



# CARE News

## The Legend of the Nickel and the Nail



*...inspiring achievement...*

“In November 1971, the Executive Committee of the California Community College EOPS Association (CCCEOPSA) adopted the Nickel and Nail as the symbol of aid offered to many California Community College students through EOPS.

The story goes that a young man some years back in the deep south was walking down a dusty road to visit a lady friend, all too aware that the nickel in his pocket was all he had to the world. That emptiness tore away at his self esteem.

But, as he walked, he noticed two gnarled horseshoe nails that were twisted together and lying by the road. He picked them up and put them in his pocket, and as the metal jingled against his meager fortune, the young man walked a little straighter, with a little more pride and dignity.

It is important to have "something to jingle." EOPS works to enhance self esteem, foster pride and dignity, and motivate people to effectively define and pursue career goals.

The nails twisted into a puzzle, suggesting the problem has yet to be unraveled for helping people who, by circumstances of the society in which we live, have been limited in meeting their own educational challenges.” (allenhancock.edu)



## What is CARE?

The Cooperative Agency Resources for Education (CARE) Program was established by Senate Bill 3103, in 1982, to assist EOP&S students who are single head of household, recipients of CalWORKs, receiving cash aid, with at least one child under the age of 14. This was

intended to break the welfare-dependency cycle by completing college level coursework. This would ultimately lead them to become employable and economically self-sufficient. The CARE Program provides supplemental support services such as: child care assistance, meal tickets, gas cards, minor car repair

service, topical workshops, and grants.

### Word of the Week

**Nihilism**

*Pronunciation*

*[nahy-uh-liz-uhm]*

*Definition*

*Total rejection of established laws and institutions.*

*Sentence*

*The mindset of Nihilism is permeated our society on multiple levels.*

## CARE Requirements

CARE Student:

students only)

birth date(s) of your child(ren)

- Must submit an Income Verification AB&C or Agency verification (provided by CARE Coordinator)
- Must submit an Income Certification verifying that income and/or household status has/has not changed. (Spring Semester-continuing
- Must attend CARE Orientation/Information Session each semester.
- Must sign and comply with CARE Mutual Responsibility Contract.
- Must submit official documentation verifying
- Must participate in CARE related activities.
- Must report any and all changes in CalWORKs status.

## Message From Sperguson Hunt Spring 2012 CARE Orientation Workshop Facilitator

The president of Jion Academy (pronounced Gee-Hone), Sperguson Hunt was honored on January 18<sup>th</sup> to share the philosophy of his leadership academy with some CARE students.

“JION Academy fosters the development of the Mind, strengthening of the Body and the care of the Soul. We are a “leadership” academy dedicated to developing the whole person. Our holistic approach revolves around Financial Literacy, Martial Arts and Interpersonal Development. To that end, we have developed three certificate based programs that are integrated together”:

**Mind**-This is an emphasis on stewardship via Financial Education.

**Body**-This is an emphasis on the martial art of Karate (applied as self-defense)



Emotional Intelligence to improve relationships.

The workshop combined the application of certain karate techniques with overcoming life's obstacles. For example, escaping techniques were demonstrated to show that even if someone or some issue has a “hold” on us, we are still in control and can indeed escape the “hold” of negative people or negative

circumstances.

Kicks were demonstrated to show how our environment can be protected from the twin enemies of doubt and fear.

The goal of the workshop was to highlight the link between proficiency in karate (through perseverance and patience) leading to a black belt and the absolute need for these same traits as we pursue our educational goals (leading to a degree).

I would like to thank all the participants for their enthusiasm and Sandy Bennett for the invitation to share.

## CARE Alert

As a CARE student, it is very important that you provide true and accurate information regarding your CalWORKs/TANF status. Submission of fraudulent forms or failure to report any changes in your cash aid or marital status will result in disciplinary action.

To avoid any negative repercussion from the CARE program or the county, if at any time there is a change in your financial, marital, or educational status, please notify our office immediately.

### Avoid Double Dipping!!!!!!



### Access funds and services from the county before submitting a request to CARE.

CARE grant and services are awarded based on the program criteria and participation in CARE related activities (when available).

If student fails to exhibit successful progress after three consecutive semesters s/he may be dismissed from the program

The CARE program is unable to provide services without documentation verifying student and/or at least one child is receiving cash aid.

Please visit the Ohlone College Foundation website for scholarship opportunities.  
[foundation.ohlone.edu](http://foundation.ohlone.edu)

## CARE Criteria

Student:

- Must be an Ohlone College EOPS Student.
- Must Have an active CalWORKs/TANF cash aid case number and be receiving cash aid for self and/or child at the time of acceptance.
- Must be single head of household.
- Must be 18 years of age.
- Must have at least one child 14 years or younger at the time of acceptance.
- Must be enroll in at least 12 units (new student) 9 units (continuing student) or units determined by Disabled Student Services.
- Must maintain and complete at least 9 units each semester.
- Must maintain 2.0 G.P.A.
- Must complete at least three 3) EOPS counselor contacts each term.

## SAVE THE DATE—Spring 2012 EOP/CARE WORKSHOPS & Luncheon

**Self- Defense for the Mind**  
 Ron Travenick  
 Facilitator  
 Vice President Student Services/Student Development  
**March 29, 2012**  
 1:00pm – 2:00pm  
 Room 7101

**“ Tips on How to Communicate Your Way to Greatness”**  
 Students Teaching  
 Students Workshop  
 Facilitated by EOPS Students  
 Erika, Joy, Parth, Jamese, Rosette, &Anna  
**April 12, 2012**  
 1:00pm—2:00pm  
 Room TBA

**End of the Semester CARE Luncheon**  
  
**May 22, 2012**  
 12:00pm – 1:30pm  
 Room 7101  
 Don't Miss It!



Ohlone College  
Sandy Bennett  
EOPS/CARE Coordinator  
(510) 979-7549  
sbennett@ohlone.edu

## Motivational Corner

### Live Your Best Life with Purpose, Passion, and Persistence!

- All opposition isn't meant to destroy you. What doesn't kill you, will make you stronger.
- Sometimes, you have to go through something to get to something.
- "What you do, what you accomplish and produce in your life is directly related to what you believe is possible." (Les Brown)

## Word of the Week Activity

Why is learning new words important for college students?

Learning new words can heighten students' literary awareness, broaden their knowledge base, improve their acumen in the world of academia, and augment their writing and communication skills.

Learning new words can provide understanding of written documents, oral presentations, and boost confidence when interfacing with others from various academic levels- from a contextual perspective.

A "word of the week" will be emailed to CARE students each week. Students are encouraged to incorporate the word as often as possible when communicating others.

At the end of each semester, a simple comprehensive written quiz or a creative writing essay will be administered and/or required to review and measure retention of all the new words learned during the current semester.

## Setting Daily Goal(s)

Setting a daily goal (s) will lead you to making a conscious decision to identify and accomplish a particular task or improve in a particular area of your life. For example, setting aside time everyday to complete an assignment, read, exercise, listen to a motivational message, or do something for yourself can only enhance and add value to who you and what you are trying to achieve.



Here are a few helpful tips on goal setting:

- Make a goal for yourself that is realistic and achievable.
- Follow through and meet the goal every day, this will lead to success.
- Stick with it, don't give up.
- Remember establishing new habits takes time!