

MODESTO JUNIOR COLLEGE

SPRING 2012*ISSUE 3

2011-2012 CARE Goals

- 1) 90% reduction in missed appointments.
- 2) 100% Workshop/Counseling compliance.
- 3) 90% increase units completed vs. units attempted.
- 4) 90% of the program at a 2.0 or higher.
- 5) 50% of the program at a 3.0 or higher.
- 6) Re-structure workshops.
- 7) Start volunteer recognition program.
- 8) Student to Student Networking.
- 9) Restructure kid's activities.
- 10) No longer serve students not making satisfactory academic progress.

IMPORTANT NEWS

DO NOT FORGET TO ATTEND YOUR JANUARY WORKSHOP AND COUNSELING APPOINTMENT.

THERE WILL BE NO MAKE UPS

EOP&S Office
 Morris Building Room 112
 MJC East Campus
 435 College Avenue
 Modesto, CA 95350
 Office: (209) 575-6838
 Cell: (209) 543-4582
 Fax: (209) 575-6250

For questions about CARE or other EOP&S Programs email at marksb@mjc.edu
 Or



YCCD CHANCELLOR INSPIRES CARE



Everyone has to have someone to look to for inspiration. Everyone needs someone positive to look up to. Everyone needs a role model. This past week the CARE Program kicked off its *Positive People Speaker Series* with Yosemite Community College Chancellor, Dr. Joan Smith.

Dr. Smith shared personal insight of her journey in life and shared specific details with students on how they could achieve their dreams.

should surround yourself with positive thought and positive people.

"I still look at myself as a counselor and the learning never stops. You have to keep wanting to learn" said Chancellor Smith.



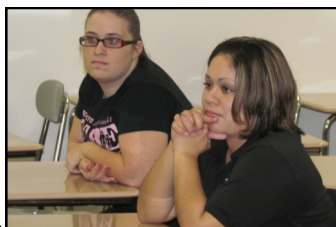
Dr. Smith took time out of her busy schedule to sit down with CARE students and share with them the path she has taken to get where she is today. By the end of the workshop many were shocked at how much they had in common with Chancellor Smith.

"You have to believe you can do what you want to do and just go for it. Write a list of goals and go after them.", said Chancellor Smith.

She shared with students how she was a single parent and still went to school, and worked. She highlighted how going to school will teach your children to go to school.

"Her story is amazing. I looked at her and thought she could never understand me and now I see myself in her.", said a CARE student.

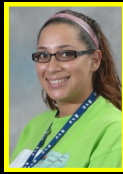
She went on to share how you



CARE COUNCIL
PEER ADVISING &
MENTORING (PAM)



Krista
PAM LEAD
 Christina G.
 Kimberly N.
 Taryn P.
 Estella P.



Jaclyn
PAM LEAD
 Cherise R.
 Rosa B.
 Camille D.
 Deanna D.
 Arlena H.



Amanda
 Noel D.
 Wendy M.
 Saruon M.
 Stephanie T.



Bailey
 Anna G.
 Patricia M.
 Justene O.
 Deanna T.



Angilene
 Marcela O.
 Alishia T.
 Alicia V.
 Bethany M.



Diana
 Jocelyn B.
 Lisa M.
 Elizabeth P.
 Joanne S.



Erin
 Angela B.
 Erika H.
 Rena P.
 Jessyca P.



Rebecca
 Louise A.
 Jenny M.
 Anik M.
 Christine V.
 Kristi W.



Mireva
 Mandy H.
 Amy J.
 Ana O.
 Monica R.



Frances
 Kristen C.
 Rebecca H.
 Kim M.
 Nidia G.



CARE 4 KIDS

The students of the Modesto Junior College CARE Program have adopted the Agnes Baptist Elementary After School Program in an effort to collect and donate school supplies needed for the After School Program.

Supplies Needed Include:

- Pencils
- Crayons
- Markers
- Sandwich Bags
- Clorox Wipes
- Aprons
- Lysol Spray
- Hand Sanitizer
- Knitting Yarn
- Glue Sticks
- Highlighters
- And Much More!

