

# TAFT COLLEGE



EOPS Programs in Region 6 participated in a weekend retreat at the University of California, Santa Barbara on July 24th-26th. Students were selected to participate in this event based on their interest in transferring to a four year college or university. Six Taft College EOPS students were provided with an experience of campus life at an university. Students attended scheduled activities such as: classes, workshops, team building exercises, eating at the dining commons, and staying for the weekend at the Anacapa Dorms. EOPS Summer Institute provided an equitable experience for EOPS students that promotes retention, student success, and the pursuit of higher education. The objective of the institute was to build self-esteem, community, create a vision to pursue higher education, and provide development of communication and academic skills that assist underrepresented students who are planning to transfer to a college or university.

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TC Mermaid



*When my EOPS family took me to the University of California Santa Barbara, it changed my education goals. This trip made me push more into my education and finish stronger. This was a great experience. Not only for me but many other students as well. ~Giovanni Gil*

## Outstanding EOPS Scholars



**Alejandro Espinosa**

AA degree Liberal Arts: Math & Science and

AA degree: Business Administration

My name is Alejandro Espinosa. I attended Wasco High School and was part of The Outdoors Adventures and Health Clubs in my last two years of school. Both clubs benefited me by showing me how to be more responsible, attend meetings, and take responsibility within the clubs; such as helping fund the clubs. I graduated from Wasco High School with certificates and pin awards for maintaining an average G.P.A. of 3.0 or higher. My hard work has helped me get into the community college. I am the first one in my family to go to college. I have attended Bakersfield and Taft College. This is going to be my third year enrolled at Taft College. I have been a student in the EOPS program for two years. In addition to being an EOPS student I have been awarded a DSP&S scholarship, EOPS Academic Excellence Grant, and I have made the President Honors list several times. My two long term goals, are to accomplish my AA degree in Business Administration and Liberal Arts; Math and Science at Taft College, then transfer to CSUB where I plan to attain a BA in Business.



**Johnathan McCann**

Associate of Science: Industrial Health & Safety

Industrial Health & Safety Midlevel Certificate

My name is Johnathan McCann. I took this opportunity when asked for a picture to share this photo with you. This is a small clearing in the Los Padres National Forest. I lived there for 6 months prior to registering at TC. I owned 2 things, the 1974 camper you see, and a cellphone. The Teepee you see is where I smoked and prepared all of my meals. Nothing worked in the camper, it was merely a shelter. I had to hike up the side of the mountains that formed this valley, just to get a cellphone signal. This was not a voluntary living situation. It was winter and cold. This is where I ended up after sustaining a debilitating back injury at work 2 years prior, leaving me disabled. At the same time, being a Marine Veteran serving thru 98-01 made this seem like 5 STAR living. I also didn't care about school in 98 which landed me a 1.9 GPA out of high school. Not because I was ignorant, but because I didn't apply myself. This really came back to bite me later in life while pursuing schooling in the medical field. I share this small part of my story in hopes to keep anyone who reads this inspired and motivated to know no matter what, you CAN finish school and excel in your chosen path. I maintained a 4.0 GPA my first year at TC and am a current member of PTK, despite counting out change for gas money at times just to get to campus. Make a commitment, honor it and you will succeed!

## Outstanding EOPS Scholars



**Jessica Ursua**

AS-T Administration of Justice for Transfer

AA- Liberal Arts: Social & Behavioral Science

My name is Jessica Ursua. I am a first generation college student in my family and will be the first one in my family to graduate from a college. I love educating my mind. I am proud to be a Cougar at Taft College. My majors are: Administration of Criminal Justice and Liberal Arts Social and Science Behavior. I am a member of the Phi Theta Kappa Honor Society and have been on the President's list. My goal is to graduate with my Associate's degree in Science, then transfer to CSUB. My plans are to receive every degree until I earn my Doctoral degree. My dream job is to become an Immigration Lawyer. I have nothing stopping me from achieving my desires. Education and family is all that matters in my life, for these reasons I want to succeed. Learning, growing, and sacrificing is what life is about. I am committed and willing to challenge myself to aim for the stars. I am honored to be EOPS student of the month. I have been a member of the Extended Opportunity Programs and Services since 2014. I enjoy the fieldtrips, end of the year award luncheons, scholarships, and all the help that I been assisted with; I really take joy in being an EOPS student. I want to thank Lourdes and all of my professors who have helped me come a long way. I keep in mind "the strongest survive and lazy extinct," by Charles Darwin. Everything and anything is possible, if you set your mind to it.



