**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 the 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 certifications 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 Progress 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.

- **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**

**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, information 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
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 supporter 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, UMJOA, 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 cares for. Of one causes that he’s proud to be a part of is his work in non profit building of schools in Liberia.

We will miss George and wishes him the best.

Foster youth are welcome to apply for the EOPS program.

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 not able to get 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 them 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 Arun Duncan says 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

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 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.

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 important as the skills you bring to the job.

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 ASAs welcome!

Swimming passes will be available if interested. Care Provider Supervision Required for Swimming!

Contact Alfred Arroyo
(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. Phone: (415) 348-0011.

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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.

Each column of the large grid must have only one instance of the numbers 1 through 9. The difficulty rating on this puzzle is easy.
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 22nd 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. Kinship 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, or contact the Commission to have a paper form sent to you.
- Submit the FAFSA at www.fafsa.gov or download a PDF at www.federalstudentaid.ed.gov and mail it.
- Your school must send a free 800.433.3243 to have the paper FAFSA sent to you.
- You must submit the Chafee Need Analysis Report (NAR) electronically or download the PDF version at www.chafee.csac.ca.gov.

Where can I use my Chafee Grant?
You may 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 25th 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.

Advice for Life
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.