Welcome Back Foster/Former Foster Youth Students

Are you a foster or former foster youth student attending Los Medanos College? If you are, we have lots of services to assist you in obtaining your degree, certificate, and transferring. Do you have an updated educational plan on file? Did you know that Los Medanos College offers counseling and support services to foster youth in the Counseling office? 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
Designated Foster Youth Counselor 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

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. Counseling Faculty/Foster Youth Counselor, Connie Woods, available at Pittsburg and Brentwood locations.

Location and Phone Number:
Los Medanos College Counseling Office - Student Services Center, Upper Level, SS4-400, 2700 East Leland Road Pittsburg, CA 94565
(925) 473-7449

Assembly Bill No. 194 Chapter 458 code of education defines Foster Youth as a person who is currently in Foster Care, and “Former Foster Youth” means a person who is an emancipated Foster Youth and who is up to 24 years of age.

Los Medanos College Resources

1. Foster Youth Counselors. Counselors are available every semester to help students.
2. Emanicipation 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. Medical 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.

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If You Can Dream It You Can DO IT!

Visit the all new web page: www.losmedanos.edu/fosteryouth

Your success is our goal! Be More Organized

This year I will...
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 send an email to: cwoods@losmedanos.edu.

Los Medanos College Foster Youth Success Team

Foster Youth Committee & Success Team

works to ensure the success of foster youth at Los Medanos College and the greater community!

Connie Woods, Committee Chair, Counseling Faculty
Robin Armour, Director of Admissions & Records
Tawny Beal, Business Faculty
Jeffrey Benford, Dean of Counseling & Student Support
Don Graves, Contra Costa County ILSP
Letta Green, Student Success & Retention
Tamara Green, Student Equity
Robin Harrison, CARE/EOPS
Haydee Lindgren, DSPS/Counseling
Eva Monteverde, Financial Aid
Tue Rust, Math Faculty
Patsy Sherman, Foster & Kinship Care Education
Kim Wentworth, Librarian/Interim Director

For more info contact us: (925) 473-7449

Congratulations to LMC Student Hayden Young for being selected for the John S Burton Foundation Laptop Essay Contest

Hayden is a foster youth student who works very hard and plans on graduating at the end of Spring semester. He wants to transfer to San Francisco State University and eventually have a career in probation or counseling. He has been a part of EOPS, Umoja Scholars program, and Distinguished Brothers of Purpose. His advice to other students who wants to succeed at Los Medanos College and go on to do better things is to get involved and “join a learning community”. Hayden also mentions staying out of trouble even though you may grow up around people who stay in trouble.

Foster Youth Immediate Checklist

1. Make sure LMC English & Math Assessments are Complete.
2. Make an Appointment with Foster Youth Counselor to complete educational plan, get resources, and welcome package. Call (925) 473-7449.
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.

Happy New Year Sudoku

New Hiring Programs for Graduates

Companies have programs that let them hire new graduates now, let them start work later.

Businesses large and small are seeking workers who can adapt to rapid technology changes or strategic shifts. Companies are realizing they should recruit for innate abilities, or attitudes such as high motivation, rather than skills needed for a particular job.

Intuit, which brings on about 200 new college grads annually, started program hiring some three years ago. Entry-level hires are locked in more quickly since recruiters arrive on campus armed with approval to make hires on the spot.

A candidate who accepts the hiring offer sets in motion a complex, matchmaking process that includes salary discussions. Each new hire is assigned to a recruiter who coordinates a series of matching conversations between the hire and various managers.

The conversations are designed to align the hire’s interests and talents with an available position, and with teams, they help with campus recruiting to get first choices on new hires.

Everette Fortner, a head career advisor at the University of Virginia, told The Wall Street Journal that some students balk at nonspecific offers. It took one five months to accept a full-time job.

Zappos currently hires the old-fashioned way, but that won’t be for much longer. Beginning next year, the company is considering ways to allow hires to carve out their own roles.
Los Medanos College’s Roadmap to Success Now Available
Pick Up Your Copy Today!! Available at Counseling & Other Departments

Los Medanos College’s Roadmap to Success is available to all students, staff, faculty, community, & organizations. The roadmap was developed by Los Medanos College’s Foster Youth Committee & Success Team to ensure that foster youth students as well as other students had a detailed plan on how to navigate enrollment at Los Medanos College, utilizing resources, and ultimately graduating and transferring to a four year college. Special Permission was granted by Alameda County Law Office to use their artwork for this project. A special thanks to all those involved in the development of the brochure and the Foster Youth Success Team. Brochures are available at the counseling offices and other locations at the Pittsburg and Brentwood locations. Call the Counseling Dept. for more information at (925) 473-7449.

A delicious soup for cold days, anytime
Shrimp is the most popular shellfish in the United States. Luckily, it is available year-round. It is a popular ingredient in appetizers, salads, chowders and as a main dish.

The word shrimp comes from the Middle English shrimp, or “pygmy” or a reference to the crustacean.

Since the 7th century, shrimps and other seafood composed the majority of the Chinese diet, and it remains popular there today.

Harvesting of shrimp in the United States dates back to the 17th century, when Louisiana bayou inhabitants used seines to bring up the delicacy.

Today, the United States harvests over 650 million pounds a year, more than any other country.

The Gulf of Mexico offers some of the finest varieties of the small shelled creature with shrimp fleets occupying harbors all along the West Coast of Florida, across southern Alabama and Mississippi and into the bayous of Louisiana near New Orleans.

