

Destress before the Tests: Holiday Movie Screening

Letter of Intent

Mission of EOPS/CARE/CalWORKS/NextUp/AB 540&USP:

The Bakersfield College EOPS and additional categorical programs provide counseling and academic support to encourage enrollment, retention, and transfer of students who face language, social, economic and educational disadvantages. The goal of our programs is to help eligible students meet their educational objectives, whether they seek occupational certificates, associate degrees, or transfer to four-year institutions.

CCA Grant Request:

Secure funding to virtually screen ELF, a film owned by Swank Motion Picture.

Requested amount: \$750 (\$250 virtual setup fee, \$500 rights fee)

Overview of *Destress before the Tests- Holiday Movie Screening* :

- In the workshop, *Destress before the Tests- Holiday Movie Screening*, our students will learn about the importance of coping with stress and learn tools for tackling stress during the exam season. [Laughter is a stress relieving tool](#), so we will be screening ELF to help students relieve stress and help them return to their studies with a fresher mind.
- ELF, a film following Will Ferral, sends a message of hope- a feeling we hope to ignite in our students as life is slowly returning to normal post pandemic. The movie will be screened to provide a stress relieving break, in order for students to return to their final studies with a fresh mind.
- Open to all students in our participating programs and their families
- Expected attendance range is 50-100 students

Benefits of EOPS/CARE/CalWORKS/NextUP/AB 540&USP Programs

- The EOPS/CARE/CalWORKS/NextUp/AB 540&USP programs provide students with counseling and academic support
- Connects students with resources like free immigration legal services and CalFresh
- Assists current and incoming students with guidance on completing Financial Aid applications (FAFSA/DREAM Act) and AB 540 forms

- Provides workshops to help students become well rounded

Methods of Promotion/Advertisement:

We have established various modes of advertising, which include but are not limited to:

- EOPS Canvas page
- Promotional materials include PDF flyers, Social Media post on Facebook and Instagram
- EOPS/CARE/CalWORKS/NextUp/AB 540&USP emails

Advisor Statement

For the past 52 years, EOPS has worked to increase access, equity, and completion for educationally disadvantaged students. In order to provide more services and resources to parenting students, the CARE and CalWORKs programs were established to help parenting students on their path to become self-sufficient. NextUp was later established to provide guidance, resources, and support to our current and former foster youth student population. The latest addition to our categorical program is our AB 540 & Undocumented Students Program to help our undocumented and out of state students. All students and their family members are invited to attend this event. The workshop's goal is to promote the importance of coping with stress, provide them with tools to tackle stress, and provide a stress reducing activity. ELF will be screened to promote stress relief. This film will also help promote hope during continued unprecedented times, finals season, and holiday stress. The event will be impactful for current students who are facing or will be facing increased levels of stress.