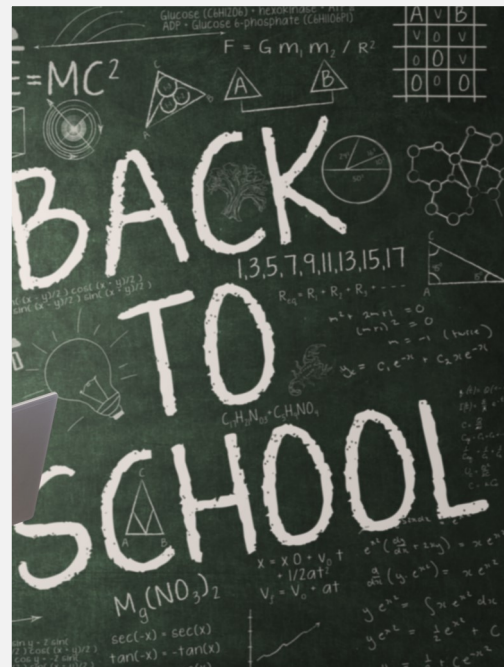


# FY News

## Los Medanos College Foster Youth Information & Resources Newsletter

To Contact the Los Medanos College Counseling Department: (925) 473-7449

August 2015



## Welcome To All New & Returning LMC Foster Youth Students

I want to start out by welcoming all new, continuing, and returning foster youth and former foster youth students to Los Medanos College. I hope everyone had a great summer and are ready to get back to school, prepared to work hard, and make the most of their educational opportunities, resources and support services available.

You have selected a great college, in your first step, in acquiring a college education. As you already know, Los Medanos College has a lot to offer:

- \* Beautiful campus
- \* Great staff, faculty, and management that want student success and will do everything they can to help students succeed.
- \* Tons of resources: Dedicated Foster Youth Counselor & more.
- \* Over 100 degrees and certificates to choose from.

I want to share with you what the Counseling Department offers: Individualized advisement, planning, and counseling are available to all LMC students and prospective students, as well as

counseling courses (see below). There is express counseling, individual counseling, group counseling, and even online advising available (check catalog for specifics). In addition to general counseling, counselors comprise several learning communities and provide specialized counseling to students who comprise any of these groups: Foster Youth, Disabled (DSPS), EOPS, Veterans, Umoja, Honors, Puente, CalWorks, Transfer, ME-SA, Athletics, and more. A major goal in all of these areas is ensuring that students take the right general education (GE) courses to transfer to the college of their choice and to graduate.

Foster youth counselors are specially trained and understand the needs of foster youth and are available to support them and ensure their success. Some of these services include:

Academic, Career, & Personal Counseling  
College Advisement  
Complete Educational Plans  
Ed Planning & Academic Pro-

gress Monitoring  
Priority Registration  
Certificate, Degree, and Transfer Requirements  
Procedure & Academic Policies  
Graduation Requirements  
College Success Courses

Other Services include:  
Referrals and Community Resources  
Financial Resources  
Collaborated Efforts with Community Partners

Take advantage of these resources and make a counseling appointment today! Appointments can be made in person or by calling the counseling office. Call (925) 473-7449.

Please be sure to mention that you are a foster youth. If you do not have a current educational plan, be sure to make an appointment asap. We look forward to meeting you. Dedicated Foster Youth Counselor is Connie Woods. Appointments can be made Mon., Tues., Wednesday, & Fridays in Pittsburg and Thursdays at the Brentwood Campus. - Connie Woods

### In This Issue:

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LMC Foster Youth Resources  
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John Burton Scholarships  
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Quotes/Foster Resources

Your success is our goal!

LMC Counseling Dept.  
Counseling Faculty & Foster Youth Counselor:  
Connie Woods, M.S., MFTI  
Appointments can be made in person or by contacting the counseling office:  
Call (925) 473-7449

DON'T SKIP CLASS!