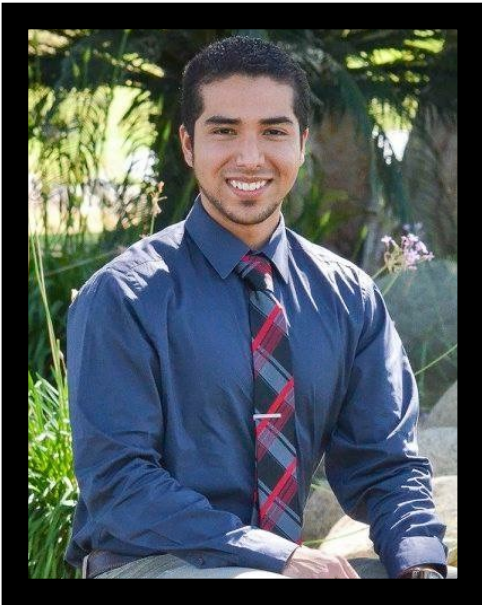
**Jacqueline Summers**

AA -Liberal Arts

AS- Life Science

I am currently 19 years old and in my second year of college. I graduated from Taft Union High School in 2014. My favorite hobbies are, sports and rescuing animals. I am going for my AS degree in Life Science. I will be transferring to Bakersfield college next fall for the Nursing program . After becoming a Registered Nurse I will be furthering my education to becoming a Veterinarian. Currently I am playing slow pitch with adults through the West Side Recreation and Park District. I have many animals which includes 6 parakeets, 1 cockatiel and 2 guinea pigs of my own that I take care of outside of school. I love rescuing animals. I would love to own my own zoo in the near future and be the veterinarian there. Life has its ups and downs, but you just have to push through it.

## EOPS Alumni Class of 2012



### **Rodolfo Noriega**

Taft College:

A.A– Business Administration

A.S– General business

Cal State University of Bakersfield:

Business Administration

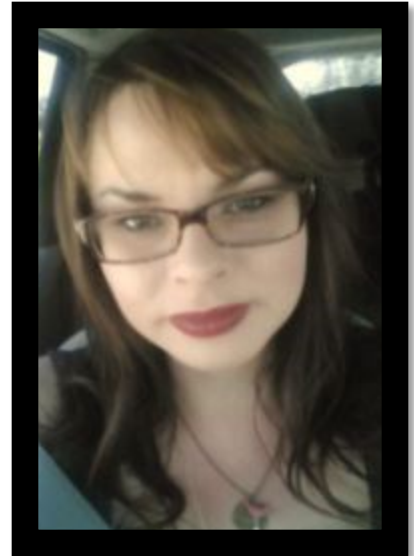
Hi everyone, my name is Rodolfo Noriega and to start off I would like to thank all the EOPS/CARE staff for featuring me as the EOPS Alumni. It truly feels like yesterday that I was sitting in Lourdes's office mapping out my educational plan for Taft College, and I can't believe now I am here typing my current success story. I started my college career at Taft College in the Fall of 2010 and I hold two degrees from Taft College, an A.A. in Business Administration and A.S. in General Business. During my time at TC, I was part of the EOPS program and thanks to them I was able to graduate and transfer out of TC smoothly. Following my completion at TC, I then immediately transferred to CSUB (California State University of Bakersfield) where I continued studying Business Administration with a concentration in Human Resources Management and graduated this past June, 2015.

