



EOC May Newsletter

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Message from EOC

We are committed to providing you with the best resources to help you achieve success in school. As always, we are only a call or email away if you need any help!



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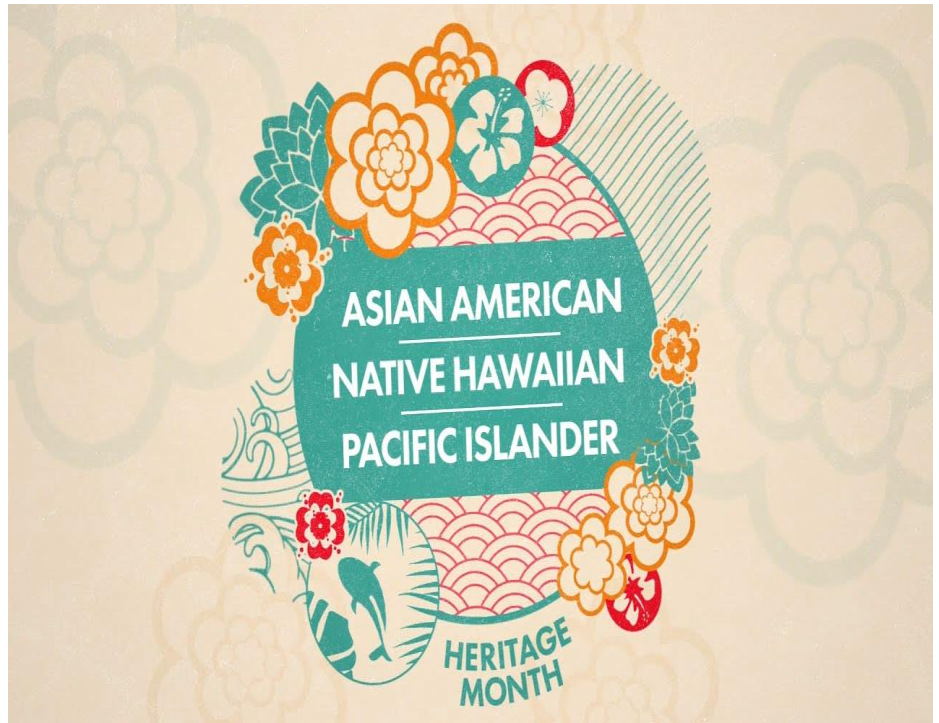
- New EOC Outreach Specialist
- Quote of the Month
- Important Dates Coming Up!

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- Ten Tips for Students to Improve Their Mental Health
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Asian American and Pacific Islander Heritage Month

EOC recognize Asian Americans and Pacific Islander Americans (AAPI) that for generations have made contributions to the history and achievements of the United States. We are proud to join with those who work to close education gaps for the AAPI community.



**“You, yourself,
as much as
anybody in the
entire universe,
deserve your
love and
affection.”
-Buddha**

Important Dates

- Best Buy Distribution Job Fair
 - Sat May 13 2023 at 09:00 am to 12:00 pm
 - 5265 Parkway Plaza Blvd, 5265 Parkway Plaza Boulevard, Charlotte, United States
- Charlotte Job Fair May 18, 2023
 - Thu May 18 2023 at 11:00 am to 2:00 pm
 - Hilton Charlotte University Place, 8629 J M Keynes Drive, Charlotte, United States
- CPCC GED Summer Classes Begin
 - First Session: June 1st – June 27th
 - Second Session – July 10th – August 1st
- South Piedmont GED Orientation dates (Must attend both days)
 - July 11th and 12th
 - August 8th and 9th
 - September 5th and 6th

Ten Tips for Students to Improve Their Mental Health

1. Take a Proper Diet
2. Take Proper Sleep
3. Stay Connected with Friends
4. Do What Piques Your Interest
5. Be Active
6. Pick Up Daily Challenges
7. Give Your Mobsiles Some Rest
8. Try Some Mental Health Exercises
9. Spend Some Time in the Sunlight
10. Take Help From Others



Famous Books on Mental Health for Students

- How to Thrive When the World Overwhelms You
- Loving Bravely
- 7 Habits of Highly Effective People
- Burnout: The Secrets to Unlocking the Stress Cycle
- Emotional First Aid
- It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle
- The Body Keeps the Score
- Change Your Brain, Change Your Life
- Hope and Help for Your Nerves: End Anxiety Now
- Recovery: Freedom for Our Addictions

Studying Tips

1. Minimize distractions
 - a. Find a calm and quiet place
2. Create a study schedule
 - a. Plan ahead when preparing for a test
3. Create goals for the study session
 - a. Have a plan for what you will know after studying
4. Take breaks when necessary