

TAFT COLLEGE

EOPS | CARE | CalWORKs

newsletter

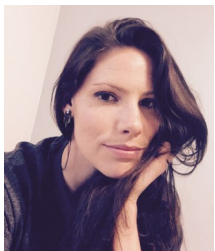
SPRING 2018

Meet Our NEW PEER MENTORS



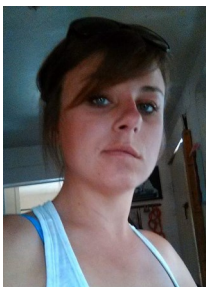
Oladis Gonzalez

My name is Oladis Gonzalez. I am 21 years old, and I live in Bakersfield. I am majoring in Early Childhood Education and Family studies. My goal is to transfer from Taft College to CSUB to become an elementary school teacher. I enjoy being a part of EOPS because it helps me with my books by providing me a book voucher. I always like that we as peer mentors get to interact and support other students.



Megan Wade

My name is Megan Wade, and I am a Studio Arts Major, and I am studying to be a graphic designer. I am going to transfer to CSUB to finish out my degree. I really enjoy being on the EOPS team because the program helps so many students and has many benefits. Knowing that I am helping my fellow students toward a better future makes the experience all the more cherishable.



Breanna Lowe

My name is Breanna and I am currently double majoring in liberal arts and psychology. I plan to graduate Spring 2019 and transfer to Cal State Bakersfield where I will pursue a degree in psychology. I really love working with EOPS. It's a great place to learn, meet new people, and a great place to gain experience in a professional environment. I love being able to mentor my peers and help them be successful in their studies.

UPCOMING DATES

Mar. 12 — Apr. 6: Grad Fair at TC Bookstore, ALL DAY!

April 2: Priority Registration for Summer & Fall 2018 begins.

March 26-30: Spring Break — NO CLASS

April 27: "STOMP": UC Transfer Fair at UCLA—Save the date!

May 15 — 17: Textbook Buyback @ TC Bookstore, 8:30am-4:30pm

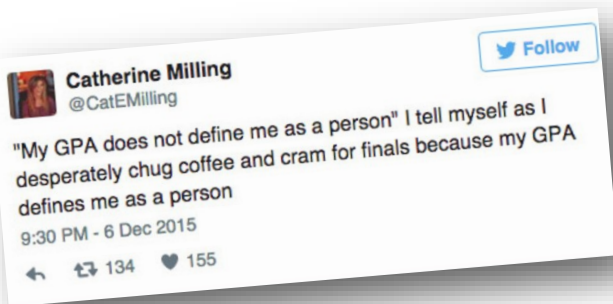
May 10: EOPS/CARE/ CalWORKs End of Year Celebration—Save the date!

May 18: Taft College Commencement Ceremony, 7pm at Taft Union H.S.

surviving FINALS



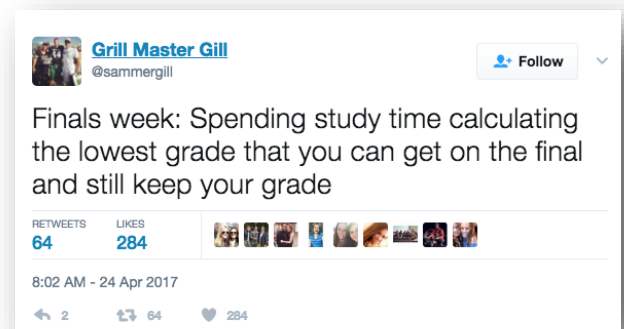
SCHEDULE // Planning on studying all day, or for several hours? Structure your time with a plan. Include one of the things below to break up your study time to give yourself (and your brain) a break. And stick to your plan!



REST // Studying while you're tired is counterproductive to actually retaining what you're studying. Take a power nap to boost your energy levels — 15 to 20 minutes is all you need. Napping longer than this will cause your brain to go into a REM cycle (a deep sleep); you'll have a hard time waking up and end up feeling groggy.

FUEL // Food is meant to be

FUEL for your mind and body. Eating the wrong foods will have the opposite effect and make you crash, become lethargic, go into a food coma, and completely disrupt your focus. Choose foods that will increase your energy levels.



RENEW // If you're tired of being cooped up in the space in which you're studying, go outside for a change of scenery. Take a walk or go to the gym for a low-intensity workout to relieve stress and clear your mind. Exercise is a cure for fatigue and increases energy levels.

ORGANIZE // If you're working in a cluttered living or work space, take a break to clean it up and organize. This will help you to focus on what's in front of you, and you'll feel like your life just got a little less messy. Taking control of your environment by putting things back where they belong will likely relieve stress and make you feel like you can now attack your studying.