## Transferable Counseling Courses Offered at LMC

### COUNS-030 Orientation to College

1 Unit

This course is designed for first-time students to understand navigating the higher educational system and orientation to Los Medanos College. We will cover academic policies, resources, academic programs and services; introduction LMC's majors, degrees and transfer opportunities. The class will focus on academic goal completion, California system of higher education; standards of scholarship, formation of a comprehensive educational plan. The course covers topics including: use of student services, LMC certificates, associate degrees, and requirements for transfer. May not be repeated. SC

LMC: DA TRANSFER: CSU

### COUNS-032 Career Development

1 Unit

This course is an intense career exploration designed to engage students in their own career development. Topics include how to realistically assess, review, and interpret various areas such as interests, attitudes, values, priorities, skills and strengths, goals, and career options in the current job market. May not be repeated. P/NP

LMC: DA TRANSFER: CSU

### COUNS-033 Transfer Planning

1 Unit

ADVISORY: Eligibility for ENGL-090

This course enables students to become active participants in planning their continuing education by providing students with information necessary to evaluate universities, plan required coursework, explore housing, financial aid, and to familiarize themselves with programs and services offered at universities. May not be repeated. P/NP

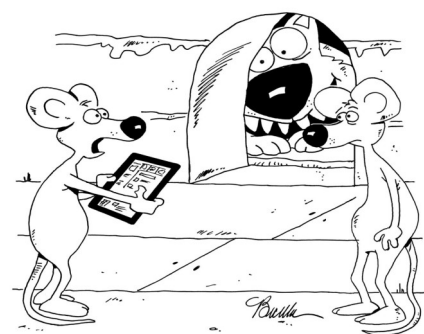
LMC: DA TRANSFER: CSU

### COUNS-034 College Success

1 Unit

This course is designed to help students learn and to develop the critical thinking skills and personal confidence necessary to succeed in their college experiences. Topics will include problem solving techniques, learning styles, time management, goal-setting, study skills and test-taking strategies, and stress management. May not be repeated. P/NP

LMC: DA TRANSFER: CSU



"The cat just sent me a Facebook friend request. Do you think it's some kind of trick?"



## FY News

**FY News** is dedicated to supporting and helping our foster youth students at Los Medanos College. It provides information and resources of importance to foster youth students. If you have any questions, want to submit an article, or provide information and news contact Connie Woods: [cwoods@losmedanos.edu](mailto:cwoods@losmedanos.edu).

**Info Below Provided by Eva Monteverde, LMC Financial Aid Specialist & Financial Aid Foster Youth Chafee Specialist**



### Los Medanos College - Student Connection Team



College is a GREAT OPPORTUNITY for life – however, do you sometimes feel like it is a puzzle and you are missing a few of the pieces?

Do you need help getting into and through college?

Do you know where to go for services?

Do you know what classes to take for your career?

Your specialized Former Foster Youth LMC Team is here to help!

Contact any of the individuals below for assistance:

**We are here for you!**

Team Member	Location	Email	Phone
George Mills EOPS	Level 2 CC2 257	<a href="mailto:gmills@losmedanos.edu">gmills@losmedanos.edu</a>	(925) 473-7485
Virginia (Ginny) Richards DSPS	Level 2 CC2 260	<a href="mailto:Vrichards@losmedanos.edu">Vrichards@losmedanos.edu</a>	(925) 473-7470
Jennifer Ma FINANCIAL AID	PS225	<a href="mailto:jma@losmedanos.edu">jma@losmedanos.edu</a>	(925) 473-7521
Marco Godinez COUNSELING	CC2 274	<a href="mailto:mgodinez@losmedanos.edu">mgodinez@losmedanos.edu</a>	(925) 473-7521
Robin Armour ADMISSIONS & RECORDS	CC3 824	<a href="mailto:rarmour@losmedanos.edu">rarmour@losmedanos.edu</a>	(925) 473-7501

#### Updates:

Connie Woods, Foster Youth Counseling (925) 473-7449  
 Financial Aid, Foster Youth, Eva Monteverde (925) 473-7525  
 George Mills, EOPS, (925) 473-7480  
 Virginia Richards, DSPS (925) 473-4741  
 Robin Armour, Admissions (925) 473-7501

Los Medanos College, Pittsburg Campus: (925) 439-2181  
 All of these offices are now located in the new Student Services Building.

