



DIRECTOR'S MESSAGE



Hello SSS Students and Welcome to Fall 2014! - Resharing a message from Fall 2009

By starting – or returning – to CSUSM, you have demonstrated a huge commitment toward your education and your future! The TRiO SSS staff and I are very excited that you made the decision to join us!

That being said, I am hearing from many that the start of the 2014/2015 academic year has brought with it various levels of uncertainty and anxiety. For many of us, it is the start and transition to a whole new experience. For some, it is the anticipation of graduation in a few short months. First and foremost, it is important for you to remember that you **HAVE** managed to survive stress and anxiety in the past – and you **WILL** be able to do it again. So, before you let “the worries of life” overwhelm you, I want to take a few minutes here to highlight some methods that will help you to remain calm during times of uncertainty.

Check your lifestyle

- Limit or eliminate caffeine, alcohol, tobacco and sweeteners (including sugars).
- Get enough sleep.
- Avoid junk food. Include nutritious meals in your day.
- Incorporate exercise. You may want to try a yoga class or simply go for a walk each day.
- If you feel sick, stay home. You will recover faster and will avoid making others ill.

Breathe

- Practice slow and deliberate breathing.

Practice relaxation and mindfulness

- Practice tensing and releasing muscles.
- Sit quietly and calmly for a short period of time every day.

Stop negative self talk and “Catastrophizing”

- Stop the inner voice that immediately leads you to think you cannot do something.

Plan

- Begin working on presentations and papers well in advance of the due date.
- Use resources on campus to help you (such as SSS, the Math Lab, Writing Center, Language Learning Center, Student Health and Counseling Services, Career Center and Disabled Student Services).

Life balance

- Learn the difference between “good enough” and “perfect”. It is okay to let some things go.
- Incorporate fun and leisure in your life.
- Make time for family and friends.
- Think about what qualities in life are important to you and include them.

If you would like to learn more about these methods or other ways to relieve stress and anxiety be sure to come in and see one of the SSS staff. We will work with you to discover strategies that you may have forgotten or help you to acquire new ones.

Wishing you all a fantastic fall 2014 semester! See you soon!

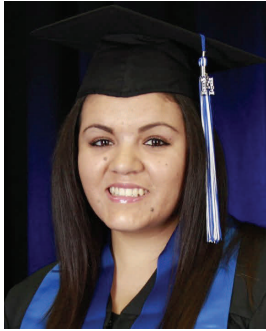
Heather Northway

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2013-2014 AWARD WINNERS

TRiO SSS Senior Excellence Award Winner



TRiO SSS honored Erika Montiel with their 2014 Senior Excellence Award Winner

Erika graduated from CSUSM with a Bachelors degree in Business Administration with an emphasis in Finance, in May 2014. She has been an exemplary TRiO SSS student and demonstrated her commitment to the program through her involvement in many of the program activities, campus event and community life.

Congratulations Erika

TRiO SSS Faculty Award Winner



TRiO SSS recognized Mr. Hugo Lecomte and Ms. Sonja Starr McLin as their 2014 Faculty Advocate Award Winners

Mr. Hugo Lecomte is the Director of Campus recreation, and Ms. Sonja Starr McLin is the Campus Recreation Specialist. Both have supported the TRiO SSS students with excellent recreational programs during the Summer Transitional Enhancement Program (STEP). They are both true advocates for the TRiO SSS Program and students.

Congratulations Mr. Lecomte and Ms. Starr McLin

SPRING CULTURAL EVENT 2014

This spring's cultural event focused on Spanish culture. To that end the TRiO SSS students and staff went to a dinner and floor show at Café Sevilla, in Downtown San Diego. Café Sevilla features an award winning Spanish cuisine. The floor show entertainment was provided by the "Sounds of Sevilla", and featured Flamenco guitarists and dancers.



The students gathered outside Café Sevilla.



Students and staff enjoying the Café Sevilla's cuisine.

TRiO VOLUNTEER DAY AT MONTE VISTA ELEMENTARY SCHOOL

This year's TRiO SSS Volunteer Day took place at Monte Vista Elementary School in Vista. The TRiO SSS/CSUSM students and staff participated in activities designed to generate dialogue between the TRiO SSS/CSUSM students and Monte Vista fifth grade students.

TRiO SSS staff would like to thank ***Charlene Smith, School Principal; Sue Dorward, fifth grade teacher; Hector Menchaca, fifth grade teacher; Hillary Nolan fifth grade teacher and Michelle Montjoy, Art teacher,*** for their hard work in organizing the days events.