My work career also stems from Taft College where I first started off as a student worker in the maintenance department. In Fall of 2012, a friend told me about an opening at TC as a part-time Accommodations Specialist in the TIL (Transition to Independent Living) department and I decided to apply and was thrilled to have been offered the job. Taft College has been good to me both as a student and employee. I have had many great opportunities since being employed at TC. I've been given opportunities to job backfill some positions around campus. I have worked for EOPS/CARE as their Senior Secretary; I have felt the fall and spring bookstore rush, and worked in the counseling center. All of these temporary positions have giving me a behind the scenes of how hard everyone at Taft College works for the students. Everyone at TC is truly committed to student success. Currently, I am still working in TIL department as an Accommodations Specialist and I am also working in the Human Resources department and I'm proud to be part of Taft College's HR Team. Now I am looking into MBA programs to further my education and earn my Master's Degree down the road. I owe my success to my family, Taft College staff, and my professors at CSUB.

My professors would always tell us that no matter what degree you have you never stop learning. So my message to current, and future students, is continue pushing forward because anything is possible even when it may seem like it's not. Carpe Diem!

## New EOPS Staff Members

Theodore Roosevelt once said, "Believe you can and you're half way there," and I believe you can. That goes for every aspect of your life. I am your new EOPS/CARE counselor, Megan Andrews. I was previously the Probation/Social Science Counselor on the other side of the building, here at Taft College. It has been so nice meeting everyone during orientations these past few weeks. I have also enjoyed getting to know some of you during your first contacts and education plan updates. I thought I would take this opportunity to share a little about myself. I received my Associates Degree in Sociology from Bakersfield College, my Bachelors Degree in Sociology with a minor in Anthropology from California State University, Bakersfield and my Masters degree in Counseling from California State University, Bakersfield. I have experience working with foster youth, homeless assistance, behavioral interventions, and academic difficulty. I am here to support you educationally, emotionally and socially. Please do not hesitate to call the EOPS/CARE office to set up an appointment with me so I can assist you in reaching your goals while you are here at Taft College.



**EOPS/CARE Counselor:**  
**Megan Andrews**



**EOPS/CARE Secretary:**  
**Morgan Haskell**

Once upon a time, in a far off magical land called Iowa, a girl was born. Her parents gave her the name, Morgan, and she grew up playing outside and watching Disney movies every moment she could. She continued to grow and attend public school with her friends until that fateful day she graduated from high school. She wasn't sure where she should go for college. She only knew that the idea of leaving her family was a terrifying thought. She chose the University of Northern Iowa, which was a small, beautiful campus that wasn't too far from her family. While there, she decided on majoring in Chemistry, and after three years she decided that her path changed course, and she found herself in a Biology major instead. She participated in a student exchange program during her junior year that landed her in California State University, Bakersfield. There, she made lots of friends and had wonderful experiences to where she decided right after graduation she would move away from her family and everything she knew to start over in California. She now happily lives in Bakersfield, and works at Taft College as the EOPS/CARE Senior Secretary. The rest of the story, as they say, has yet to be written.

On a more serious note, I have worked here at the college for four years. Previous to working in EOPS, I was a general tutor for the Taft College Tutoring Program. Some of you already know me, and for those of you who don't, please stop by and visit so I can get to know all of you. I am here to help, and I will always do everything I can to help you.

