When a student applies and qualifies for EOPS, the EOPS team sees a diamond in the rough; a diamond that can be polished, cut, and appraised as one of the best. Students come to us in all shapes and forms, but one thing they all have in common is they need someone to go “above and beyond” for them. Counselors, specialists, educational advisors, student workers, and management are here to do just that, empower students and help them reach their educational goal. We meet our goal every time an EOPS student succeeds. It might be something as simple as a passing grade of C or the accomplishment of a degree, but to get to the level of accomplishment, EOPS staff puts a lot of nurturing and effort into every EOPS student. Our recipe for success is in the EOPS contract. Yes, that is right, EOPS does a lot more than just hand out a book award, it also holds students accountable to an educational contract.

As a premise, all EOPS students must qualify educationally and financially per EOPS regulations. As a result, most qualifying students are in dire need of “Above and Beyond” educational support. EOPS analyzed programs and services offered here and at other colleges and implemented what works for EOPS students. Every bullet in the EOPS contract was created to help build a successful and responsible student. Thus, the EOPS requirements are a result of years of hard work and research. When students come new to EOPS, the “dreaded” contract is questioned, and forgotten by many. Students, you need to read before you sign. Students who choose to ignore the contract or worse sign a contract they did not read usually end up with a hold on their book award or worse are dropped from the program. Some students must learn the hard way but what is most important is that the lesson is learned.

Over and over again, I remind students that if they want our carrot (book award) then they must meet their EOPS contractual responsibilities. Note that there is purpose to our EOPS madness (contract). Ahhhh, but many times the student is attracted only to our carrot, the book award, and later comes to find out that they must earn the carrot.

I want all students to understand that EOPS takes your education seriously and understands what it takes to build successful students. Here are some important student empowering EOPS requirements to keep in mind.

... continued on page 2
Tutoring - Our EOPS program offers all students two hours of tutoring. There are two reasons for this service. One, to help the student improve in their courses, and, two, to encourage students to utilize tutoring in the future.

Book Voucher Orientation - Mandated attendance every semester to keep students updated on their EOPS responsibilities.

Three Counselor Appointments - An opportunity to create and update an educational program plan.

Workshop Attendance - EOPS has RCC approved workshops that help students become stronger and well rounded.

Counseling Corner – Mark Longway and Charlene Jeter

We would like to welcome new and continuing EOPS students to Riverside City College for the Fall 2011 semester. As you may already know, with the state budget crisis, fee increases, and class cuts, we are facing very challenging times. However, from adversity comes opportunity for change and growth, and EOPS counselors are here to help you through these difficult times.

As your EOPS counselors, we look forward to helping you achieve your educational goals while you are a student in the EOPS program. So, whether you are interested in a certificate, AA/AS degree or transfer program, we will keep you on track to meet program eligibility requirements as well as graduation transfer deadline dates.

JUST A REMINDER: Your first EOPS counseling appointment was due by October 20.

ALERT: Progress Reports come out mid-semester. Progress Reports are a way EOPS can monitor how well you are doing in your classes. Be sure to check your RCC e-mail for deadline dates and updated EOPS information.

SEE YOU SOON!

An EOPS Student Story

This Fall EOPS Newsletter provides a great opportunity to introduce myself. I am Claudette Ellis, EOPS administrative assistant at Riverside City College, and a former participant in the EOPS program. This is my twenty-first year employed in EOPS. Let me share my story with you.

Three years after graduating from high school and working minimum wage jobs, I enrolled in the RCC EOPS program with limited job skills and a desire to improve my quality of life. Community college classes and EOPS support prepared me with job ready skills and upon completing my associate of arts degree, I engaged in employment and eventually gained employment with RCC.

My employment tenure with RCC and my community college grades allowed me to further my educational path at the university level. In addition to attending school, other necessary duties included working full time, raising a family, and, of most importance, actively involved in ministry at my church. There were times when it was difficult and tempting to just give up attending school. My faith in God (the One who holds my tomorrow), my husband, and my children encouraged and reminded me that the light was still at the end of the tunnel.

I want to encourage students not to give up on your educational dream. My path was to be just as consistent as an “ole” leaking water faucet, drip by drip. I took one class each semester/quarter. As I chatted with one of my friends who was a single parent and working full time, she reminded me that it took her 10 years to complete her degree. I am excited to say that I am an EOPS success story. I completed my bachelor degree on December 10, 2010, exactly 10 years from the date I started my journey.

My encouragement to students is that “a marathon race is not always won by the swift but to those who endure.” Endurance is for those of us who experience difficulties in our daily lives. All of us at EOPS will be waiting for you to tell your success story.
Care Corner

The first “CARE” meeting and luncheon for the Fall 2011 semester was held on Friday, October 14. Marisela Alcarez, EOPS/CARE specialist, led the meeting by going over bylaws, rules, and regulations mandated by the state, and how important counseling appointments are for continuance in the “CARE” program.

