre Lorde



Student Feature

by Katherine Vilchez | Editor | EOPS Counselor

Baredu Morka



Baredu has been an EOPS student since the Spring 2014 semester. She has served as President of the Associated Students of Grossmont College (ASGC), the student government on campus. She is graduating this semester and will be attending University of California, San Diego with a major in Mathematics and minor in Physics for this Fall 2016.

$$A = \int_0^b f(x) dx$$

[Her]story

At the age of nine, Baredu came to the U.S. from Ethiopia. She arrived with her family in pursuit of opportunity and education.

Growing up in Santee, she was the only person of color in her Advanced Placement classes in high school. She recalls everyone looking at her during her US history class when slavery was mentioned and recalls how uncomfortable that made her feel. She did not like people belittling her because of the color of her skin. With the support from an African-American school counselor, she was inspired by the SDSU Black Student Union (BSU) and started a BSU chapter at her high school as a support group for one another.

She likes to listen to jazz music and her favorite artists include Lauryn Hill, Erykah Badu, and Jill Scott. She likes to read, journal and paint. She speaks three different languages, Oromo, English and Swahili.

Baredu's Food for Thought

My time is consumed by creating a unique space for people to grow and learn. The sense of social responsibility has always been implanted inside me but began to germinate at Grossmont College. Knowing that education also took place beyond the classroom doors, I made it a goal to provide a co-curriculum for student engagement, connection and success. I took on this responsibility by co-founding the Student Empowerment Organization which gave birth to events such as Sounds of Solidarity, Taste of Ethiopia, FUSE: an ethnic showcase of blended American culture and our most prominent, recurring milestone Let's Talk!, an event which provided faculty, staff and students a space for open dialogue about relevant topics affecting our society such as police brutality, racial/social injustice, sexual orientation and gender identity.

I became very involved on campus and took it upon myself to reach new heights and became the president of the student government. With this new platform, I seized the opportunity to create an environment of guidance and encouragement. Not only did I represent and advocate for the students throughout the state of California, I made it a goal to bridge the gap between the students and the administration by sitting on district wide committees and orchestrating events like Donuts with the Deans.

My involvement on the campus came from the personal obligation to act for the benefit of the campus at large by improving campus climate. My deepest gratification and fulfillment comes from knowing that I am contributing a positive and critical change in my community. I thrive off of helping others.

We admire and honor Baredu for the obstacles she has faced with dignity and self-love. Her courage as a woman of color gives others the permission to dismantle the shame and reclaim their personal power.

To advocate for someone else means that you see your liberation connected to theirs. Baredu's actions speak loud and show her pursuit of self-identity, growth and advocacy. To love yourself in a society that profits from self-doubt is a revolutionary act.

"I am no longer accepting the things I can not change. I am changing the things I can not accept." – Dr. Angela Davis

Interview

K: What are some obstacles you have faced?

My biggest conflict was not my past, it was experiencing disorientation in America because I was subjected to an unfamiliar culture, lifestyle and set of attitudes. Growing up in Santee, which was predominantly white, there was nobody I could connect with or relate to.

My name is different from everybody. It has triggered an insecurity on having to explain to people where it comes from or what it means. I've temporarily fixed that problem by going with a nickname- "Braidu" or "B." But having to answer numerous questions about my name was the issue. It's extremely tiring. But my name makes me think a lot about my self-identity because it is multi-layered. I struggle with not letting people define who I am and not cater to people's perceptions of me. The processes of self-identifying for me requires some healing, it'll take some time to get peace of mind. I'm still trying to deconstruct oppressive ideologies, notably racism and misogyny.

What do you attribute your success to?

Knowing that I could be unstoppable. I've been broken down so many times. There is more to life and I just keep learning, writing, advocating and discovering. I remind myself that there are still things that need to be done. This isn't it, there is more.

Umoja and EOPS have been my helping hand. They have helped me through my triumph and my struggles. Struggle is important because it tests you, takes you to your limit and helps you learn about yourself.

