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Connections

EOF

ADDRESSING THE NEEDS OF OUR STUDENTS & PLANTING THE SEEDS FOR A SECURE FUTURE.

THE STRESSED COLLEGE STUDENT!

The term "STRESSED OUT" is one that many college students use to describe themselves. Some students use the term so much as to render it meaningless. When you say that you are "stressed out," what are you saying about yourself? And, more to the point, what is it about your usual coping style that just isn't working?

Stress is an individual's response to the demand for change. On a college campus, you are continually bombarded with demands to change — your behavior, your academic performance, your career or major choice, your values. Faced with these demands, you may seek to resist changing yourself while also trying to manage the stress so that it does not manage you.

Is all stress bad? Should you strive to stamp stress out of your life completely? The answer is no! Stress serves some very useful purposes in our lives. Did



you know, for example, that stress is essential for learning? Research on learning and stress levels shows that learning takes place under

conditions of moderate stress. So, your goal is not to do away with all of the stress you experience; your goal is to keep the stress level at a moderate level, neither so low that you are bored nor so high that you are overwhelmed.

How do you keep the stress level moderate and manageable? All of us use coping strategies to keep stress manageable. The best coping strategies are those that are not destructive but healthy ways to prevent stress from increasing or strategies for reducing tension when the stress level builds up beyond a moderate level.



Destructive strategies to reduce stress include using tobacco, drinking alcohol to get drunk, and taking illegal drugs or overusing prescribed medications. All of these strategies can bring short-term relief but at a high cost to both the mind and body. One of the least effective strategies is to do nothing about a problem, thinking it will go away. Of course, it rarely does — the professor notes poor attendance, late papers, and missed exams, the insensitive friend becomes disrespectful and even abusive.

One of the healthiest ways to manage stress is to plan for stressful times, like course registration, midterms, and the end of the semester. Before those times come, build your support system of family, friends, and study partners. Try to lead a healthy life with good eating habits and regular



STUDENTS MUST APPLY TO GRADUATE BY DEADLINE BELOW:
 August Graduates — apply by: April 1st
 January Graduates — apply by: July 1st
 May Graduates — apply by: November 1st

THE “STRESS-OUT” COLLEGE STUDENT—CONTINUED

sleep patterns.

During times of stress, use tension relievers so you can continue to perform to the best of your ability. Work out your anger and frustration with physical activity. Talk with people who “feed” you emotionally. Meditate, read, or get in touch with your spirit through



nature or your religious faith.

Sometimes, your usual coping strategies do not reduce your level of stress to manageable levels, your friends say you are starting to be a burden to them, or you may feel as if you are going crazy. That would be a time that you may want to talk with someone you can trust, like a coach, resident advisor, or counselor. Most colleges, however small, have a counseling cen-

ter where you can talk about your concerns in confidence with a mental health professional who can help you to learn how to manage the stress in your life.

By: Rita Landino

PsychCentral

<https://psychcentral.com/lib/the-stressed-out-college-student/>

★ **Change Your Mind(set)** ★

-Don't think of STRESS as

- a threat
- a demoralizer
- pressure
- overwhelming
- debilitating

-Don't focus on problems

-Don't fight stress

+Do think of STRESS as

- a challenge
- a motivator
- an opportunity
- manageable
- energizing

+Do focus on possibilities

+Do embrace stress

EOF SENIOR SPOTLIGHT—*Diana Figueroa*



What role has the EOF program played in your academic, personal, and professional development? The role that the EOF program provided for me was helping me pursue my education. They have given me the opportunity to expand and helped me financially. The workshops and the community service opportunities kept me motivated throughout college. I always knew that if I was facing any challenges personally or educationally, I could always count on EOF to direct me.

What motivated you to continue striving for academic success and professional growth? What motivated me to continue was the support of my mom and my family that never gave up on me; they knew that I could achieve anything I wanted in this world.

What are your plans after graduation? My plans after graduation is to pursue my bachelors degree in business marketing at Montclair State University and to complete my masters.

What advice or message would you like to leave to current and/or future EOF students? My advice would be to take advantage of all of the opportunities that are given to you, always keep in touch with your counselor, and to stay true to yourself and your dreams.



EOF STUDENT ALLIANCE NEWS

The alliance has been very busy using their meeting dates to actually promote the charities they are supporting this semester. They had the UNICEF Drive outside EOF on Oct. 29 and raised almost \$90.00! They also collected donations of \$97.00 at their table on Oct. 15 & 22 in the SCC for Operation Christmas Child! Co-Presidents, Shakirah Porter and Melissa Lapinski used the funds raised to buy small toys and school supplies to fit in a shoebox. They plan to pack the shoeboxes at their Nov. 5 meeting. All packed boxes need to be in EOF by Nov. 5.



Additionally, the Alliance will be selling wreaths after Thanksgiving, most likely

on Dec. 3 during the SAPB holiday party. Students are encouraged to ask local nurseries or greenhouses to donate a dozen live wreaths to the alliance. See Edie to get a letter to bring. Thank you to all who have volunteered to help these efforts!



