



Fall 2021

EOPS/CARE PROGRAM WORKSHOPS

EOPS Phone: (909) 274 - 4500

EOPS Email: eops@mtsac.edu

| ACTIVITY | DESCRIPTION |
|---|---|
| <p>Reminders: EOPS/CARE First Counseling Contact (July 6th – October 1st) Second Counseling Contact (October 4th – October 29th), Third Contact (November 1st – December 15th) Priority Registration Winter 2022 (November 3, 2021)</p> | |
| <p>UC TAG Workshop</p> <p>Wednesday, October 13th 10:00 – 11:30 am</p> <p><i>Facilitator: Tony Rivas, EOPS/CARE Counselor</i></p> | <p>Do you know what the UC Transfer Admissions Guarantee program entails? This workshop will give students an overview of the requirements for TAG.</p> <p>Meeting Location: Ragan Room, Building 9B Recommended for all EOPS/CARE students</p> |
| <p>Test-Taking Strategies</p> <p>Thursday, October 14th 2:00 – 3:30 pm</p> <p><i>Facilitator: Luzolo Luzombe, EOPS/CARE Counselor</i></p> | <p>To do well on a test, you must have good knowledge of the information. However, you must also have test-taking strategies that allow you to show what you know. In this workshop, you will learn strategies to reduce test anxiety before, during, and after a test.</p> <p>Meeting ID: 985 2633 7930 Meeting Password: 472498 Recommended for all EOPS/CARE Students</p> |
| <p>Growth Mindset</p> <p>Wednesday, October 20th 10:00 – 11:30 am</p> <p><i>Facilitator: Selene Roman, EOPS/CARE Counselor</i></p> | <p>Come learn the tools to develop a growth mindset that will aid in your academic success. Gain a clearer perception of learning and resilience to accomplish your goals.</p> <p>Meeting ID: 997 2819 0266 Meeting Password: 074096 Recommended for all EOPS/CARE Students</p> |
| <p>EOPS/CARE Monthly Check In</p> <p>Tuesday, October 26th 10:00 – 11:30 am</p> <p><i>Facilitator: Urias Garcia, EOPS/CARE Counselor</i></p> | <p>Join your EOPS/CARE Family to check-in on your academic and personal well-being. We will share important reminders and answer important questions.</p> <p>Zoom Meeting ID: 224 033 0354 Password: EOPS Recommended for all EOPS/CARE Students</p> |
| <p>If you need disability-related accommodations or services such as sign language interpreter, note taker, or captioning, please contact the EOPS/CARE Program, at (909) 274 – 4653 at least 5 days in advance of event, workshop, or meeting.</p> | |



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| <p align="center">Get Some Rest and De-stress</p> <p align="center">Thursday, October 28th 11:00 – 12:30 pm</p> <p><i>Facilitator: Selene Roman, EOPS/CARE Counselor</i></p> | <p>Woah! We have gone through some historical moments in 2020 through 2021! Let us practice self-care to improve our well-being and wrap up 2021 on a positive note.</p> <p>Meeting ID: 949 8112 3057 Meeting Password: 739308 Recommended for all EOPS/CARE Students</p> |
| <p>Priority Registration – How to Register for Classes</p> <p align="center">Monday, November 1st 10:00 – 11:30 am</p> <p><i>Facilitator(s): Urias Garcia, EOPS/CARE Counselor & Kaitlyn Yrineo, EOPS/CARE Program Specialist</i></p> | <p>Join us to review the systematic process of registering for classes and go over the importance of utilizing your priority registration as an EOPS student.</p> <p>Meeting ID: 933 0760 1985 Meeting Password: 648518 Recommended for all EOPS/CARE Students</p> |
| <p>Peer Navigator Library Tour</p> <p align="center">Tuesday, November 2nd 3:00 – 4:00 pm</p> <p><i>Facilitators: An & Carlos, EOPS/CARE Peer Navigator(s) & Kaitlyn Yrineo, EOPS/CARE Program Specialist</i></p> | <p>Become familiar with the services provided by the library on campus.</p> <p>Meeting Location: EOPS/CARE Department Lobby (9B) Recommended for all EOPS/CARE Students</p> |
| <p align="center">Raise Your Score, Get Out of Debt</p> <p align="center">Wednesday, November 3rd 10:00 – 11:30 am</p> <p><i>Facilitator: Mountie Money Management Center</i></p> | <p>If you are carrying credit balances from month-to-month or struggling to figure out how to make ends meet due to debts you owe, you are not alone. About 37% of U.S. households cannot pay off their credit cards in full each month. This workshop will provide you with a roadmap to get you out of debt and raise your credit scores in the process.</p> <p>Registration Link: https://mtsac-edu.zoom.us/j/93174982267 Recommended for all EOPS/CARE Students</p> |
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| <p>Parent Connect</p> <p>Wednesday, November 10th 11:00 am – 12:30 pm</p> <p><i>Facilitator: Carolyn Lake-Bain, EOPS/CARE Counselor</i></p> | <p>Join us to connect and build community with other student-parents and learn from one another on how to be successful students and parents.</p> <p>Meeting ID: 937 7037 3568 Meeting Password: 319614 Recommended for all EOPS/CARE parent-students</p> |
| <p>Personal Insight Questions</p> <p>Tuesday, November 16th 11:00 am – 12:30 pm</p> <p><i>Facilitator: Tony Rivas, EOPS/CARE Counselor</i></p> | <p>The personal insight questions are about getting to know you better — your life experience, interests, ambitions and inspirations. Think of it as your interview with the Admissions office. In this workshop, we will review personal insight questions that are most relevant to your experience and that best reflect your individual circumstances.</p> <p>Meeting ID: 203 013 8549 Meeting Password: EOPS Recommended for all transferring EOPS/CARE Students</p> |
| <p>EOPS/CARE Monthly Check-In</p> <p>Thursday, November 18th 10:00 – 11:30 am</p> <p><i>Facilitator: Urias Garcia, EOPS/CARE Counselor</i></p> | <p>Join your EOPS/CARE Family to check-in on your academic and personal well-being. We will share important reminders and answer important questions.</p> <p>Zoom Meeting ID: 224 033 0354 Password: EOPS Recommended for all EOPS/CARE Students</p> |
| <p>Prepping for Finals</p> <p>Wednesday, November 24th 11:00 – 12:30 pm</p> <p>Facilitator: Selene Roman, EOPS/CARE Counselor</p> | <p>Ready, Set, Study! Let us prepare for our exams together with some awesome study tips that can help us conquer our finals.</p> <p>Meeting ID: 920 6621 6941 Meeting Password: 032337 Recommended for all EOPS/CARE Students</p> |
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