5 Key Components of What Counselors Provide at LMC

By Connie Woods
Counseling Faculty, Los Medanos College

Counseling Faculty, whether full time or adjunct (part-time), are an essential and integral part in the educational program provided at Los Medanos College (LMC). LMC counselors use a student centered approach in providing counseling services. Students provided with educational planning and counseling are better able to clarify their goals and have a concrete specific plan to reach them. Educational Planning, Career Development, Transferring, & Graduation are areas that counselors strongly focus on.

LMC Counselors work in several Key Areas:

1. Counseling. Individualized advisement, planning, and counseling are available to all LMC students and prospective students. 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.

2. Teaching. The Counseling courses that Counseling faculty teach are focused on educating and providing students with tools to succeed while at LMC and after transferring to a four year college and developing their careers. Counseling Courses currently offered include:

   Counseling 30, Orientation to College
   Counseling 32, Career Development
   Counseling 33, Transfer Planning
   Counseling 34, College Success

Most of these courses are transferable to California State University.

3. Retention. Counselors work with students whose GPA is below 2.0 to help them resolve barriers in achieving their goals. If a student is placed on academic probation or dismissal, workshops are required.

4. Outreach. Counselors conduct workshops to new and potential students at LMC, local high schools and in the community.

5. Publication: There are several publications available on the Los Medanos College website that anyone can access such as the Crisis Intervention Procedures Manual.

Take Advantage of the varied resources that the Counseling Department has to offer: Contact LMC Counseling Dept. Directly at (925) 473-7449.

10 Resources for Foster Youth

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. 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.
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.

Los Medanos College - Student Connection Team
College is a GREAT OPPORTUNITY for life -- however, do you sometimes feel like it is a burden 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!

<table>
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<tr>
<th>Team Member</th>
<th>Location</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
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<td>(925) 473-7561</td>
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</tbody>
</table>

 Updates:
Connie Woods, Foster Youth Counseling (925) 473-7449
Financial Aid, Foster Youth, Eva Montevede (925) 473-7525
George Mills, EOPS (925) 473-7485
Virginia Richards, DSPS (925) 473-7470
Robin Armour, ADMISSIONS & RECORDS

Other Important Foster Youth Contacts On Campus:
Tue Rust, Math Chair, Strong Supporter of Foster Youth. Coordinating Important Foster Youth Events, such as the Recent Foster Youth Workshop held at LMC. Email:trust@losmedanos.edu
Patsy Sherman, Foster/ Kinship Education Program for Far East County.
Email:psherman@losmedanos.edu

How to be happy summary, don’t forget Spirituality
1. Cultivate gratitude. Psychologists recommend making a gratitude list every day to promote happiness.
2. Practice forgiveness. Grudges and grievances will affect your physical and mental health.
3. Counteract negative thoughts. Identify them and challenge them.
4. Money can’t buy happiness, and the pursuit of “stuff” won’t either.
5. Foster Friendship. A study shows those with a strong network of friends or supportive people live longer.
6. Spirituality. Spirituality is often forgotten in the quest for happiness. Studies show that those with a strong personal faith are often happier and less depressed.

Don’t take chances with fireworks: Don’t let small children handle sparklers. Leave the bombs to the pros. If you light a fuse, get away fast.

Teamwork Always Leads to Victory!!

The Golden State Warriors are an excellent example of what teamwork and hard work can accomplish coupled with vision and goals! The Golden State Warriors had an awesome season this year, breaking just about every record there is for professional basketball. Again, an excellent example of what can be accomplished with teamwork. To be successful there are always others behind the scenes, helping to make it happen, and those challenging you to higher heights. Lots of planning is also involved. The most important aspect of all is a dream and a vision. Every one can dream and set goals, but if you aim at nothing you will hit it every time!
Encourage a young person to dream and set goals today!

It’s not unusual to be stuck in traffic, in a line at the checkout counter, or waiting in the doctor’s office.
Unless you have made a point of learning to be patient, you could become stressed, anxious, frustrated or angry.
But your frenzy is useless.
No one is born patient. It’s a quality that has to be developed because there is a lot of waiting in our lives.

Its benefits are many. Being patient reduces stress levels and can make you a healthier person, and one who can deal with difficult situations with ease and poise.
You will be better at decision-making. Patience allows you to assess situations, see the big picture and weigh the pros and cons. It makes you more understanding of the obstacles you have to overcome and more understanding of others. It’s the basis for better relationships with spouses, pals and bosses.