What is the best advice you were given?

To never stop asking questions and doing things, especially knowing why I'm doing what I'm doing. It is my mom's advice and encompasses all my layers.

Who do you look up to?

Michelle Obama and Lauryn Hill. Mrs. Obama is THE definition of a powerful, multi-layered woman; she's big on advocacy and empowering women and girls. She has this strong, intellectual and independent image that I truly admire. You don't see many role models such as Michelle Obama. Lauryn Hill on the other hand is a critically acclaimed and gifted artist that adds meaning in all her work. Listen to "I Get Out".

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

PROGRAM



Jamie Martinez (center) posing with SIP Instructor Joey Lepetri (left) and EOPS Counselor Michael Perez (right) at his UC Berkeley graduation on May 15, 2016 with a Psychology and Philosophy major. He is a past EOPS student and a former foster youth who started at Grossmont in our 2010 Summer Institute Program (SIP). Congratulations Jamie!

STUDENT ASSISTANTS

Thank you to our student assistants for being the backbone to EOPS. Without your skills, we would not be able to provide services to our students!

EOPS/CARE TRANSFER STUDENTS

Help us congratulate all of our EOPS/CARE students who will be transferring this Fall 2016 to the next step in their educational career. Meet some of the students here!



Guutaa Regasaa will be attending UC Berkeley as a Sociology major. His career goal is to end world hunger.



Sally Somo will be attending SDSU as a Social Work major. Her career goal is to work with foster youth.



Khalid Alkhourie will be attending SDSU as a Political Science major. His career goal is to work in international law and diplomacy.

2015-2016 Highlights

Number of students served:

EOPS: 768 Fall 2015 / 752 Spring 2016

CARE: 78 Fall 2015 / 68 Spring 2016

CAFYES: (Spring 2016 only) 59 eligible students from a foster youth roster of 77. 41 were awarded grants of \$200 (total: \$8,000) but only 17 qualified due to Financial Aid restrictions (total: \$3,400).

Amount of money given in EOPS/CARE book vouchers:

Fall 2015: \$72,000

Spring 2016: \$70,000

Summer 2015: \$8,000

Number of graduates:

EOPS: 53

CARE: 5

Transition to Success: 28

UC College Trip with EOPS students!

At the beginning of May 2016, 10 EOPS students participated in the first UC College Trip hosted by EOPS Club. Over the course of a weekend, they had the chance to visit UC Irvine, UC Los Angeles, UC Santa Barbara, UC Berkeley and UC Davis.

Students had the chance to speak to transfer students attending the universities and learn more about their college experience. This trip has been described as life changing and has inspired creative ideas for this to continue on a larger scale. Students who attended are thinking of ways to create a sense of community among other EOPS students—through similar experiences and other innovative ones.

Lower right picture: Former Grossmont EOPS student Caleb Martinez (right) giving our students a tour of his new college, UC Berkeley.

Events

October 20-22, 2015

46th Annual EOPS Conference

March 5, 2016

Grossmont College Open House
EOPS students and counselors tabled

May 4, 2016

EOP/EOPS Summit at SDSU

May 6-8, 2016

EOPS Club UC College Trip
10 EOPS students attended

May 13, 2016

Grossmont Student of Note Ceremony
7 EOPS Students recognized

May 27, 2016

End of the Year Graduate Celebration

June 2, 2016

Grossmont Commencement Ceremony





Our Spring 2016 Graduates

We would like to congratulate the following EOPS/CARE students for graduating this semester. We are honored to have witnessed your fight and perseverance for your education. This is a milestone in the many goals you will achieve!



