

## Director's Message



Hello SSS and Welcome to 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 2009/2010 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. Still others are concerned about the unsettling news from outside CSUSM, including the economy, difficulty finding work or even the news about the H1N1 flu virus.

First and foremost, it is important to remind yourself 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 remind you of a few methods in which you can help yourself to remain calm during times of uncertainty.

### METHOD ONE: 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.

### METHOD TWO: Breathe

- Practice slow and deliberate breathing.

### METHOD THREE: Practice relaxation and mindfulness

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

### METHOD FOUR: Stop negative self talk and “Catastrophizing”

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

### METHOD FOUR: 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).

### METHOD FIVE: 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 – whether it is taking a test, writing a paper, giving a presentation to your class, developing a plan to find a job, setting a budget for your finances, learning to manage your time or coping with relationships concerns - 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 2009 semester! See you soon!

### *Heather Northway*

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## TRiO SSS AWARD WINNERS

### SENIOR EXCELLENCE AWARD WINNER



**Yesenia Trejo** This year, TRiO SSS honored Yesenia Trejo with the 2009 Senior Excellence Award. She has been a participant in the TRiO SSS program since 2005, participating in program activities and becoming involved with the TRiO Upward Bound program on campus, providing tutoring for high school students as well as preparing them for high school. Through this, she has excelled academically, maintaining a 3.4 GPA, on her way to becoming the first in her family to graduate from college. Yesenia graduated this past May with a degree in Human Development with a focus on Children Services. Congratulations to Yesenia and her family for such a great achievement!

### FACULTY ADVOCATE AWARD WINNER



**Joanne Pedersen PhD** TRiO SSS recognized Joanne Pedersen with the Faculty Advocate Award this year. As the Associate Director for First-Year Programs, Joanne has been instrumental in assisting TRiO SSS create a learning community for our first-year students by reserving a single GEL class for only first-year TRiO SSS students. By doing so, TRiO SSS students were given the opportunity to build relationships with others in the program.

## SPRING CULTURAL EVENT

### VISIT TO THE MUSEUM OF TOLERANCE IN LOS ANGELES



Students and staff participated in a cultural awareness trip to Museum of Tolerance in Los Angeles. The exhibits traced the history of the Holocaust. It was an enriching experience.

The students sampled the Jewish cuisine and feasted on a delicious lunch at Canter's, a Jewish Deli in Los Angeles.



## ONE UNIT CREDIT CLASS

SSS coordinated, with the help of Dr. Elizabeth Bigham, a one unit credit independent study class titled *Spring 2009 Cultural Experience / Project in Cultural Identity*. The focus was cultural identity explored through a series of cultural experiences both on and off campus. All the components of the class were designed to increase awareness of development across time, space, and standpoint, with sensitivity to roles of gender, race, class, and nationality in shaping developmental processes and outcomes. The class incorporated:

- ü Field trip to Museum of Tolerance, in Los Angeles, March 20, 2009 and
- ü A minimum of 4 CSUSM Arts & Lectures presentations or
- ü The TRiO Volunteer Day with Habitat for Humanity, February 20, 2009.

Fifteen students enrolled in the class and thirteen successfully completed. We plan to offer a similar class this year. **Lookout for more information via email and Facebook!**

## SUMMER TRANSITION ENHANCEMENT PROGRAM (STEP)



The first Summer Transition Enhancement Program (STEP) took place August 3rd -August 7th for our 1st year Freshmen, a unique one week opportunity intended to help SSS 1st year Freshmen transition to college by:

- ◇ Building a campus community and social support
- ◇ Building a sense of personal confidence by making new friends
- ◇ Meeting staff, faculty, and students committed to helping you succeed
- ◇ Learning about college life and expectations
- ◇ Belonging to a supportive learning community focused on your success
- ◇ Participating in fun team building activities

