



August

EOC AUG 2026
NEWSLETTER

Message from EOC

The regular semester at CPCC begins this month, and EOC is happy to be here to help you through it! There are lots of exciting changes happening at EOC, including ways to better serve you, our participants! Check in with us often!

IMPORTANT DATES

- Tutoring will continue this fall at CPCC
- All fall sessions and regular semester at CPCC begin August 17!
- Your 8-week and 4-week sessions ended July 17!

EOC Happenings

Interview Skills
Workshops at the
Relatives Aug 3, 17, 31

Mental Health America
Workshop Aug. 11th

HISSET Math Bootcamp
Aug 24th

In This Issue

- Monthly Recap
- Upcoming Calendar
- Starting classes!

2026							AUGUST
SUN	MON	TUE	WED	THU	FRI	SAT	
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9	10	11	12	13	14	15	
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30	31						

Contact Us!

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August



Keeping It Cool

HOT DAYS? How to stay healthy in the heat!

August days aren't called Dog Days for nothing! This can often be the hottest time of the year, with sweltering heat and high humidity that leave much of our area sweating! On hot days like these, it's important to remember how to stay cool, hydrated, and healthy, especially as we head back to school.

Drink lots of water! Add electrolytes to help your cells use the water for hydration.

Find cool, indoor activities like visiting the mall, seeing movies in the theaters, and finding free third spaces like libraries.

Wear light colors and breezy fabrics. Light colors can deflect heat, and breezy fabrics give your skin room to breathe!

AUGUST Is:

National Wellness Month

August is National Wellness Month, a reminder to slow down and make time for self-care—especially before the semester gets into full swing. Wellness isn't just about hitting the gym; it's about finding balance—whether that's getting enough sleep, eating real meals, staying active, or taking mental breaks. Try setting one small goal this month to boost your health and happiness. Future-you will thank you.



2026 - 2027 Academic Year Begins

August marks the start of a new academic year! Some of you may be at the beginning of your journey, some may be walking down the path of education that you started in previous sessions, and some may be approaching the finish line. It helps to think of the start of the semester as a new beginning, where everything is still unwritten. Your EOC counselors are here to help you, so always feel free to reach out, or drop by to see us! Let's start 26-27 strong!

QUOTE of the MONTH

"Education is the is the key to unlocking the world, a passport to freedom."

—Oprah Winfrey



Celebrate

In August

National Aviation Day



Celebrated on August 19, Orville Wright's birthday, National Aviation Day honors the history and innovation of flight—from the Wright brothers' first powered airplane to the technology that takes us across the world today. It's a great time to explore how aviation shapes travel, science, and even space exploration. Whether you're a frequent flyer or more of a window-seat daydreamer, today's about celebrating the spirit of innovation that keeps us reaching higher.



National Women's Equality Day

Here in the US, we commemorate women's rights on August 26th with National Women's Equality Day. Women's Equality Day marks the anniversary of the 19th Amendment, which granted women the right to vote in 1920. It's a day to honor the ongoing fight for gender equity and the people who've paved the way for progress. Learn about the history, support women-led initiatives, and remember: equality benefits everyone.



National Navajo Code Talkers Day

Navajo Code Talkers Day honors the Navajo Marines who used their Native language to create an unbreakable code during World War II. Their courage, skill, and dedication helped the United States communicate securely in the Pacific theater and played a vital role in the Allied victory. This day is an opportunity to recognize the Code Talkers' remarkable contributions while celebrating the enduring strength, resilience, and cultural heritage of the Navajo Nation.