How to develop patience
* Make an effort for one day to take your time and think about everything you do. At the end of the day, think about how you made smarter decisions, got along better with others and got a better picture of what was going on.
* Slow down when the situation calls for it. If you tend to be in a rush and want every thing done immediately, stop. Take a few deep breaths before you act or make a move. Getting impatient won’t make things move any faster and could have the opposite effect.
* Practice thinking before you speak. Pause and go over what you need to say. Try to avoid hurting or offending others.

Learning how to be patient

Mama’s Boyz (t Dollar) www.mamassoyster.com Jerry Craft www.jerriecraft.com How to be a more patient person

First Day of Summer June 21st

A Safe Practice: never a bucket of water when you can light the fuse.

GOLDEN STATE WARRIORS PATIENTLY HEAD NEXT TAKES

How to be a more patient person

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By Connie Woods

On June 16th, while East County fans tuned into the final Warriors game, something very special was happening in East County. Contra Costa County’s Independent Living Skills Program (ILSP) honored 86 teens who graduated from its ILSP Program, at its 27th Annual Recognition Dinner.

This event, held at the Centre Concord, in Concord was packed, with excited graduates, families, community supporters, and agencies that came together to support foster youth with recognition, scholarships, gift baskets, and lots of love and support.

Over $65,000 in Scholarships were awarded to graduates and included the Lois Haight Scholarships, the Assistance League of Diablo Valley Scholarships, Vestia Scholarships, the Wilhelmina Johnson Scholarships, and others.

Contra Costa County’s ILSP Program is a successful program that mentors, train, and prepares foster youth with necessary skills and education.

Don Graves, Program Coordinator & Assistant Program Coordinator Timothy Hamp, ensures that foster youth are prepared with real life skills that can be applied in many areas of their life such as employment, job, education, and money management, and put on a wonderful event.

Other supporters of this event included almost any agency/nonprofit in the County that work with foster youth. Other volunteers and donations came from Vestia, Assistance League, Calvary Temple, Golden Hills Community Church, Sunrise Bistro & Catering, and Pacific Coast Farmers Market.

As I talked to students/graduates, it was obvious that this program meant much more than just learning skills and receiving scholarships, but it was the support and friendships that they developed.

The evening was fun and upbeat, with a good program, food, conversation, and people. It was also nice to get periodic updates of the Warriors game. Excitement was in the air about the Warriors and the Foster Youth Graduates. Go Foster Youth!!!

Do you know a foster youth, between the ages of 16-21, that could benefit from this program. Contact Contra Costa County ILSP Program Coordinator, Don Graves for more info at: dgraves@ehsd.cccounty.us

4th of July Grillin’

Ribs on the grill are a summer tradition

Rib wars have existed in the United States and throughout the world since the recorded annals of civilized man, or at least partially civilized man. Rib meat and rib sauce competitions are prolific. From the Carolinas in the East to deep in the heart of Texas, recipes for ribs and liquid basting sauces abound.

Many East Coast sauce recipes are vinegar-based, like the North Carolina sauces. Texas concoctions are sweeter and contain more tomato sauce. Ribs usually have a chili powder base with herbs. They often have smoke flavorings.

Here is a simple sauce that can be made ahead and stored in the refrigerator. This recipe makes about one quart. It’s in the North Carolina sauce category and can be used either as an over-night marinade or for basting after the meat is placed on the grill.

**Simple rib sauce**
3 cups brown sugar
3 cups white vinegar
10 dashes salt
10 grinds pepper
2 dashes Worcestershire sauce
20 dashes Louisiana hot sauce
1 4-oz. bottle of honey
Mix all ingredients thoroughly in a medium-size bowl. Ladle or brush sauce over the ribs while grilling. Allow the sauce to caramelize. The ribs may be baked for about an hour, constantly basting with the sauce. Then turn the oven to the broil position for finishing. Carefully watch the meat until the sauce caramelizes and hardens on the top but don’t let it burn or become too blackened.

Across
1. “Welcome” site
4. ___ Today
7. “___ la la!”
8. Heirloom location
10. Brains legend Bobby
11. Bridget Fonda, to Jane
12. Colossus
14. Highest points
17. A pen for livestock in southern Africa
18. Norse goddess of love
21. Kind of feeling
23. Billiards bounce
24. “Fantasy Island” prop
25. Number crumper, for short
26. Feminine suffix

Down
1. Jersey call
2. Blood carrier
3. Thunderflies
4. Colorado Indian
5. As written
6. Trick taker, often
8. Type of word play

The title is a clue to the shaded diagonal word.

**Crossword Puzzle**

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<tr>
<td>23. Billiards bounce</td>
<td>18. TV monitor</td>
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<td>25. Number crumper, for short</td>
<td>20. Baseball stat</td>
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<td>22. ___ the season ...</td>
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FY News - 4 - Paying for College

Looking for more ways to pay for college or career training?