Our remaining meetings are:



**November 5 & 19
December 3**



Join us for workshop credit & refreshments!

UNICEF DRIVE & EOF OPEN HOUSE PHOTOS

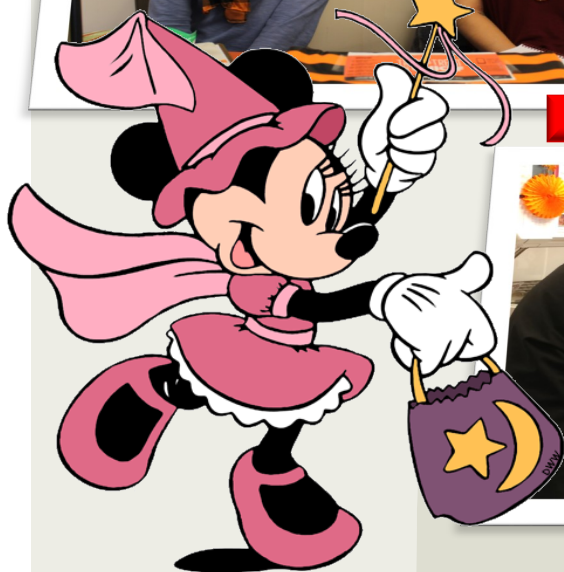
Mar Jan Fernando Atienza & Monica Revell



Window Display Designed By: Edie Nelson



Shakirah Porter & Edie Nelson

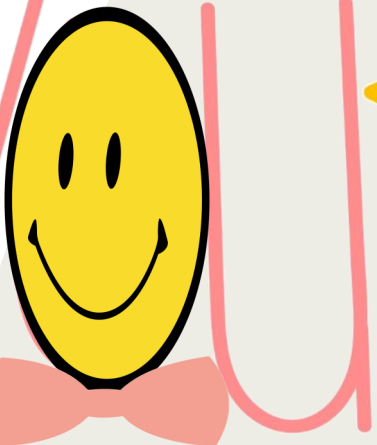


workshops

WHEN	WHAT	WHERE
Thursday, November 7 12:30 PM	Improve Your Study Skills	Cohen Hall, Room CH 203
Monday, November 11 2:00 PM	How To Use Titan's Direct	Cohen Hall, Room CH 203
Tuesday, November 12 2:00 PM—3:00 PM	Healthy Relationships Support Group	Cohen Hall, Room CH 155
Wednesday, November 13 11:00 AM	Match Your Major with Your Personality	Cohen Hall, Room CH 155
Wednesday, November 13* 12:30 PM— <i>RSVP by Thursday, November 7</i>	EOF Mixer! For all EOF Scholars, Refreshments	Cohen Hall, Room CH 211

* Door & Prize Giveaways

GETTING YOU
> TO KNOW YOU <<



EOF Mixer
Thurs, Nov. 13th
EOF Office
12:30 PM - 1:45 PM

“Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.” - St. Francis of Assisi



GET A JUMP

ON YOUR FINANCIAL AID

2020-21 FAFSA is available October 1, 2019

Submit the FAFSA at www.fafsa.gov.

Complete the State questions.

STATE DEADLINE

New Jersey—2020-2021 State Aid Renewal Recipients (EOF, TAG, NJSTARS and NJCLASS Loan)—April 15, 2020 by midnight, Central Time.

FEDERAL DEADLINE

Online applications must be submitted by midnight Central Time, June 30, 2021.

Any corrections or updates must be submitted by midnight Central Time, September 11, 2021.

NATIONAL HISPANIC HERITAGE MONTH

SUN	MON	TUE	WED	THU	FRI	SAT	
Oct. 27	28	UNICEF Booth 10AM-3PM  EOF Open House Cohen, CH 211 10AM-3PM	29	30	31	Nov. 1	
3	4	5	6	 Improve Your Study Skills Cohen, CH 203 12:30PM	7	8	9
10	How To Use Titan's Direct Cohen, CH 203 2:00 PM 	 Healthy Relationships Support Group Cohen, CH 155 12:30 PM	Match Your Major w/Your Personality Cohen, CH 203 2:00 PM  EOF Mixer: Cohen, CH 211 12:30PM-1:30PM	13	14	15	
						16	

COUNSELOR'S CLIPBOARD

IMPORTANT DATES:

- 📌 TIME TO START YOUR FAFSA ENGINES!! YES, really! New guidelines allow you to apply as of October 1, 2019, and use your **2018 tax return data again for next year's academic year filing. (2020-2021)**
- 📌 STUDENT PROGRSS REPORTS ARE IN! Have you seen yours? See you counselor.
- 📌 Do you need some help finding a Tutor? Not sure who to ask? EOF will help you. Please just ask!
- 📌 **NEED** to drop or withdraw from a class? See your EOF Counselor, first or you can create a huge debt to the college!! Deadline is November 21 for 15-week term.
- 📌 Check out our online workshops on Blackboard, under "EOF Resources".
- 📌 The EOF Student Alliance meetings count towards your EOF Workshops!