Welcome new and returning EOPS and CARE students! We are excited to have you as a student participant in our programs. We hope that you are off to a great start this semester and are taking full advantage of all the benefits that the EOPS and CARE programs have to offer.

One of the ways to keep informed about all of the benefits that the EOPS and CARE programs have to offer is via our new text messaging system. We ask that you sign up for the text message alerts by texting 81010 and put @eopscos in the message box. This will help us keep you better connected to our programs.

By now all of you should have made at least one contact with your EOPS/CARE Counselor or EOPS/CARE Paraprofessional. If you have not, please stop by the EOPS/CARE Office for a walk-in or to schedule an appointment. We have walk-ins and appointments daily and evening counseling twice a month. We also have EOPS/CARE Counselors and Paraprofessionals available on a monthly basis at the Hanford and Tulare Centers.

If you have any questions or need help throughout the semester feel free to contact or stop by the EOPS/CARE Office for assistance. We are here to help! Please be sure to visit our website and/or Facebook page for updates. I wish each of you a successful semester!

Sincerely,
Adrian Beltran - EOPS/CARE Director

Student of the Month

Hi, my name is Adriana Martinez and I am currently a sophomore at COS. Besides being a full time student, I am a single mom and soon to be a nurse. Although I’ve made many mistakes in the past I have learned to acknowledge them, learn from them, and move on. Currently I am enrolled in the RN Program. Balancing life and school (clinicals in my case) can be very difficult at times. Despite this and the many challenges that come with raising two young and very active boys, I’ve maintained a 4.0 GPA, made the President’s List, and was recently honored by the AGS-Honor Society for fall 2014. Among these recognitions, it has been a privilege to be selected by COS faculty into the “Who’s Who Among Students in American Universities & Colleges.” A great part of my success is being blessed with the love and support of my family. It’s wonderful to know that my two sons are so proud of their mom. They are working hard at school because they understand how important an education is. They are the main reason and my motivation to continue on this long challenging road. My dream is to obtain my Master’s Degree in Nursing. I would also like to encourage others; it is well worth the time and effort to attempt what we might have thought was impossible.

It seems like yesterday that I came back to school with the desire to obtain a career. I wasn’t sure if I could do it or how far I’d actually get. Thankfully, COS has amazing programs and staff that have continuously believed in me and encouraged me to fulfill my dreams. EOPS is one of those valuable programs that have continuously supported students like myself in achieving our goals. A single word of encouragement can go such a long way. Today, I am convinced that I can do anything I set my mind on. I know that a challenge is difficult only because it’s well worth it! So I encourage everyone to continue to take a few steps at a time, no matter how difficult it might get, don’t give up on what you truly desire.

“A journey of a thousand miles begins with a single step” - Lau Tzu