

Central Kansas Educational Opportunity Center

April— June 2012



Participant of the Quarter: Rhonda Lasha

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We are proud to announce Rhonda Lasha as our Participant of the Quarter.

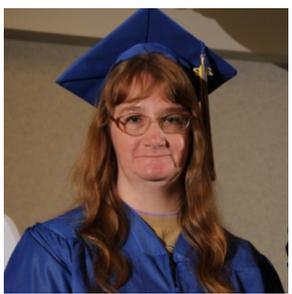
Being a single mom, has its challenges but add in going to school to earn your GED Diploma and having perfect attendance and your life can become very interesting. Rhonda has two sons and she reached her goal on her youngest son's birthday passing her GED test.

She was referred to Central Kansas Educational Opportunity Center by Voc Rehab and family members. CKEOC assisted her with setting educational goals that included obtaining a GED to improve skills and life.

Rhonda attributes her GED success to Luke Seitz, Jared Grillot, and Sarah Emerson

for taking extra time to ensure I understood the educational material.

Rhonda expressed her greatest strength was her ability



to stick with it and not give up when things got tough. Also, she expressed her biggest accomplishment in her life is graduating and having perfect attendance, which she received an award for, and most of all raising her sons by herself.

She has some words of wis-

dom for people contemplating obtaining their GED diploma. "Stick with it, show up every day and most of all do not give up when things get tough."

Rhonda is working hard with Voc Rehab to improve and gain new skills, so she can provide a better life for sons and herself.

Congratulations Rhonda! The staff at CKEOC are proud of you for all of your hard work and wish you all the best in the future.



Going to School in the Fall?

Just a reminder to those that will be attending school in the Fall. Call our offices to schedule an appointment to get your 2012-13 FAFSA completed. You will need to bring your 2011 income tax return and your W2's. This is the documentation you must provide to complete the process.

Filing as an Independent:
You must be 24yrs of age or older, or

if under 24, you need to have one of the following criteria: married, or have children, or be a ward of the court or be in the military, or emancipated from your parents.

You will need your 2011 tax information and W-2s.

Filing as a Dependent:
If you do not meet any of the above criteria you will be considered

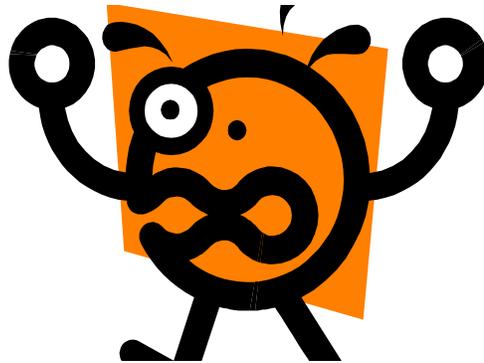
You will need your 2011 tax information, W-2s as well as your parent's tax information and W-2s.

If you are unsure of your filing status please feel free to ask when making your appointment and we will assist you with determining your status.

Test Anxiety

Test anxiety is something that affects almost everyone at one time or another. Anxiety is a reaction to something that is scary or causes great concern. Just like when you are afraid, anxiety over a test can cause your heart rate to increase and adrenaline to kick in. This happens to get more blood to the brain creating a heightened sense of alertness and clarity. In this way, anxiety can actually be a positive thing and improve test performance. For many people, however, test anxiety can lead to outright panic, which can negatively impact results.

symptoms make it even more difficult to succeed when a person actually sits down to take the test leading to situational anxiety. Situational anxiety describes the anxiety that happens during a test. Some of these symptoms can include butterflies in the stomach, perspiration, fidgeting and mental blocks.



This negative type of test anxiety can be divided into two types: anticipatory, and situational.

Anticipatory test anxiety is the feeling of dread you might have when you know an important test is on the horizon. As the test date gets closer, people can experience varying degrees of panic, loss of appetite, and difficulty sleeping. These

Even though test anxiety troubles millions of people, many people have been able to overcome its debilitating effects. Anticipatory can be conquered by making some changes in your study habits leading up to the test while situational anxiety can be

overcome by applying some tips and tricks once you actually sit down to take the test. If you suffer from the negative type of text anxiety there is hope and CKEOC is here to help.

CKEOC has developed a workshop that will help you measure your level of anxiety and determine whether your test anxiety happens to be the more helpful kind or the kind that is harmful to your test results. In addition, you will be given the opportunity to discover what is contributing to your anxiety and be given suggestions to improve your study habits, reduce your stress level during testing, and boost your test performance. Do not miss this opportunity to get the inside scoop on how to reduce and conquer your test anxiety once and for all. Workshops will be scheduled according to interest and demand. Do NOT hesitate to contact us to sign up for one.

Service Recognition

Barton Community College awarded Mary Dino, Academic Advisor for Central Kansas Educational Opportunity Center, a certificate of Appreciation in recognition of 5 years of Service.

Mary enjoys meeting new people and helping them achieve their goals in pursuing an education to become successful in life.

She enjoys spending time with her grandchildren and two black Labrador Retrievers, as well as family and friends.



Shown in the picture is Susie Burt, EOC Project Director, presenting the award to Mary Dino.