# EOPS/CARE's Peer Mentors



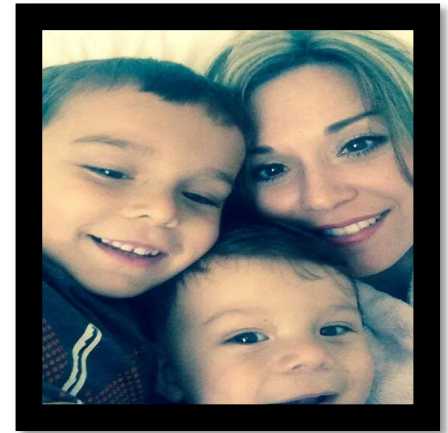
**Peer Mentor: Heather Gibson**

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Greetings Taft College students. Let me formally introduce myself, my name is Heather Gibson. I am a continuing, full time student at T.C. and current EOPS Peer Mentor on campus. I plan to graduate in Spring of 2016 with an A.A. in Science and Administrative Services, a second degree in Business and Office Technology, and certificates in Administrative Services. I currently hold a cumulative G.P.A of 3.23. I am maintaining a high G.P.A., so I can graduate with honors come spring. My future is limitless because of the confidence that I have gained from my duration here at T.C. It's hard to not be inspired with all the success stories that I have heard from my peers on campus; many have overcome and persevered to succeed for a higher education. The saying, "never judge a book by its cover" is a quote that I so graciously understand now because of my experience on campus. The memories that I have here are priceless to say the least, and I hope to contribute to the pleasant experiences that you will make here at Taft College.

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Hi everyone, my name is Tawny Kiss. I've been a peer mentor for EOPS at Taft College for two semesters now, and I love everything about my job. It's very convenient for me to work on campus as a peer mentor and go to school full-time. When I'm not here on campus, I'm a mother of two rambunctious boys. They are my main motivation that keep me striving to better myself and to create a more promising future. I plan on graduating in the Spring and applying to the Dental Hygiene Program here. I looking forward to meeting all of you and seeing you around on campus.



**Peer Mentor: Tawny Kiss**

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**Peer Mentor: Sophie Hong**

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Hello, my name is Sophie Yoobin Hong. I've been working as a peer mentor for the past six months. The EOPS program has helped me a lot with my school life. I really enjoy working on campus. Not to mention how much I love Taft College. Even though this is a small college, the faculty, staff, and classes are amazing. I will be graduating this semester and transferring to CSUB. It is such an awesome experience to work as an EOPS Peer Mentor and I have learned so much from this job. Thanks Lourdes for giving me a wonderful experience.

# Health and Wellness

## Health and Wellness

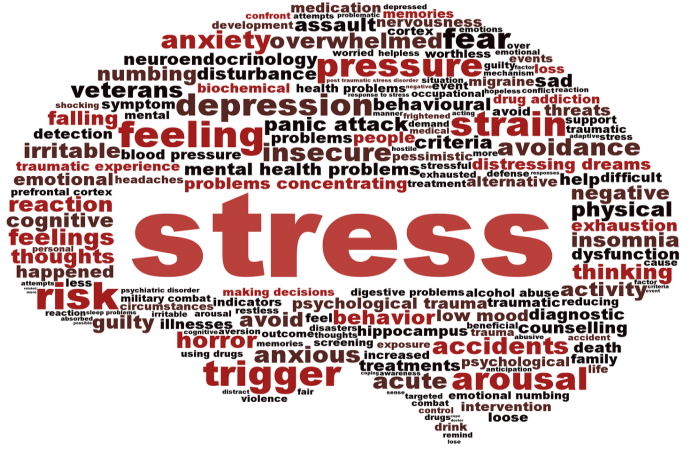
As a student there are many responsibilities you have to balance: school, work, family and many other duties. It is a normal part of life to experience stress. However, excessive stress can be harmful to your health. We have included some tips on how to cope with stress and help you take care of yourself. Just like you have to study in order to perform well on an exam, it is crucial you take care of your health in order for your mind and body to perform well.

### Signs of Excessive Stress

- Tension
- Irritability
- Anxiety
- Difficulty sleeping

### Sources of Stress

- Finances (debt, spending conflict, etc.)
- Work (long hours, deadlines, etc.)
- Home (conflict with children/ spouse, etc.)
- Feeling a loss of control over one's life
- And many more stressors



### ⇒ Stress and Coping Self-Test

<http://www.idabrams.com/documents/wellness/SelfTest-Stress.pdf>

52 Proven Stress Reducers

Borrowed from Texas Woman's University, 2006

[http://www.twu.edu/downloads/counseling/F-1\\_52\\_Proven\\_Stress\\_Reducers.pdf](http://www.twu.edu/downloads/counseling/F-1_52_Proven_Stress_Reducers.pdf)