Shrimp bisque
20 medium-size shrimp cut into small pieces
1 can evaporated milk
1 cup milk
1/2 cup sour cream
2 tablespoons butter
1 1/4-ounce can tomato paste
1 teaspoon corn starch
1/2 teaspoon sugar

6 dashes nutmeg
Black pepper to taste


‘Pay As You Earn’ program offers student loan options

‘Pay As You Earn’ program offers student loan options. Five million more Americans can join a program to lower student-debt bills. It’s part of a broad campaign the Obama Administration has provided to some households for relief but has previously done little.

Under the new rules, any American who borrowed directly from the federal government for college or graduate school can enroll in Pay As You Earn.

The program sets the monthly payment at 10 percent of a borrower’s discretionary income, defined as adjusted gross income minus 150 percent of the poverty level.

Monthly payments typically drop by hundreds of dollars under the program but extend beyond 10 years to a maximum of 20 years for those with undergraduate loans and 25 years for those with graduate loans. Any remaining balances at that point are forgiven.

Since 2012, the program had been available to most of the 29 million Americans with direct federal loans, and enrollment has surged. The program initially excluded borrowers who took out loans before October 2007.

Officials say they are opening up the program to essentially cover all federal borrowers, excluding parents who financed their children’s education.

Secretary of Education Ted Mitchell says, “We are targeting benefits to the neediest borrowers.” More than 1 in 5 student loans are at least three months behind with a payment. About 7 million borrowers have gone at least a year without making a payment.

Balances forgiven after 20 or 25 years will be taxed as ordinary income, leaving some borrowers with big tax bills.

New!! LMC Foster Youth Program

Attention Foster Youth/Former Foster Students! Los Medanos College offers a Foster Youth Program to support our foster youth students. Apply today!

What the Program Offers:
Support & Guidance
Academic & Personal Counseling
Basic Needs Financial Support
Referrals to Community Resources
Financial Aid Assistance
Educational Planning Services
Scholarship Information
Tutoring Referrals
Foster Youth Success Course
Social Events

Eligibility Requirements:
Currently enrolled in at least 6 units
Must Meet with LMC Foster Youth Counselor at least once per semester
Must be a foster youth or former foster youth

Find out how Los Medanos College can support you! Join Today! Call (925) 473-7449 for more information.
Foster Youth Scholarship Opportunities

Why 'Follow your Passion' is the world's worst career advice

Today, the popular "follow your passion" phrase has become overused and generic advice with little meaning.

Betty Liu, editor-at-large for Inc.com's "In the Loop" column, says there is a different method that may just do the trick in helping people start careers.

There are plenty of people who are extremely successful doing things they're not exactly passionate about. They just happen to be very good at what they do. And there are people who are totally passionate about something they'll never make a good career of. They'll remain poor, but at least they love what they do and are OK with that.

Liu says she has made the mistake of telling people to "do what they love and the money will follow," because she didn't know any better. It seemed to be what had worked for her, until she dug deeper and realized she had done something others hadn't done early on.

"Plenty of us aren't as lucky as she was. Some may have mastered the work but after a while, realized they were just working for a paycheck. Others found they couldn't make any decent money at it. Still others finally realized they just didn't have that particular talent.

Career experts like to turn to the Venn diagram method and ask you to draw three big circles on a piece of paper. In each circle, write a list of things that corresponds to What are the things you like to do? What are you good at? What can you do that the market will pay for?

The idea is that at the end of this exercise, where the three circles overlap is exactly what you should be doing.

You have to be completely honest and write these lists with the freedom of knowing that nobody will be reading them. You can burn the lists afterward or shred them.

She promises that if you write the lists thinking of your parents, spouse, or children will see them and laugh, you'll have done yourself an immense disservice.

So if you're one of those people still struggling to figure out what to do, try the Venn method and tell Liu about it by clicking onto her website, www.betty-liu.com. She wants to hear from you.

Martin Luther King, Jr. Day
January 18, 2016

Pres. Candidates

Abraham Lincoln, the 16th President, stood 6-foot-4.

The tall and short of the presidential candidates

As the presidential candidates lined up for their debates, Americans were searching for answers. But mostly for answers about the candidates' height.

In the presidential candidate field for 2016, one of the top questions put to Google was, "How tall is Jeb Bush?" He's 6-foot-3. And "How tall is Marco Rubio," was a popular question. He's 5-foot-10.

Republican candidate George Pataki is 6-foot-5 and if elected he would be the tallest president in history, a place currently held by Abraham Lincoln who was 6-foot-4.

Three Republican candidates are 6-foot-3: Rick Santorum, Donald Trump, and Jeb Bush. Ben Carson is 5-foot-11, along with Chris Christie and Mike Huckabee.

The shortest candidate, Republican Carly Fiorina, is 5-foot-6, but even so, she is taller than President James Madison (elected in 1809), who was 5-foot-4. Democrat candidate Hillary Clinton is 5-foot-7, the same height as Republican candidate Lindsey Graham.

Also on the Democrat side, Lincoln Chafee is 6-foot-10 and Martin O'Malley is 6-foot-1.

At Texas Tech University, associate professor of political science, Gregg Murray, says his research shows that through history, a majority of presidents have been taller than the average man of their time, following Lincoln and wartime leaders Woodrow Wilson (5-foot-11) and Franklin D. Roosevelt (6-foot-2).