

# CARE Program Newsletter

NOVEMBER FALL 2019 ISSUE

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## WELCOME TO FALL 2019 SEMESTER!

Hello CARE Students!

I'm back as your CARE Counselor, but unfortunately I didn't have the opportunity to start at the beginning of the semester. Better late than never! Anyway, I'm happy to be serving and working with you. I plan to meet with each one of you to see how you are doing. I have had the privilege and opportunity to have met some of you. If I haven't met with you yet, please schedule an appointment with Annet before the end of the semester so we can talk about the program and answer any questions you might have. The semester is closing in on us very quickly so please get your appointment soon.

Although, I have had the privilege of meeting with some of you, if you feel like we need to reconnect please feel free to make another appointment, I would love to meet with you again to see how things are going.

I am here for you to provide information and support your academic adventure!

Sincerely,  
 Bernadette L. Solis  
 EOP&S/CARE Counselor



### NEW TO THE FAMILY!



Hello CARE students!

My name is Lizeth Sanchez and I am very glad to say that I am the new Program Assistant for the CARE program. I have been working for CARE since the beginning of fall 2019 and previously I worked as a Program

Assistant for the TRIO Support Services Program. I am super excited to work with EOPS/CARE and continue to serve students! I will try my best to answer your questions and if I don't know the answer then I will find out for you.

I am a student here at Los Angeles City College, and my major is Theatre. I plan to transfer to California State University, Northridge in fall 2020 and pursue my dream of becoming an actress.

I understand the struggles students face but I have learned that it is all worth it in the end! Never give up, stay focused and fight for what you want! Let's have a great semester!

Best,  
 Lizeth Sanchez  
 CARE Program Assistant

# Student Highlights



Hello, my name is Cherry Morse, I am a single mother of four and I am pursuing an AA degree in Business Administration here at Los Angeles City College. I am grateful for being a part of the CARE program because as a single mother and a student, it is difficult to pursue my education without any support. The group counseling sessions offered by the CARE Program are beneficial to my personal and educational growth, and the staff is very helpful when I need assistance. This is my second year at LACC and in March 2019 I was a recipient of the Soroptimist Live Your Dream Award and also won various scholarships from the LACC Foundation. None of these accomplishments would be possible without a combination of hard-work and the guidance and support from CARE and all other programs available at LACC. I have also maintained a 4.0 GPA while working part-time and tending to my four children. I fight for my dream every day! My children serve as an inspiration and they give me the strength and courage to face my hardships. To my fellow LACC students, I would like to encourage you to apply for scholarships. You might think that it is intimidating to do so, but it is not. The first time I applied for scholarships, I did not win anything and I just kept on applying until I eventually won. Ultimately, the advice that I would like to impart is that, no

matter how challenging life is, always believe in yourself and be persistent. Don't get easily discouraged when you fail. Do not treat failure as a loss but an opportunity to grow and do better. Someday, I would like to manage or create a non-profit organization that helps homeless individuals, families, foster youth, and children who are victims of domestic violence. Being here at LACC has been an amazing journey! Thanks to everyone who has made a difference and made things happen for students like me.

***“Patience, persistence and perspiration make an unbeatable combination for success.” –Napoleon Hill***

## Tips on Applying for Scholarships



1. Apply Early
  - Gather documents needed such as, unofficial transcripts, award information, etc.
  - Online scholarships may be tedious and may take longer to complete
  - Set an earlier deadline for yourself
2. Read Instructions and Understand its purpose
  - Follow directions carefully
  - Be descriptive and make the most of your words
  - Tailor your essay to the scholarship's purpose
3. Establish your Letters of Recommendation
  - Give chosen recommenders plenty of time to write your recommendation letter
  - Choose someone who knows you well and is happy to recommend you
  - Send thank-you letters without hesitation
4. Review
  - Share your scholarship essay with those who can give you honest feedback
  - Have someone else proofread, and then proofread some more
  - Review the application and make sure you've completed all sections correctly



