

Keep **THE DREAM** *Alive*



SAN DIEGO
MIRAMAR
COLLEGE

EOPS / CARE /NextUp
& CalWORKs

HANDBOOK

EOPS/CARE Program

Welcome to the Extended Opportunities Programs & Services (EOPS) community at San Diego Miramar College, we are glad to have you join us!

Miramar College is committed to preparing students to succeed in a complex and dynamic world by providing quality instruction and services in an environment that supports and promotes diversity, equity, and success. As part of that commitment, EOPS' goal is to provide you with the guidance, support, and encouragement that you need to reach your educational goals. In fact, students that participate in EOPS tend to have a higher GPA and higher graduation and transfer rates than the general student population.

The transition to college can sometimes be overwhelming. It may be difficult to juggle all the responsibilities you may have outside of school and find time to study and do well in your classes. Our counselors and staff are here to provide the support and encouragement you need to help ease your college experience. We want to see you when times are good and during difficult times. We will do our best to provide you with the help you need to overcome difficult times so you can reach your goal.

As an EOPS student you will be part of a caring community of counselors, staff and other EOPS students that work together to support each other and to help make your time at Miramar College a meaningful and enjoyable experience.



Get to Know Us

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EOPS Benefits

Academic, Career and Personal Counseling –

EOPS counselors are here to help you identify a major/ career goal, create a plan of the classes you will need to take to get there, and will assist you in reaching your goals.

Top Tier Priority Registration – As an EOPS student you will get to register before most of the students on campus. You will be able to get the classes you need and at times that work best with your schedule. No more crashing classes or waitlists — hooray!

****Book Service** - Miramar Bookstore credit will be given to help subsidize a portion of the cost of your books.

****Grant** – Free money to help you pay for your educational expenses. Yes, for real!

UC and CSU Fee Waivers – Transferring to a four-year college? EOPS students get to apply to four UCs and four CSUs for FREE. Talk to your counselor about private school waivers.

Scholarship, Financial Aid and Transfer Application Assistance – We know, all the paperwork can get confusing. We can help you fill out applications and help with the financial aid appeals process.

Workshops – EOPS offers a variety of workshops to help YOU succeed in college.

****Cap and Gown** – A free cap and gown for the graduation ceremony.

****Honor Society Fees** – If you are part of the Honor Society, we will pay for your fees.

Activities - Field trips to four-year colleges meet and greet events (free food), success workshops, etc.

Community – Be part of a community of students, counselors and staff that support each other. Our goal is to help you reach your GOAL!

***This benefit is provided depending on funding available. You do need to make it to all three of your appointments and meet all other EOPS eligibility.*



Are you receiving TANF/Cash Aid, and a participant in the Welfare-to-Work Program?

You may qualify for California Work Opportunity & Responsibility to Kids (CalWORKs).

You may be eligible for additional support services if you are in the CalWORKs Welfare-to-Work program. Through collaboration and advocacy efforts with our college and community partners, we prepare participants for economic self-sufficiency which enable students to complete their educational goals, find meaningful employment, and successfully transition into the workforce.

Additional services may include individual training plan (ITP) and book request assistance, job placement assistance, work study opportunities, personalized vocational counseling, and college and county referrals/resources when eligible.

Are you a single parent receiving TANF/Cash Aid?

You may qualify for Cooperative Agencies Resources for Education (CARE).

You may be eligible for CARE services if you are a single parent receiving TANF (cash aid assistance) and you have a child under the age of 18. The CARE Program offers supportive services to assist students to acquire the education, training and marketable skills.

Additional services may include gas/bus cards, meal cards, bookstore voucher, and college and county referrals/resources when eligible. You must be receiving county cash aid for yourself and/or child to be eligible. Please make an appointment to see if you qualify.

Are you a current or former foster youth?

You may qualify for the Next Up Program.

You may be eligible for additional support services if you are a current or former foster youth attending San Diego Miramar College.

To be eligible for NextUp, you must be a current/former foster youth in California, have been in the foster care system on or after your 16th birthday, be under the age of 26 years at the start of the academic year, plan on enrolling or be enrolled in at least 9 units.

Additional services include academic and intrusive counseling, book and school supplies account, assistance applying for financial aid opportunities such as the CHAFEE Grant and scholarships, food assistance (meal cards), transportation assistance (gas cards/bus pass/parking permit), life skills workshops and social activities/events, and the opportunity to work on campus through the NextUp Work-Study Program.