EOPS

Rand Raafat Al Urfali
Tania Aram Albeer
Sadiq Almosawi
Sarah Ann Amposta
Fareed Faraj Arabu
Carlos Eduardo Beas
Brandon Luis Briseno
Karl William Buckley
Jesus Antonio Cerecer Ayala
Julio Ariel Contreras
Melissa Briana Coronel
Brandon Dally
Svetlana Dezhurova
Breanna Dominick-Turner
Peshwar Doski
Vanessa Noemi Duron
Celina Estrella
Samantha Fong Wilson
Jessica Gonzalez Bautista
Dolores Elizabeth Guadarrama
Yarely Gutierrez
Mohamed Aiderous Hagiismail
Cheryl Harder
Shaib Jama
Safia Jeilani
Lina Khoshaba
Diana Kiryakous
Alexandra Lang
Jessica Little
Jennifer Luevano

CARE

Sarah Ann Amposta
Svetlana Dezhurova
Celina Estrella
Jessica Little
Mindy Ngo

CAFYES

Kaitlyn Devereaux

EOPS cont.

Erick Martinez
Jaymi Matranga
Jonnae McFarland
Abdurahman Mohamed
Josaihas Morales
Baredu Morka
Mindy Ngo
Trina Ngo
Rosemary Olsen
Shivani Parekh
Ahlam Petrus
Royer Pliego-Flores
Andre Price
Guutaa Regassa
Hinsseene Regassa
Farooq Salam
Oscar Sanchez
Yaxara Sandoval
Tara Seepo
Amber Shreve
Sally Somo
Vincent Villanueva

TRANSITION TO SUCCESS

Sandy Adwer
Khalid Alkhurie
Hamsa Astefo
Rosa Barbosa
Brittani Brown
Alanna Butler
Claudia Cuevas
Daniel Noor
Esttaifan Yousif
Atourina Gelyana
Raghad Gorias
Brenda Gutierrez
Valentina Hanco
Rita Haydaw
Ronza Haydaw
Lande Kina
Martin Phillip
Nashwah Sadeq
Sella Sarkissian
Miami Shafeeq
Ruba Shamoon
Zenah Shamoon
Edgar Velazco
Leena Yacob
Fabronya Yaqo
Hadeel Yoaqob
Katreen Zakery
Samaa Nayyef

"OUR DEEPEST FEAR" POEM

"...Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us...Your playing small does not serve the world...And as we let our own light shine, we unconsciously give other people permission to do the same..."

-Marianne Williamson



Our EOPS/CARE Family

ADMINISTRATION



Mario Chacon
Associate Dean
EOPS & CalWORKs



Dr. Pearl Lopez
Chair & Counselor



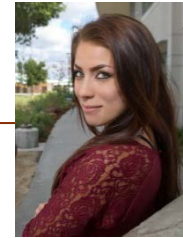
Maria De La Cruz
Program Specialist



Bill Rapolla
Sr. Account Clerk
EOPS & CalWORKs



Jacky Valenzuela
Admin. Assistant



Jessica Torres

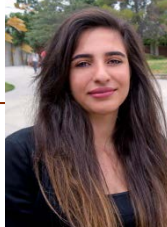
STUDENT ASSISTANTS



Sandy Adwer
EOPS Club Vice
President



D'Shea Wade



Sally Somo



Kyra Baker



Brandon Vivero
EOPS Club
President



Maria Arce

COUNSELORS



Lorena Malo



Sylvia Montejano



Michael Perez
CARE Coordinator



Maite Guzman
Valladolid CARE



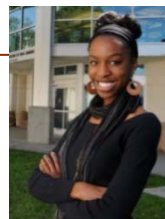
Jamila Schmidt



Laura Candia



Sam Shoostary



Raquel Sojourner



Jim Tolbert



Katherine Vilchez

GUARDIAN SCHOLARS

Former foster youth program



Brian Woolsey
CAFYES
Counselor +
Coordinator



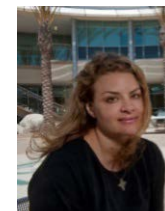
Ava Gill
Counselor
& Liaison

Our 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



Gabrielle Gosselin
Counselor



Jenny King
Counselor



Hadassah Nations
Counselor



Yohany Corona-Batalona
Counselor



Nadia Sayeh
Counselor

EOPS/CARE NEWSLETTER

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