**Nine students enrolled and successfully completed the program. Participants included:**

**Norma Baeza  
Rosa Blancas,  
William Grace**

**Emilce Herrera  
Brittney Jackson  
Marissa Meyer**

**Kimberly Palafox  
Yesenia Rayo  
Nicolas Soriano**

## **DEAN'S LIST**

**Angie Alvarado  
Liza Baghoyan  
Graciela Baron  
Beatriz Barron  
Juddy Bouchaleun  
Linda Calagna  
Jennifer Conley  
Nora Diaz**

**Nancy Garcia  
Monica Gudino  
Roxana Gudino  
Katherine Horch  
Marisol Marquina  
Consuelo Martinez  
Amy May  
M. Grant McArthur**

**Rachel McNamee  
Jose Mendoza  
Erika Montiel  
Krystal Pliego  
Rosio Preciado  
Lorena Santos  
Maria Isalia Tinoco**

## **PART-TIME STUDENTS WHO EARNED A 3.5 (OR HIGHER) GPA IN SPRING 2009**

**Breanne Campos  
Carolina Carrillo  
Alethia Dunn  
Jessica Estrada**

**Alexis George  
Bianca Guzman  
Zahra Imani  
Lorena Lopez-Vargas**

**Tony Perez  
Clairenda Thomas  
Elvis Toledano  
Yesenia Trejo**

## **WELCOME TO TRIO SSS FIRST YEAR FRESHMEN STUDENTS**

**Vanessa Acevedo  
Norma Beaza  
Rosa Blancas  
William Grace  
Jocelyn Guerrero  
Emilce Herrera  
Brittany Jackson**

**Tania Lopez  
Danielle Mata  
Sara Mendoza  
Marissa Meyer  
Kimberly Palafox  
Yanely Pinedo**

**Anthony Ponce  
Dominica Ranieri  
Yesenia Rayo  
Adriana V. Rivas  
Salvador Roman  
Nicolas Soriano  
Joselene Soto**

## **TRANSFER AND CONTINUING STUDENTS**

**Mayra Aquilar  
Marisol Belvardes  
Nicole M. Cabello  
Vanessa Cadens  
Panchita R. Cantu  
Yvette L. Esquivel**

**Jessica N. Fernandez  
Silas Gyimth  
Melissa Leos  
Ana Lobatos  
Merissa Manful  
Liliana Martinez**

**Kim Pham  
Rosalyn Stanley  
Wayne Wilkins  
Joseph Williams  
Darren Oliva  
Chris Mohler**



## IMPORTANT DATES - FALL 2009

### August

31– Sep 14

Add/Drop period

Walk-in Appointments with TRiO SSS staff

### September

4 (Friday)

**OUR OFFICE IS CLOSED TODAY**

7

Labor Day Holiday—campus closed

14

Last day to drop classes with no academic record for full session of term.

18 (Friday)

**OUR OFFICE IS CLOSED TODAY**

### October

1

Initial period for filing applications for Fall 2010 begins

2 (Friday)

**OUR OFFICE IS CLOSED TODAY**

16 (Friday)

**OUR OFFICE IS CLOSED TODAY**

17

Last day of class for first session of Fall half-semester classes

19

First day of class for second session of Fall half-semester classes

### November

6 (Friday)

**OUR OFFICE IS CLOSED TODAY**

11

Veteran's Day - campus closed

26 - 28

Thanksgiving holiday - campus closed

30 (Friday)

**OUR OFFICE IS CLOSED TODAY**

### December

12

Last Day of Classes

14 - 19

Final examinations

18 (Friday)

**OUR OFFICE IS CLOSED TODAY**

23

Grades due from instructors; last day of Fall semester.

25 - January 1 2010

Campus closed for Winter break.

### .January

4

Campus reopens

8

Officials grades available on MYCSUSM.

## FALL WALK-IN HOURS

Walk-in Hours	Effective	9/14/2009
Joe LeDesma	Tuesday	1:00 — 3:00 PM
Jason Tan	Wednesday	9:00 — 12:00PM
Heather Northway	Thursday	9:00 — 12:00 PM

### Please note

- Walk-in counseling is on a first come, first serve basis.
- Your walk-in time with the counselor will be limited to fifteen minutes. If you would like to see a counselor for a longer time, you will need to make an appointment.

