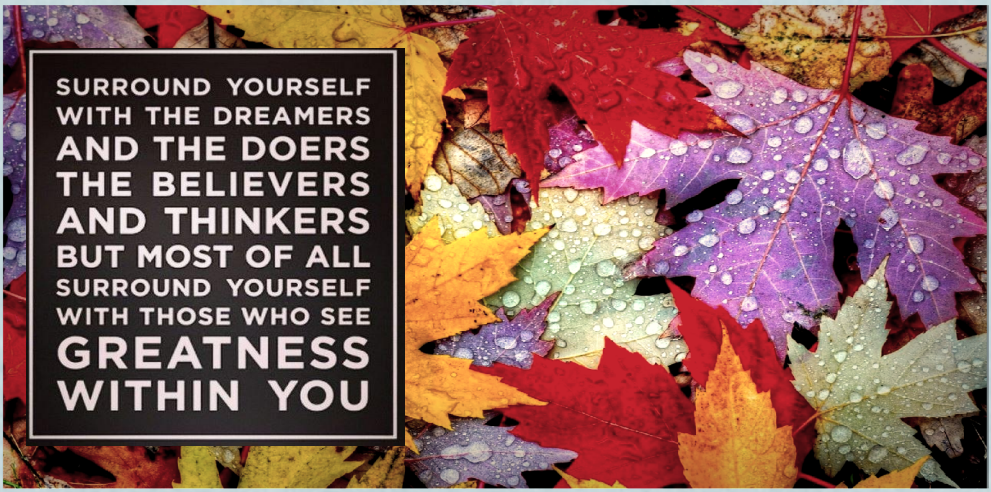
Columbia College EOPS Fall 2018

EOPS Examiner

Partnering on your Journey to Success



COORDINATOR'S CORNER - MATT FOX

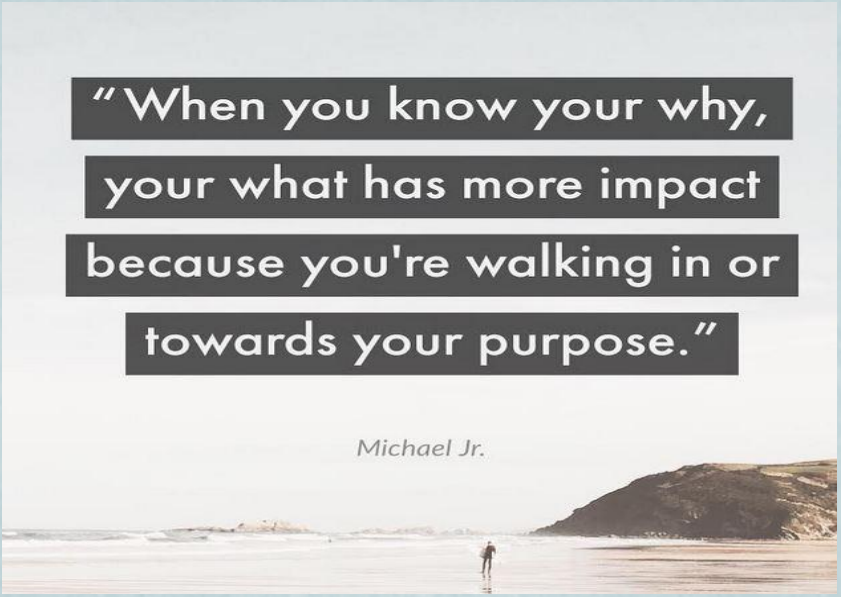
"Knowing Your Why"

During these busy and stressful times of the semester, it is important to take a brief moment to recharge your batteries and remember your motivation for continuing your education at Columbia College. In the attached YouTube video, Michael Jr. provides an insightful and inspiring 3-minute talk about knowing both your "What" and your "Why."

