

# TRiO SSS SPRING NEWSLETTER 2010

## DIRECTOR'S MESSAGE

### Hello TRiO SSS Students and Welcome to Spring 2010!

Did you know that JANUARY is National Mentoring Month? In a proclamation designating January as National Mentoring Month, President Obama praised mentors for "building a brighter future for our Nation by helping our children grow into productive, engaged, and responsible adults."

What exactly IS mentoring? It is a relationship between two people – a guide (the mentor) who sees possibilities in another person (the mentee) and offers encouragement to reach their full potential. According to several research studies, mentoring programs can have lasting and profound effects in areas such as education, social relationships, health and safety of those involved.

Who can be a mentor? Generally, a mentor is an individual (usually older) with more experience who can provide help in another's development. A mentor can also simply be another person who can bring new insights to a situation, and who encourages, supports and listens to you. This person may be another student who may only be "a few steps ahead" in the process (peer mentor) and can give you some guidance based on personal knowledge and common ideas.

Where can I Find a Mentor? We have at least TWO such programs right here at CSUSM! One is the **Faculty Mentoring Program** - where a student is matched with a faculty member - and the other is the **Peer Mentoring Program** in the Cross Cultural Center - where students are matched with another student.

When the mentoring partnership develops informally, the mentee (sometimes called a protégé) may simply gravitate toward another individual who he /she admires and sees as a role model. The mentor becomes an advisor because he / see can see your potential and wants to help you learn from him / her and yet take the knowledge and develop it in your own direction and with your own style.

If you would like to find out more about how you can become involved with mentoring, be sure to make an appointment with one of the TRiO SSS staff. SSS is also here to help you discover new avenues on campus which will strengthen and guide you during your higher educational journey.

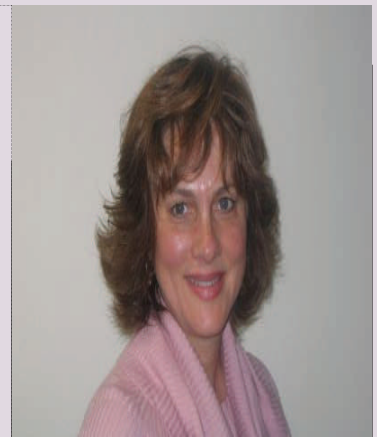
Wishing you all a wonderful and successful Spring 2010 semester!

### Krystal Pliego



**Congratulations to Krystal and Nicolas who were the winners of our Free Sea World ticket draw in fall 2009.**

### Nicolas Soriano



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**FALL 2009 CULTURAL EVENT**

Students and staff enjoying a delicious dinner at the Old Spaghetti House, Riverside.

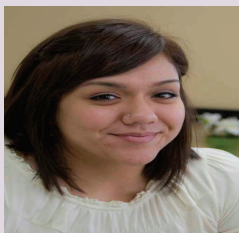


In fall 2009 TRiO SSS students and staff attended at Dance Performance at the University of California, Riverside.

**THE TRIO SSS SPRING CULTURAL** even is in the planning stages, check your school email for details!

**SPRING 2010 INDEPENDENT STUDY ONE UNIT CREDIT CLASS**

Students who enroll in this class will use dramatic arts to explore cultural identity, and teach under privileged elementary school students. The class will require a minimum of 16 hours of participation that will include a combination of 4 class sessions, a teaching session at Maryland Elementary School, cultural event, and a community service TRiO Day.

**TRiO SSS FRONT DESK STUDENT ASSISTANTS**

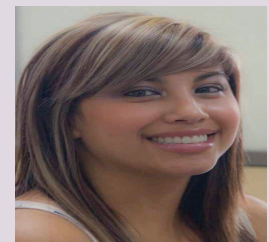
**Angelica Lopes**

**Kimberly Palafox**



**Lisamarie Limon**

**Vanessa Zambrano**



**FALL 2009 DEAN'S LIST**

**CONGRATULATIONS TO THE FOLLOWING SSS STUDENTS WHO WERE ON THE DEAN'S LIST FOR THE FALL 2009 SEMESTER! THESE STUDENTS COMPLETED 12 OR MORE UNITS WITH A 3.5 (OR HIGHER) GPA!**

<b>Raisa Alvarado</b>	<b>Veronica Gonzalez</b>	<b>Rachel McNamee</b>	<b>Jane Pereda</b>
<b>Norma Baeza</b>	<b>Emilce Herrera</b>	<b>Maria Mendez</b>	<b>Jasmin Perez</b>
<b>Liza Baghoyan</b>	<b>Brittney Jackson</b>	<b>Norma Molina</b>	<b>Kim Phan</b>
<b>Beatriz Barron</b>	<b>Jacklin Lopez</b>	<b>Kimberly Palafox</b>	<b>Krystal Pliego</b>
<b>Juddy Bouchaleun</b>	<b>Amy May</b>	<b>Maria Paniagua</b>	<b>Mary Sado</b>
<b>Anthony Cuomo</b>	<b>Anne McCulla</b>	<b>Jaime Pantoja</b>	<b>Wayne Wilkins</b>
<b>Alethia Dunn</b>			

