



## DIRECTOR'S MESSAGE

## CHANGES

Welcome to spring 2016 semester! Lots of change is in the air for TRIO SSS! In this newsletter, TRIO SSS is pleased to share with you some of the many exciting transformations underway in TRIO SSS including new services, staff and events.

### Academic Coaching

TRIO SSS now offers student participants the opportunity to work one-on-one with a professionally trained academic coach who will guide them as they discover a more structured approach to their education and life.

### Educational Plans

TRIO SSS can set you up with an educational plan that will help provide a general guide for you as you navigate your college career over the next several months.

### Faculty Involvement

Our one-unit class is back and we are pleased to have Kaya Dunn as our course instructor! In addition, TRIO SSS encourages students to become involved with the Faculty Mentoring Program for the unique experiences it can provide.

### Peer Mentors

Starting this semester, our two wonderful student assistants, Blanca Gonzalez and Jorge Marquez, will be here to share their insight with you as our new Peer Mentors.

### Professional Staff

In November, Perla Rivas joined TRIO SSS as our wonderful new counselor! She brings with her a wealth of knowledge, compassion and experience. If you have not yet met her, be sure to stop in and introduce yourself. You can find out more about Perla on page 2.

### Social Media

TRIO SSS is now on [Facebook](#), [Instagram](#), [Twitter](#), [Flickr](#) and [LinkedIn](#). "Like us" and join in on the conversations and sharing!

### Special Events and Programs

TRIO SSS is launching two new programs one for the First Years and one for Sophomores plus a special recognition breakfast for the students Dean's List. Keep your eyes open for future information!

### Webpage

Be sure to check out the [TRIO SSS webpage](#). We have added new links on [financial literacy](#), staff biographies, [student resources](#) and more!

### Workshops

Check out the list of up-coming workshops (page 5) The first one is scheduled for Tuesday, February 2<sup>nd</sup>. Be sure to mark your calendars.

As with any transition, we recognize that there are often questions. Changes can bring on both feelings of excitement and anticipation as well as moments of anxiety. Stop in and share your thoughts. We will be happy to discuss any concerns you many have as we move forward. See you soon!

*Heather D. Northway*

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# TRiO SSS SPRING NEWSLETTER 2016

## MEET THE NEW TRiO SSS STAFF



**Perla M Rivas : Counselor**

I joined the TRiO SSS team in the fall of 2015. I hold a Master of Arts in Counseling from the University of San Diego. I was the first in my family to attend Middle School, High School, and the first to receive an undergraduate and Master’s degree. I enjoy working with students and helping them discover, plan and pursue their academic and career endeavors. My goal as the TRiO SSS counselor is to promote access, advocate for student support services for all students, and create an inclusive college environment.



**Blanca Gonzalez: Peer Mentor**

I am a Senior here at Cal State San Marcos and am studying Environmental Studies and Mathematics. I have been with TRiO SSS since I started. It is an honor to have been selected as one of the first SSS Peer Mentors. I look forward to working with SSS students to help guide them to becoming successful with their own college careers.



**Jorge Marquez: Peer Mentor**

I’m a 4<sup>th</sup> year Accounting student here at California State University San Marcos. I’m the Director of Internal Relations for Alpha Kappa Psi the professional Business Fraternity and I have been with TRiO SSS program since my 1<sup>st</sup> year. Now as a Peer Mentor for SSS I look forward to helping you overcome your struggles and achieve your goals.

## FALL 2015 Cultural Event

The SSS students outside Bubba’s Barbeque where they enjoyed a wholesome meal.



This fall we explored the Veterans and disabilities cultures through a performance of Healing Wars at the La Jolla Playhouse.



## FALL 2015 DEAN'S LIST

**Congratulations to the following students who earned a 3.5 (or higher) GPA in Fall 2015**

Victoria Baldan	David Franco	Nayeli Lopez Lopez
Diana Bautista	Juan Galvez	Jacqueline Lugo
Maylin Caldwell	Jacqueline Garcia	Nataly Luna
Ashley Campos	Alexis Garcia	Susana Magana
Liliana Cano	Gabriela Garibay	Asia Martin
Tabita Carranza	Elie Ghasb	Maria Montero
Graciela Chavez	Blanca Gonzalez	Roxanne Moretti
Enrique Corona	Gabriela Guzman	Brian Nava
Erika Cortes	Delienid Heredia	Rebecca Ortego
Bernardo Cruz	Fernanda Hernandez Garcia	Irma Pascual
Tracy Daniel	Karen Herrera	David Pham
Brenda Diaz	Edith Jimenez	Maria Quintana
Celeste Espindola	Connor Leone	Carolina Quirarte
Melissa Flores	Rafael Lopez	Cynthia Sandoval
Deyanira Fonseca	Silvia Lopez	Emmanuel Solis
Alexa Francisco	Elizabeth Lopez Diaz	Cynthia Vargas

**Congratulations to the following part-time students who have earned a 3.5 (or higher) GPA in Fall 2015**

Diana Alvarado

Sossity Corby

Karina Flores

Mireya Juarez

## TRiO SSS Graduates - Where are they now?



### Angelica Lopez

During my time at CSUSM, I was not only a full time student but also a student worker. Since I was offered work-study, I used it to my advantage to navigate my way around various departments and learned as much as I could about the services offered to students at the university level. During my final year at CSUSM, I decided to branch out and into the world of secondary education as a GEAR UP tutor at the middle and high school level.

