

EOPS Newsletter

October, 2009

Student Support Group

A support group for students meets every Tuesday at 2:30PM in room B-401. The purpose of this group is to provide a place for students to meet & get support with various issues. This group may be for you if you are feeling stressed, depressed, overextended, anxious, or if you are experiencing family/relationship problems or alcohol/drug problems. Group meetings are informal & confidential & are facilitated by a licensed mental health counselor.

EOPS Region X Conference

Region X EOPS programs are hosting the Region X EOPS Student Leadership Conference on Friday, Nov. 6, 2009 from 9-3:30 at Mission Trails Visitor Center. We can take 6 students. Attending the conference will count for the 3 workshops required for project B. If you are interested, pick up an application in the EOPS office and turn it in by October 22.

Swine Flu (H1N1) Info

Updated information on the swine flu can be found on the campus health services site below. Check it out at http://www.sdmiramar.edu/stu_svcs/health_svcs/swineflu.asp.

Campus Workshops

EOPS workshops:

◆Stress Reduction Through Mindfulness Meditation:

Monday, Oct. 19th – 12:30 – 1:30p.m.
Room B401

Kim Roser-Kedward

◆Goal Setting

Thursday, Oct. 29 – 9:00 – 10:00a.m.
Library conference room

Katherine Rotherham

Transfer Center Workshops

UC TAG Workshops:

◆Wednesday, Nov. 4 – 12:30 – 1:30 p.m.
Room TBA

CSU Transfer Workshops

◆Thursday, Oct. 22 – 12:30 – 1:30p.m.
Room TBA

◆Tuesday, Oct. 27 – 12:30 – 1:30p.m.
Room TBA

UC Application Workshops

◆Wednesday, Nov. 4 – 5:00 – 6:00p.m.
Room TBA

CSU Application Workshops

◆Wednesday Oct. 21 – 5:00 – 6:00p.m.
Room TBA

◆Thursday, Nov. 5 – 12:30 – 1:30p.m.
Room TBA

◆Thursday, Nov. 5 – 5:00 – 6:00p.m.
Room TBA

◆Thursday, Oct. 8 – 12:30 – 1:30p.m.
Room TBA

EOPS HONOR STUDENTS RECOGNIZED AT RECEPTION

On Wednesday, Sept. 30, 2009 EOPS honor students were recognized at a reception. One hundred and eighty seven EOPS students have GPA's of 3.0 or better. Congratulations and good work! Thirty-four students attended the reception and others have come to the EOPS office to pick up their certificate.

Randolph Jay Abad
Fardin Abdi
Kristen Kalani Adan
Hadi Ahmadi
Farya Akhundzadeh
Hangameh Akimi
Tamim Akimi
Mohammed Ali Alasady
Eman M Aldameri
Adrienne Renee Alonte
Helen Amiri
Jacqueline Arias
Muna Ashfaq
Fariba Ashoub Barangher
Anahita Atashfaraz
Atousa Atashfaraz
Sara Attarian
Mohammed Younis Azizi
Soofia Bandi
Kristina Renae Batey
Imanol Zigor Belaza
Adam Benaroya
Anastasia Cheri Blas
Alla Boyko
Fariba Bozorgchami
Paula Jean Campbell
Nicholas Eric Cardona
Banyan Ivan Carman
Cristina Veronica Castro
Matthew Jacob Collins
Marissa G Cruz
Rachel Eva Cruz
Cristina E David
Erica Lynn Davis
Sarvenaz Davoodi
Anabel Birt De Krogstad
Duy Khanh Doan
Khah Nhat Doan
Tina Ngoc Duh
Michael Duong
Nguyen Thanh Duong
Laura Susana Egea
Noah Kyujin Ehlinger
Jhozanne Kae A Elizaga
Mahsa Eskandari
Angela Maria Farfan

