TRANSITION FOR SUCCESS

By Gilbert Contreras, EOPS Manager

In a global economy where the most valuable skill you can sell is your knowledge, a good education is no longer just a pathway to opportunity — it is a pre-requisite.

— President Barack Obama

What does the above quote by President Obama mean to you? As an EOPS student, it is not too often that you are able to take some time to think about the long term goals in your life or the importance of earning your education, especially when your days are often filled with many school, work, and family responsibilities. Your Cypress College EOPS staff constantly thinks, works, advocates, collaborates, worries, cries, and fights for your education and for a better future.

This year, EOPS has experienced the most dramatic budget reductions in its 40 year history. We did not give up! We had to transition for success, even during very unstable economic times. We are very fortunate to have the support of the Cypress College administration, to have a dedicated and talented EOPS staff, and to have support from a number of campus and community partners.

As an EOPS student at Cypress College, you are part of a family who will help you take each step toward your educational goal. As we approach the middle of the Spring 2010 semester, take a step back and think about the big picture of education in your life. President Obama says that education is a pre-requisite for opportunity. Are you on track to meet this pre-requisite? Think about what transitions you need to make in your life to help you be more successful in school, at work, and at home.

After thinking about the big picture, write down three specific steps you can take now to help you transition for success. Perhaps you can spend one more hour a week studying for that Math class. Consider starting a nutrition and exercise plan so that you not only exercise your mind, but you make exercising your body a priority as well. Maybe you can plan to attend the EOPS Transfer Conference on April 16, 2010 so you can start planning for your future beyond Cypress College.

In EOPS, we are motivating minds so that EOPS students will be more successful in school and in life. The goals of EOPS have remained the same since it started in 1969. Thank you EOPS students for your relentless commitment toward your education—for waking up each and every day to confront the numerous obstacles in your way, for never giving up, and for making that transition for success.

Stay EOPS Strong!
Spotlight on our students...

...Dean's Honor Roll

Our sincere congratulations to our EOPS students who have been placed on the Dean's Honor Roll for Fall '09. They achieved this honor because each has officially completed (as shown on their transcript) 12 or more units in letter grade courses during the semester and earned a grade point average (GPA) between 3.0 and 3.74.

Nooria Achakzad
Heather J. Adams
Sanna M. Ahmad
Erica Albarran
Waleed M. Alfares
Benj U. Ambrocio
Alvaro E. Ayapan
Mohamed E. Badawi
Sara S. Baek
Valerie C. Bauer
Angel Cabello
Jacqueline M. Chappell
Aldrien D. Coley
Isatta M. Conte
Joseph B. Coykendall
Allison E. Crump
Sabrina D. Cummings
Mincy H. Dang
Ivy Gall A. David
Dina Deng
Prit S. Desai
Rhonda M. Dilworth-McMeal
Kathy Douangnouanexay
Omar Duran
Ashley N. Ehret
Vanessa N. Elsalah
Amanda J. Encineas
Audrey A. Galapon
Nadine Z. Gharaibeh
Catherine J. Guillen
Jeanette Haro
Aubree F. Hill
Lerri L. Hill
Thanh V. Ho
Suzan Huor
Triet M. Huyhn
Jimmy T. Huyhn
Vinphuc L. Huyhn
Mohammad A. Issa
Gizelle M. Jacques
David P. Jones
Nguyen H. Le
Tim D. Le
Cheryl A. Lee
Rosalinda Luna
Amy T. Luu
Thai Luu
Ericka Martinez-Alvarez
Israel Meza
Glady J. Mora
Crystal M. Moreno
Daniel Moya
Anthony J. Nevils
Tuong D. Ngo
Anloc H. Nguyen
Christine L. Nguyen
Diem Ha T. Nguyen
Duc Nguyen
Hao T. Nguyen
Kaiyn T. Nguyen
Nhu H. Nguyen
Phuc X. Nguyen
Guillermo F. Novales
Luis F. Otero
Shesang M. Patel
Katherine S. Perdomo
Heydi M. Perry
Hieu M. Pham
Jonathan Q. Pham
Israel Plata
Jennifer C. Quinonez
Ruby O. Rangel
Desiree M. Rico
Juliana G. Rodriguez
Nancy K. Rojas
Jessica Rosas
Edith Salgado
William J. Sanchez
Erika Serrano
Martha Servin
Lene I. Sisifo
Shamecka L. Smith
Meenakshi Sood
Sunslip Sriphaichitr
Mohamad A. Tarife
Sara Z. Temsah
Sonny B. Ton
Tuong Vy N. Ton
Bill Q. Truong
Masih Tukhi
Blanca E. Vanburian
Cindy Vu
Anthony A. Yapjuangco
Eileen Yoo
Peng Zhang
Jerry Zhou

Visit us on the Web!
www.cypresscollege.edu/services/eops
Spotlight on our...

...President’s Honor Roll

Congratulations to our EOPS students who have been placed on the President's Honor Roll for Fall '09. They achieved this honor because each has officially completed (as shown on their transcript) 12 or more units in letter grade courses during the semester and earned a grade point average (GPA) of 3.75 or above.

