

TOP CHRONICLES

El Camino College - April 2020



The Opportunity Project (TOP)



TOP's Mission is to welcome, support, challenge, and encourage all students towards excellence while recognizing and addressing the institutional and systemic barriers that they may face.

OTHER NEWS AND EVENTS INSIDE:

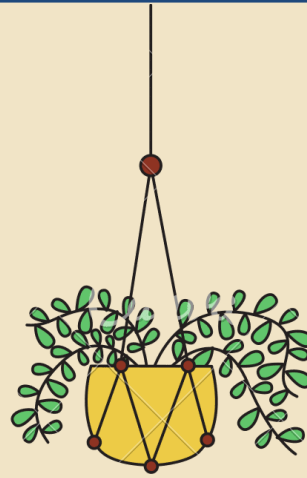
- *Book an appointment with your TOP counselor*
 - *Meet the TOP team*
 - *TOP Updates*
 - *Coping with COVID-19*
 - *How to thrive remotely*
 - *Campus Resources for Students*
-

???

HOWTO:

???

Book an appointment with your TOP counselor



PRESS PLAY ▶

elizabeth contreras



Video Link:

bit.ly/HowtoTOP

MEET THE TOP TEAM!

Hello I'm Ricky!

I am the TOP Specialist. I am a first generation college student and a proud product of ECC. I was heavily involved in student government and even became ICC president. I went to CSULB where I received my BA in English w/ emphasis in Education.

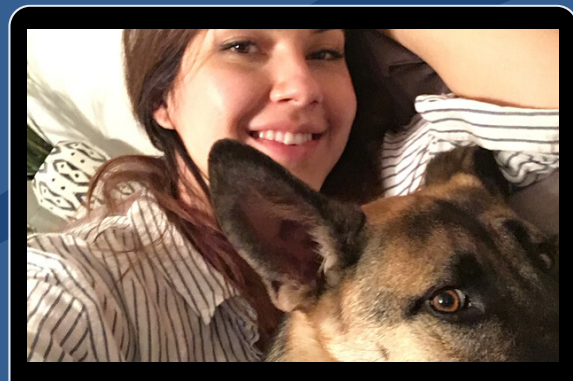
Fun Fact: my first job ever was as tweety bird at six flags magic mountain.



Hello I'm Liz!

I'm a TOP Associate. I am first-gen and a product community college. I attended Los Angeles Mission College, transferred and earned my Bachelor's from CSUN, and I am currently attending USC, to obtain my masters in Educational Counseling. My hobby is to take my german shepherd to the park for runs.

Fun fact: I love to karaoke! Message me for a group session via Zoom!



Hello I'm Selene!