CKEOC Staff and Locations

Project Director

Susie Burt

Coordinator/Academic Advisor

Ray Kruse, Junction City

Academic Advisors

Mary Dino, Great Bend

Liz Klima, Great Bend

Secretary/Data Specialists

Mary Shane, Junction City

Great Bend

1025 Main
Great Bend, KS
620-793-8164

Junction City

1012 A West Sixth
Junction City, KS
785-238-5200

Available at KS Works in Hays and Salina by appointment call our office at 620-793-8164 or 877-684-8164

Congratulations Graduates!

CKEOC Staff would like to congratulate EOC participant graduates for the 2011-12 school year.

Barton Community College—Great Bend Campus Summer 2011:

Cynthia Sandy—Early Childhood

Barton Community College—Great Bend Campus Fall 2011:

Fara Jaimés—Liberal Studies

Kory Jones—Automotive Tech.

Andrew Lauber—Automotive Tech.

Xuan Renfrow—Liberal Studies

Aida Zelda—Liberal Studies

Barton Community College—Great Bend Campus Spring 2012:

Luisa Alcalá-Reyes—Medical Asst.

Eileen Backstrom—Medical Lab Tech.

Hallie Chrest—Nursing RN

Sean Demel—Automotive Tech.

Amanda Doonan—Nursing RN

Angela Doonan—Nursing RN

Ronald Engleman—Comp. Ntwkg. Spec.

Jack Ferradas Francia—Liberal Studies

Kyle Goble—Automotive Tech.

Monica Gonzales—Early Childhood

David Mauer—Automotive Tech.

Gloria Mayorga—Liberal Studies

Karina Mijares—Medical Asst.

Tarasa Miller—Bus. Mgmt. & Ldrship.

Sheila Nuss—Nursing RN

Isaac Ortega—Automotive Tech.

Hugo Otoralora—General Studies

Jennifer Pray—Nursing RN

William Richard—Liberal Studies

Jordan Seitz—Liberal Studies

Edgar Villalobos—Automotive Tech

Barton Community College—Ft. Riley Campus:

Daniela Donovan—Liberal Studies

Amanda Robertson—Liberal Studies

Aida Zelada—Liberal Studies

GED :

Ellsworth :

Brandon Dannebohm

Ryan Moore

Jovan Talavera

Trenton Rowsey

Casey Vanatta

Scott Wood

Barton/Fort Riley:

Christina Bjorklund

Crystal Blades

Angelina Brooks

Sandra Cebula

Brigitte Mackey

Isaiah Melendez

Jennifer Martin

Nedra McDonald

Deshoan Mckinnon

Brandon Moses

Jessica Smith

Toinettie Smith

Otis Webster

Great Bend Adult Education

Center:

Tia Atchinson

Laura Horsfall

Jesse Knox

Elizabeth Ledesma

Desiree Procopio

Rhonda Lasha

Jamie Rose

Justin Zecha

Larned:

Eric Collins

Randall Hall

John Rudy

Manhattan Adult Learning

Center:

Patrick Arrow

Sarah Belue

Heather Brigham

Gabriel Burch

Rachael Callahan

Hannah Driskill

Lindsey Evans

Dejaun Gutierrez

Randall Johns

Alejandro Leach

Maribel Mendoza

Madison Radke

Audriana Peshek

Marque Rodin

Kandra Spickelmier

Lance Trollope

High School:

Great Bend High School

Julio Ayala

Kena Daniels

Leo Espino, Jr .

Vanessa Favela

Ramon Garcia

Enrique Lira

Angel Mata

Trevor Olsen

Sarhi Prieto

Erik Solorzano

Mauricio Uribe

Lindsey Villarreal

Annett Valdovinos—Webb

Barton County Academy:

Stephanie Prieto

Rock Creek High School:



Stephanie Vanderlinde, plans to attend Barton/Ft. Riley this fall. She is the daughter of former EOC employee, Deb, and BCCC/Ft. Riley instructor, Roger.



Reminders

GED –High School Diploma:

CKEOC staff can assist anyone needing to obtain a GED. If you know anyone needing a GED or needing to enter a High School Diploma program please contact our office and we can assist them.

LSEC Cycle :

Cycle 6: July 24—Sept. 7, 2012

Cycle 7: Sept. 11—Oct. 25, 2012

GED Orientations:

Great Bend: To be announced—Expect it to be at the beginning of July 2012.

Fort Riley: To be announced—Expect it to be at the beginning of July 2012.

Manhattan: No Summer Classes.

Salina: To be announced—Expect it to be at the beginning of August 2012.





**1025 Main
Great Bend, KS 67530**

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About CKEOC

The Educational Opportunity Center is 100% funded by the U.S. Department of Education and is one of the TRiO programs. TRiO began with Economic Opportunity Act of 1964, in response to the administrations War on Proverty.

TRiO programs include eight outreach and support programs targeted to help disadvantaged students progress from middle school to post-baccalaureate programs.



33 Counties Served by CKEOC

Barton, Clay, Cloud, Dickinson, Ellis, Ellsworth, Geary, Graham, Jewell, Lincoln, Marshall, Mitchell, Morris, Ness, Norton, Osborne, Ottawa, Pawnee, Phillips, Pottawatomie, Pratt, Republic, Rice, Riley, Rooks, Rush, Russell, Saline, Smith, Stafford, Trego, Wabaunsee, and Washington.

