



EOPS NEWSLETTER

Welcome Vaqueros

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It is with great pleasure that we welcome our new and continuing GCC students to the 2021-2022 academic year. We wish all our EOPS students a strong start to the semester. We hope your educational experiences are filled with new knowledge, self-discovery, academic and personal success. Always strive to achieve your highest potential.

As you know, GCC is offering in-person and remote classes and support services to assist you and your needs. Page 3 of the newsletter includes detailed information regarding learning options, updates on student services, and visiting campus protocols.

Our commitment to you and your educational goal remains our top priority as we continue to navigate through these uncertain times. EOPS is working on bringing some in-person services to students. Please stay tuned for updates via email.

*"If you can imagine it, you can achieve it; if you can dream it, you can become it."
-William Arthur Ward*

EOPS UPDATES AND IMPORTANT INFORMATION

- All EOPS students are required to meet with an EOPS counselor three (3) times during the Fall 2021 semester (Counseling contact dates: August 30th-December 15th). Failure to meet all three contacts will have implications for your EOPS benefits. Review the MRC for more details.
- Update your primary contact phone number and home address in MyGCC. Watch this helpful video on how to make the changes to your primary contact information.
- Activate and regularly check your student e-mail account . All official GCC communications from the college, your instructors and EOPS will come to your GCC e-mail address.
- Drop- In Counseling is available each week via Cranium Café. Visit the EOPS home page to view the weekly schedule. Watch this helpful video on how to access and use EOPS Drop-in Counseling.
- Online Counseling is available to EOPS students via Cranium Café! In your appointment request, indicate your preference for online counseling. *You will need to have access to a computer with the latest version of Chrome or Firefox. Webcam & microphone are required for face-to-face online appointments.*
- For non-counseling program related questions, meet our EOPS Students Services Assistants for Live Support via Zoom, Monday-Thursday, 11:00 AM-3:00 PM.

Spread the word! EOPS is accepting Fall 2021 applicants now through **October 1, 2021**



Fall 2021 Book Voucher is available to use now through October 23rd. Purchase your books through the GCC Bookstore website. Log in to *MyGCC* and find your EOPS/CARE page to determine your book voucher eligibility.

Watch the video tutorial on how to purchase your books online through GCC's Bookstore. Your order can be mailed to you for a small fee or picked up at the campus bookstore free of charge, during operating hours.



All counseling requests need to be made through the **Appointment Request Form**. After you have completed the form, continue checking your GCC e-mail for communication and confirmation of your scheduled appointment. *Your request will be processed in the order it was received.*

Watch a helpful step-by-step video tutorial on how to successfully request your EOPS counseling appointment.



GCC is increasing the number of in-person classes and services available this fall 2021 semester. Therefore, it is important to understand the different types of learning options, including in-person vs. remote student services, and COVID-19 protocols all persons must follow when on campus. To read more about returning to campus, [click here](#).

Learning Options

- **In-Person:** If your class has a “day/time” and “room number” location listed in your class schedule, this means you will have to attend class on the GCC main campus and follow all safety protocols. To view the most recent list of in-person classes [click here](#).
- **Remote:** If your class has “Remote” listed as “room” in your class schedule, this means that you will be meeting live online, during the listed meeting day/time on an online platform, like Zoom.
- **Hybrid:** This is a combination of remote or in person learning and an online course. This means your class will be meeting live online or in-person on the day/time listed. The hybrid portion provide some flexibility as the remaining of the course will involve asynchronous online learning.
- **Online:** If your class has “Online” listed in your class schedule, this means that you will complete your work on your own time, asynchronously and follow the deadlines given to you by your instructor in Canvas.

**In need of a laptop, Chromebook, internet hotspot, webcams or other devices?
The GCC Library can help! [Click here](#) to Request a Laptop or Device.**

STUDENT SERVICES

In addition, to classes being held on campus, certain student support services will offer a combination of in-person and remote services.

It's strongly recommended that you view each [Student Services website](#) to find out if the office you wish to be in contact with will be open for in-person services or online/remote services during the time you would like to visit.

VISITING CAMPUS

When visiting campus, remember to....

- **Self-monitor** for COVID-19 symptoms before arriving on campus. Do not visit the campus if you have any COVID-19 symptoms. [Click here](#) to access the CDC self-checker tool.
- **Face Coverings:** All persons visiting the campus are required to wear a face covering (mask) while on campus.
- View student parking permit information in the [Fall 2021 semester guide](#).

FALL 2022 UNIVERSITY TRANSFER

Are you ready to apply to University of California (UC), California State University (CSU) and/or private universities for Fall 2022? If so, click on the links below to access the university applications.

