



## DIRECTOR'S MESSAGE



I want to let you in on a little secret: There is something you can start doing today which will help you to ~

1. Live with less guilt and stress
2. Determine who and what are top priorities in your life
3. Stop allowing others to make your decisions for you
4. Allow you to live your life without regret

Are you ready? Here it is: REMOVE THE WORD "SHOULD" FROM YOUR VOCABULARY! Simple as that! Let me explain why.

### GUILT and STRESS

When you tell yourself, "I SHOULD ....." you are allowing an outside person's set of expectations to determine what is best for you. But only YOU can do that! When you end up not doing what someone else wants you to do, it can lead to a feeling of disappointing that person which then leads to you feeling guilty and ashamed. Removing these unnecessary expectations will also reduce stress.

### YOUR TOP PRIORITIES

Think back on the last "To Do" list you made for yourself. There were probably some items that you placed on there because others had given you the message that you SHOULD do them. These are often the items that others have somehow made you believe you were obligated to fit into your day. But would others really notice if they were not accomplished? If the "undone" items on your list truly have no long lasting impact your life (as YOU see your life), then get rid of them.

### TAKE CHARGE OF YOUR LIFE AND MAKE YOUR OWN DECISIONS

In some cases, the "shoulds" in our life are a "throw back" to a time in a life when a parent or guardian was trying to guide or protect us as a child. These might be messages like, "You SHOULD get more sleep" or "You SHOULD finish your homework before you watch television" or "You SHOULD choose a major that will help you land a job that makes a lot of money" and so on.

As we grew, many of these messages were absorbed into our self image and eventually programmed into our "being". Although those messages may reappear in our thoughts and make us feel guilt, as an adult it is now up to you to decide if they fit in with your life. Start living your life based on what you know is right for you and what you want and need in order to feel successful. But *remember*: at the same time take note that you are not imposing your values and standards on others.

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### LIFE WITHOUT REGRETS

By simply replacing the words, "I should...." with the words "I want...." or "Next time I will...." statements, you can begin to see what it is that you are doing for you. Eventually you will set goals for yourself based on what you find most fulfilling and satisfying. As you fill your life with events and people who are more in line with your own passions, you will find that you will feel happier. Those who can truly say that they have lived life on their own terms are generally the most satisfied. These are the people who are doing what they want, when they want and with whom they want. In the end, that is really the best formula to being able to say you have lived your life without regrets.

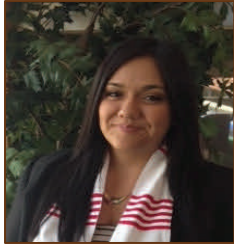
Wishing you a fantastic fall 2013 semester!

*Heather Northway*

# TRiO SSS Newsletter Fall 2013

## 2012-2013 AWARD WINNERS

### TRiO SSS Senior Excellence Award Winner



**Angelica Lopez**  
TRiO SSS honored  
**Angelica Lopez**  
with their 2013 Senior  
Excellence Award Winner

Angelica graduated from CSUSM with a Bachelors degree in Human Development in May 2013. She has been an exemplary TRiO SSS student and demonstrated her commitment to the program, and CSUSM, through her involvement in campus and community life. Angelica's extra-curricular activities included community service, and volunteer work, and she has served in many leadership positions.

**Congratulations Angelica !**

### TRiO SSS Faculty Award Winner



**Marie Thomas Ph.D.**  
TRiO SSS recognized  
**Marie Thomas Ph.D.** as their  
2013 Faculty Advocate  
Award Winner

Marie Thomas, Ph.D., has been a professor in the Psychology Department since she joined CSUSM in 1995. While her areas of expertise are psychological testing, methodology, and statistics, Professor Thomas is also interested in cognitive ability, positive psychology, gender issues, and the scholarship of teaching. She has been an excellent advocate for the TRiO SSS program.

**Congratulations Professor Thomas !**

## SPRING CULTURAL EVENT 2013

This spring's cultural event explored African American heritage and the legacy of racism. In line with that theme, TRiO SSS students and staff went to see a performance of *The Bluest Eye* which was the story of a family living with racism in 1941. The story is told through the eyes of the nine-year-old daughter. The performance was at the MOXIE Theatre on El Cajon Street, San Diego.



Prior to the show students and staff enjoyed a Kenyan inspired cuisine at the Flavors of East Africa Restaurant on El Cajon Street, San Diego.