Andrew D Ferebee
Christina M Fierro
Miriam Flores
Zahra Forozanfar
Franchesca Marie Gade
Beverly Carolino Galang
Itzamna Jesus Garcia
Sara Samir Ghalayini
Mahboubeh Ghanbarnejad
Seyed Mohammad Gharabi
Farideh Ghezeli
Ramin Goharriz
Kara Deonicia Gomez
Alicia Grisel Gonzalez
Ernesto David Gonzalez
Adela Gull
Mashal Hamidy
Autumn Marie Hammock
Kaele K Harris
Natalie Christine Harris
Sanaz Hemmat
Jennifer Hernandez
Linh Quoc Hoang
Monica Horta
Jerry Chieh Huang
Kathy K Huynh
Roger Inthirath
Azin Jalali
Mohamad K Kanj
Zhinoss Kassaian
Elnaz Khodaei Gheidari
Mojgan Kian
Brian Lee Krogstad
Hien Duy Dien Le
Kaylie Uyen Le
Minh Quang Le
Tuong-Vi Vuong Le
Guangxin Li
Jui- Feng Lin Shih
Chi Uyen Linh
Ngan Uyen Linh
Va Tat Linh
Xiaoying Liu
Luis Daniel Lopez
Emily Lucas
Jaziel Lucas

Huong Tra Luong
Michelle Macanlalay
Victor Madrillejos
Shohreh Mahdavinia
Saman Manneh
Taron Martin
Pamela McDaniel
Michael McMahan
Nelob Mesdaq
Atessa Mikanik
Karen Mills
Dianna Montez
Eliot Mung
Yoonjoo Na
Seyedeh Naghavian
Maziar Namiranian
Asma Nawabi
Saima Nawabi
Whadia Nazir
Fatemeh Nematollahi
Trang Ngo
An Nguyen
Anh Nguyen
Dung Nguyen
Dung Ngoc Nguyen
Hong Nguyen
Kim Tieng Nguyen
Ky Nguyen
Lyly Nguyen
MaiHan Nguyen
Nancy Nguyen
Phuong Nguyen
Thu Nguyen
Tram Nguyen
Trang Nguyen
TriDuc Nguyen
Yen Nguyen
Raymond Nimberger
Homeira Noorinooshabadi
Katherine Oh
Mu Oh
Sijuwade Olowu
Jessica Olozagaste
Anna Ossowska-Borowik
Armando Pabon
Clarissa Padilla
Jonathan Paolicelli
Carlos Parraga

Hang Pham
Thanh Xuan Pham
Thu-Hien Pham
Toan Thien Pham
Trung-Hieu Pham
Van Pham
Robert Phillips
Jamila Radman
Solhiyeh Rahol
Hooman Rajabi
Shanna Ramsey
Roya Rasoulzadeh
Hernando Rico
Janet Rimorin
Juan Rodriguez
Mohsen Rowhani
Andrew Seeger
Maryam Shahab
Anna Shainskaya
Amina Sharif
Ahmad Shefa
Richard Smith
Shelley Smith
James Snyder
Ethan Staton
Christopher Strong
Mohamed Sufi
Julia Tabachnik
Zari Tavakoli Dinani
Irina Terenina
Lucia Terrasas
Chau Thach
Kim Thi
John Thomas
Daumone Tonekaboni
Tabina Tonekaboni
Dat Tran
Ty Tran
An Truong
Yen Truong
Yuliya Tsitko
Richard Valentin
Franco Vargas Gonzalez
Victor Vigdorichik
Mai Vuong
Teresa Young
Karl Zeuch

Campus Closed for Thanksgiving Holiday

Remember that Miramar will be closed the week of November 23 for Thanksgiving. It will reopen on November 30th. This means that you should make your spring semester planning appointments early. We suggest before November 6th.

UC & CSU Application Deadlines are very Early

This year the deadline for applying for fall 2010 admission to UC and CSU is November 30th!!! You should plan to get your applications done much earlier to avoid the last minute scramble, particularly since the campus will be close for the week of November 23rd.

Toys for Tots Date Set

The annual Toys for Tots will be held on Friday December 4th. If you want to participate, you must turn in your RSVP by Wednesday, November 11th.

Priority Enrollment

Priority enrollment (that BIG benefit you get because you are an EOPS student) will be on November 30th. Notice that it is the Monday after the campus has been closed the Thanksgiving week!! So, if you want to be sure of getting all of classes AND you need help in choosing them, make an appointment before November 6th with an EOPS counselor to plan your spring semester