MAY NEWSLETTER

EOC
MAY 2025

WHAT'S NEW THIS MONTH

NEW HOURS AT CPCC

Starting in late March, our EOC hours at CPCC have changed to Tuesday, Wednesday, and Thursday at 10am.

TERM ENDS

The regular CPCC spring semester ends on May 13th! This is also the end of the 8-week and 4-week sessions! For those who have completed their studies, graduation is on May 15!

IMPORTANT DATES

Summer term at CPCC begins on May 21. For the 4-week session, withdraw by May 30th!

The EOC beach trip is on May 30th, for those who RSVP'd!

TUTORING HOURS CHANGE

EOC is now offering tutoring on Tuesdays and Wednesdays from 3:00 - 4:30 pm.

MESSAGE FROM EOC

NEARING COMPLETION

Wow! You have almost come to the end of another successful semester! Now is the time to give yourself the final push. Think about your goals and find steps to work towards them. Join us for tutoring, to help you meet academic goals!

In This Issue

Contact Us!

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

Ask for Kara, Raven, or Niesha !

- Kfreeman@academicinstitute.net
- rmonroe@academicinstitute.net
- nchasten@academicinstitute.net

May

Better Sleep May Improve Health

Did you know that getting good sleep is good for your overall health? Studies show that getting better sleep helps improve your physical health and your mental health and may even reduce your risk for chronic diseases like diabetes and heart disease. As students, sometimes you may find yourself pushing through a chaotic schedule, which may make it difficult to make time to care for yourself properly, impacting your sleep schedule. However, it's important to find the time to get a good nights rest. It also may help improve your outcomes in your classes!

A good way to build healthier sleep habits is to look at your daily schedule and figure out where you can make better use of your time. Especially if you find yourself staying up late to get things done. Most adults need around 7 hours of sleep per night. You can also help yourself meet sleep goals by creating a wind-down routine for yourself. Quiet music, reading, and self-care in the bathroom are things some people do to get ready for bed. How can you improve your sleep habits?

QUOTE OF THE MONTH

"What you're supposed to do when you don't like a thing is change it. If you can't change it, change the way you think about it. Don't complain."
– Maya Angelou

Mother's Day

In the United States, Mother's Day falls on the 2nd Sunday in May

THIS MONTH, WE CELEBRATE ALL OF THE MOMS AND MOTHER FIGURES IN OUR LIVES! ON MAY 11, THE SECOND SUNDAY IN MAY IN 2025, WE HONOR OUR MOTHERS BY GIVING THEM GIFTS AND SPENDING TIME WITH THEM. MOTHERS ARE USUALLY THE WOMEN WHO BIRTHED US, BUT THEY DON'T HAVE TO BE! SOME MOTHERS ARE ADOPTED, SOME ARE CHOSEN, AND SOME ARE SIMPLY THE SPECIAL WOMEN IN OUR LIVES WHO HELPED TO SHAPE US. AUNTS, GRANDMOTHERS, TEACHERS, AND MENTORS CAN BE MOTHER FIGURES, TOO! NO MATTER WHO YOU HAVE TO CELEBRATE, TAKE SOME TIME THIS MOTHER'S DAY TO APPRECIATE THE MOTHERS IN YOUR LIFE!

EOC WISHES A HAPPY MOTHER'S DAY TO ALL OF OUR PARTICIPANTS, ESPECIALLY THOSE WHO ARE MOTHERS THEMSELVES!

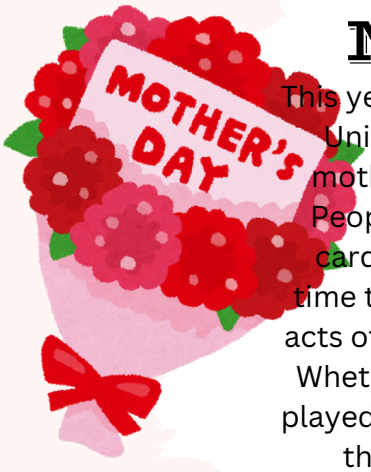
Celebrate in May

Celebrate YOU!

AAPI Heritage Month

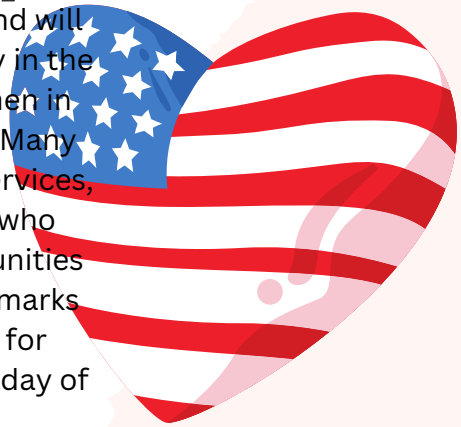
In May, we celebrate AAPI Heritage Month. AAPI stands for Asian American and Pacific Islander, representing people from over 50 countries and thousands of islands! This month, we honor the various cultures, accomplishments, and contributions made by people of Asian and Pacific descent. Some notable people include activists Yuri Kochiyama, Emma Gee, and Yuji Ichioka, who pioneered the Asian American movement in the 1960s.

Mother's Day



This year, Mother's Day falls on May 11! It is a special day in the United States when we celebrate and honor mothers and mother figures for all the love, care, and support they give. People show appreciation in many ways—through heartfelt cards, thoughtful gifts, flowers, or simply spending quality time together. It's a chance to say thank you for the everyday acts of kindness, guidance, and strength that mothers provide. Whether it's a mom, grandmother, aunt, or someone who has played a nurturing role in your life, Mother's Day is a time to let them know how much they are loved and appreciated.

Memorial Day



Memorial Day is observed on the last Monday of May and will be celebrated this year on May 27. It is a national holiday in the United States dedicated to honoring the men and women in the military who have died while serving their country. Many people take time to visit cemeteries, attend memorial services, or pause for a moment of silence to remember those who made the ultimate sacrifice. It's also a day when communities come together for parades and patriotic events, and it marks the unofficial start of summer. While it's often a time for barbecues and gatherings, Memorial Day is, above all, a day of respect, reflection, and gratitude.