

VTC'S EOC NEWSLETTER

The Virginia Tidewater Consortium's Educational Opportunity Center
 350 Granby Street, Walker Building, Norfolk, VA, 23510
 Phone: (757) 683-2312 Fax: (757) 683-2315
 Web: <http://www.vtc.edu/eoc.html>

MAIN OFFICE HOURS

Monday—Friday
 8:30 a.m. to 5:00 p.m.

What is VTC's Educational Opportunity Center (EOC)?



For more information, visit us on the web at www.vtc.edu/eoc.html or call the VTC's EOC at (757) 683-2312 to schedule an appointment.

The VTC's Educational Opportunity Center (EOC) has been in existence since 1979, and during that time it has provided FREE educational, career, and financial aid services to over 100,000 adults in the Hampton Roads area of Virginia. Educational guidance services include information regarding admission requirements to post-secondary programs, searches for scholarship information to help pay for educational expenses, and assistance in completing admissions and financial aid applications. Information regarding local and out-of-town colleges and universities, services for adult students, and information about General Equivalency Diploma (GED) classes and testing programs are also available.

All of VTC's EOC services are free. Participants are required to bring documentation of their income. The VTC's EOC main office is located in Norfolk, and there are thirteen additional satellite offices located throughout Hampton Roads. ■

Student of the Quarter



Ms. Christa A. Wright
*Student, Mother, and Security Guard
 Tidewater Community College
 She's fulfilling her educational goals!*

Ms. Christa A. Wright is a 37-year-old licensed cosmetologist and has been practicing cosmetology for the past 18 years. She is a mother of two children and a Tidewater Community College student pursuing an Associate's Degree in Funeral Services. Ms. Wright was born and raised in Richmond, Virginia and relocated to Norfolk with her family. Her career goal is to become a funeral services director. She decided to return to school now that her oldest child is about to graduate from high school. Her first priority was raising her two children, and now she can pursue her educational goal of being a first generation college student. She learned about the Educational Opportunity Center through Senior Counselor Dr. Tyrone Davis. Ms. Wright commented, "Dr. Davis helped put my procrastinating to rest. I jumped right in and found my place at TCC. So glad that I did!" What are you waiting for? What is holding you back from your educational and career goals? Call the Educational Opportunity Center today to get your educational goals on track, (757) 683-2312. We can help you with financial aid, educational and career counseling. ■

Making the Successful Transition from College to the World of Work: How Not to be a Victim



Your career path?

Puzzled about your future? Are you sure you can make the transition from academic pursuits to career pursuits? Making choices about your field of study and career are important steps towards making the transition and piecing together a successful career plan.

However, there is almost always more than one plausible path to your career destination. If you asked five people in your targeted career field how they got there, chances are you would hear five different stories. Therefore, career planning is not an exact science. Nonetheless, *planning is what we do before we decide what to do.*

The motto, "Just do it" without planning might work in sports or in life sometimes; but it is not good practice for personal, long-term career development. Furthermore, in today's rapidly changing world, we must learn to plan and plan to learn. In fact, we must think of planning as learning. Throughout our life span, while constantly planning to decide what to do, we will need to learn new attitudes and skills to deal with the uncertainty of rapid, unpredictable change, and the complexity of career-life integration.

Many believe that today's change is more complex because of the increased global connectivity in the world around us. In other words, throughout our life span, while planning our career paths we must be willing to try different approaches, adjust with modern technology, and accept the fact that learning and career planning is lifelong.

The college student finds himself or herself in a position of having to make the dynamic transition from academic pursuits to career pursuits. This is a process that will involve a lot of research and self-evaluation. Making the transition from college life toward a career path can be simplified if you know what you are getting yourself into.

The Real Games Series, a resource guide to career planning, notes that the basic tenets of the career building paradigm are the "high five" principles. These principles are as follows:

CHANGE IS CONSTANT

We change constantly and so does the world around us, including the working world. It has become a known fact that a single occupation will no longer take us from the beginning to the end of our working lives. Adaptability is an important skill to carry into the future.

LEARNING IS ONGOING

Graduating from high school or college doesn't mean that education is complete. Opportunities to learn are everywhere! Learn to recognize them and make your learning a lifelong experience.

FOCUS ON THE JOURNEY

Traveling through life is like traveling down a road. Having a destination gives direction, but most of the time is spent moving along. Pay attention to the journey with all its pitfall, side-tracks, opportunities, and highways to new destinations.

FOLLOW YOUR HEART

Dreaming about your future can help you understand what you really want in life. Knowing what you want and keeping it in your mind can give you the motivation you need to deal with life's challenges. Never be afraid to dream.