### Other Important Foster Youth Contacts On Campus:

**Tue Rust, Math Chair, Strong Supporter of Foster Youth.** Coordinates Important Foster Youth Events, such as the Recent Foster Youth Workshop held at LMC.  
 Email: [trust@losmedanos.edu](mailto:trust@losmedanos.edu)

Email: [psherman@losmedanos.edu](mailto:psherman@losmedanos.edu)  
**Don Graves, Contra Costa County ILSP Program, Meets on campus.** Program serves Foster Youth in Contra Costa County, ages 16-21. For more info contact Don Graves: [dgraves@ehsd.cccounty.us](mailto:dgraves@ehsd.cccounty.us)

**Patsy Sherman, Foster/ Kinship Education Program for Far East County.**

LMC On Campus Student Jobs are available in the financial aid office.

## GOAL SETTING

**S**PECIFIC  
**M**EASURABLE  
**A**TAINABLE  
**R**ELEVANT  
**T**IME-BOUND



## George Mills Leaving LMC; Promoted Director of EOPS/CARE & CalWorks



George Mills is leaving Los Medanos College (LMC) after 14 years of service to the college, as we wish him continued success as the new Director of EOPS/CARE & CalWORKS at Contra Costa College and all his future endeavors.

Over the years George has been an active component and a key support in his many roles, programs, and committees in which he served at LMC. They have included, of course EOPS, but others include Distinguished Brothers of Purpose, the Foster Youth Task Force, Equity, IDEA, UMOJA, Planning Committee, ACE, district planning, Helping Hearts Heal, and others.

George's 14 years at LMC included 2 years as student assistant, 2 years as an hourly employee, and the last 10 years as a staff member, and most recently working with the EOPS program. In the EOPS program a key part of

what George did was to retain minority students. Over the years, George has also contributed to the success of foster youth students that were also a part of the EOPS program with support in getting started at LMC, financial aid help, and other resources on and off campus.

George is excited about his new position but reluctantly leaves many friends at LMC. When asked, what did he enjoy most about working at LMC, it was the "the relationships with people and organizations that support student success" and the "students". What he most enjoyed about working with students was, "learning from the students who have a great deal to offer".

George is a busy man, but also manages to get involved in causes that he's proud to be a part of is his work in non profit building of schools in Liberia.

LMC will miss George and wishes him the best.

Foster youth are welcome to apply for the EOPS program.

## Foster Youth Immediate Checklist

1. Make sure LMC English & Math Assessments are Complete.
2. Make an Appointment w/ Connie Woods, Foster Youth Counselor to complete educational plan, get resources, and welcome package. Call (925) 473-7449.
3. Make sure your FAFSA is complete. Apply for Chafee Grant, and Board of Governors fee waiver. Visit Financial Aid Office. Meet with Eva Monteverde.
4. Utilize resources such as EOPS program, Career Center (to explore careers), Math Lab (help with math courses), Transfer Center, Student Jobs (get an on-campus job), Scholarship Center, Clubs, Athletics, and other resources.
5. Consider Joining the Contra Costa County ILSP Program, located on LMC campus. Offers great resources, support, scholarships for foster/former foster youth.

## Federal Student Loans Forgiven

Federal student loans forgiven if colleges were not legit

The Obama Administration says it will forgive federal student loans owed by Americans who can show they were lured to for-profit colleges by fraudulent recruiting.

The move is designed first to help former students of Corinthian Colleges, Inc., a big for-profit chain that collapsed into bankruptcy reorganization. They are accused of lying to prospective students about its graduates' job success.

The debt forgiveness push would reach even beyond the for-profit sector. It would be allowed on the federal loans of some 43 million Americans with student debt. But the borrower has to prove that a school persuaded him or her to take out the loan under conditions that would violate state laws, such as false advertising or other



deception to lure them to apply and borrow funds.

It will be a costly program. With Corinthian alone, the Education Department said 350,000 Americans who owe about \$3.5 billion in loans could be eligible for forgiveness.