**Connect with us: We encourage you to connect with us on F.B. & via text message to keep up to date and receive the latest EOPS/CARE news first.**

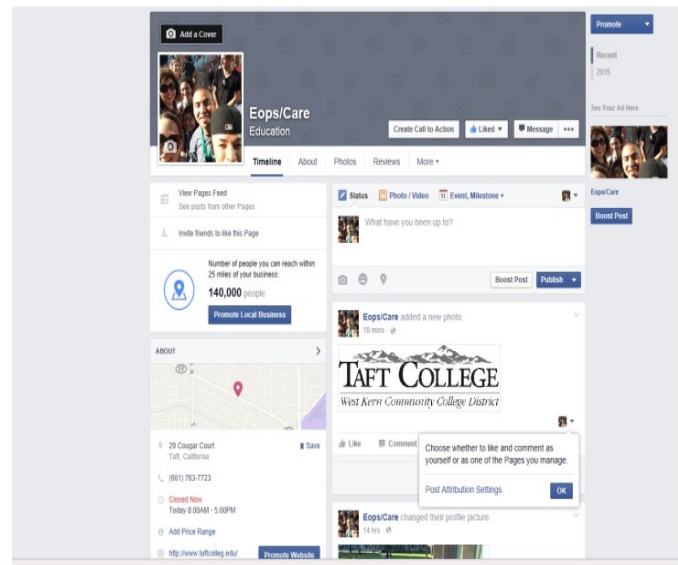
EOPS Messages/Alerts via text



To receive messages via text, text @tceopscare to 81010. You can opt-out of messages at anytime by replying, 'unsubscribe @tceopscare'.

Trouble using 81010? Try texting @tceopscare to (661) 369-8456 instead.

Don't forget to Join Us on Facebook



# Outstanding EOPS Scholars Spring 2015 Semester

## President's List

Consuelo Barrera Lopez  
 Jesus Cazares  
 Adam Childress  
 Luke Coats  
 Trung Doan  
 Alejandro Espinosa  
 Elvira Garcia  
 Giovanni Gil  
 Anaiz Gil Gonzales  
 Candace Gonzales  
 Yoobin Hong  
 Rebecca Levy  
 Kristyana Lopez  
 Johnathan McCann  
 Karina Mora  
 Nora Perez  
 Martin Perez  
 Irys Pina Chavez  
 Mayra Reyes Cruz  
 Jessica Rivera  
 Jacqueline Summers  
 Jessica Ursua

## Vice President's List

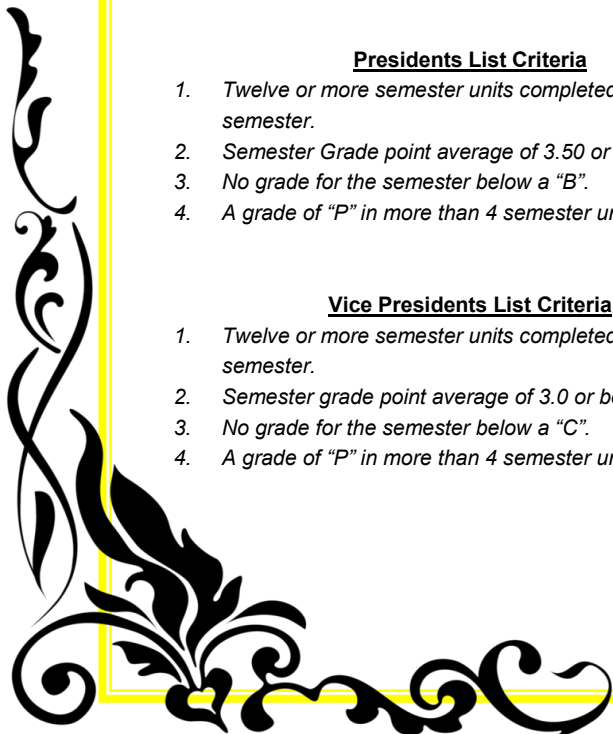
Mirtha Andrade  
 Michelle Ayala  
 Joanna Benitez  
 Savannah Bohannan  
 Vladimir Bonilla  
 Roberto Bradley  
 Mayra Buenrostro  
 Anthony Cameron  
 Sandra Castillo Martinez  
 Flor Cortes  
 Van Doan  
 Dulce Flores-Campos  
 Eva Gallegos  
 Ryan Guant  
 Carolina Gomez  
 Cesar Guerrero Fonseca  
 Tawny Kiss  
 Sylvia Lemus  
 Alexis Lopez  
 Lizette Mendoza  
 Sandra Merino  
 Fernando Palma  
 Aldahir Perez Campos  
 Jessica Plascencia  
 Jessica Salazar  
 Gloria Saldivar Avelar  
 Amber Stimpfle  
 Ashley Tarango  
 Sarah Torres  
 Brenda Valenzuela  
 Mark Wood