- **UC application** is available now! You can begin working on your university application and personal statement. Submit your application November 1, 2021 - November 30, 2021.
- **UC TAG** is available September 1, 2021-September 30, 2021.
- **CSU application** will be available October 1, 2021- November 30, 2021.
- **University of Southern California (USC)**
 - Cinematic Arts, Dramatic Arts, Music, and Dance: December 1, 2021.
 - All other majors (including Business): February 1, 2022.
- Visit the **Transfer Center website** for other private and out of state transfer applications and deadlines.

MORE TRANSFER INFORMATION

- **Apply for 2022-2023 FAFSA or CA Dream Act Application** October 1, 2021 - March 2, 2022.
 - Include school codes for all universities you apply to.
- Apply to CSU EOP at the time of your university application
- **Earning a AA-T or AS-T?** Apply for your degree with an EOPS counselor in Winter 2022.
- **Remember EOPS students receive 4 UC and 4 CSU application fee waiver!**
- Check out the Transfer Center calendar for workshops and event schedule.
- Connect with your University Representative



WELLNESS CORNER: SELF-CARE

Self-care can be described as taking an active role in caring for and improving one's own physical, emotional, mental and spiritual health. Prioritizing your own well-being often times, can be overlooked, however, if we commit to our well-being it can lead to less anxiety and stress; ultimately improving health, concentration, energy, and happiness. Below are common self-care techniques that you can engage in to be physically, mentally and emotionally well.

- **Sleep:** In order for our body and mind to function properly it's important to get at least 8 hours of sleep each night. Prioritizing sleep is important so we don't become sleep deprived, which can lead to more stress and anxiety.
- **Eat healthy and balanced meals:** By eating healthy, we fuel our bodies with vitamins and nutrients needed to thrive. Include fruits and vegetables in your meals, drink plenty of water and pack healthy snacks when you need to re-energize your body. [GCC Food Pantry](#) is now open on campus and offers contactless services by appointment only.
- **Exercise:** To help decrease stress levels, it's important to be active. GCC offers a variety of Physical Education classes to help you live an active lifestyle. Going for a walk, hike or bike ride are other activities you can participate in to get fresh air and relax your mind.
- **Journal:** Journaling is a great way to put your thoughts and feelings on paper. It can provide clarity to help you better understand yourself, keep you grounded and focused.
- **Relax:** Listen to calm music, participate in meditation, read a book or just sit in a quiet place to rest your mind and body. Take a break or participate in an activity you enjoy to help keep a positive balance throughout the semester.
- **Stay Connected:** Engage in positive relationships and seek out help when you need someone to talk to. Join a club or organization on campus to help build connections with your peers and gain a supportive network.
- **Utilize Campus Resources:** [GCC Health Center](#) offers free mental and emotional health counseling to enrolled students.

Self-care routines can be different and unique for everyone, therefore it's important to find something that makes you happy. Once you find activities that help lead you to wellness, it is encouraged that you make a conscious effort to continuously and actively engage in those activities.



EOPS CLUB

Thursday's
from 12:30 –
1:30 pm

Joining the EOPS club is a great way to build your leadership skills, network, socialize with your peers, and get involved both on and off campus.

In the Fall 2021 semester, all meetings will be held remotely via Zoom, until further notice. All GCC students are welcome to join; we encourage you to invite your GCC peers. **[Click here to learn more about the EOPS Club and how to join!](#)**

GCC offers many other clubs that may be related to your major or other interests. **[Click here](#)** to see check out other clubs you can join.

"EOPS Club was originally established to be a place for students of all kinds to be included and to create a strong community with brilliant ideas. We are a special club that doesn't particularize on one topic but instead covers a variety of them. We welcome everyone who has unique ideas and a sense of community to join us and be part of us. Even though EOPS Club is newly re-established we have achieved many things in one semester. One of our biggest projects was working with EOPS counselors to provided special support to EOPS students who needed help with enrolling in classes for both the summer and fall semesters. For this Fall 2021 semester, we are planning even bigger and brighter things such as retreats, fundraisers, and educational events to aid our students. If you want to be included, heard, and are willing to assist us in instituting a comfortable place for every student to speak up then we are gladly waiting for you in our EOPS Club."

-President of EOPS Club, Susanna Gzraryan

STAY CONNECTED: FALL 2021

- Check out the [latest news, student events and activities](#) taking place throughout the term.
- Need Help completing your 2021-2022 FAFSA or CADAA? [Register or a Zoom appointment with a Financial Aid Advisor now!](#)
- Follow @gcceops social media pages for current events and important information



BASIC NEEDS RESOURCES



GCC CARES

Center for Assistance, Resources,
and Educational Success

GCC Food Pantry: The Food For Thought Pantry is open to any currently enrolled GCC student. [You must schedule an appointment.](#)

CalFresh: The CalFresh Program (formerly known as food stamp) issues an EBT card to eligible members to be used to buy groceries. Get more information on [CalFresh](#).

GCC Emergency Grant: The GCC emergency grant program is designed to help students facing a financial emergency or hardship.