In all, Americans owe more than \$1.2 trillion in outstanding student debt. Education Secretary Arne Duncan say the administration is "determined to crack down on colleges that leave students with huge debt, worthless degrees and few job prospects."



## College grads get better jobs; underemployment is still high



still elevated compared with the pre-recession average of about 41 percent. The study defines recent college grads as those who earned at least a bachelor's degree in the past five years.

Since last summer, the share of recent college graduates working in jobs that don't require at least a bachelor's degree has fallen by 2 percent.

It means that six years after the Great Recession ended, the share of recent college graduates who are underemployed is

Still the drop in their underemployment rate is the first since the measure began in 2011, according to New York Fed economists Jaison Abel and Richard Deitz, who were the study authors.

They say higher-skill jobs are finally increasing more rapidly than lower-skill jobs in sectors like restaurant help and retail sales people.

### Getting the great job: Robert's example

This is a true story of a career path of a man we'll call Robert. He graduated as an Journalism major from a small private college in the Texas area with nothing to pay the rent. But, today, at 53 he has worked for NASA, Microsoft and the United States Air Force.

How did a young guy with nothing become a secure, professional?

Luck and versatility were key, he says.

He started out just following his interest in photography. He met other photographers and one day, in the parking lot of a Houston grocery store, he ran into a friend, a photographer for NASA. When a position opened at NASA, the guy remembered Robert. He got the job. At NASA, Robert used his 7th grade knowledge of programming to write little applications for scheduling jobs. He switched to programming.

Later a friend got a job at Microsoft and told

Robert about another position opening. Three times, Robert went through the daunting, comprehensive, day-long Microsoft interview process. The third time he got a job that combined both programming and writing. From there he moved to programming and writing books about programming.

"I've been able to combine skills in each job. Programmer to writer, writer to programmer, and writer and photographer," he said.

His advice for new grads?

- \* Keep your Internet clean and professional. Don't have any tasteless pictures or offensive blogs. Those are forever.

- \* Do everything. On a new job, try to do everything once and almost never turn down tasks. It makes you a more versatile team member, and it gains a good reputation.

- \* Network. This is as

## Contra Costa County Independent Living Skills Program

### 2015 ILSP Fall Retreat Event!



**Saturday**  
**August 22, 2015**  
**10am - 2pm**

**Rankin Park**  
**100 Buckley Street - Martinez**  
**Olive Grove Area Picnic Site**  
Look for the ILSP Banner!

Come and learn about the services ILSP has to offer you! Meet your ILSP Staff and get valuable information, learn about upcoming events, deadlines and workshops! Care Providers, Social Workers and CASA's welcome! Lunch will be Provided, Raffle Prizes for those who attend! **Swimming Passes will be available if interested, Care Provider Supervision Required for Swimming!!**

- \* Education
- \* Housing
- \* Employment
- \* AB12
- \* Aftercare Services
- \* Choices & Well Being

Contact Alfred Arroyos  
(925) 957-2405 To Sign Up!



## Scholarship Information Available at LMC Visit Los Medanos Scholarship Page

<http://www.losmedanos.edu/scholarships/specialized.asp>

### John Burton Scholarships

The John Burton Foundation is currently offering these Scholarships to Foster Youth:

**The Backpack to Success** All eligible students receive a \$100 gift card. **No official deadline.**

**The Burton Book Fund**, offering a range of \$100- \$350 to eligible students depending on how many units enrolled in. **No official deadline.**

**Laptop Essay Competition** (Deadline October 9, 2015).

More info about these Scholarships and application packages can be found at [www.johnburtonfoundation.org](http://www.johnburtonfoundation.org). Phone: (415) 348-0011.



JOHN BURTON FOUNDATION  
FOR CHILDREN WITHOUT HOMES

Burton Book Fund 2015-16  
General Information & Student Application

#### INTRODUCTION

Congratulations on making the important decision to continue your studies and to achieve your higher education goals. The road ahead may not always be an easy one but it will be one that you can definitely achieve!

The Burton Book Fund was created to help students pay for textbooks. We know that books are expensive and we understand that you have many other expenses to pay for to stay in school.