I quickly learned how important it is to be a mentor and role model to students in our community.

In Spring 2013, when I received my bachelor's degree in Human Development, I was promoted from a tutor to coordinator with the GEAR UP program which works directly with local high school students and school partners. I was given the opportunity to use my vision to promote and inspire a college going culture to our local community. In my current position I oversee and coordinate programming, in partnership with the school sites, for The San Marcos Promise at the San Marcos Unified School District (SMUSD) Office of the Superintendent. The San Marcos Promise is a scholarship and career guidance program designed to support students of SMUSD by building guided pathways and opportunities that will enhance the lives of students and families as well as create a more prosperous San Marcos community.

I am interested in attending graduate school in the future to be exposed to other ways I could continue my work as an advocate for higher-level education and career readiness in secondary education. I want to thank TRiO SSS for providing the first step to my career exploration as an office receptionist during my freshmen year at CSUSM. Thanks to TRiO's support, I gained the confidence necessary to earn a bachelor's degree which ultimately guided me to be in the position I hold today. Angelica Lopez



### Gary Simmons

After graduating from CSUSM in May 2014, I enrolled into the physics doctoral program at the University of Colorado-Boulder (CU-Boulder), in the Fall of 2014. In my first year, under the direction of Dr. Tobin Munsat, I created an algorithm measuring turbulent velocities inside a Tokamak using time delay estimation correlation techniques.

Currently, I am searching for albedo and thermal inertia anomalies on the surfaces of icy worlds such as Mimas, Enceladus, and Europa, under the direction of Southwest Research Institute's Dr. Carly Howett. My academic achievements both in my undergraduate and in my graduate journeys have allowed me to explore these great research opportunities.

However, I would have not been able to achieve these opportunities without the supportive communities I have encountered back in my undergraduate career. When I was at CSUSM, I found support and encouragement through TRiO-SSS, Office of Training, Research, and Education in the Sciences (OTRES), the physics department, and various other connections at CSUSM. Without the motivation and support, I've received at CSUSM, I would have not have considered endeavoring for a post graduate education in physics. Thus I've volunteered for an afterschool physics outreach program called Partnerships for Informal Science Education in the Community (PISEC) and mentored for the Summer Multicultural Access to Research Training (SMART) program at CU-Boulder, encouraging younger students to explore scientific thought and research careers. Currently, I am also a co-founder of CU-Café—"a student-run seminar series that focuses on inspiring students from underrepresented backgrounds to be successful academics (from CU-Café website)" that just started in the Fall of 2015. I anticipate graduating in 2019 with a Ph.D. in physics, and I hope that my experiences in Boulder give me the ability to advance my wisdom in my field and help others along their academic endeavors, both now and in my future pursuits. CU-Café website: <https://biofrontiers.colorado.edu/education/cu-cafe>

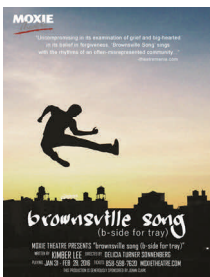
## TRiO Spring 2016 Calendar

- ⇒ [“Overcoming Procrastination” Tuesday, February 2, 12:00-12:50 PM, in SBSB 2217](#)
- ⇒ [“Using Mindfulness to Reduce Stress” Tuesday, February 9, 12:00-12:50 PM, in SBSB 3219](#)
- ⇒ [“FAFSA Interactive Workshop” Wednesday, February 10, 2:30-4:00 PM, Room TBD 1108](#)
- ⇒ [“Interactive Scholarship Workshop” Wednesday, February 17, 2:30-4:00 PM, Room TBD SBSB 1108](#)
- ⇒ [“Thinking About Graduate School?” Tuesday, March 15, 12:00-12:50 PM, in SBSB 3219](#)
- ⇒ [“Career Pathways Panel” Tuesday, April 5, 12:00-12:50 PM, in University Hall 101](#)
- ⇒ [“Using Mindfulness to Reduce Stress” Thursday, April 28, 12:00-12:50 PM, in SBSB 3219](#)

Check out our website for the reservation form for all of the above workshops

[www.csusm.edu/sss](http://www.csusm.edu/sss)

## SPRING 2016 CULTURAL EVENT and COMMUNITY SERVICE



For our spring 2016 cultural event we will be exploring “blended families, grief and violence as it affects young people and their families”, through a performance of *Brownsville Song* at the MOXIE Theatre in El Cajon.

Our community service we will be at The Elizabeth’s Hospice in San Diego

See Margaret Nuttall for details about the above events and other upcoming activities