



EOC NEWSLETTER

"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment." - Stephen Covey

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



>>> MESSAGE FROM EOC

Feel Free to contact us !!!
Office - 704-536-9007
Cell - 704-408-0315
Ask for Kara , DJ or Kwame !!!

Kara-
Kfreeman@academicinstitute.net
DJ-
Djustice@academicinstitute.net
Kwame-
Kwilliams@academicinstitute.net



>>> Mental Health Counseling

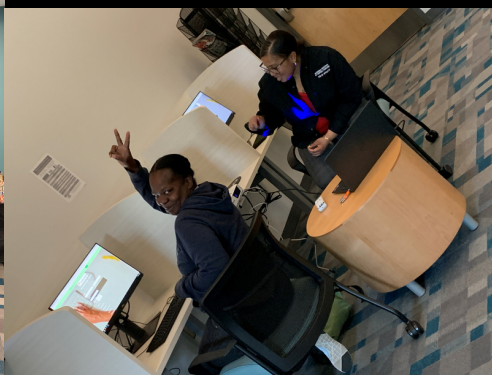
Mental health counseling can empower you to improve your academic performance, employment, readiness, relationships and general well-being. All that is needed is to submit an application with your Student ID or State ID.

Visit Central High room 317 (Mon.-Fri., 8 a.m.-5 p.m)



>>> IMPORTANT DATES

- April 3rd - Study Habits Workshop
- April 16th - Game on the Quad (CPCC)
- April 22nd - Earth day
- April 29th - Spring holiday (no classes)



Program Director Deborah Kingsberry
Kingsberryd@bellsouth.net



STUDYING HACKS

Tips you can use to improve your studying habits.



1

Minimize distractions

Find a calm and quiet place to study.

2

Create a study schedule

Plan ahead when preparing for a test.

3

Create goals for the session

Have a plan for what you will know after studying.

4

Take breaks when necessary

Doing a quick fun activity stimulates us!



ACADEMIC INSTITUTE OF CENTRAL CAROLINA (AICC)

NEW OFFICE TIMES:

EDUCATIONAL OPPORTUNITY CENTER HOURS
MON - WED (10AM - 3:30PM)
NORTH BUILDING 1102

Also keep an eye out for **W.O.W.** (Workshops On Wednesdays)

EMAIL: EOC@ACADEMICINSTITUTE.EDUCATION

704.408.0315

www.academicinstitute.education

Federally Funded Program



ACADEMIC INSTITUTE

OF CENTRAL CAROLINA

(AICC)



EDUCATIONAL OPPORTUNITY CENTER
(EOC)

WORKSHOP SCHEDULES AND TOPICS:

You Will Learn:

- **3/20:** Financial Aid Literacy
- **4/3:** Building Study Habits
- **5/1:** Stress Relief
- **6/5:** College Searching
- **7/10:** Graduation Requirements



twice a
month



from 1pm
until 3 PM



Starting on
March 20th

FREE EVENT

704.408.0315

www.academicinstitute.education

Let us know what other topics you would like discussed at our workshop events!

Must be a member of the GED or ESL Programs to participate

