



## DIRECTOR'S MESSAGE

Now that spring 2015 semester is well underway, most of you will have settled into some kind of routine. With all of your commitments (college, family, work) you probably have days when you really wonder if you can keep doing it all. Perhaps the idea of dropping out may have even crossed your mind. If so, remember that TRiO SSS staff is here to help! As you have heard many times from us, the main purpose of TRiO SSS is to help you persist in college and to continue to provide support through your college journey so that you will graduate with a bachelor's degree.

Research has found many reasons why students are more likely to succeed in college. And there are just as many theories that seem to point to why students may decide to leave college without a degree. In this message, I have listed some of the most common reasons as well as ways that TRiO SSS can help.

### **Preparation and Planning**

Many first and second years have mentioned that they were not prepared for the amount of reading per class, writing expectations and demands placed on them to complete coursework. If these concerns have crossed your mind, be sure to let us know. We have all been there and can provide you with tutoring help, post-graduation planning and provide ideas to keep you focused so that you finish your degree.

### **Concerns about money and finances**

If you are feeling stressed about your financial situation, come talk to a TRiO SSS staff person. We may be able to help you find on-campus work, or get you connected with a CSUSM Financial Advisor for more advice and assistance. TRiO SSS is also continuously looking for new grants, scholarships and internships. Be sure to check your email regularly to see if we have sent out notifications of new opportunities.

### **Lack of advising and guidance**

Many students name lack of guidance has a primary reason that they decided to leave college. Our staff can help guide you through all these questions and uncertainties. We can also put you in touch with other resources on campus to provide academic advising and career counseling – just to name a few. Be sure to ask!

### **The demands of life**

If you are feeling overwhelmed and stressed for any number of reasons, please know that you have TRiO SSS as allies. We may be able to provide solutions or strategies to help you get through your worrying situation. We can also help you find others on campus to support your through your difficulties and we can advocate for you through phone calls, emails, or letters of support.

### **Freedom, time management and setting boundaries**

Attending college brings with it the freedom to set your own schedule. Keep in mind, however, “free days” does not necessarily mean working more hours or simply taking the day off. Learning to manage your time will help you enjoy important “down time” without sacrificing your success in your classes. TRiO SSS staff will be glad to discuss with you ways to improve the use of your time so that your grades don't suffer.

### **Feeling disconnected**

If you are feeling alone, do not hesitate to come in and talk because TRiO SSS never sees you as “just a number”. We want you to know that you DO belong at CSUSM and we appreciate all the unique qualities that you bring with you! We encourage you to connect with other TRiO SSS students through our cultural events, workshops and volunteer days. And we will be happy to help you find on-campus programs, events, clubs or mentors. Lots of activity is always going on at the USU, too! Come in and see us if you are unsure where to find information or how to get started.

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*Heather Northway*

# TRiO SSS SPRING NEWSLETTER 2015

## Master African Drumming and Master African Dancing Workshop FALL 2014 First Year Cohort

Students and staff preparing for the African Drumming session



Students and instructor practicing the body movements and steps for African Dancing



Gathered outside the World Beat Center



## FALL 2014 Cultural Event

For the fall 2014 cultural event the SSS students and staff took a trip to see the performance of *Honky* at the San Diego Repertory Theatre. Prior to the show the group enjoyed a delicious dinner at The Hard Rock Café in San Diego



## FALL 2014 DEAN'S LIST

**Congratulations to the following students who earned a 3.5 (or higher) GPA in Fall 2014**

<b>Jean Aguilar</b>	<b>Griselda Flores</b>	<b>Ana Mata</b>
<b>Diana Alvarado</b>	<b>Gabriela Flores</b>	<b>Arturo Montoya</b>
<b>Nora Avila</b>	<b>Rocio Fuentes</b>	<b>Jennie Perez</b>
<b>Idalia Barragan</b>	<b>Giovanni Garcia</b>	<b>Carolina Quirarte</b>
<b>Arnold Burgos</b>	<b>Gabriela Garibay</b>	<b>Richard Ramirez</b>
<b>Liliana Cano</b>	<b>Elie Ghaseb</b>	<b>Andrea Ruiz</b>
<b>Enrique Corona</b>	<b>Yeltsin Gonzalez</b>	<b>Cynthia Sandoval</b>
<b>Bernardo Cruz</b>	<b>Edith Jimenez</b>	<b>Francisco Sarmiento</b>
<b>Alexa Diaz</b>	<b>Edith Larios</b>	<b>Jayne Temple</b>
<b>Celeste Espindola</b>	<b>Silvia Lopez</b>	<b>Katherine Van Sickle</b>
<b>Aimee Fischer</b>	<b>Daisy Lopez</b>	<b>Jennifer Velasco</b>
<b>Melissa Flores</b>	<b>Angelica Marigliano</b>	<b>Crystal Villalobos</b>

