



Spring 2016

EOC Community Partner Spotlight



Our House empowers homeless and near-homeless families and individuals to succeed in the workforce, in school, and in life through hard work, wise decision-making, and active participation in the community.

A need in Arkansas

With over 14,000 homeless children in Arkansas each year, Arkansas is the 3rd worst state in the country for child and family homelessness. Our House is the only program in Arkansas that meets all the needs of homeless families. Families of any size can stay together, including single fathers with kids. All adults must find and keep a full-time job.

A comprehensive program

Our House has the only licensed child development center for homeless children in Arkansas. There are also out of school-time programs: after school, summer, spring break, and more. State-licensed adult education instructors teach in the Adult Learning Center. Job training, financial literacy and other programs are available for all residents. Families stay connected to Our House for a year after moving out.

Our House Service Statistics

- 110 people call Our House home each night.
- 77,000 meals each year are provided and served by community members and groups.
- Over 1,400 men, women and children are served each year.
- At least 75% move out of homelessness.

For more information, visit <http://ourhouseshelter.org>

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Free Tax Services

FREE
Tax Preparation

Get Free Tax Prep Help

The IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) programs offer free tax help for taxpayers who qualify. **Electronic Filing:** When using VITA sites, you can expect to receive your federal refund within 10 days and state refunds within 5 days, if using direct deposit.

Here are some providers in Arkansas:

City of Jacksonville, 109 South 2nd Street (Opens February 1st). Call 501-982-0026 for appointment.	Promiseland Ministries, 4520 S. University in Little Rock. Walk-ins welcome on Saturdays, 10 am until 2 pm (beginning Feb. 6th). Call for appointment 501-681-7979 .
Arkansas Workforce Center of Little Rock, 5401 S. University (Opens February 4th). Call 501-320-1908 for appointment.	North Little Rock Community Center, 2700 Willow Street. Walk-ins welcome on Thursdays, 9 am until 1 pm (beginning January 28th).
Esther D. Nixon Library in Jacksonville, 703 West Main Street. Walk-ins welcome beginning Saturday January 29th, 9:30 am - 1 pm.	Bob Herzfeld Memorial Library 1800 Smithers Dr. Benton, AR 72015 Call for appointment 501-326-6203
Dee Brown Library, 6325 Baseline Road in Little Rock. Walk-ins welcome on Saturdays, beginning Feb. 20th, 10 am - 2 pm.	Benton Senior Activity Center 210 Jefferson Drive Benton, AR 72015 The site will be open Mondays and Wednesdays, 7:30 am until 2 pm. Walk-ins are welcome.

Overcoming Math Anxiety

Ten Ways to Reduce Math Anxiety:

1. Learn stress management and relaxation techniques.
2. Combat negative thinking.
3. Visualize yourself succeeding.
4. Do easiest problems first.
5. Refocus your stress
6. Start preparing early
7. Take care of yourself
8. Try to understand the “why” of math concepts rather than memorizing.
9. Find a support group.
10. Reward yourself for hard work.

$$\text{Math Anxiety} = \text{Test Anxiety} \left(\text{Fear of numbers} + \text{Fear of unknown} \right)$$

CashCourse - Financial Literacy Program

When you're a student, it can feel like money is always tight. You've got bills, rent, and tuition to pay, and you want to have enough money for fun, too. So how can you get on the right path to a great financial future, while making your money count today?

CashCourse is your real-life guide to taking charge of your money. The online personal finance tools help you build real-life-ready financial skills.

To register, go to cashcourse.org and click on register now under students. During registration, select your state and school from the drop-down menu. For the school select University of Arkansas - Little Rock even if you're not attending this school because you are a participant in the TRIO EOC program. You'll be taken to your school's customized CashCourse website, where you can:

- Get answers to your money questions from financial experts;
- Build a budget;
- Create a student loan repayment strategy;
- Prepare for life post-graduation, and more.

If you have questions or need assistance registering, please call 907-2470 or come by the EOC office.

Arkansas Governor's Commission Disability Scholarship

The Arkansas Governor's Commission on People with Disabilities will award several student scholarships. Applications will be evaluated on the basis of financial need, academic achievement, community service, and the specific challenges experienced due to your disability. The scholarship recipients will be recognized at a reception in June 2016. The deadline for applications is February 29.

If you have questions or would like more information about the scholarship, stop by the EOC office for an application and to speak with a counselor.

Things To Do

It's that time of the year. Not only is it time to file your taxes but it is also time to complete the Arkansas Academic Challenge Scholarship. The deadline is June 1st. You should also complete your FAFSA for the 2016-2017 academic year as soon as possible. Below are a list of websites that will help you get started.

Internal Revenue Service

irs.gov (Click on Get Free Tax Preparation Help)

Arkansas Academic Challenge Scholarship

scholarships.adhe.edu

Federal Student Aid

FAFSA.ed.gov

For more information or assistance completing your FAFSA or Academic Challenge Scholarship application, call **907-2470**.

EDUCATIONAL OPPORTUNITY CENTER

The Educational Opportunity Center is a federally funded TRIO program that assists adults ages 19 and above and U.S. veterans to enroll in and complete a postsecondary education program. All services are provided free of charge to participants who meet the eligibility requirements.

Services provided

- Academic Assistance
- Career Assistance
- Enrollment Counseling
- Financial Aid Counseling
- Computer Lab