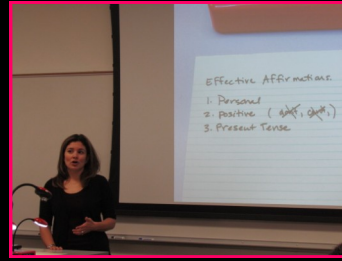
For a complete list of items needed or to

Make a donation

Call 575-6838 or email MjcCare4Kids@yahoo.com

Items will be collected January 23-February 29

DR. LORENA DORN SHARES MOTIVATIONAL TIPS



What does it take to be successful in life? This is a question many college students ask on a daily basis. While students often seem interested in what classes to take and what services might help them be successful, few ask the question how do I motivate myself?

This past week Dr. Lorena Dorn, MJC Dean of Counseling & Student Services, shared with students of CARE the need for positive affirmations and the need to balance their lives.

Dr. Dorn broke down positive affirmations into 4 basic steps:

- 1) Visualize it
- 2) Write it down
- 3) Post it somewhere
- 4) Recite it to yourself and say it out loud.

"You want to put it into your universe and make sure you hear it", said Dr. Dorn.

Dr. Dorn also warned stu-



dents that they can't use negative words in your affirmations.

"This is your positive affirmation so you want to be positive", said Dr. Dorn.

Dr. Dorn then explained to CARE students the need to live a balanced life. She highlighted how to evaluate that balance with a grid that lists everything you have in your life from your job, to family life, and hobbies.

"What are in your boxes?", she asked. "Do you only have one or two things or did you not have enough things to fill your boxes".

Dr. Dorn explained that if you have very few items in your boxes it could be dangerous if you lose one. She also stated that too many may prevent you from doing any one thing fully. That is how you balance things.

"If you don't make time for what you want, it will be hard for you to be happy", said Dr. Dorn.



GETTING TO KNOW CARE STUDENTS:



Jessyca Purtlebaugh
2nd Semester

How many children:
Chance-2 years old

Goal:
A.A./A.S

Transferring:
No

Major:
Automotive Technician

Who is your hero?
Me

What is the best part about being a parent?
Coming home and seeing his smile and hearing his laugh.

What is the biggest obstacle you face trying to go to school?
Not having enough time for my son.

What is the best part about being in CARE?
All the help that is offered.

What advice do you have for your fellow CARE students?
Don't judge a book by its cover.

What Advice do you have for your children?
Don't let life or anyone get you down, nothing is impossible.

Counselor:
Hector Duarte



Deana Thompson
3rd Semester

Children:
Michael-10 years old

Goal:
A.A./A.S

Transferring:
No

Major:
Nursing

Who is your hero?
Both my parents

What is the best part about being a parent?
Teaching my kids.

What is the biggest obstacle you face trying to go to school?
Childcare.

What is the best part about being in CARE?
The assistance and all the help.

What advice do you have for your fellow CARE students?
Make it to all your appointments, do your best, and volunteer.

What Advice do you have for your children?
Do good in school and in life. The choices you make today will effect the rest of your life!

Counselor:
Hector Duarte



Joanne Silva
2nd Semester

Children:
Logan-1 year

Goal:
A.A./A.S & Transferring

Transferring:
CSU Stanislaus

Major:
Nursing

Who is your hero:
My sister Angel

What is the best part about being a parent?
Having someone to love and care for.

What is the biggest obstacle you face trying to go to school?
My son's surgeries, and need for multiple visits to the hospital.

What is the best part about being in CARE?
The help and the assistance

What advice do you have for your fellow CARE students?
Take advantage of all the help.

What Advice do you have for your children?
Stay in school, mind your manners, and know that you can be anything you want to be.

Counselor:
Burt Shook



Stephanie Tacheira
3rd Semester

Children:
Dominic-5 years old

Goal:
A.A./A.S

Transferring:
No

Major:
Nursing

Who is your hero:
I do not have one.

What is the best part about being a parent?
Watching my son grow from a baby to a toddler.

What is the biggest obstacle you face trying to go to school?
Math, I struggle with Math.

What is the best part about being in CARE?
To meet other people who are like me.

What advice do you have for your fellow CARE students?
Stay in school, it will pay off in the end.

What Advice do you have for your children?
Education is important and is something you can have forever.

Counselor:
Hector Duarte