Daniel F. Casella, M.A., LMFT (Licensed Marriage and Family Therapist), from Student and Psychological Services on the Riverside City College campus was the luncheon guest speaker. He spoke on “Family and Parenting Issues and Strategies” that single moms and dads of “CARE” can relate to. Daniel has worked with RCC students for the past 10 years and welcomes student appointments.

Marisela also introduced the “Lending Laptop Library” to EOPS/CARE students. The “CARE” program purchased four laptops and will issue them to students on a weekly basis for educational purposes.

Overall, the meeting had good attendance and students got a lot of positive information.

EOPS Student Academic Appointment Reminder

New EOPS students must complete three Academic Appointments

- One hour Ed Plan appointment by October 20
- Progress Report appointment must be completed October 24-November 17
- Plan for Fall 2011 course schedule must be completed by December 15

Continuing students must complete three Academic Appointments

- Half-hour appointment to review and/or update your Ed Plan by October 20
- Progress Report appointment must be completed October 24-November 17
- Plan for Fall 2011 course schedule must be completed by December 15
End of Year Grad Luncheon

On June 3, the EOPS program hosted an “End of the Year Luncheon” to honor students who met their educational goal. The EOPS/CARE students who were honored received the following: 19 AA degrees, six certificates, and 12 students transferred to four-year schools.

The guest speaker for the luncheon was Jasmine Cortes, alumna to the EOPS and CARE program, whom is currently a production assistant with “MTV.” She spoke on her college experiences at Riverside City College, being a single mom, and how she survived college with the help and support of the EOPS/CARE program and staff.

This past year EOPS/CARE was able to provide caps and gowns for all of their graduating students. We wish those students who met their educational goals and graduated the very best in their future endeavors.

Self-care Tips

- Take long walks
- Do a lot of meditation
- Have a really strong support system with longterm friends and/or church friends
- Involve yourself with a lot of music to bring positive energy to yourself
- Sing in the church choir
- Use food banks
- Really watch for deals at supermarkets (big bags of ripe fruit) if you’re short of money
- Network with a lot of women
- Take long baths with Epsom salts and essential oils when you’re feeling stressed
- Do a lot of reading and use the library e-mail
- Look for deals on clothing
- Make your home as comfortable and homey as you can
- Bring as much love as you can to your child
- Communicate with your children as much as you can to share the reality of the issue
- Create an open-minded environment for your children to see various perspectives
- If you follow a spiritual tradition, ask for help from a Higher Power through prayer
**Lending Laptop Library for EOPS/CARE Students**

The EOPS/CARE program is happy to introduce for the first time ever, the “LAPTOP LENDING LIBRARY.” The EOPS/CARE program was given permission by the Chancellor’s Office and by Riverside City College to purchase laptops for students. Starting October 2011, EOPS/CARE students can check out laptops for educational purposes on a seven day/weekly basis to assist with their homework.

Students must read and sign a contract, agree/adhere to the responsibilities on the contract, and must be aware of the return date before they check out a laptop. Laptops can only be checked out in the fall and spring semesters and cannot be checked out during terms of non-enrollment.

The “EOPS/CARE Lending Laptop Library” has two laptops for EOPS and four laptops for CARE students. Laptops will be checked out on a first-come, first-served basis. Take advantage of the laptops to assist you in receiving better grades in your classes and to study more conveniently in your home.

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**EOPS Office Student Staff**

Marian Lara-Bosquez, Liem Nguyen  
Emery Palm, Angela Dart  
Kevin Nguyen, Kris Taylor

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**New on Campus: RCC Student Services Resources Center for Students**

Are you having a hard time making ends meet and just need help for one day because you’re short of funds? Then the RCC Student Services Office can help you out. The resources are located in the Bradshaw Building, Student Services office at Riverside City College. Resources include a food pantry that assist students with a simple meal for example: “Cup of Noodles,” meal bars, and macaroni & cheese. There is also help with personal hygiene items that students can get free, such as laundry detergent, and toiletries - soap and shampoo.

Other services that the center can help students with are information on apartment and housing rental listings, and referrals to community resources (examples: mental health, rehab, shelters, etc.). This is a new service the College has to offer, so take advantage of it and help spread the word!
Tell Your Friends!
ALL SERVICES ARE FREE!
EOPS will have open enrollment in November.
Deadline is December 2, 2011 for the Spring 2012 semester.

EOPS Eligibility Requirements:

**New EOPS Students**
- Be a California resident
- Enrollment in 12+ units
- Completed fewer than 45 units
- Qualify for BOGW A or B (through the Financial Services Office)
- Have an Educational Disadvantage (determined by RCC Assessment scores or other factors)

**Returning EOPS Students**
- Must be in good academic standing from their previous semester