

Foothill College NextUp

Winter 2026 Calendar

Winter 2026 Commitments

- Meet with the NextUp Student Success Specialist 2 times a month
- Meet with an EOPS Counselor 2 times a quarter
- Submit your Progress Report
- Complete an MRC Check-In (if you are in NextUp and EOPS)

NextUp Workshops

Rose from Concrete Workshop

 Wednesday, January 21  2:00 p.m. - 3:30 p.m.
Join this workshop inspired by Tupac's poem, *The Rose That Grew from Concrete*, to reflect on your journey, recognize your resilience, and celebrate who you're becoming

Healthy Relationships Workshop

 Wednesday, February 25  2:00 p.m. - 3:30 p.m.
Enjoy hot dogs, popcorn, and candy while watching fun movies clips to discuss if the relationships shown are green or red flags

Money Matters Workshop

 In March, day TBD  2:00 p.m. - 3:30 p.m.
Learn essential money management skills, action steps towards holistic financial wellness, and information to empower you to advocate for yourself financially

NextUp Staff Contact Information



Melvishia Gaines - Student Success Specialist

 (650) 949-7227

 gainesmelvishia@fhda.edu



Michelle Tham - Administrative Assistant

 (650) 949-7518

 thammichelle@fhda.edu

January 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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Scheduling at least 2 Counseling Appointments for Winter Quarter is required

Counseling Appointments fill up fast! To schedule a counseling appointment, please ask the EOPS Front Desk, NextUp Staff, or the EOPS Student Connect Virtual Front Desk at <https://foothill.edu/eops/>

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16 Last day to add 12-week, quarter-length classes

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18 Last day to drop classes for a full refund or credit

19 
Martin Luther King Jr. Day
(Campus Closed)

I Have a Dream

21 
Rose from Concrete Workshop
(2:00 - 3:30 p.m.)

23 Last Day for Book Reimbursements

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FEBRUARY 2026

Monday

Tuesday

Wednesday

Thursday

Friday

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[Submit Student Progress Report](#)

View the [EOPS Progress Report Form](#)

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Presidents' Day
(Campus Closed)

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Presidents' Day
(Campus Closed)



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Priority Registration
for Spring '26



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Healthy Relationships
Workshop
(2:00 - 3:30 p.m.)



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Last day to drop with a "W"

[Remember to check if you are in good standing with the NextUp Program](#)

Check with the NextUp Student Success Specialist that you have met the NextUp Commitments for Fall Quarter

MARCH 2026

Monday

Tuesday

Wednesday

Thursday

Friday

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March 9 - March 18: Mutual Responsibility Contract (MRC) Status Check

Visit the EOPS Front Desk or connect with a Staff member at [EOPS Student Live Connect](#), our Virtual Front Desk

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Spring '26 Book Voucher Request (subject to change): March 25 - April 17

Contact: Last Name (A-L) Kai Chang Last Name (M-Z) Andrea Lara Galvan

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Last day to request
pass/no pass grade

Final Exams Week (March 23 - March 27)

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