Welcome back from the summer...

All of us here in the EOPS/CARE, SSS, MESA, CalWORKs, and Jumpstart office would like to welcome you back to COS this fall. There are a lot of programs in this one office as well as advisors and counselors. We are all here to help you succeed in college. Here are some of the latest changes in the office. Cynthia Smith is our new Program Coordinator for the CalWORKs program. Stacey Westrum is the Coordinator for the Jumpstart Scholarship Program. Stacey is also still the EOPS/CARE Coordinator and Academic Advisor. Pat Kushwara is still the SSS Coordinator and Academic Advisor. Val Roberts is still the counselor for the students in these programs. Kim Peacemaker is counseling students in Yreka.

If you want to make an appointment with Val Roberts, then call the office at 530-938-5309 in the morning to see what she has available for that day. If you want to make an appointment with Kim Peacemaker, you can do that ahead of time by calling the office at 530-938-5309.

Do you know the waitlist procedure?

If you are on a wait list for fall, have you been checking your Siskiyous email account? Did you know that if a space opens up in a class and you are on the wait list, you will get an email (if you are first on the wait list)? That message is sent to your COS email and you have 48 hours to register for the class. If you do not sign up within 48 hours, then you are dropped from the waitlist. There are further instructions about the waitlist procedure on the COS website at www.siskiyous.edu/apply/waitlist.htm.
EOPS Fall Orientations

**Yreka**—Wednesday, August 15 at 10am or 2pm in Tech 1

**Weed**—
Monday, August 13 at 10am or 2pm in DLC 3  
Tuesday, August 14 at 1pm in DLC 3  
Friday, August 17 at 11am in DLC 3  
Monday, August 20 at 1pm in Life Science 3  
Tuesday, August 21 at 2pm in DLC 3  
Wednesday, August 22 at 3pm in DLC 3  
Tuesday, August 28 at 9am in board room  
Wednesday, August 29 at 2pm in board room

Student Support Services

**Upcoming Activities**

*This Fall semester we are planning four campus tours:*

- CSU Humboldt
- CSU Chico
- UC Davis
- Southern Oregon University

You will be notified in August of dates and times.

We are also planning on providing tickets to The Nutcracker Ballet in November and possibly one more cultural activity. As of right now, I do not have specific dates. However, everyone will be notified at least two weeks in advance, so keep checking your COS email.

**SSS Fall 2012 Orientations & Financial Literacy Workshops**

**Yreka Campus, Room 8:**
Wednesday, August 15th  8am — 10am or 2pm — 4pm

**Weed Campus, LRC 2 Lab:**
Monday, August 13th  8am — 10am or 12pm — 2pm  
Tuesday, August 14th  10am — 12pm  
Friday, August 17th  9am — 11am  
Monday, August 20th  9am — 11am  
Tuesday, August 21st  9am — 11am  
Wednesday, August 22nd  9am — 11am  
Tuesday, August 28th  8am — 10am  
Wednesday, August 29th  9am — 11am or 12pm — 2pm
So this means that you have a total of 600% maximum lifetime Pell grant that you can be awarded. If you got 100% of the Pell grant for 6 years, then that would equal 600%.

There is a way that you can look up how much Pell you have received and what percentage you are at right now. Here is how:

Go to www.nslds.ed.gov
Click on Financial Aid Review
Go through the two screens with a question on them

As you know Federal Financial Aid is getting more and more strict on Pell grants. Effective July 1, 2012, students will only be eligible to receive six full-time equivalent years (600%) of the Pell Grant (this includes the time you work toward your bachelor’s degree). Financial Aid offices report attendance status for students at each Pell disbursement. Full-time for one semester = 50%, three-quarter time for one semester=37.5%, half-time for one semester= 25%, etc.

It is time for us to stand and cheer for the doer, the achiever, the one who recognizes the challenge and does something about it.

Vince Lombardi
“Even if you’re on the right track, you’ll get run over if you just sit there”
- Will Rogers

“Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it.

On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.”
- Mahatma Gandhi

College Trivia

Beer pong is believed to have started at:
- University of Miami
- Dartmouth College
- University of Washington
- Yale University

The average freshman gains how many pounds during the year?
- less than 4
- 4-8

Conan O’Brien wrote for which college humor paper:
- Berkely’s “Heuristic Squelch”
- Michigan’s “Gargoyle”
- The Harvard Lampoon
- Texas Travesty

The University of California does not have a campus in which city?
- Riverside
- Los Angeles
- Santa Cruz
- San Bernardino

Just for the fun of it...