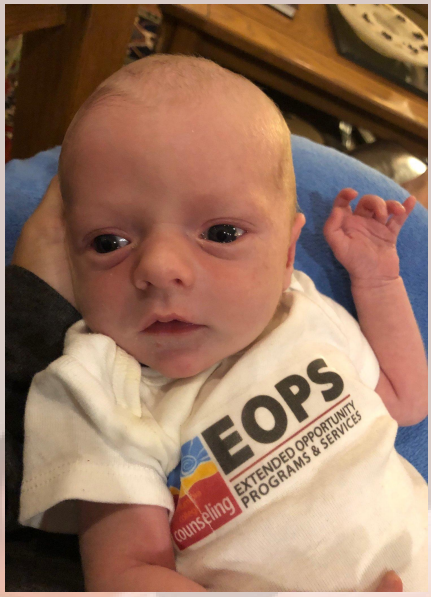
Your "What" is your current situation which includes being a college student at Columbia College. The EOPS faculty and staff recognize your efforts and contributions to our campus. However, perhaps bigger than your self-recognition as a college student, is the importance of connecting with your "Why." Have you established your goals, your reasons, and your motivation for being at Columbia College? When you know your "Why" your "What" becomes more impactful because you are walking towards or in your chosen purpose.

"...we can assist you in solidifying your motivation, exploring your options...working toward your future goals."

When you come for your next EOPS counseling session, consider talking with your counselor about your "Why" and how we can assist you in solidifying your motivation, exploring your options, and working toward your future goals.



New Addition to EOPS Family!



Sierra Vivienne Fox was born on November 4th at 10:23am at Sonora Adventist Hospital. She weighed 6 lbs 9 ounces. Matt and Sunny are thoroughly enjoying their new roles as parents and look forward to bringing Sierra to campus in the near future to explore the trails and watch the ducks!

Study Abroad

Matthew Wohl

"Understanding new environments, languages and cultures breeds an appreciation for what you have...."

Study Abroad Programs are for experiential education. Picture the world as your classroom with each destination a new interactive textbook where instead of reading, you are experiencing history, art, culture, fashion, food and the arts in real-time! Maybe you have traveled overseas and had a taste of exploring a foreign city, a sandy beach, or a historical landmark. If you are looking for countries to study abroad and another opportunity to travel, to discover, learn, understand and connect with new people, studying abroad is a great option.

Who are Study Abroad Programs for?

As an undergrad, you want to venture out, build confidence, participate and learn by doing, seeing, and traveling. Maybe you want to study marine biology and rescue birds from oil spills but you live in a non-coastal state. Or maybe you are trying to understand history and archaeology from an urban jungle.

Understanding new environments, languages, and cultures breeds an appreciation for what you have, or where you come from. It also opens your eyes to what is going on in the global landscape. Rather than studying words on a page, the element of participation, learning to say hello in a foreign language, or visiting heritage landmarks and museums might just stretch the parameters of your thinking. So for those of you who aspire to potentially open new avenues both academically and personally, start searching for study abroad college programs.

"...each destination a new interactive textbook...."

How to Find Study Abroad Programs

Study Abroad Programs are available around the world! If you are interested yet slightly intimidated about how to find Study Abroad Programs? No worries. Here are a couple tips to get you started:

WHAT Do You Want to Study?

Study Abroad Programs are available in different subjects. Are you a musician? Consider studying music in Vienna. Maybe you think it would be to fascinating to study technology in Japan, art history in Italy (as you sip a perfect espresso), Fashion Design in Paris or business in London, England. Or maybe you are interested in a Spanish Immersion program. Learning a second language is considered a fantastic way to strengthen the brain. Programs are available for elective credits and to support your major or minor.

"One of the most interesting, and eye-opening parts of study abroad is being able to view the United States from the lens of a different country"
- Madison Voss -

WHY Consider Study Abroad Programs?

There are so many personal reasons that undergraduates study abroad. Apart from learning about (fill in the blank) you are opening up new possibilities for personal growth and discovery. Whatever you decide to 'do' in your work life, confidence and self-reliance are assets. And let's not forget communication skills!

"Study Abroad students are..... creative in unfamiliar situations"
- Anonymous -

Navigating new surroundings is an experience that is likely to help you when it comes down to landing a dream job and learning the ropes of a new position. Studying abroad puts you into a new category, the 'international' potentially cultured, bilingual, self-assured student. So get excited about your education...look for Study Abroad Programs from just about anywhere on the globe!

FAQs

1. Is study abroad available for all majors?
Yes!!

2. Does financial aid cover study abroad?

Yes!! Many students are eligible for financial aid to study abroad.