**THE FOLLOWING PART-TIME STUDENTS ALSO EARNED A 3.5 (OR HIGHER) GPA IN FALL 2009 SEMESTER**

<b>Jessica Arias</b>	<b>Viviana Correa</b>	<b>Katherine Horch</b>	<b>Sara Mendoza</b>
<b>Maria Arroyo</b>	<b>John Foulks</b>	<b>M. Grant McArthur</b>	<b>Wendy Putman</b>
<b>Rosa Blancas</b>	<b>Monica Garcia</b>	<b>Consuelo Martinez</b>	<b>John Whiteside</b>
<b>Nicole Cabello</b>	<b>Silas Gyimah</b>		

**WELCOME NEW TRIO SSS STUDENTS**

<b>Marylin Carrillo</b>	<b>Anthony Cuomo</b>	<b>Jane Pereda</b>
<b>Viviana Correa</b>	<b>Silas Gyimah</b>	<b>Mary Sado</b>

## FINANCIAL LITERACY

### Money Management



As you progress through college and beyond, it is important to know how to manage your money. To that end there are steps you can take that will help you create financial freedom. Three of those steps are making a budget, learning how credit works, and creating a personal savings plan.

**Budget:** Start by creating a realistic budget. Look at your income and decide ahead of time how to spend it. Know your fixed expenses (rent , insurance etc.) and variable expenses (tuition, books, utilities etc.). Taking the time to plan will help you to make the most of your financial resources and reduce unnecessary expenditures. You can find a ready-to-use budget template at [www.edwise.org](http://www.edwise.org) to help you get started.

**Credit:** While credit can open doors to buying things you want it can also cause significant stress! When you use a credit card you are borrowing money, which you agree to repay (with interest and sometimes with fees ) over an amount of time. It is important to learn the varying terms and conditions of your credit card. Familiarize yourself with the benefits and risks of having a credit card. Ask yourself if you will remember what you bought by the time you have paid off the loan! Is the total cost of the item worth it to you? For example, an \$18 CD could end up costing you \$35 by the time you have paid the interest!

**Saving:** If you know where you money is going you will be able to eliminate unwanted expenses and have some money left to save for your future goals. Start by making a savings plan, it does not matter how little you save - just keep going! Research into the best place for you to save your money. For example banks and credit unions offer checking and savings account (for short time goals) and money market accounts and Certificate of deposit (CD) for larger amounts of money.

Learning to manage your money is skill that will serve you well throughout your life!

## UARSC TEXTBOOK SCHOLARSHIP PROGRAM

**What is it?:** The Textbook Scholarship Program was established to further support students in their quest for higher education. During the Fall and Spring Semesters up to 20 applicants will be selected to receive a textbook scholarship of \$500 each.

**Criteria:** All applicants must be continuing students enrolled full-time as either an undergraduate or graduate and must have a minimum CSUSM cumulative GPA of 2.5.

**Application Procedure:** All applicants must complete the application form, answer all required questions, submit a typed essay explaining how receiving a textbook scholarship would help them with their goals. And emphasize their leadership in community groups on and off campus.

**Spring Application Deadline: February 15th**



## WHAT IS TRIO DAY?

**TRiO Day** has been proclaimed a National Day of Service. TRiO SSS programs are encouraged to perform some sort of community service as a way for TRiO to give back to their community. We invite TRiO SSS students to volunteer and come together to help give back to the community.

**Check your school emails for details**

## SPRING 2010 TRIO SSS WORKSHOPS

Jason Tan	<b>CCR</b>
Heather Northway	<b>Tips on overcoming stress and test anxiety</b>
Joe LeDesma	<b>Financial Literacy</b>
Margaret Nuttall	<b>Resume Writing</b>

Dates and locations TBA

**Remember  
attendance at a  
workshop counts as  
a TRiO SSS contact!**

## 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. You can find the TRiO SSS application form our website <http://www.csusm.edu/sss/applyingtosss.html>, and we are located in Craven 4100.

**IMPORTANT DATES SPRING 2010****January**

- 18 (Mon) Martin Luther King Jr. Day — campus closed  
19 (Tues) Add / Drop period begins  
20 (Wed) First Day of Classes

**February**

- 1 (Mon) Add / Drop period ends  
8 (Mon) Nurse Job Fair  
26 (Fri) National TRiO Day

**March**

- 2 (Tues) FAFSA Application Deadline  
2 (Tues) CCR Deadline  
13 (Sat) Last Day of class for the first session of Spring half-semester classes  
15 (Mon) First Day of class for second session of Spring half-semester classes  
29 –April3 Spring break—campus closed March 31 (Cesar Chavez Day)

**April**

- 13 (Tues) Spring Job Fair

**May**

- 7 (Fri) Last day of classes  
8-14 (Sat-Fri) Final examinations  
15 (Sat) Commencement  
20 (Thurs) Grades due from instructors; last day of Spring semester

**SPRING 2010 WALK-IN HOURS**

<b>Walk-in Hours:</b>	<b>Effective 1/19/2010</b>	
<b>Joe LeDesma</b>	<b>Tuesday</b>	<b>1:00 PM—3:00 PM</b>
<b>Heather Northway</b>	<b>Wednesday</b>	<b>9:00 AM—12:00 PM</b>
<b>Jason Tan</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**

Heather Northway	<b>northway@csusm.edu</b>
Joe LeDesma	<b>jledesma@csusm.edu</b>
Jason Tan	<b>jtan@csusm.edu</b>
Margaret Nuttall	<b>mnuttall@csusm.edu</b>

TRiO SSS Website      **[www.csusm.edu/sss](http://www.csusm.edu/sss)**

**Front Desk Phone: (760) 750-4861**

**Craven Hall 4100**