Whether you’re planning to go to college or pursue a career education, there’s money to help you pay for it. Just because you may not qualify for one type of financial aid doesn’t mean you won’t qualify for other types. Here are more options to explore.

**LEARN MORE ABOUT PAYING FOR COLLEGE**
- www.calgrants.org
- www.icanaffordcollege.com
- www.mappingyourfuture.org

**START AT A CALIFORNIA COMMUNITY COLLEGE**
You may qualify for a fee waiver or other assistance.
- www.icanaffordcollege.com
- www.cccco.edu

**CAL GRANTS AND OTHER STATE AID**
Check out Cal Grants—even if you miss the March 2 Cal Grant deadline, you should still complete the FAFSA to be considered for other state, federal and college financial aid. If you’re a high school senior and need your senior-year grades to improve your GPA, apply by March 2 following graduation.
- www.csac.ca.gov
- www.calgrants.org

**CALIFORNIA CHAFFEE GRANTS FOR FOSTER YOUTH**
If you are or were in foster care, you may qualify for up to $5,000 for college or job training in addition to other student aid. Learn more about the California Chafee Grant and services for foster youth.
- www.chafee.csac.ca.gov
- www.fosteryouthhelp.ca.gov
- www.calyouthconn.org
- www.orphan.org
- www.angeleswoodfoundation.org

**FEDERAL PELL GRANTS AND OTHER FEDERAL AID**
Learn more about federal Pell Grants and other federal grants you don’t have to repay, as well as low-interest federal loans for students and parents.
- www.federalstudentaid.ed.gov
- www.edfund.org

**SCHOLARSHIPS**
Scholarships are free money for college—you should never have to pay to find, apply or receive one. Start your search with these free Web sites or ask your school for assistance. (See page 2 for more information.)
- www.fastweb.com
- www.collegeboard.com/pay

**VOLUNTEER SERVICE**
You may be able to earn money for college by becoming a volunteer with AmeriCorps or a member of the California Conservation Corps.
- www.americorps.gov
- www.californiavolunteers.org
- www.ccc.ca.gov

**MORE HELPFUL WEB SITES**
- California Cash for College workshops for help completing the FAFSA and other forms
- www.calgrants.org
- California colleges
- www.californiacoles.edu
- University of California
- www.universityofcalifornia.edu
- California State University
- www.calstate.edu
- www.csmentor.org
- Independent colleges
- www.aicmentor.org
- Colleges nationwide
- www.nces.ed.gov/collegenavigator
- Campus tours
- www.campustours.com
- Military education benefits
- www.myfuture.com
- Veterans education benefits
- www.gibill.va.gov
- Tax benefits for education

June is National Zoo and Aquarium Month

Zoos and aquariums plan numerous events to kick off the summer months, including camps for kids. It’s an inexpensive and fun way to spend quality time with your family.

- The first U.S. zoo opened in Philadelphia in 1874, with just 813 animals.
- San Diego Zoo: One of the largest and most progressive in the world, it has over 4,000 animals of 800 species.
- Disney’s Animal Kingdom, Orlando: Over 500 acres with 1,750 animals representing 250 different species. It features the 14-story Tree of Life carved with images of over 300 different animals.
- Maryland Zoo, Baltimore: The third-oldest zoo in the country has 160-plus acres with more than 1,500 birds, mammals, amphibians and reptiles, representing nearly 200 species.
- Bronx Zoo, New York City: The flagship metropolitan zoo, noted for award-winning, cutting-edge exhibits featuring over 4,000 animals.
- Columbus Zoo, Ohio: Over 5,000 animals representing 700 species divided into regions of the world.
- San Antonio Zoo, Texas: Over 3,500 animals representing 750 species; opened two of the first cageless exhibits in America in 1929. Its bird collection is one of the world’s largest.
- Henry Doorly Zoo, Omaha: Its Lied Jungle opened in 1992 and is the largest indoor rainforest in the world.
- Phoenix Zoo, Ariz.: Its Asian elephant named Rudy was given a brush and paint and soon became famous worldwide for her paintings, raising over $200,000 for the zoo.
- St. Louis Zoo: Recognized as a leader in animal management, research, conservation, and education.
- American aquariums have the best of the sea on land: The Monterey Bay Aquarium, Monterey, Calif.; hands-on experiences, sea lion exhibit and sharks.
- The John G. Shedd Aquarium in Chicago: This is the world’s largest and most spectacular indoor aquarium.
- The National Aquarium in Baltimore: Has displays designed for a scuba diver’s perspective.
- Georgia Aquarium in Atlanta, www.georgiaaquarium.org

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