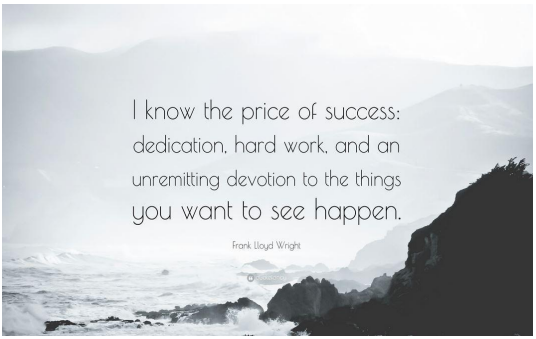
3. Will I get credit for study abroad?

Yes!! Students who plan ahead and who work closely with their academic advisors usually get full credit for the classes they take abroad.

CSU International Programs

EOPS: Continued Student Dedication

Dr. Brian Jensen



As a Columbia College EOPS counselor since 2005, I have witnessed many changes take place in the College's EOPS Program. The EOPS/CARE Coordinator Matt Fox and the EOPS team have designed and implemented many advances, forwarding the EOPS program to a Signature Program among the California Community College System's EOPS Programs in both statistical efficiency and outstanding services to students!

There are many gems that the program offers, well beyond each semester's $300 book voucher and parking or transportation support: lending library to access textbooks, having more to spend the generous book voucher (some schools provide only $100) on required Texts.

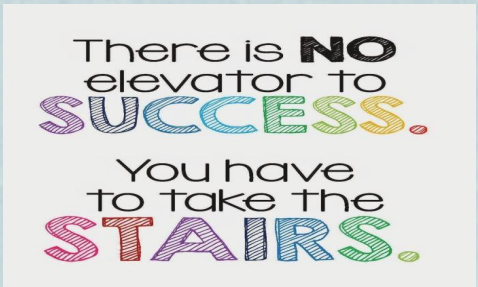
"..a Signature Program among the California Community College systems EOPS programs in both statistical efficiency and outstanding services to students!"

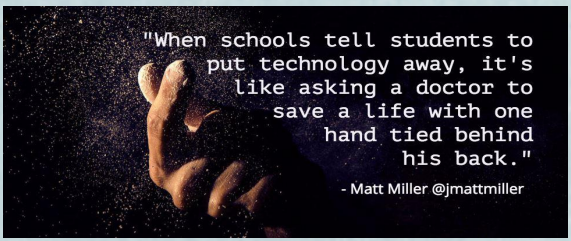
Additionally, EOPS always provides academic resources, pens, highlighters, ear buds for recorded lectures, etc. In addition to coming back to school before the semester begins, EOPS offers its services before the semester begins, allowing students to get a running start on the semester by offering Intake sessions on a drop in basis with counselors, and students can then access their Book Vouchers and Parking/transportation supplements early.

Along the lines of constant improvement, EOPS will also implement another technological advance to its student support, by decreasing your wait time, when accessing services at the beginning of each semester. Your Student Id Card has an information strip on the back. EOPS is developing a system that will be scan your Student ID Card for loaned textbooks, speeding up the process, and lessening your wait time. We are hoping to pilot this new system in Fall 2019. This is just another example of your Columbia College EOPS program's dedication to student success, continuing to model what a first class program it has developed into.

FAST TRACK & REACH YOUR PEAK
NEW POLICY
BEGIN WITH TRANSFER LEVEL MATH & ENGLISH (MOST STUDENTS CAN NOW SKIP THE BASICS!)
AB 705
Fast track your success at Columbia College by focusing on GE & Major coursework.
TALK WITH YOUR COUNSELOR TODAY!!!
COLUMBIA COLLEGE

cal fresh
BETTER FOOD FOR BETTER LIVING
DID YOU KNOW??
Eligible Columbia College students can receive an average of $200 per month to stock their fridge and pantry with fresh food and produce
Funds can be used at any store that accepts EBT
You can purchase produce, grains, proteins, and even seeds and plants that produce food!
IN A NUTSHELL.....
YOU CAN FILL YOUR FRIDGE & PANTRY FOR FREE!!!
Apply online at C4Yourself
https://www.c4yourself.com/c4yourself/fns.jsp
Or talk to your Counselor for more information


There is NO elevator to SUCCESS.
You have to take the STAIRS.


