

# TRiO SSS SPRING NEWSLETTER 2011



## DIRECTOR'S MESSAGE



**Hello TRiO SSS Students and Welcome to Spring 2011!**

As we approach a new semester, I would like all of you who have declared a major to stop and ask yourself the following questions:

- Does the subject fit your interests, abilities and skills?
- How well does this major match your personality and strengths?

If the answer to these questions is “No”, “Not well” or “I’m not sure...”, then let me take this further by asking:

- Have you thought about what you *value* most in life?
- Did you select this major based on suggestions or influence from others – such as family members or friends – *rather than listening to what is important to YOU?*
- Was this a major that you selected based on a preconceived notion in high school that “this was the only path” to get you into a certain type of career?
- What is really the “driving force” that is keeping you in this major?

At the beginning of each semester, I usually have a few students come to me wondering what they can do to perform better THIS semester in their major. I hear them tell me that they do the work, go to class, read the material, form study groups and write the papers but I don’t hear the “passion” in their words. Rather than *expressing true excitement* about what it is next that they will learn, I hear them heading into the next semester with a sense of drudgery or boredom. I ask them, “If this is how you feel about this area now, what makes you think you will enjoy it more as a career?”

Did you know that according to some research, the typical student who starts their first year of college with a declared major will change it three to five times?!

On the Career Center website at UC Berkeley, three of the top ten career myths are:

- There is one perfect job for me.
- My major is going to lead to my career.
- I will have only one career in my lifetime.

Keep this in mind: *it is OKAY to make changes!* According to statistics gathered in a survey by an economist who works for the U.S. Bureau of Labor Statistics (BLS), most of the 10,000 individuals who participated had averaged 10.8 jobs between the ages of 18 and 42!

If you would have questions about your major or possible future career path, the TRiO SSS staff would love to meet with you and help you explore various options or alternatives. We also encourage you to make an appointment with one of the Career Counselors in the Career Center, Craven 1400. They will be happy to assist you with learning more about how your interests, skills, personality, strengths, abilities and values can guide you to a major and a career which will bring you the greatest satisfaction!

Best of luck this semester! We look forward to seeing you soon!

*Heather Northway*

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## CULTURAL EVENT FALL 2010

In Fall 2010 the TRiO SSS students and staff visited the Tantric Theater in San Diego to learn techniques that help achieve mind and body wellness.



Students and staff enjoyed a scrumptious meal of Thai Cuisine at the *Spices Thai Café* in Valley Center, San Diego

## TRiO DAY— GIVING BACK TO THE COMMUNITY



TRiO SSS students and staff volunteered to help at the **Susan G. Komen Race for the Cure** walk for Cancer which was held in Balboa Park on November 7th 2010.



## LOOK OUT FOR DETAILS OF THE SPRING 2011 INDEPENDENT STUDY ONE UNIT CLASS

## SPRING PARKING PERMIT WINNER

Congratulations to **Krystal Pliego** who was the lucky winner of the TRiO SSS Spring Semester parking permit draw.

Well done Krystal!



## FALL 2010 DEAN'S LIST

**CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO WERE ON THE DEAN'S LIST FOR FALL 2010, AND EARNED A 3.5 (OR HIGHER) GPA!**

Raisa Alvarado  
Manuel Calderon  
Sasha Cazares  
Selenne Cazarez  
Cynthia Cordova  
Melanie Cowan  
Anthony Cuomo  
Maria Hernandez

Danielle Hiotis  
Jenna Jauregui  
Jacklin Lopez  
Anne McCulla  
Maria Nunez  
Jane Pereda  
Jasmin Perez  
Yanely Pinedo

Aurora Ramirez  
Mary Sado  
Gary Simmons  
Roselyn Stanley  
Sergio Topete  
Vincent Vuong  
Joel Williams  
Catherine Woods

## THE FOLLOWING PART-TIME STUDENTS ALSO EARNED A 3.5 (OR HIGHER) GPA IN FALL 2010

Viviana Correa  
Lorena Duran  
John Foulks  
Jazmin Guerra

Rachel McNamee  
Rosa Ortiz  
Linda Rios

Amy Stewart  
Christina Villalobos  
Wayne Wilkins

## WELCOME NEW TRIO SSS STUDENTS

Akosionu Chukwuemeka  
Shirley Barajas  
Edilberto Canseco  
Delilah Garcia  
Tomas Hagos  
Jasmine Horton

Sarah Lopez  
Joss Newman  
Maria Nunez  
Jessica Morales Sanchez  
Aurora Ramirez

Rhianna Rodea  
Gary Simmons  
Shadrach Vaughn  
Christina Villalobos  
Olivia Zema

# TRiO SSS SPRING NEWSLETTER 2011

## CENTER FOR CHILDREN AND FAMILIES

### Are You Eligible for a Childcare Scholarship?

There are scholarships for childcare at the CSUSM Center for Children and Families available for students who can demonstrate financial need. The Center serves children from ages six weeks to pre-kindergarten. Students must meet the eligibility requirements given below. If you are interested in applying, please visit the Children's Center website [www.csusm.edu/ccf/scholarship.html](http://www.csusm.edu/ccf/scholarship.html) and fill out the [Scholarship Application Form](#) and email the application along with the required essay to the [Scholarship Committee](#).



### Eligibility Requirements

- Applicants must be eligible for a Pell Grant
- Must maintain at least half-time enrollment
- Must maintain satisfactory academic progress as defined by the CSUSM Financial Aid Office, including maintaining a 2.0 GPA
- Provide evidence of having received academic advising twice each semester for which they receive a subsidy
- Must attend two parenting workshops per semester

## 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 on our website

<http://www.csusm.edu/sss/applyingtoss.html>.

and  
we are located in **Craven 4100**.

## IMPORTANT DATES SPRING 2011

### January

- 24 (Mon) First Day of Classes  
28 (Friday) Deadline to apply to the Faculty Mentoring Program

### February

- 14 (Mon) Career Center: Nurse Job Fair Palomar Health 11:00 am - 1:00 pm  
24 (Thur) Career Center: Employer Resume Critique 10:00 am - 1:00 pm

### March

- 2 (Wed) Deadline for Completing the FAFSA  
2 (Wed) Deadline for the General Scholarship Application  
18 (Fri) Last day of class for the first session of Spring half-semester classes\*  
19 (Sat) First day of class for second session of Spring half-semester classes\*  
21-26 ( Mon—Sat) Spring break  
31 (Thur) Cesar Chavez Day—campus closed

### April

- 5 (Tues) Career Center: Job Fair 2011 Kellogg Library Plaza 11:00 am - 2:00 pm.

### May

- 13 (Fri) Last day of classes  
14-20 ( Fri-Sat) Final examinations  
20 (Fri) Commencement 3:00 pm  
21 (Sat) Commencement 9:00 am and 2:00 pm  
26 (Thurs) Grades due from instructors; last day of Spring semester

*\* Some Fall and Spring semester classes meet in half-semester term.*

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## SPRING 2011 WALK-IN HOURS

### WALK-IN HOURS

EFFECTIVE FEBRUARY 7, 2011

Joe LeDesma	Tuesday	1:00 pm - 3:00 pm
Jason Tan	Wednesday	9:00 am - 12:00 pm
Heather Northway	Thursday	9:00 am - 12:00 pm

### 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	<a href="mailto:northway@csusm.edu">northway@csusm.edu</a>
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 Craven Hall 4100

