



EOC May 2024

# Newsletter

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## Message from EOC

Spring is here, we will be sending emails and texts to everyone about upcoming workshops and Trips! If you have changed any contact information in the past few months please reach out so we can get your ideas.

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!

## *Inside This Issue*

- Emergency Resources
- Quote of the Month
- Important Dates Coming Up!
- Tips on stress management

Don't Miss out on W.O.W  
workshops!



**ACADEMIC  
INSTITUTE  
OF CENTRAL CAROLINA** (AICC)



EDUCATIONAL OPPORTUNITY CENTER  
(EOC)

**W.O.W. WORKSHOP SCHEDULES AND TOPICS:**

**You Will Learn:**

- **3/20:** Financial Aid Literacy
- **4/3:** Enhancing Study Skills
- **5/1:** Stress Management
- **6/5:** College/Trade Skills Exploration
- **7/10:** Graduation Requirements

Monthly

from 1pm until 3 PM

Starting on March 20th

**FREE EVENT**

**704.408.0315**  
[www.academicinstitute.education](http://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  
Federally Funded Program



**IMPORTANT DATES**

May 1st - College/ Trade workshop

May 2nd - Spring Fest (CPCC)

May 5th - Cinco DeMayo

May 12th - Mothers Day

May 22nd- Memorial Day

***"YOU ARE NEVER TOO OLD TO" •  
SET ANOTHER GOAL OR TO  
DREAM A NEW DREAM." – C.S.  
LEWIS***

**Don't forget our new hours!!**

**Monday - Thursday**

**10Am - 3:30PM**



## TIPS ON STRESS MANAGEMENT

**#1: Avoid unnecessary stress** - Not all stress can be avoided, but it's not healthy to insert yourself in negativity you can avoid.

**#2: Alter the situation**- If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life

**#3: Adapt to the stressor**- If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

**#4: Accept the things you can't change**- Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change

**#5: Make time for fun and relaxation**- Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors when they inevitably come.

### Find Support in school

- Make friends with student services
- Know that a counselor is a call/email away
- Get involved with peer study groups
- Reach out to professors, many times they are eagerly waiting for a student to come see them for help

### *Mental Health Counseling*

Mental health counseling can empower you to improve your academic performance, employment readiness, relationships, and general well-being.

All is needed is to submit an application with the required documents. ( Student ID, State ID)

<https://www.cpcc.edu/student-experience/student-support/counseling-services>

Feel Free to contact us !!!

Office - 704-536-9007 /Cell - 704-408-0315

Ask for Kara , DJ or Kwame !!!

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