



# TAFT COLLEGE

## EOPS | CARE | CalWORKs

### newsletter

SPRING 2017

## How to: BEAT THE FINALS GAME

**Make a study 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!

**Take a nap** – Studying while you’re tired is counterproductive to actually retaining what you’re studying. So take a nap to boost your energy levels. A *power* nap – about 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.

**Eat healthy food** – Food is meant to be FUEL for your mind and body. Eating the wrong foods will make you crash, become lethargic, go into a food coma, and completely disrupt your focus. Healthy foods *don’t* include junk food, so choose your food wisely.

**Take a walk or work out** – 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. And for you control freaks, this is right up your alley. 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!

**Learn to say “no”** – Saying ‘no’ to events, parties, and hanging out with friends is difficult during finals week, especially when you’re looking for a study break. We’re not saying to opt out on a social life completely during finals week, but simply *limit* the fun stuff you agree to. Read the next point on how to fit the fun stuff into your crazy week.

**Treat yourself** – 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 as well...and stick to it! Setting small goals for yourself will make study time less painful.

## UPCOMING DATES

Mar. 13 – Apr. 7: Grad Fair held at TC Bookstore. Call 763-7731 for more details!

April 3: Priority Registration for Summer & Fall 2017 begins.

April 7: Deadline to order cap and gown. Place order with TC Bookstore online or in store.

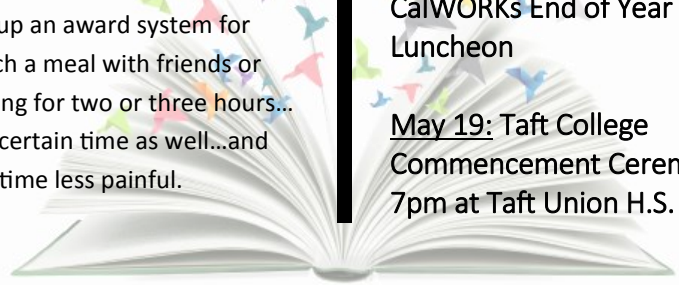
Apr. 10 – 14: Spring Break – **NO CLASS**

April 28: Fieldtrip to Fresno State University

May 1 – 19: Cap & gown orders available for pick-up at TC Bookstore.

May 11: EOPS/CARE/ CalWORKs End of Year Luncheon

May 19: Taft College Commencement Ceremony, 7pm at Taft Union H.S.



# STUDENTS OF THE MONTH



## Erik Jauregui

I am a student athlete at Taft College and have been able to obtain a 3.90 GPA over the past three semesters. I am planning to graduate this 2017 Spring semester and will be transferring to Cal State LA to continue my studies and soccer as well. My plan is to receive my bachelors and when finished at Cal State LA enter a nursing program.



## Katelynn Webb

Hello my name is Katelynn Webb, and I am so thankful for this opportunity to be student of the month. I cannot emphasize enough how amazing the staff at Taft College is. I have been attending Taft College for a couple of years now and I am finally graduating this spring semester. I started as a student who struggled in school, but now I am so close to walking across stage for the first time in my family's history. I have struggled these years to maintain good grades but found a succeeding system. All it takes is a little time and dedication to make all my future dreams come true. I will be transferring to Humboldt State University with a transfer in Kinesiology and pursuing a minor in biochemistry. My goal is to eventually earn a Doctorate degree of sciences and to work in a laboratory. I have struggled to stay motivated in school and I know it will only get harder but I also know it will all be worth it in the end.



## Winter Martin

Hello my name is Winter Grace Martin and I am 22 years old. I have been attending Taft College longer than most would have wished for, but along my journey, I have faced difficult obstacles. I have had to work several jobs to support myself, and I have faced medical problems.

In May, I will graduate with two degrees and two certificates. My two degrees are in AA-T History and Liberal Arts: Social and Behavior Science. My certificates are in Administrative Services I and Microsoft Applications. After Taft College, I am going to transfer as a junior to CSUB to earn my Bachelor's and Master's in History with a minor in Sociology. I wish to become a History or Sociology professor at the college level. My dream job would be to come back and teach History or Sociology at Taft College, just like my inspiration Jennifer Altenhofel. I would also like to thank my wonderful fiancé, Daniel Ortiz, for all the support he provides me.

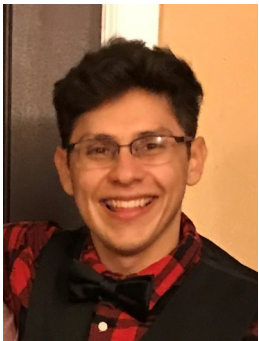
On January 10<sup>th</sup> 2016 I was diagnosed with major depression, anxiety-induced insomnia, as well as general and social anxiety. Most people hear of these mental illnesses but don't fully understand the magnitude and impact that they have on an individual's life. Although my journey may be harder and longer, it will be that more joyful when I reach my goals.

## Olga Rosales



Hello, my name is Olga Rosales. I was born and raised here in Taft, and have been a continuing student here at Taft College since the year 2000. I was in a short career for about a decade, corrections, and was a stay-at-home mom for about 3 years after the shutdown of the facility where I worked. I have since decided to come back to school and further my education. I'm currently working towards my AA in Liberal Arts with an Emphasis in Social and Behavioral Sciences, which I plan on receiving this May, and an AA in Criminal Justice Administration, which I plan on receiving this summer. Being that I'm a full-time mom and wife, being a full-time student has been quite a challenge. With the help of God, my family that has supported me since day one, my amazing counselor Lourdes Gonzales, the EOPS department and the Financial Aid department, it has been possible. I have made the President's list twice, and the Vice-President's list once, so far. Once I graduate, I plan on becoming an Eligibility Worker at the Department of Human Services, take transferable classes, and then continue my education at CSUB, where I plan on earning my Bachelors and becoming a Social Worker.

## Jason Portillo



Hello, my name is Jason Portillo, and I'm the oldest of three brothers and one sister. I am 20 years old and a first generation college student. I was raised by a single parent, and being raised by one parent has definitely took a toll on me; it has made me want to seek a better future, and it has also required me to contribute to my current household when needed. I currently started working and I attend Taft College on a full-time basis. I'm on track to graduate in May 2017. The reason I've attended Taft College is so I can further my education and to set a greater example for my younger siblings.

Once I graduate from Taft College, I'm transferring to Cal Poly San Luis Obispo for a Career in Computer Engineering. I have taken computer programming classes and the things that I learned and worked on have captivated me at a higher level. I now know this is the career I would like to pursue. One of my hardships now is sacrificing time to work and do well in my future courses, but I understand sacrifices must be made to seek a better future. In terms of academics, I've been blessed enough to achieve the Vice President's list every semester since I began college. Thank you for nominating me student of the month and for continuing to help throughout my junior college experience.

## Joshua Sanchez



I started attending Taft College in 2015 in the Fall, and I plan on graduating this Spring 2017. I have maintained a 3.09 GPA overall. After Taft College, I plan on attending Cal State Los Angeles where I plan on studying Kinesiology. I will be playing soccer at Cal State Los Angeles as well.