Matt Jones
@2MKJ7

Jesus take the pencil

12/4/17, 2:59 PM

8,035 Retweets 16.9K Likes

SAY "NO" // Saying 'no' to events, parties, and hanging out with friends is difficult during finals week and that weekend prior, especially when you're looking for an escape. Don't totally opt out on a social life during finals week, but simply limit the fun stuff you agree to.

REWARD // We all need motivation to keep us going! Set up an award system for yourself. For example, in your study schedule, plan to catch a meal with friends or watch an episode of your current Netflix binge after studying for two or three hours...and stick to it. Plan to come back to your studying after a certain time. Setting small goals for yourself will make study time less painful.

STUDENTS OF THE MONTH

Amayrane Pardo



With complete honesty, I want to thank Taft College EOPS staff and counselors for all the help that you have given me, taking your time to help all of us and answer our questions. Thank you for nominating me as an EOPS student of the month. I feel honored to have been chosen. I will be graduating Spring 2018 with an Associate of Science. It has been a complete journey, and I have enjoyed every single bit of it. I am majoring in Life Science, because my dream is to become a dental hygienist. No other program compares to the one located at Taft College, and I would love to be a part of it. Here is where I chose to pursue my dream.

My interest in dentistry started at a young age. I remember going to the dentist as a child and actually enjoying my visit due to the friendly team and the hard work that they perform for happy smiles. I want to be a part of it in the near future, and I want to make patients feel safe and provide them with the best care possible. I have taken all my prerequisites for the program. I will be applying, and as always, hoping for the best. I am a very determined person and always strive for the best. Being a Taft College student has been the best decision that I have decided in my whole life. I will accomplish my dream here, and I couldn't have done it without the help, advice, and care of the EOPS program.

Chase Brown



My name is Chase, I was born in Bakersfield and raised in Taft. At a very young age my mother instilled in me the value of my education and the value of effort. The classroom was always where I would put my best foot forward and bring my best.

College has been one of the most rewarding and influential parts of my life. The exposure to people of different ethnicities, ages and worldviews has broadened how I view the world. My education has become something I'm proud to pursue and something I know I will always cherish long after I've graduated.

After Taft College, I plan on attending CSUB and obtaining my Bachelors in Human Biological Sciences. After I've finished my education, I plan on teaching Biology. Teaching has always been the profession that has called to me; even when I thought otherwise, I always end up back where I started.

Taft College has been an invaluable resource in my education, providing local higher education as well as a kind and welcoming staff and faculty. College is daunting for an incoming freshman, but with the help of programs like EOPS and Work Study, I managed to hit the ground running and make the best of my time here at Taft College.

STUDENTS OF THE MONTH

Jasmine Almaguer



Hi! My name is Jasmin Almaguer and I am very honored to be the EOPS Student of the Month for February. As a first-generation college student, I am very proud to have maintained my high academic status as a full-time student, along with my part time job at the Art Gallery. I am also the Vice President of the Social Science Research Group here at TC and have been for the past two years. Last year, the Social Science Research Group won first place at the First-Annual Taft College Student Research Conference. This year, we will be presenting that research at the Western Psychological Association Convention in Portland, Oregon.

To combat the stresses of school, I enjoy watching *The Office*, and my favorite YouTube channels: Casey Neistat, IAMKARENO, and Vox. I also love to listen to music, and my favorite musicians are BTS, J Balvin, and the Chill Anime Beats playlist on Spotify.

I am graduating TC this spring semester and am looking forward to attending CSUB to continue my studies in Psychology and Liberal Arts Studies. My career goals are a little uncertain, but I do know that I would like to study abroad and possibly move to a foreign country sometime after graduating to teach or to have a career in the field of psychology. Thank you so much for this award!

Paul Blanco



My name is Paul Blanco. I have been an engineering student at Taft College for the last two years. I currently have a cumulative GPA of 3.82, and I will be graduating with honors after completing the Spring semester with an AS in Math and Science. I will continue working towards my BS in computer engineering, with a focus on robotics at CSUB, beginning in the Fall. I am a member of Phi Theta Kappa, and a regular volunteer for Taft Colleges STEM outreach efforts with the surrounding high schools.

Prior to returning to school, I had a successful career in sales, and eventually in real estate. After taking some hard hits during the market crash, I found myself making a living working with technology once again, which is one of my life long passions. I realized that without a formal education, I would never be able to rise to my potential.

I returned to college two years ago without any specific plan, other than I knew I wanted to work with technology. With the advice and guidance of Mr. Paul Blake, a faculty member at Taft College, I found my calling in engineering. During a trip with the college to San Diego to the Makers Faire, I discovered a world wide open source robotics project that I found fascinating. A community of builders, all contributing, adding and improving to this project all over the world. With the support of the engineering program, I was able to get involved in the project, and so far, I have completed a fully functioning robotic arm that I can control with mental push commands. Things have come a long way over the last two years here at Taft College. I started with nothing more than a vague direction, and now have a set of clearly defined goals to pursue in a field that I am enthusiastic to make a career in.