

Peace

Word of the Month



Director's Message

May your holidays be filled with joy and happiness - and your New Year with infinite learning.

Sincerely, *Deborah Kingsberry*

Vision Statement

Academic Institute of Central Carolinas' staff and board has a vision that the programs of the agency help all ages overcome barriers that impedes educational success. Regardless of class, social status, and cultural backgrounds they are afforded the opportunity to attend and complete higher education, training programs, and use their potential to attain their educational dreams.

Mission Statement

To encourage and provide pre college service to persons who are traditionally under-represented in post-secondary education in Mecklenburg, Gaston, and Union counties of North Carolina. To ensure that income or family educational background do not deter their preparation, entry and completion of higher education.

Academic Institute of Central Carolina Educational Opportunity Center

7506 E. Independence Blvd., Suite 127
Charlotte, NC 28227
(704) 536-9745 Office
(704) 536-9828 Fax
www.academicinstitute.education
eoc@academicinstitute.education



Dealing with Holiday Blues ☹️

- ❖ Have a plan & stick to it.
- ❖ Prioritize.
- ❖ Exercise.
- ❖ Make a budget.
- ❖ Don't overspend.
- ❖ Find some peace.
- ❖ Get plenty of rest
- ❖ It's ok to say "NO".
- ❖ Spend time with love ones.
- ❖ Shut out negativity.

End this semester with a **BANG**

- Apply yourself.
- Study for finals.
- Block out distractions.
- Get organized.
- Have handy all supplies and materials.
- Double check your work before submitting.



DO YOU NEED HELP WITH:

- Completing financial aid forms?
- Completing admission forms?
- Researching scholarships?
- Selecting a college or program?
- Selecting classes or registering?
- Choosing a career?

THE EOC PROVIDES THE FOLLOWING SERVICES:

- Rehab Defaulted Student Loan Assistance
- Financial Aid (FAFSA) Completion
- Referral for GED/HS Completion
- Admissions Assistance
- Scholarship Assistance
- Academic Advising
- Career Exploration
- College Selection
- Money Management Education
- Community Resource/Referral



In-person tutoring:

@ TRiO office

Tuesdays and Thursdays, 3pm to 6pm

Holidays may affect hours, call ahead.

Work it Wednesdays!

On break. Stay tuned!

Resume Assistance

@ TRiO office. Wednesdays, 9am to 1pm.

Call for an appointment, 704-536-9745.

FAFSA Assistance

Flexible hours

Call to schedule appointment.

Try to find quiet moments for yourself.

Do what keep you grounded and at peace.