### Presidents List Criteria

1. Twelve or more semester units completed during the semester.
2. Semester Grade point average of 3.50 or higher.
3. No grade for the semester below a "B".
4. A grade of "P" in more than 4 semester units.

### Vice Presidents List Criteria

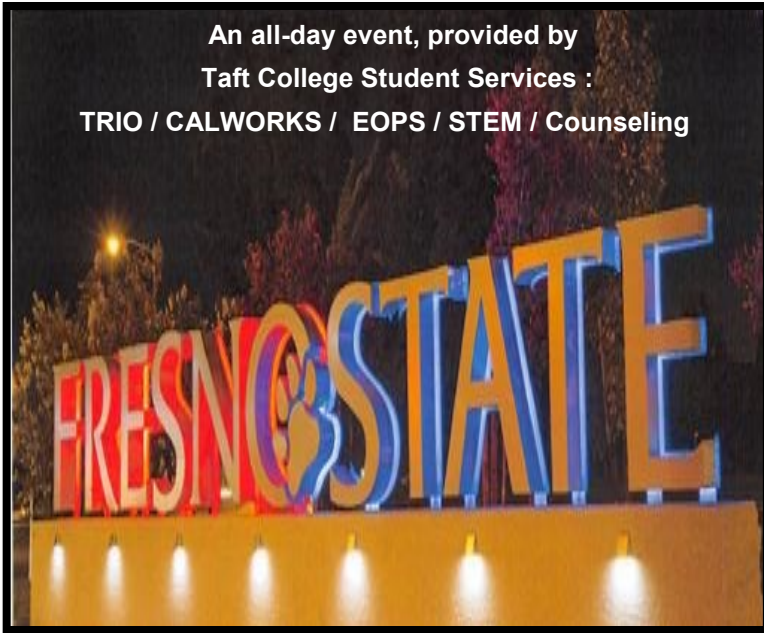
1. Twelve or more semester units completed during the semester.
2. Semester grade point average of 3.0 or better.
3. No grade for the semester below a "C".
4. A grade of "P" in more than 4 semester units.





**A TOUR TO FRESNO STATE UNIVERSITY  
Friday, November 13th 2015**

**Financial Aid Waiver Fee Changes:**



An all-day event, provided by  
Taft College Student Services :  
TRIO / CALWORKS / EOPS / STEM / Counseling

**Important Information**

*Fall 2016 BOG Fee Waiver Changes*

The Board of Governors (BOG) Fee Waiver is available for eligible students at California community colleges and will waive the per-unit enrollment fee at any community college throughout the state.

Once students have qualified for the BOG Fee Waiver, it is important to meet the academic and progress standards in order to avoid losing the fee waiver.

**Academic – Sustain a GPA of 2.0 or higher**

If the students cumulative GPA falls below 2.0 for two (2) consecutive primary terms (fall/spring semesters), students may lose fee waiver eligibility.

