Tips to stretch your dollar:

- Saving on food—learn to cook, buy in bulk, use your freezer, or buy generic
- Kick a habit—reduce your smoking; specialty coffee drinks are expensive, and drink less
- Save on rent—get a roommate and turn down the heat
- Save on expenses—walk or bike instead of driving or take the STAGE bus
- Shop around for clothes
- Use the library
- Sponsor a game night

Planning through our workshops and through CashCourse, a web tool that you can access via our EOPS and SSS web pages. The site is divided into four basic content areas: financial basics; paying for college; college life; and the world of work. There’s also high-lighted content on the 20 most-popular topics—chosen by college students, including car financing, budgeting, paying for college and many other complications that money brings.

As the economy continues to struggle and jobs seem like a scarce resource we want to help you make the best financial decisions for yourself and your family.
**EOPS Orientations**

**New students**

Yreka—Tuesday, August 10 at 1-3pm in Tech 1 & 2

Weed— Orientations in Weed will be in Life Science 3

  - Friday, August 6 at 1-3pm
  - Monday, August 9 at 11am-1pm
  - Wednesday, August 11 at 1-3pm
  - Friday, August 13 at 10am-12
  - Monday, August 16 at 3-5pm
  - Tues., August 17 at 3-5pm (LS 9)

**Continuing students**

Yreka—Tuesday, August 10 at 10am-12 in Tech 1 & 2

Weed— Orientations in Weed will be in Life Science 3

  - Friday, August 6 at 10am-12
  - Monday, August 9 at 2-4pm
  - Wed., August 11 at 10am-12
  - Friday, August 13 at 1-3pm
  - Monday, August 16 at 3-5pm
  - Tues., August 17 at 3-5pm (LS 9)

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**SSS Orientations—for new & continuing students**

**Weed**— Orientations in Weed will be in the Computer Lab

  - Friday, August 6 at 3-5pm
  - Monday, August 9 at 9-11am
  - Wednesday, August 11 at 3-5pm
  - Friday, August 13 at 3-5pm
  - Monday, August 16 at 12-2pm
  - Tuesday, August 17 at 1-3pm

**Yreka**—

  - Tuesday, August 10 at 3-5pm in Room 8

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**REMINDERS FOR CONTINUING EOPS STUDENTS:**

- You must be enrolled full time by July 16, 2010 for the Fall semester to be eligible for the EOPS book voucher. (waitlisted does not count as being enrolled)
- You must attend an orientation at the beginning of the semester to be in EOPS.
- If you are not enrolled full time, but you are still eligible to be in EOPS, you can still receive the other EOPS services other than the book voucher.
- Classes begin on August 16 for the Fall semester.
- You must have met with a counselor twice in the Spring 2010 semester to receive the full book voucher in the Fall 2010 semester.
- You must be enrolled full time by July 16, 2010 for the Fall semester to be eligible for the EOPS book voucher. (waitlisted does not count as being enrolled)
- You must have met with a counselor twice in the Spring 2010 semester to receive the full book voucher in the Fall 2010 semester.
- You must be enrolled full time by July 16, 2010 for the Fall semester to be eligible for the EOPS book voucher. (waitlisted does not count as being enrolled)
- You must have met with a counselor twice in the Spring 2010 semester to receive the full book voucher in the Fall 2010 semester.
Winner of EOPS Association scholarship

The EOPS Association, which is state wide, gives out scholarships each year. Only 10 schools are picked each year to receive a scholarship. This year COS was chosen to receive a scholarship for one of our EOPS students. We had quite a few applications for the scholarship. The winner of the $1,000 scholarship goes to Tony Chhom. Tony will be transferring to UC Davis in the Fall majoring in Chemistry. He has been an EOPS student at COS for 4 semesters and has earned a 4.0 GPA.

Here is part of Tony's scholarship essay on how EOPS has helped him:

"EOPS has helped me make that decision and go through with it by providing me with book vouchers to buy expensive books that I needed. Even more important was the required counselor's appointment. These were necessary for me to complete in order to stay in EOPS. Without the requirements, I would not have had very much motivation to complete my appointments. I tend to get it in my head to do things on my own. However, I have learned the importance of receiving help from experts. Without counselors, I would not have had a very thorough plan for college. Now, thanks to EOPS, I have a plan, and it was obtained from the very supportive staff members."

It’s never too late to start over...

My name is Kerri McCree, and I am a former student here at COS. I am what you would consider a “non-traditional” student. I have a history of drugs and criminal convictions, which kept me from pursuing my education. However, in 2008 I got clean and sober and decided to come back to school. My experience at COS has been not only extremely positive but very much beneficial for me as well. After my first semester here I became employed by the EOPS/SSS Office. Coming back to school and getting a job here has allowed me to get reacquainted with reality, discipline, and responsibility! I am now preparing to transfer to Southern Oregon University and pursue a bachelor’s degree in Psychology. COS has been a great start for me. The faculty and staff have been very encouraging and understanding. What I’ve found out along the way is that it’s never too late to start over!

Importance of Obtaining a College Degree

There are articles in the newspaper and online all the time about the importance of people in the U.S. to get a college degree. As of right now, the United States ranks 10th internationally at post-secondary degree attainment. Here is a part of an article from the Wall Street Journal:

"By 2018, the United States will see 46.8 million job openings, 63% — 29.5 million — of which will require some college education. One-third, or 16 million positions, will require a bachelor’s degree or higher, according to a report by the Georgetown University Center on Education and the Workforce. Companies will seek 22 million new postsecondary degree-holders, but just 19 million or so will have earned an associate’s degree or higher by then, according to the report. The difference averages to a 300,000 annual deficit of college graduates between 2008 and 2018."
Reminders for EOPS & SSS students

- Attend orientation
- Semester begins August 16
- First Progress check-in begins September 20
- Second Progress check-in begins October 18
- End of Semester check-in begins November 29
- You should have at least one counselor contact by October 29
- Registration for Spring 2011 begins November 8
- The EOPS Coordinator will send out reminder emails, so if you don’t get the emails, then be sure she has your correct email address
- Take a look at www.siskiyous.edu/eopscare for current EOPS events and reminders
- For Student Support Services program information, go to www.siskiyous.edu/sss
- You must have at least two counselor contacts by the end of the semester, which is December 16
- Remember—the counselors and advisors are here to help you!
- Get a tutor early in the semester if you think you are going to have trouble
- Sign up for EDUC 670 (0 unit class) to be able to use the Academic Success Center (computer, reading, math labs, etc.)
- If you think you might be eligible for CARE, talk to Stacey, the EOPS/CARE Coordinator
- Have a great semester
- Come see us in Eddy Hall