## TRiO VOLUNTEER DAY

### KIDS FOR PEACE PROJECT

TRiO SSS students and staff volunteered to work with the 5th grade kids at Jefferson Elementary School, Carlsbad. Their task was to build a Peace Garden which was part of the Kids for Peace Project. Kids for Peace is a Global non-profit organization, founded in 2006. The co-founder and executive director Jill McManigal organized the Peace Garden project and liaised with Joe LeDesma, Coordinator/Advisor with TRiO SSS, to set up the details of the volunteer help.

### Kids for Peace Mission

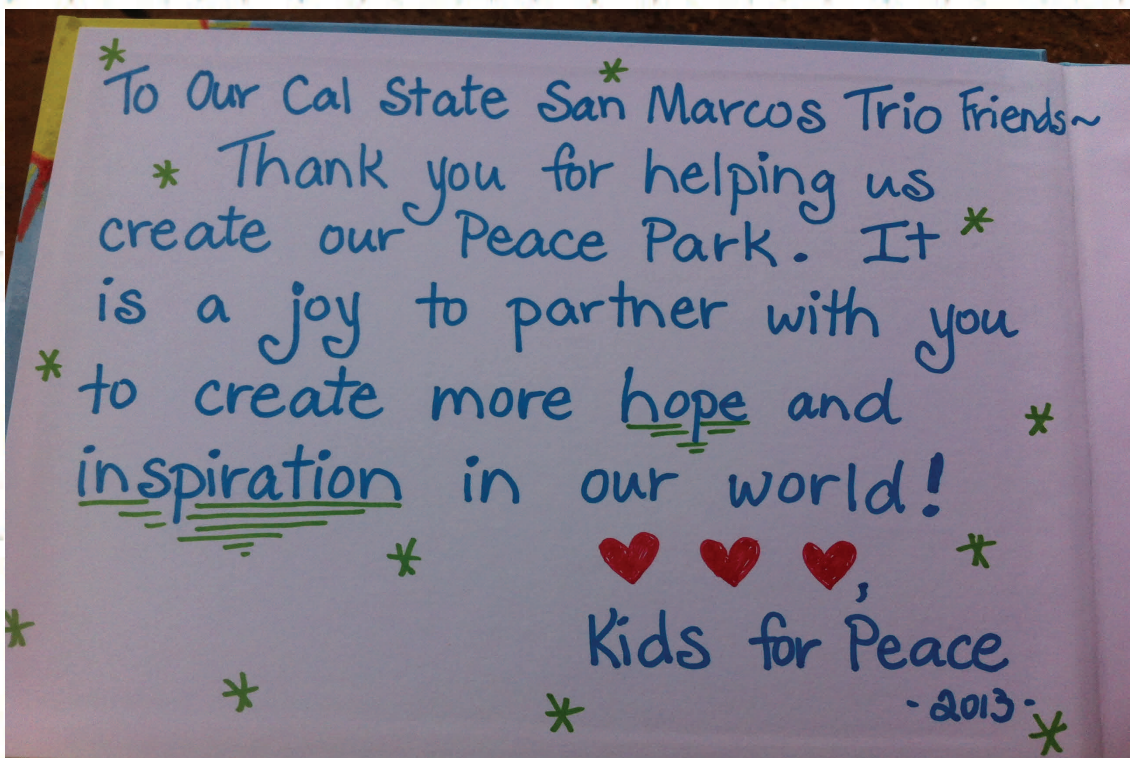
To cultivate every child's innate ability to foster peace through cross-cultural experiences and hands-on arts, service and environmental projects.

### Motto

Kindness Matters



Joe LeDesma and TRiO SSS student, Sho Freeman, reading the memory book (see below). The book was presented to TRiO SSS staff and students volunteers for their work in helping the 5th grade school kids to build the Peace Garden at their school.



# TRiO SSS Newsletter Fall 2013

## CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO WERE ON THE DEAN'S LIST WITH A 3.5 GPA (OR HIGHER) IN THE 2013 SPRING SEMESTER

Anela Amba-Pascua	Giovanni Garcia	Guadalupe Montes	Yesenia Rayo
Cecilia Ambrosio	Patricia Garcia	Lizbeth Montes	Cynthia Sandoval
Edgar Ayala	Elie Ghaseb	Erika Montiel	Victor Sandoval
Michael Bergstrom	Jocelyn Guerrero	Lilliana Mougel	Jocelyn Sarazua
Jamal Brewer	Jasmine Horton	Laticia Omondi-Ochola	Gary Simmons
Curtis Chapman	Brittney Jackson	Marienel Pili	Joselene Soto
Pedro Diaz	Jenna Jauregui	Mariah Price	Yen Tran
Yesenia Esquivel	Angelica Lopez	Heaven Leigh Quiban	Katherine Van Sickle
Aimee Fischer	Karen Mendoza	Rosa Quintana	Thanh Waynick
Sho Freeman	Alejandro Montes	Jelena Raiano	Samantha Webb
		Brenda Ramos	Kristen Yaldo