#### LEVEL OF ASSISTANCE

The amount that will be available to you to help you pay for your textbooks will depend on the number of units in which you are enrolled. The box below indicates the level of funding available to you to help pay for textbooks.

- Students who are enrolled for 9 or more units in the Fall term will receive up to \$350 in textbook fund support.
- Students who are enrolled for 6-8 units in the Fall term will receive up to \$200 in textbook fund support.
- Students who are enrolled for less than 6 units in the Fall term will receive up to \$100 in textbook fund support.

#### ELIGIBILITY

This year, eligible students for the Burton Book Fund are defined as students are enrolled in a post-secondary institution **and who were in foster care on or after age 13.**

## August Sudoku

### How to solve sudoku puzzles

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

6	1	3	2	8	9	5	4	7
2	5	9	7	4	1	6	8	3
4	8	7	5	3	9	2	1	6
1	9	4	3	5	2	8	7	6
5	3	9	8	7	4	6	2	1
7	2	8	6	9	3	1	5	4
4	8	1	9	6	3	7	2	5
8	7	4	5	2	1	9	6	3
3	4	1	9	2	8	7	6	5
9	6	2	7	1	5	4	3	8

8				1		2	9	
				2				3
	9	1	3		4			
	5				6			
1								5
			2				6	
			9		5	7	8	
3				4				
	4	5		8				9

Each column and row of the large grid must have only one instance of the numbers 1 through 9. The difficulty rating on this puzzle is east.



## California Chafee Grant Information

## Quotes

### California Chafee Grant

**Free Money for Foster Youth  
for College or Technical and Career Training**



#### What is a California Chafee Grant?

The California Chafee Grant is free money for current or former California foster youth to help pay for college or career and technical training. Chafee Grants don't have to be paid back. You may also use your grant to pay for child care, rent and transportation while you're in school. A Chafee Grant is a federal and state funded grant subject to yearly availability of funds.

#### How do I qualify?

To qualify, you must:

- Be a current or former foster youth\*
- Not have reached your 22<sup>nd</sup> birthday as of July 1 of the award year
- Have financial need

*\*To qualify, foster youth dependency of the court must have been established between the ages of 16 and 18. KinGap youth who are or were eligible to receive Independent Living Program services, guardian placements and voluntary placements may not be eligible for the California Chafee Grant unless court dependency was established between the ages of 16 and 18.*

#### How do I apply?

You must submit the California Chafee Grant Program Application, Free Application for Federal Student Aid (FAFSA) and your school submits the Chafee Needs Analysis Report (NAR). **Note:** Forms are year-specific. Be sure to complete the applications that correspond with the academic year you will be attending school.

- Submit the California Chafee Grant Program Application online at [www.chafee.csac.ca.gov](http://www.chafee.csac.ca.gov), or contact the Commission to have a paper form sent to you.
- Submit the FAFSA at [www.fafsa.gov](http://www.fafsa.gov) or download a PDF at [www.federalstudentaid.ed.gov](http://www.federalstudentaid.ed.gov) and mail it.
- You may also call toll free 800.433.3243 to have the paper FAFSA sent to you.
- Have your school submit the Chafee Need Analysis Report (NAR) electronically or download the PDF version at [www.chafee.csac.ca.gov](http://www.chafee.csac.ca.gov).

#### Where can I use my Chafee Grant?

You can use your Chafee Grant at any eligible California college as well as colleges in other states. In California, you can attend:

- Career and technical schools
- California Community Colleges
- California State University campuses
- University of California campuses
- Independent and private colleges

#### What happens after I apply?

- The Commission will review your FAFSA and Chafee Grant application.
- The California Department of Social Services will verify your foster status.
- Your school's financial aid office will determine your financial aid eligibility.
- Once all of the above is completed, the Commission will send you a letter if you are selected for an award.
- The school will verify payment eligibility and disburse the check to you.

#### What is required to receive your Chafee funds?

You must:

- Enroll in an eligible public or private college or university or technical school.
- Be enrolled at least half time.
- Enroll in a program at least one academic year long.
- Attend class regularly and get good grades or you may lose your Chafee Grant funds.