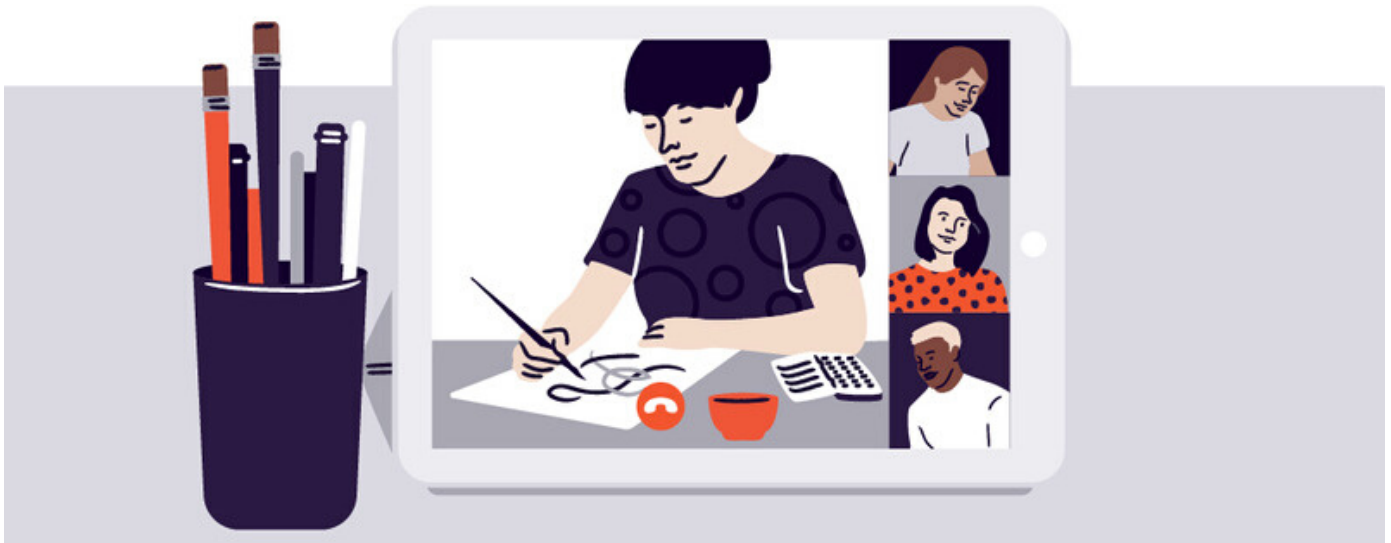
I'm a TOP Associate. I was born and raised In the YAY AREAAAA. As a first-generation student I didn't know much about college so I decided to explore and I attended UCSD where I earned my BS In Developmental Psychology. I am currently in my last semester of my Masters In Educational Counseling program at USC and In exactly 35 days I will be graduating! Woooo-hooo!!

Double Fun Fact: I do not have a sense of smell and my twin brother, doesn't have one either! Yes... I have a twin :)



EL CAMINO

UPCOMING VIRTUAL EVENTS



UPCOMING TOP WORKSHOPS

**MONDAY, 4/20 @ 3PM
STRESS MANAGEMENT
& SELF-CARE**

**MONDAY, 4/27 @ 3PM
GOAL SETTING & TIME
MANAGEMENT**

**TUESDAY, 5/5 @ 1PM
MOTIVATION: FIXED VS.
GROWTH MINDSET**

**WEDNESDAY, 5/6 @ 5PM
SELF-ADVOCACY:
ACTIVATING YOUR
SELF-AGENCY**

Stronger together, even when we're apart

Join us for our TOP workshops where our TOP counselors, interns, and students can discuss important topics relevant to the COVID-19 pandemic.

TRANSFER CENTER WORKSHOPS

Transfer Center workshop links will be provided on the El Camino Transfer Center website.

Spring 2020

(The remainder of our workshops this semester will be offered virtually)

(Virtual details will be provided on this page before the workshop...Please check back)

Workshop Name	Date	Time	Location
Options for Transfer Workshop	March 31	1-3pm	Cancelled
Options for Transfer Workshop	April 22	1-3pm	Virtual Workshop
Spring 2021 Transfer Preparation Workshop	April 30	1-3pm	Virtual Workshop
Spring 2021 Transfer Preparation Workshop	May 13	3-5pm	Virtual Workshop
Transfer Admissions Guarantee (TAG) Workshop	May 21	1-3pm	Virtual Workshop

*Stay tuned for more upcoming online events!
El Camino Career Center and Financial Aid
virtual workshop dates will be up shortly.*

Staying Productive

DURING REMOTE INSTRUCTION



Establish a Routine

Establishing a routine ensures that you'll stay on track!

Try to find ways to recreate a routine that works for YOU. Here are some tips:

1. Get dressed! Studies show that simply getting dressed improves focus and helps your mind feel ready to get to work!
2. Try to work/study, sleep, and eat at consistent times, every day.
3. Make a habit to check your emails for any upcoming events/due dates and class announcements for any changes in your syllabus.

Set Up Your Space

Provide yourself the room to work

Do you have a favorite workspace on campus or at a coffee shop? Try recreating a similar space at home that can help you stay focused. Try not to work or study in your bed. It can affect your sleep!