ACCESS YOUR ALLIES

The journey of life is not taken alone. Friends, family, teachers, and neighbors are all great allies along the journey. Any of the aforementioned individuals can be helpful allies when it comes to judging what steps to take in life's path.

Remember that the VTC's Educational Opportunity Center provides a confidential setting in which students may explore career concerns, and obtain assistance with making a successful transition from college to the world of work.

WORD SEARCH

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Award
Cost
Expected
Contribution
Aid

Letter
Attendance
Family
Financial
Package



*"I'll take EOC
to go please..."*

The EOC spotlights two educational counselors, **Crista Gambrell** and **Tamara Cherry** in this issue. Crista and Tamara were recently spotted at the *Virginia Beach Public Schools Education and Career Fair*, which was held at the Advanced Technology Center near the ODU/NSU Higher Education Center and Tidewater Community College campus in Virginia Beach. The Educational Opportunity Center was one of many invited guests to provide the students and parents in attendance with useful information to ensure a successful future. Great job! Keep up the good work! Stay tuned to see the next stop for our counselors out in the community. If you are interested in having one of our counselors come to speak with your group or participate in an educational or career fair, please contact the VTC's EOC at (757) 683-2312 or eoc@edufind.org. *"EOC to go please"* is a new feature to our newsletter that spotlights counselors who are out in the community providing important information regarding post-secondary education, financial aid, and scholarship tips. ■

*"Education costs money, but then so
does ignorance." --- Sir Claus Moser*



In April, we celebrated *Administrative Professionals Week* with our number one office duo — Thank you to **Ms. Linda Sanderlin** and **Mrs. Jeanette McClellan** for always doing a job well done!

TERMS TO KNOW

Award Letter: A letter from a school that states the type and amount of financial aid a student is eligible to receive.

Cost of Attendance (COA): The total amount it will cost a student to go to school—usually expressed as a yearly figure. The COA includes tuition and fees; on-campus room and board (or a housing and food allowance for off-campus students); and allowances for books, supplies, transportation, loan fees, and, if applicable, dependent care. It also includes miscellaneous and personal expenses, including an allowance for the rental or purchase of a personal computer. Costs related to a disability are also covered. The COA includes reasonable costs for eligible study-abroad programs as well. For students attending less than half-time, the COA includes tuition and fees and an allowance for books, supplies, transportation and dependent care expenses; but can also include room and board for up to three semesters or the equivalent at the institution, but no more than two of those semesters or the equivalent may be consecutive. Students should talk to the financial aid administrator at the school they are planning to attend if they have any unusual expenses that might affect the cost of attendance.

Expected Family Contribution: The Expected Family Contribution (EFC) is the number that is used to determine a student's eligibility for federal student financial aid. This number is a result of the financial information the student provided in the FAFSA application. A student's EFC is reported on his/her Student Aid Report (SAR).

Financial Aid Package: The total amount of financial aid (federal and nonfederal) a student is offered by the school. The financial aid administrator at a postsecondary institution combines various forms of aid into a "package" to help meet a student's education costs. Using available resources to give each student the best possible package of aid is one of the aid administrator's major responsibilities. Because funds are often limited, an aid package might fall short of the amount a student needs to cover the full cost of attendance. Also, the amount of federal student aid in a package is affected by other sources of aid received (scholarships, state aid, etc.).

All "Terms to Know" are from www.studentaid.ed.gov under "glossary."

In the Military?

Funding a College Education

The **VTC's Educational Opportunity Center** brings you a briefing that will focus on grants & loans from the federal government, state financial aid programs, and scholarship searches.

Hosted by the Navy College Office

- Open to active duty, retirees, family members, and all other base personnel
- This program includes information that will assist high school **JUNIORS & SENIORS** and their parents who are facing the rising expenses of college in the near future
- Military scholarship representatives will be on hand to provide info on their awards, & they do plan to stay afterwards for your specific questions on their program.
- A question & answer session will follow each presentation.
- Appointments for one-on-one financial aid counseling and application assistance can be scheduled with the Educational Opportunity Center representative after the presentation.

Location:

- NAB Little Creek
Building 3016
Navy College Classroom #241
Tuesday, May 6, 2008 at 11:30 a.m.
- Naval Station Norfolk
Building I E
Navy College Classroom #8
Wednesday, June 11, 2008 at 11:30 a.m.
- NAS Oceana
Building 531
Navy College Classroom T-102
Wednesday, July 16, 2008 at 11:30 a.m.

**Please CALL or EMAIL in advance
to reserve your seat**

Contact: Mr. Darryl Greenwell, VTC's EOC Counselor
(757) 363-3944 or (757) 489-3329

Personal Voicemail: (757) 552-1673

Email: dgreenwell.eoc@edufind.org



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