#### How do I renew my Chafee Grant?

If you receive a Chafee Grant, it may be renewed through your 23<sup>rd</sup> birthday. You do not need to reapply for your Chafee Grant each year; however, you must submit a FAFSA and your school must submit a NAR yearly to determine if you are still eligible. The Commission may contact you for updated information. Be sure to respond to e-mails, letters or forms that you may receive.

#### Don't Have a Social Security Number?

You need a Social Security number to submit the FAFSA and the Chafee Grant application online. If you are an undocumented foster youth, contact your school or the Commission for assistance.

I always did something I was a little not ready to do. I think that's how you grow. When there's that moment of 'Wow, I'm not really sure I can do this,' and you push through those moments, that's when you have a breakthrough.

**Marissa Mayer**, the current President and CEO of Yahoo

The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly.

**Jim Rohn**, American entrepreneur, author and motivational speaker

#### Advice for Life

**Before you pray: Believe**

**Before you speak: Listen**

**Before you write: Think**

**Before you quit: Try**

**Before you die: Live**

Anon

## Foster Resources

1. **Foster Youth Counselors.** Counselors are available every semester to help students.
2. **Emancipation Stipends.** Counties usually provide money to foster youth, ages 18-21, to help with housing and education. Check with your county ILP Coordinator to find out what is available. They may also help with driver's training, activities, and computers. All of these services may be available through, stipends, grants, and scholarships.
3. **Financial Aid.** Emancipated foster youth are considered independent students and qualify for more aid. Must fill out the FAFSA Application and talk with a financial aid officer.
4. **ILSP Program.** County program meets on LMC campus on Wednesdays. Provides education and training. Contact Program for next dates.
5. **Chafee Grant.** See Eva at LMC financial aid office for more details.
6. **Free Health Insurance.** Medi-Cal coverage is available for free up to the age of 26 for foster youth.
7. **Emancipation Housing.** Transitional Housing Programs (THPP) such as Environmental Alternatives and others provide money for housing and expenses.
8. **EOPS Program.** Foster Youth are eligible for services with EOPS. Must apply for program, be a full time student, and meet other eligibility.
9. **Student Jobs on Campus.** Student Jobs on campus info located in the financial aid department. All jobs do not require work study.
10. **Board of Governors Grant (BOGG).** Tuition costs are fully covered by this grant at LMC.

#### Where can I find out more about the Chafee Grant and other services for foster youth?

##### For more information, contact your:

- High school counselor
- College academic advisor
- College financial aid office
- Foster Youth Success Initiative (FYSI) liaison
- County Independent Living Coordinator
- One-Stop Career Center
- Social worker or probation officer

##### You can also visit the following Web sites:

- [www.chafee.csac.ca.gov](http://www.chafee.csac.ca.gov)
- [www.communitycollege.org](http://www.communitycollege.org)
- [www.fosteryouthhelp.ca.gov](http://www.fosteryouthhelp.ca.gov)
- [www.fosterclub.com](http://www.fosterclub.com)
- [www.childsworld.ca.gov](http://www.childsworld.ca.gov)
- [www.cacollege.pathways.org](http://www.cacollege.pathways.org)
- [www.cccco.edu/](http://www.cccco.edu/)
- [www.calyouthconn.org](http://www.calyouthconn.org)

#### How Can I Contact the California Student Aid Commission?

##### If you have questions about the Chafee Grant:



Visit the Commission's Chafee Grant Web site at [www.chafee.csac.ca.gov](http://www.chafee.csac.ca.gov)



E-mail your questions to [chafee@csac.ca.gov](mailto:chafee@csac.ca.gov) (enter "Attn: Chafee" in the subject line)



Call toll free 1.888.224.7268 Monday through Friday from 10:00 a.m. to 4:45 p.m. (PST)



Write or mail:  
California Student Aid Commission  
Specialized Programs Operations Branch  
California Chafee Grant Program  
P.O. Box 419029  
Rancho Cordova, CA 95741-9029