# Imposter Syndrome...What is It? How do you overcome it?

For those of you that missed it, CARE offered a great workshop about Imposter Syndrome. “Imposter syndrome is the frequent feeling of not deserving one’s success; the feeling that one is a failure despite a sustained record of achievement.” Throughout this workshop, students learned that imposter syndrome is common amongst college students and highly successful people. As college students, feelings of self-doubt, not belonging, or failing are common feelings of fear that manifest as symptoms of imposter syndrome. Whenever you are feeling the onset of imposter syndrome, take note of the following ways to cope:

YOU BELONG  
HERE TOO.



1. *Reach out and ask for help.*
2. *Recognize the feeling of failure and be reminded that failure is a valuable lesson.*
3. *Communicate about your feelings. You will be surprised to find out that others may feel the same or have felt the same at some point in their lives/careers.*
4. *Focus on what is going well for you and celebrate it.*
5. *Choose your support group wisely! Befriend those who encourage you!*
6. *Be flexible in your approach to success. Try different strategies to cope when imposter syndrome pops out of nowhere.*
7. *Face your fears and keep on doing your best!*

Klawe, M. (Oct. 8, 2018). Let’s talk about imposter syndrome with incoming students.

Retrieved from: <https://www.forbes.com/sites/mariaklawe/2018/10/08/lets-talk-about-impostor-syndrome/#82a070061fae>

## CARE WORKSHOPS



- \* **Cal State Apply**  
~ Tuesday, October 15      SSB 3<sup>RD</sup> Floor Rm. #330      2:45 – 4:30 PM
- \* **Imposter Syndrome & College Life**  
~ Friday, October 18      SSB 3<sup>RD</sup> Floor Rm. #340B      9:00 – 11:45 AM
- \* **Introduction to Trauma Informed Non-Violent Parenting**  
~ Friday, November 1      SSB 3<sup>RD</sup> Floor Rm. #340B      8:45 – 11:30 AM
- \* **Holland’s Career Inventory/Assessment**  
~ Thursday, November 21      LACC Career Center SSB 2<sup>ND</sup> Floor      12:00 – 1:15 PM
- \* **Time Management**  
~ Thursday, December 5      SSB 3<sup>rd</sup> Floor Rm #340B      12:00 – 1:30 PM



# About the CARE Program:

The CARE Program is an extension of EOPS for single parents/heads of household receiving TANF/CalWORKs who are pursuing their educational goals.

## ELIGIBILITY:

- ◆ Acceptance into the EOPS Program
- ◆ Be officially approved for TANF/CalWORKs
- ◆ Single head of household
- ◆ Be at least 18 years old
- ◆ Have at least one child under the age of 18
- ◆ Attend an in person CARE Consultation

## BENEFITS:

- ◆ Academic, personal & retention counseling
- ◆ University & cultural field trips
- ◆ Laptop loan program
- ◆ School supply kit
- ◆ Student parking permit
- ◆ U-PASS
- ◆ Auto Maintenance Repair Grant
- ◆ ASG benefits
- ◆ Meal credit



EOPS / CARE  
LOS ANGELES CITY COLLEGE

**COOPERATIVE  
AGENCIES  
RESOURCES FOR  
EDUCATION**

### LOCATION

Student Services Building (SSB)  
3<sup>rd</sup> Floor  
855 N. Vermont Avenue  
Los Angeles, CA 90029

### CONTACT

Phone: (323) 953-4000

EOPS Ext. 2300/ CARE Ext. 2313

## IMPORTANT DATES FOR FALL '19

- Last day to drop with "W" Sunday, November 17
- **FALL'19 Graduation Petitions Deadline Friday,**  
November 15
- Final Exam Schedule December 9 - December 15

### HOLIDAYS:

- ☆ *Labor Day* Monday, September 2, 2019
- ☆ *Veterans' Day* Monday, November 11, 2019
- ☆ *Thanksgiving Holiday* November 28 - December 1