**Progress – Completion of more than 50% of your coursework**

If the cumulative number of courses students successfully complete falls below 50% in two consecutive primary terms (fall/spring semesters), students may lose fee waiver eligibility.

**Combination of Academic and Progress Standards**

Any combination of two consecutive terms of cumulative GPA below 2.0, and/or cumulative course completion less than 50% may result in loss of fee waiver eligibility.

**EOPS Counseling Contacts**

3 required per semester 2 with an EOPS counselor & 1 with a peer mentor (if there is no changes to ED plan).

**1st Contact**

**August 3rd-October 30th**

A contact session which combines interview and other interpretation of assessment results to prepare a students educational plan and mutual responsibility contact specifying what programs and services the student shall receive and what the student is expected to accomplish.

**2nd Contact**

**October 1st-October 30th**

(with either peer mentor or counselor.)

**\* Progress checks\***

An in-term contact session to insure the student is succeeding adequately, that programs and services are being provided effectively and to plan changes as may be needed to enhance student success.

**3rd Contact**

**October 6th-December 18th**

A term-end or program exit contact sessions purpose is to assess the success of students in reaching the objectives of that term. Also, to provide services to assist students to prepare for the following term and/or to make future plans to transfer.



## UC/ CSU Transfer Dates

### TRANSFER TO THE CALIFORNIA STATE UNIVERSITY SYSTEM (CSU)

The majority of Taft College transfer students transfer to the California State University system, which consists of 23 campuses located throughout the state. Admission representatives from local CSU campuses visit TC's Transfer/Counseling Center on a regular basis. Please check with the Center for more detailed information.

#### Quarter System Campuses

Summer Quarter: Feb 1–28  
 Fall Quarter: Oct 1 – Nov 30  
 Winter Quarter: June 1–30  
 Spring Quarter: Aug 1–31

#### Semester System Campuses

Fall Semester: Oct 1 – Nov 30  
 Spring Semester: Aug 1–31

Applications for admission to the CSU system are available online at [www.csumentor.edu](http://www.csumentor.edu)

### TRANSFER TO THE UNIVERSITY OF CALIFORNIA (UC) SYSTEM

The UC system has ten campuses, the following nine of which have undergraduate programs: UC Berkeley, UC Davis, UC Irvine, UCLA, UC Merced, UC Riverside, UC San Diego, UC Santa Barbara, and UC Santa Cruz

<u>To Attend:</u>	<u>Apply:</u>
Fall	November 1-30
Winter	July 1-31
Spring	October 1-31

\*All UC campuses accept applications for Fall admission. To determine which UC campuses accept in Winter and/ or Spring, call the specific campuses or check [www.universityofcalifornia.edu/admissions](http://www.universityofcalifornia.edu/admissions) for details.



# EOPS/CARE STAFF



(Top left to right) Megan Andrews, Morgan Haskell, Lourdes Gonzalez  
(Bottom left to right) Sophie Yoobin Hong, Tawny Kiss, Heather Gibson

## EOPS/CARE Coordinator/Counselor

**Lourdes Gonzalez**  
lgonzalez@taftcollege.edu  
(661) 763-7830

## EOPS/CARE Senior Secretary

**Morgan Haskell**  
mhaskell@taftcollege.edu  
(661) 763-7723

## EOPS/CARE Counselor

**Megan Andrews**  
mandrews@taftcollege.edu  
(661) 763-7847

## EOPS/CARE Peer Mentor

**Heather Gibson**  
**Tawny Kiss**  
**Sophie Yoobin Hong**  
eops@taftcollege.edu  
(661) 763-7723

## Office Hours:

**Monday-Thursday:**

**8:00 A.M.-4:30 P.M.**

**Friday:**

**7:30 A.M.- 4:00 P.M.**

## Board of Trustees

Billy White ( President), Kal Vaughn (Secretary), Emmanuel Campos, Dawn Cole, Michael Long

## Superintendent/President

Dr. Dena P. Maloney, Ed.D.