Stay Connected

The power of many can help overcome any challenge

1. Keep in touch with your professors, counselors, and friends. Form virtual study groups with your classmates.
2. Ask for help when you need it! We are here for you and there are many resources available. Check out our resource guide on the EL Camino TOP website.
3. Know that it is okay to feel anxious. Remember, you're not alone and we are all in this together!

Take Breaks

It will seem more difficult to maintain a balance between your responsibilities of school, work, and life. Remember to take breaks, allow yourself to step outside for a moment, exercise, or find other ways to relax and regain focus.

Make It Work For You

Ultimately, we hope for your success and well-being with these suggestions. But we recognize that times are different now. So explore, try different approaches, and **make it work for you.** We're here if you need support figuring it out. Just send us an email and we'll get back to you.

Mindful Breathing Meditation

- 1** Set a time in your schedule where you can find a quiet place in your home that is away from all distractions and sit comfortably.
- 2** In a comfortable quiet place, close your eyes, relax your neck & shoulders, and breathe in and out through your nose.
- 3** Count during each inhale and exhale to make sure they are even in duration. You may add a slight pause after each inhale and exhale. Continue practicing this breath for at least 5 minutes.



Why it works to reduce stress:

Mindful breathing lowers stress in the body. As you breathe deeply, it sends a message to the brain to calm down and relax.

Health Benefits:

- Relieves stress
- Reduce blood pressure/tension
- Increase relaxation

Online Student Resources



EL CAMINO RESOURCES

SELF-CARE

EDUCATION

EMERGENCY RESOURCES

WARRIOR PANTRY

- Food Pantry Still Open <https://www.elcamino.edu/student/studentservices/warriorpantry/>
- Tuesdays/Wednesdays 11am-2pm in Parking Lot B, drive thru options!

AT HOME WORKOUT

- Gold's Gym is offering free at-home workouts until May 31st through their phone app
- Free online yoga classes are on Corepower Yoga
- Various free workout routines on Youtube

FREE INTERNET SERVICES

- Comcast offers free internet services for 60 days if you qualify
- Charter Communications offers free internet services

FOOD PANTRIES

- <https://www.lafoodbank.org/find-food/pantry-locator/>
- <https://www.goodfoodla.org/covid19>
- <https://www.houseofhopela.org/services>

TUTORING

- Check out the online tutoring schedule! <https://www.elcamino.edu/library/lrc/tutoring/>
- Tutoring Hours: Mondays-Thursdays 10am-6:30pm
Fridays 10am-4:30pm

CONNECT

- Set up virtual meetings & check in with family & friends
- Google Hangouts & Zoom Apps are free
- House Party app allows you to plan games with your friends online

ONLINE LIBRARY

- Although libraries are closed, check out online libraries. Create a free library card through "Libby by Overdrive" and have access to free e-books & audiobooks

HOUSING/STORAGE

- Housing, Food & Healthcare <https://www.unitedwayla.org/en/get-help/>
- U-HAUL moving & storage center offers free 30 day storage to college students

STUDENT HEALTH SERVICES

- Now offering drop-in Nurse Advice Line sessions and drop-in mental health "check-ins"
- <https://www.elcamino.edu/student/studentservices/health/>

FUN FROM HOME

- Coachella is sharing a documentary on April 10th about favorite festival memories, performances & artist interviews from '99-'19 on Youtube! #Coachella

COMPUTER ACCESS

- Comcast low computer cost: approximately : \$149.99 per laptop/computer <https://www.internetessentials.com/low-cost-computer>

UNDOCUMENTED

- Various Resources for Undocumented Californians <https://cijja.org/covid19/>
- No Cost/Legal Services <http://www.elcamino.edu/student/studentservices/financialaid/ab540/>

FOR MORE DETAILED INFORMATION

AND EXTENDED RESOURCES, PLEASE VISIT US AT:

<http://www.elcamino.edu/student/studentservices/top/TOP-Student-Resources.aspx>

FINANCIAL

- Filing for Unemployment https://edd.ca.gov/Unemployment/Filing_a_Claim.htm
- Employment & Financial Assistance <https://lajobsportal.org/>