"When schools tell students to put technology away, it's like asking a doctor to save a life with one hand tied behind his back."
- Matt Miller @jmattmiller

COLUMBIA COLLEGE FOOD BANK
Did you know that Columbia College has a Food Bank? The Food Bank is located in the Student Center (Ponderosa Building) and hours are Monday to Thursday, 8am-4pm. Open to students and the public.

Value Based **Decision Making**

Stephanie Beaver

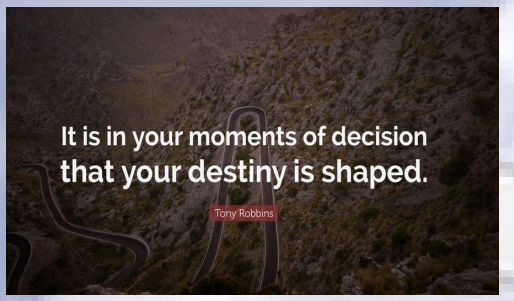
Students often seek counseling support when it comes to decisions. Some common questions are things such as: What school should I go to? What's better, a UC or a CSU? Should I pursue a Certificate or an Associate's Degree? Should I take this class online or in person? My response and the direction of our conversations typically revolve around me asking students to evaluate their own values, and thinking about the big picture tied to their options.

What do you value? What has the most importance to you? What is a priority? Consider the following example. It is associated with transferring to a four-year institution.

Not all of our students do continue for a Bachelor's Degree, but the example is useful to see how assessing your values, and being aware of the details/options with each, can be helpful when considering ANY important decision.

Two of my students who have grown up in Tuolumne County are faced with the choice to attend a local school, like California State University (CSU), Stanislaus, or to attend a school out of the area, like University of California (UC) Irvine, UC Davis, or San Jose State or Sac State. Which school is the right choice depends on numerous factors that can vary for everyone.

"...think about the big picture tied to..options..."



- *Location: Do you prefer smaller, slower pace areas, or are you seeking an urban, city pace? Or are you indifferent? Want the same you have always known or are you craving something new?*

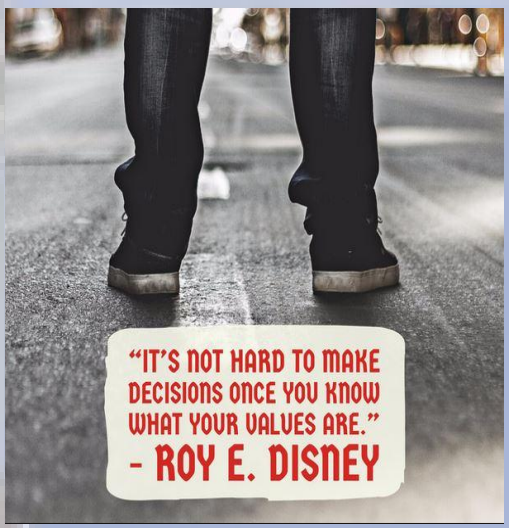
- *Transportation: Do you rely on public transit? Do you have a reliable car for commuting? Is commuting just the worst idea ever? How do you feel about rush-hour traffic?*

- *Research Institution: Do you know what the culture is at a Research Institution? Can you get involved in student research at your schools of interest? Do you prefer the Quarter system? Is a semester system the biggest priority?*

- *Housing Realities: Do you want to live in the dorms? Are you seeking re-entry/transfer specific or family housing? What is the cost of housing in the area? Prices and availability are realities*

- *Geographic Location & Distance: What part of the state or country will you be potentially living in? If you love a school but cannot handle the city or region, do you think the school name/reputation is SO worth it, you risk a poor fit? How far from home will you be? Is distance desired or anxiety-provoking?*

These are just a few things to consider. With any decision, it is important to consider what is stable or fixed (it hasn't changed in a long time), and think about what you change your mind about a lot. Examine your priorities by thinking about them and doing a self-assessment. Sometimes it is helpful to talk with people who know you well, or are trusted sources who have your best interest (not their own) in mind.



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