Ebru Awad
Joshua Ban
Vienna E. Brambila
Lam T. Bui
Elizabeth Casillas
Luz A. Castaneda
Antonia M. Cervantes
Nan Cheng
Alexis R. Culhane
Wilbert J. Freeman
Josephine Funes
April D. Gardikis
Helen Giang
Jannelle R. Hill
Ha Lam T. Ho
Mark H. Holmes
Jacqueline Hurtado

Richard S. Jimenez
Vannkannya Khith
Min K. Kim
Huy Q. Le
Karen Y. Lee Kim
Lisa M. Leos
Vince Liu
Sheraiah P. Lucena
Tech S. Ma
Thien An P. Ma
Dragana M. Militiev
Jennifer J. Mitchell
Faith L. Morgan
Dennis Nguyen
Huu Trac P. Nguyen
Khoa N. Nguyen
Melanie M. Nguyen
Michelle T. Nguyen
Thanh X. Nguyen
Thuyanh D. Nguyen
Tuyet T. Nguyen
Lynn C. Nim
Janice Oh
Derrick Austin G. Ong
Nancy M. Ortega
Gibson L. Phan
Ramin Rostamzadeh
Jamie A. Selby
Fatema Tahiri
Minhthu N. Tran
Ngia Tran
Thu A. Tran
Sally I. Valentini
Veronika Velasquez

Thoughts to ponder...

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit."
...Aristotle

"Education is what survives when what has been learned has been forgotten."
...B. F. Skinner

"Some people believe life should be perfect and stress-free. This expectation only sets them up for more stress when life isn't. Take life on life's terms. Accept its ups and downs with grace and humor."
...Tom McGrath

"You always pass failure on the way to success."
...Mickey Rooney

"Think you can, think you can't; either way, you'll be right."
...Henry Ford

"The faultfinder will find faults even in paradise."
...Henry David Thoreau

"It is no use saying 'we are doing our best'. You have got to succeed in doing what is necessary."
...Winston Churchill

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."
...Mark Twain

"Make yourself indispensable and you'll be moved up. Act as if you're indispensable and you'll be moved out."
...Anonymous

Caps & Gowns

Are you graduating this spring? Are you participating in the graduation ceremony?

If you are a current EOPS student who will be participating in the Spring 2010 graduation ceremony and need help purchasing a cap and gown, please submit a request with your name and student ID number to the EOPS office by April 2, 2010. We will review your request and contact you regarding the pickup of your cap and gown. Requests will only be approved if you have applied for Spring 2010 Graduation.

Congratulations on your accomplishment!
Counselors' Corner

Cooking up Student Success in 2010
By Richard Rams, Dean of Student Support Services

Recently, staff from the EOPS, Financial Aid, and Student Support Services offices had a Food Network-style “throwdown” to develop recipes for student success. Please review these excellent recommendations for how to cook-up student success. To personalize your own recipe, be sure to visit your counselor or for your required EOPS counseling appointments. Your counselor will assist you by affirming your strengths and ultimately helping you get the individual results you desire. I hope that your Spring 2010 semester is going well!

Student Success Recipes

Student Support Services
1 cup of desire  2 cups of willpower
1 cup of effort  3 cups of commitment
1 cup of planning  3 cups of hard work

Mix the above ingredients thoroughly until well blended. Flavor with fun and add a pinch of faith.

If your success doesn’t come true the first time, start recipe over again - this time with more feeling. Get rid of all doubt, confusion, and fear that prevents you from succeeding and reaching your goals. You can do it!

Financial Aid
1 gallon of positive attendance 1 tablespoon of listening skills
1 pint of determination 1 teaspoon of collaboration
2 cups of patience 1 cup of motivation

Mix the ingredients together and set at 375 degrees. An hour and a half later, your file will be completed and your North Orange Card will be in the mail.

EOPS
Mix the following:
1 cup of motivation  1 ounce of Cram-a-rama
1 cup of inspiration  A pinch of perseverance
A pinch of time management  A spoonful of sugar (love) to help the medicine (difficult courses) go down
A teaspoon of patience  A sprinkling of determination
A tablespoon of study skills  A smidgeon of equity

Fold in:
A dash of the digity (self-awareness)  A dash of hope
A case of willingness  A sprinkle of determination
A box of support and encouragement  A smidgeon of equity

Bake it for one semester at 180 degrees. Let it set and cool for finals. Serve with cheer at the end of the semester.

For dessert: A generous serving of family and friends celebrating your success.

Program Reminders
In order to receive EOPS benefits you are required to complete three counseling contacts each semester. These contacts must be completed during the following times:

Second Counseling Contact
February 22 - April 9

Third Counseling Contact
April 12 - May 21

Important!
Time to Renew
2010 - 2011 BOGW
Registration fee waiver must be renewed each year

Faculty & Staff Appreciation Day

Has there been a faculty or staff member at Cypress College who has positively affected your life? Is there a particular person who has helped you be successful and you want to express what a difference they have made? If so, Cypress College EOPS invites you to participate in our annual Faculty & Staff Appreciation Day. Please take a moment to nominate an outstanding instructor or staff member whom you would like us to recognize because he or she has enhanced your educational experience.