## THE FOLLOWING PART-TIME STUDENTS ALSO EARNED A 3.5 GPA (OR HIGHER) IN THE 2013 SPRING SEMESTER

April Andreola	Andrew Craig	Erica Nelson	Elizabeth Pablo
Diana Bailon	Gabrielle Diaz	Crystal Nunez	Karen Padilla
Shirley Barajas	Patricia Martinez	Enriqueta Nunez	Michelle Ponce
Bianca Bautista	Rachel McNamee	Maria Nunez	Esmeralda Reyes
			Rosalinda Rocha

## WELCOME NEW SSS STUDENTS

Jean Aguilar	Nancy Cervantes	Yesica Gonzalez	Madeline Rayon
Monserrat Aguilar Aviles	Michael Cortez	Lisa Hammond	Luis Rosales Siordia
Exallana Alvarado	Bernardo Cruz	Edith Larios	Salazar Alejandra
Elisandra Emparano	Isela Cruz	Miguel Manzano	Francisco Sarmiento
Sebastian Angelo	Yesenia Dolores	Angela Marigliano	Chava Sevigne
Diana Bautista	Mariel Espinoza Teran	Julia Martinez	Amelia Smith
Naomi Benitez	Corona Enrique	Ruth Montes	Thi Tran
Arnold Burgos	Steven Fang	Annie Nguyen	Naisha Valenzuela
Shai Borwick-Cooper	Griselda Flores	Wendy Nunez-Flores	Cynthia Van Buren
Maria Del Carmen Camarena	Karina Flores	Monica Ramirez	Oscar Vargas
Cesar Castaneda Perez	Rocio Fuentes	Donna Ranieri	Jennifer Velasco

## TRiO SSS GRADUATION CEREMONY

The TRiO SSS Program held its Graduation Ceremony at McMahan House on May 16, 2013 . Families and friends gathered to honor, and share the success of the graduates.

### *Congratulations To...*

**Chukwuemeka Akosionu**

**Jenneca Bacon**

**Mireya Banuelos**

**Shirley Barajas**

**Nathalie Beltran**

**Goytom Beraki**

**Michael Bergstrom**

**Constance Bronder**

**Claudia Caywood**

**Pedro Diaz**

**Kevin Diep**

**Amira El-Khaouli**

**Jasmin Espinoza**

**Angela Farfan**

**Delilah Garcia**

**Nancy Garcia**

**Jocelyn Guerrero Angulo**

**Bianca Guzman**

**Hoshang Hafizi**

**Jenna Jauregui**

**Angelica Lopez**

**Sarah Lopez**

**Merissa Manful**

**Rachel McNamee**

**Alejandro Montes**

**Luz Mora**

**Enriqueta Nunez**

**Darren Oliva**

**Rosa Ortiz**

**Elizabeth Pablo**

**Karen Padilla**

**Macuilxochitl Palacios**

**Alissa Ponce**

**Jazmin Ponce**

**Mariah Price**

**Brenda Ramos**

**Yesenia Rayo**

**Esmeralda Reyes**

**Rhianna Rodea**

**Dulce Santana**

**Lorena Santos**

**Amy Stewart**

**Kelly Thiemthath**

**Sergio Topete**

**Margarita Uribe**

**Vincent Vuong**

**Thanh Waynick**

**Wayne Wilkins**



# TRiO SSS Newsletter Fall 2012

## FALL 2013 WALK-IN HOURS

### WALK-IN HOURS

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

### Please Note

- **Walk-in counseling/advising is on a first come, first serve basis.**
- **Your walk-in time with the counselor / advisor will be limited to fifteen minutes.**

**If you would like to see a counselor / advisor for a longer time you will need to make an appointment.**

### TRiO SSS PROGRAM STAFF CONTACT DETAILS

<b>Heather Northway</b>	<b>northway@csusm.edu</b>
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<b>Jason Tan</b>	<b>jtan@csusm.edu</b>
<b>Margaret Nuttall</b>	<b>mnuttall@csusm.edu</b>
<b>TRiO SSS Website</b>	<b>www.csusm.edu/sss</b>
<b>Front Desk Phone:</b>	<b>1-760-750-4861</b>
<b>Craven Hall 4100</b>	