### TRIO SSS IS ON FACEBOOK !

The group is called TRiO STUDENT SUPPORT SERVICES AT CSUSM and the main purpose is to connect SSS students and staff. It provides a forum for TRiO SSS students to network and communicate as well as a location for students in the program to be informed about upcoming news and events related to TRiO SSS.



### TELL A FRIEND

We encourage you as TRiO Student Support Services (SSS) participants to tell your friends about the benefits of participating in the program, and urge them to apply to the program.



We accept applications year-round and admit students during the spring, summer and fall semesters.

Our application can be found on our website <http://www.csusm.edu/sss/applyingtoss.html> and we are located at Craven 4100.

### FALL WORKSHOPS

Look out for updates. Check your **email** and **Facebook**

## DID YOU KNOW?

- TRiO SSS had 43 graduates in the 2008-2009 academic year.
- 95% of those graduates completed their degree in 6 years or less.
- 92% of the TRiO SSS student population completed the year with Good Academic Standing status.
- In collaboration with faculty, TRiO SSS established a first time pilot cultural enrichment activity/event. Participating TRiO SSS students were awarded a university credit.
- TRiO SSS awarded \$26,080 in stipend money to First and Second Year students in the program, based on strict guidelines and qualifications set by both TRiO regulations and TRiO SSS program at CSUSM.
- Priority Registration was secured for all TRiO SSS students.
- TRiO SSS had a total of more than 6,400 student visits for the Fall 2008 and Spring 2009 semesters. This included visits in the Center, counseling contacts, laptop loans, computer usage, studying, workshops, tutoring, and attendance at cultural events.
- Thirteen TRiO SSS students and staff participated in a Service Learning Project for “National TRiO Day” in February by working at a Habitat for Humanity” job site in Oceanside.

## FREE SEA WORLD TICKETS !

Students be sure to make a contact with the TRiO SSS Staff in the *first six weeks of the semester* and your name will entered into a draw for *Free Sea World tickets.*

### ATTENTION FIRST AND SECOND YEAR STUDENTS

SSS has **MONEY** available to you if you meet program and federal requirements and eligibility.

**Come in and meet with SSS staff to learn more!**

## PEER MENTOR PROGRAM

TRiO SSS has coordinated with SLL Multicultural Programs to participate in their Peer Mentoring Program. This is a new campus initiative that seeks motivated student leaders on campus to volunteer their time in order to provide support to incoming students. The Peer Mentoring program hopes to increase the retention rate of minority and underrepresented students, raise the chances of graduation for these students, and lower drop-out rates while taking the opportunity to give back to the campus community.



Peer Mentors will assigned 1-3 students and agree to mentor them through the 2009-2010 academic year. Responsibilities of Peer Mentors are:

- Attend a Peer Mentor Orientation Training (Monday, August 24, 2009)
- Contact Mentee(s) on a monthly basis
- Meet with Mentee(s) in person twice a semester
- Attend two Mentoring Workshops (and/or socials) per semester
- Volunteer in the Cross-Cultural Center 4 hours/month
- Complete an evaluation of your experience

TRiO SSS congratulates Elizabeth Pablo, Carmen Contreras, Leticia Ortiz, Erika Montiel and Manny Calderon for being nominated and selected as Peer Mentors!

### TRIO SSS STAFF CONTACT DETAILS

Heather Northway  
Joe LeDesma  
Jason Tan  
Margaret Nuttall

Director  
Coordinator/Advisor  
Counselor  
Tutor/Administrative Assistant

[northway@csusm.edu](mailto:northway@csusm.edu)  
[jledesma@csusm.edu](mailto:jledesma@csusm.edu)  
[jt看@csusm.edu](mailto:jt看@csusm.edu)  
[mnutall@csusm.edu](mailto:mnutall@csusm.edu)

Front Desk Telephone: 760-750-4861

Craven Hall 41000