Please visit our office to pick up a nomination form. Nominations are due in our office by 5:00 p.m. on March 26, 2010.
FAFSA renewal

We hope you all applied for your FAFSA during the priority filing period. Missing the March 2 deadline may jeopardize the types of grants a student receives. For example, the cost of attendance for a typical dependent living with their parents is about $9,196 for the academic year. The expected family contribution would depend on the parent’s income from the previous year and would provide an unmet need amount. The following shows the difference in the amount of money a student may be eligible to receive if the dependent student described above applied for FAFSA before the March 2 deadline:

<table>
<thead>
<tr>
<th>On-time applicant - Filed by March 2</th>
<th>Late Applicant - Filed after March 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work-study</td>
<td>Work-study</td>
</tr>
<tr>
<td>2000.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Pell Grant</td>
<td>Pell Grant</td>
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<tr>
<td>5,550.00</td>
<td>$5,550.00</td>
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<tr>
<td>Cal Grant B</td>
<td>Cal Grant B</td>
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<tr>
<td>1,551.00</td>
<td>0.00</td>
</tr>
<tr>
<td>SEOG Grant</td>
<td>SEOG Grant</td>
</tr>
<tr>
<td>1000.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Total Grants</td>
<td>Total Grants</td>
</tr>
<tr>
<td>$10,101</td>
<td>$5,550</td>
</tr>
</tbody>
</table>

If you missed the deadline, please note that you may still apply for the FAFSA and be eligible for financial aid.

The grant amount a student is awarded cannot exceed the amount of the student’s unmet need.

Actual student financial aid packages will vary according to individual circumstance and will depend on many factors.

Be sure to apply early to have the best chance of getting the best funds! If you have not filed yet, do so ASAP! You can go online (www.fafsa.ed.gov) and apply. If you received financial aid for the 09-10 academic year, you must go online and renew your FAFSA. You will need a PIN to do this. If you do not have a PIN, you may obtain one at the FAFSA website.

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California State University
Domínguez Hills

Save the Date

April 16, 2010

Learn what it takes for you to transfer to the university

Attend the EOPS Transfer Conference

Lunch will be provided.

Please call 714-484-7368 if interested. More information will follow.

*** May be counted as your 3rd counseling contact.*****
Q) Is there an EOPS Graduation Party?

A) YES! On May 7. But we are also celebrating your success if you are transferring or receiving a certificate.

Now is the time to finance your education. Although hundreds of scholarships, grants, and loan programs are available to help pay for college expenses, many go unclaimed because students do not even take the time to apply. With some research, thought, and follow-up work, you can substantially increase your chances of obtaining financial assistance.

Financial assistance comes from many sources -- federal/state governments, business organizations and schools. Each source has its own application requirements, but many of them ask for the same information. Financial planning can determine what your resources and needs actually are. Once you have done that, you can identify possible sources of assistance. However, you must expect to complete a certain amount of paperwork yourself. Keep copies of everything to help in future submissions. Start early and work with your parents and friends to explore all opportunities available to you.

Before seeking financial assistance, you will need to:

- Define your goals -- personal and professional
- Estimate your costs -- educational expense, cost of living
- Identify your financial resources -- from family, work
- Develop ways for covering expenses that exceed your resources -- part-time employment, scholarships, and grants
- Explore all possibilities -- more than one source of funds may be needed to cover expenses
- Be aware of various application requirements and filing deadlines
- Apply early. The earlier you apply, the better your chances.

Remember, good grades are not the only criteria for receiving assistance. Often awards are made to students based on financial need, those who show future promise, a willingness to work hard, or are dedicated to becoming a professional in their chosen career. You can do it! Each academic year, it is best to be prepared. Grants do not always come before the school year begins. Books and supplies are expensive. It is a good idea to work during the summer. Many students have a false impression when it comes to financial aid. It is supposed to be a supplemental form of income. It is not a large enough or continual amount for the student to live off of monthly or to depend on for rent.

Preparation should be done in advance. Unfortunately, we see students when they are stressed by financial problems. It would be great if students came in before school starts to complete their applications and give the necessary information. This would give the Financial Aid staff a reasonable amount of time to process the forms. Do not wait until the deadline. If you complete forms in advance, you will have enough time to turn in all paperwork and make any necessary changes.

To make sure that your stay at Cypress College is as enjoyable and stress free as possible, plan in advance to handle these details.

Reminders:

- February 16 - April 9: Complete & return Math & English progress reports to EOPS.
- March 2: Visit your Financial Aid Technician to ensure that your Financial Aid paperwork is completed for Fall 2010. You may also check your status using WebStar.
- March 16: Student Recognition Ice Cream Social.

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