**Congratulations to the following part-time students who have earned A 3.5 (or higher) GPA in Fall 2014**

<b>Karina Flores</b>	<b>Donna Ranieri</b>	<b>Sabrina Tan</b>
<b>Lisa Hammond</b>	<b>Steven Robidoux</b>	<b>Ashley Velazquez</b>
<b>Amanda McMenomy</b>	<b>Victor Sandoval</b>	<b>Olivia Zerma</b>

## TRIO SSS Graduates - Where are they now?



**Jazmin Espinoza graduated from CSUSM in May 2013 with a B.A. in Sociology**

Jazmin sent us an update of her career journey. “After graduating I continued to work at CSUSM for a few months with Sodexo University Catering. After that I worked as a caregiver for Caring Senior Services. While I liked the position I wanted to find one nearer home so that I could spend more time with my little one. Through my search I found Stepping Stones Services in Fallbrook, I was hired and have been working there since October 2013. It’s a non profit organization that works with developmentally disabled adults. I specifically work in their Behavior Modification day program. Many of our consumers are individuals who are learning how to be independent despite disabilities (Autism, Schizophrenia, Tourette Syndrome, ADHD, borderline retardation, Epilepsy). In addition some consumers are deaf and I have been picking up on American sign language so that I am able to communicate with those who are nonverbal in different ways. It was my first time working with adults with disabilities but luckily doing my internship with hospice and being a caregiver helped a lot. It is a very rewarding job and I love what I do. I am helping others and making a difference which is something I have always wanted to do”.



**Macuilxochitl Palacios graduated from CSUSM in May 2013 with a B.A. in Criminal Justice Studies.**

Macuilxochitl’s career journey led her to the Los Angeles Police Department (LAPD) and she is in the process of becoming a police officer. “It’s been a journey focusing on what career I wanted to follow and then preparing for the exams I needed to pass in order to get into the LAPD. I had to pass all of the exams and my final one is the psychological test and once I am finished with that I will be able to start the six month academy training to become an officer.”

Macuilxochitl said that she believed being in college around so many students with different obstacles in life is good training. One of her personal obstacles was having her son while going to school but that did not stop her from graduating on time. She warned students that once they graduate they better be ready for life’s changes and decision-making. “These goals that professors, counselors, advisors and mentors, ask us to think of and figure out while going to school have a way of molding how your life will go. Motivation is key to success. Find it in yourself and push your limits to do what you want. And be happy with what you accomplished”.

## SSS Student is a RISE Fellowship Awardee



**Jayme Temple**, a TRiO SSS student, has been awarded the Research Initiative for Scientific Enhancement (RISE) fellowship. This program is funded by the National Institute of General Medical Sciences (NIH/NIGM) which provides approximately \$10,600 per academic year to support a student's academic work and research.

According to the OTRES website, Jayme Temple will earn her bachelor's degree in Psychology in spring 2016. In fall 2014, she became a Louis Stokes Alliances for Minority Participation Scholar. In winter 2014, Jayme was selected as a scholar for the Research Initiative for Scientific Enhancement program that attracts some of the top students in the country to doctoral level careers in the sciences.

Jayme began research under the mentorship of Dr. Keith Trujillo's neuropsychopharmacology lab. After obtaining her psychology degree Jayme plans to pursue a PhD in neuroscience.

**Congratulations Jayme!**



## Events Planned for Spring 2015

Our Cultural Event will be on March 20<sup>th</sup>. We will be attending the play *Baby with the Bathwater* at the Diversionary Theater in the University Heights community in San Diego. *Baby with the Bathwater* was written by Christopher Durang, (Vanya and Sonia and Masha and Spike), Directed by Andrew Oswald.

Helen and John Dingleberry who are woefully unprepared for parenthood. In a series of wildly hilarious scenes, their offspring struggles to define himself and find his place in the world. This classic Durang dives face first into the absurd waters of how, for better or worse, family makes us who we are.

We will be having dinner before the event at Wang's restaurant in North Park, it combines

Asian Fusion with traditional Chinese cuisine.

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Volunteer Day is being planned for mid-April

# TRiO SSS SPRING NEWSLETTER 2015

## SPRING 2015 WALK-IN HOURS

|                         |                  |                           |
|-------------------------|------------------|---------------------------|
| <b>Joe LeDesma</b>      | <b>Tuesday</b>   | <b>1:00 pm - 3:00 pm</b>  |
| <b>Margaret Nuttall</b> | <b>Wednesday</b> | <b>8:00 am - 11:00 am</b> |
| <b>Heather Northway</b> | <b>Thursday</b>  | <b>9:00 am - 12:00 pm</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> |
| <b>Joe LeDesma</b>       | <b>jledesma@csusm.edu</b> |
| <b>Margaret Nuttall</b>  | <b>mnutall@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>  |                           |