If you do not meet the eligibility requirements for NextUp but are current or former foster youth, we may be able to provide some or all of the benefits aforementioned on case by case basis. Please see a NextUp counselor to discuss what opportunities you may qualify for.



EOPS/CARE Requirements

1. Attend an orientation to learn about the program, the program requirements, and the benefits of being an EOPS/CARE Student.
2. Visit with a counselor TWO times each semester during the appointment windows PLUS attend at least one themed group counseling session.
3. Take at least 9 units within the San Diego Community College District (SDCCD). New students must take 12 units within SDCCD per semester/year unless an exception has been made.
4. All students must have their financial aid at San Diego Miramar College in order to be eligible for EOPS at Miramar.
5. Submit your progress report before the deadlines for Fall and Spring Semesters. This will allow you to see how you are doing and provide you the support you need if you have a challenging class or semester.
6. Make updates to address, email and/or phone number using your mySDCCD portal.
7. Come see us if you are facing any obstacles, we are here to help!



Can I really lose my EOPS/CARE Benefits?!

It is possible for you to lose your EOPS benefits/eligibility. Below is a list of the reasons you could lose your benefits or become ineligible.

1. You can only be in the program until you reach 70 units (you can exclude up to 30 units of classes numbered below 100 – so ENG 47A, Math 46, etc. need not be counted) OR have been in the program for six semester.
2. If you drop all your classes – zero units means no EOPS for the semester.
3. If you miss two counseling appointments without calling to cancel, you will have to petition to continue. After the third missed appointment you are out of luck. So, please contact us if you need to reschedule!
4. If you don't follow the Student Requirements listed on the Mutual Responsibility Contract (MRC). After all, you signed it - you need to abide by it.
5. If you don't meet with a counselor two times during the semester and attend a themed group counseling session you will not get a grant or book voucher the following semester. If you fail to meet with a counselor two times and attend a themed group counseling session for two semesters in a row, you will lose your EOPS eligibility.

APPEALS – There is an appeals process if you lose your eligibility due to extenuating circumstances.

Remember to Seek Help!

If you find yourself on probation, nearing disqualification, having trouble getting to class, deciding whether to drop a class or any other reason that may be bogging you down – COME AND SEE US!



Counseling Appointments

EOPS students have three mandatory contacts per semester; two counseling appointments and attendance of one themed group counseling session. In order to continue to be part of the program, students must plan to attend all three appointments within the timeframe reflected below.

DON'T WAIT FOR
Opportunity,
CREATE IT.



1st appt: Jan 19- March 19

Create/Update education plan



2nd appt: March 22- April 30

Review academic progress report
& discuss classes for next semester



Submit Progress Report:

MARCH 08 - APRIL 9



3rd appt: May 03 - May 28

Attend a group counseling session

OTHER IMPORTANT INFORMATION:

- **BOOKSTORE BENEFITS WINDOW:** JAN 19 - APRIL 19
- **1st APPT GRANT DISTRIBUTION:** MARCH/APRIL

Financial Aid

In order to keep your financial aid you are required to make Satisfactory Academic Progress (SAP). What that means is that you need to declare a major, enroll only in relevant course-work, carry a full load of 12 units, and maintain a GPA of 2.0 or better. For most of you that should not be a problem. However, some of you may decide to change your major or may experience a personal crisis that leads to you dropping units or to a GPA below 2.0 that may put you on financial aid probation. If you don't raise your GPA above a 2.0 you may be disqualified and lose your financial aid!

Remember, an ounce of prevention can go a long way. If you are considering a change of major or dropping units, come in and discuss your options with an EOPS counselor before you take action. And if you find yourself in trouble with financial aid, come in to see us immediately for assistance.

Useful Resources *All numbers in 619 area code unless otherwise noted*

OFFICE	TELEPHONE	LOCATION
Academic Success Center	388-7852	L-101
Admissions & Records Office	388-7844	K1-207
Bookstore	388-7866	K1-105
Career Services	388-7335	K1-308
Counseling	388-7840	K1-203
Disability Support Programs & Services (DSPS)	388-7312	K1-204
EOPS/CARE/CalWORKs	388-7869	K1-305
Financial Aid	388-7864	K1-312
Health Center	388-7881	K2-102
Honors Program	388-7386	K1-203
Library	388-7310	L-114
Parking Permits	388-7353	Police Station
Student Affairs	388-7313	K1-210
Transfer Center	388-7380	K1-306
Veterans and Military	388-7862	K1-207

EMERGENCIES

Fire, Police, Paramedics	9-911
Campus Police Department	388-7353

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