Mrs. Nolan reads the Book Mahalia Mouse goes to College, to the assembly of students and staff. Later TRiO SSS/CSUSM students shared their experiences of what it means to be a college student.



Ms. Michelle Montjoy and Ms. Sue Dorward lead the groups in various art activities.



Mr. Hector Menchaca (blue T-Shirt) supervising the 'tug of war' activity.



Mrs. Nolan teaching one of the groups of students the step sequence in line dancing.

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CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO WERE ON THE DEAN'S LIST WITH A 3.5 GPA (OR HIGHER) IN THE 2014 SPRING SEMESTER

Vanessa Acevedo
Cecilia Ambrosio
Elisandra Amparano
April Andreola
Nora Avila
Norma Baeza
Curtis Chapman
Enrique Corona
Noelle Cox

Bernardo Cruz
Yesenia Esquivel
Aimee Fischer
Giovanni Garcia
Marco Garcia
Elie Ghaseb
Nicole Henson
Jesus Hernandez

Jasmine Horton
Edith Larios
Angelica Marigliano
Ana Mata
Guadalupe Montes
Jessica Morales Sanchez
Marienel Pili
Donna Ranieri

Marlen Salomon
Cynthia Sandoval
Adam Schmaltz
Chava Sevigne
Gary Simmons
Katherine Van Sickle
Shadrach Vaughn
Kristen Yaldo

THE FOLLOWING PART-TIME STUDENTS ALSO EARNED A 3.5 GPA (OR HIGHER) IN THE 2014 SPRING SEMESTER

Jean Aguilar
Yeltsin Gonzalez
Lisa Hammond

Hassan Imani
Crystal Madriles
Julia Martinez

Arturo Montoya
Lilliana Mougel
Steven Salas

Veronica Sanchez
Sabrina Tan

WELCOME NEW SSS STUDENTS

Diana Alvarado
Cesar Baeza
Jullisa Camacho
Erika Cortes
Alexa Diaz
Erika Diaz
Mary Escobar Vice
Dolores Esparragoza
Jessica Esparza
Celeste Espindola
Gabriela Flores
Genesis Garcia
Gabriela Garibay

Yessenia Gutierrez
Citlali Illescas
Edith Jimenez
Monica Lambarena
Vianca Leon
Daisy Lopez
Jose Lopez
Silvia Lopez
Susana Magana
Jesus Martin
Amanda McMenomy
Edith Mendez
Sussana Mendoza

Leonel Mora
Adriana Morales
Roxanne Moretti
Carlos Ochoa
Ricardo Ochoa
Anna Ordonez
Alejandro Ortiz
Anh Thu Pham
Khoa Pham
Karina Pichardo
Maria Quintana
Carolina Quirarte
Jacquelyn Raiano

Steven Robidoux
Vanessa Roldan
Elizabeth Romero
Andrea Ruiz
Jayne Temple
Karen Tsang
Cauahtemoc Valdez
Maribel Vazquez
Ashley Velazquez
Crystal Villalobos
Aeriell Woodhams
Alejandra Zafra

TRiO SSS GRADUATION CEREMONY

The TRiO SSS Program held its Graduation Ceremony in the Reading Room, Kellogg Library May 1, 2014. Families and friends gathered to honor, and share the success of the graduates.

Congratulations To...

Vanessa Acevedo
Anela Amba-Pascua
Cecelia Ambrosio
April Andreola
Edgar Ayala
Norma Baeza
Diana Bailon
Margarita Calderon
Brenda Cital
Kevin Diep
Ana Estevez-Olea

John Foulk
Angela Farfan
Oscar Galindo
Marco Garcia
Benito Gonzalez
Nicole Henson
Jesus Hernandez
Hassan Imani
Brittany Jackson
Crystal Madriles
Merissa Manful

Zaid Mohabbat
Lizbeth Montes
Erika Montiel
Lilliana Mougel
Maria Nunez
Laticia Omondi-Ochola
Anna Pantoja
Yanelly Pinedo
Jalena Raiano
Dominica Ranieri

Uziel Rivera
Marlen Salomon
Veronica Sanchez
Gary Simmons
Joselene Soto
Amanda Spicer
Shadrach Vaughn
Christina Villalobos
Samantha Webb
Kristen Yaldo



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FALL 2014 WALK-IN HOURS

WALK-IN HOURS

Joe LeDesma	Tuesday	1:00PM —3:00PM
Jason Tan	Wednesday	9:00AM—12:00PM
Heather Northway	Thursday	9:00AM—12:00PM

Please Note

- Walk-in counseling/advising is on a first come, first serve basis.

TRiO SSS PROGRAM STAFF CONTACT DETAILS

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