



DIRECTOR'S MESSAGE

So much in the news lately has us left with unanswered questions about what we can do to help others who are facing a hardship, injustice or grieving. But out of these unexplained tragedies, something amazing has occurred. There seems to be a renewed desire to find ways to help one another.

Through so many discussions, it appears that it truly comes down to one simple concept: kindness. Kindness campaigns are springing up everywhere: on the news, school campuses, community centers, social media sites, and through many other organizations.

Kindness, in its basic form is really just about empathy and compassion. It is about looking around you with an open heart and a willingness to give, freely and without restrictions or expectations, where there is a need. It is the concept of "pay it forward". To "pay it forward" means simply to perform random acts of kindness, or simply to be thoughtful, to others without expecting anything in return. Instead of "paying back" a debt or good deed, you reward another person in need in the same way you were befriended.

Remember: often the most heartfelt demonstrations of kindness and caring can be demonstrated through the simplest measures. Some ways you might help include:

- ◇ Smile! It costs nothing and makes both you and the recipient naturally feel better.
- ◇ Remember your lessons in being polite: Hold the door for someone and say "please and thank you" often.
- ◇ Offer to help carry a heavy or awkward load of items for someone
- ◇ In a long line, let the people behind you go ahead of you
- ◇ Pick up trash along the side of the road. It helps all of us keep our environment clean.
- ◇ Do you find a certain class easy? Offer your time and expertise freely to another student who may be struggling with the subject.
- ◇ Volunteer! Did you know that SSS plans a "community service" day each spring? Contact Joe to find out about our project this semester called "Kids for Peace"!
- ◇ Become a mentor: Inspire someone else on their journey through life, college and career.
- ◇ Join the "Civility" campaign here at CSUSM which promotes care, respect and empathy toward all.
- ◇ Read to kids at a local library.

These are just few suggestions to help get you started on your own random acts of kindness! We look forward to hearing from you about where and how you will continue to spread joy to others.

Have a great spring 2013 semester. See you soon! *Heather Northway*

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TRiO SSS SPRING NEWSLETTER 2013

JAPANESE CULTURAL EVENT FALL 2012

The SSS students and staff began the cultural evening , with a delicious meal of authentic Japanese food at the Sake House *You Me Ya*, Hillcrest San Diego.



Later the group attended a performance of the musical, *Allegiance*, at The Old Globe Theater, in Balboa Park.

SPRING 2013 EVENTS

One Unit Class and Cultural Event

The theme of this year's One Unit Class is *Cultural Awareness Through the Legacy of Racism*. This is a credit /no credit class with a minimum of 16 hours of participation needed to receive credit. The coursework includes three to four meetings which will be at U-hour, and two main events, which are:

- The Cultural Event is a visit to see the show *The Bluest Eye*
- TRiO Volunteer day

FALL 2012 DEAN'S LIST

CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO WERE ON THE DEAN'S LIST FOR FALL 2012, AND EARNED A 3.5 (OR HIGHER) GPA!

**Anela Amba Pascua
Cecilia Ambrosio
Brizlet Angon
Edgar Ayala
Mireya Banuelos
Constance Bronder
Claudia Caywood
Curtis Chapman
Jesse Cruz
Pedro Diaz
Ana Estevez-Olea
Angela Farfan
Aimee Fischer
Sho Freeman**

**Marco Garcia
Christian Gonzalez
Yeltsin Gonzalez
Jocelyn Guerrero
Nicole Henson
Jesus Hernandez
Jasmine Horton
Jenna Jauregui
Elizabeth Lopez
Crystal Madriles
Ana Mata
Alejandro Montes
Lilliana Mougel
Rosa Ortiz**

**Karen Padilla
Marienel Pili
Yanely Pinedo
Mariah Price
Rosa Quintana
Jalena Raiano
Brenda Ramos
Yesenia Rayo
Esmeralda Reyes
Diana Sixto
Kelly Thiemthath
Katherine Van Sickle
Samantha Webb
Kristen Yaldo**

CONGRATULATIONS TO THE FOLLOWING PART-TIME STUDENTS WHO EARNED A 3.5 (OR HIGHER) GPA IN FALL 2012

**Kimberly Avila
Diana Bailon
Bianca Bautista
(Marchan)
Noelle Cox
Andrew Craig
Delilah Garcia**

**Patricia Garcia
Sidnie Jackson
Rachel McNamee
Enriqueta Nunez
Edward Ratkoczy
Cynthia Sandoval**

**Lorena Santos
Gary Simmons
Amy Stewart
Sabrina Tan
Wayne Wilkins**

TRIO SSS GRADUATES - WHERE ARE THEY NOW ?



Anthony Cuomo Graduated in May 2011

Anthony sent the SSS team this update on his progress since graduating from CSUSM

After graduating from Cal State San Marcos in spring 2011 with a B.A. in Communication, I entered a graduate program in Communication Studies at Cal State University, Long Beach. During my tenure at CSULB, I have taught Interpersonal Communication Workshops, and Public Speaking as a stand alone course. I have also been a graduate assistant for courses such as, Gateway to Communication Studies, and Rhetorical Theory. In addition, I was awarded a \$10,000 fellowship from the Center for First Amendment. Studies, where I work with scholars to produce original scholarly research and I have also helped coordinate a national scholarship contest with prizes totaling \$35,000. I have been elected vice chair and chair of our Graduate Communication Association and continue to work with first generation college students through mentorship relationships. Currently, I

am working with Dr. Craig Smith, a former presidential speech writer and CSU trustee, on my thesis entitled, " SB48 and Social Media: Constituting an Audience For and Against California's LGBT Education Legislation." This summer, I will join Dr. Smith and other CSULB faculty in Rome to guest lecture at John Cabot University and will help organize a First Amendment Research Presentation.

During my tenure at CSUSM and through my participation in the Student Support Services TRiO program, I have learned the importance of community support, mentorship, and educational resources, especially for first generation college students from humble socio-economic backgrounds like myself. Without my strong educational foundation from CSUSM and the TRiO program, I would have not been prepared to be successful in graduate school. I encourage TRiO students to find a mentor in their area of interest, and connect with the SSS community. Through these bonds and relationships, students have more of an opportunity to achieve their educational, professional, and personal goals.

I plan on graduating this May (2013) with my Master's in Communication Studies and will pursue a career in teaching, educational policy, and academic administration.

I hold CSUSM's SSS program very close to my heart and look forward to continuing our relationship. If you would like to talk more about mentorship, educational opportunities and how to network, please feel free to send me an e-mail at:

AnthonyPCuomo@Gmail.com

SPRING 2013 WALK-IN HOURS

EFFECTIVE JANUARY 22, 2013

| | | |
|-------------------------|------------------|---------------------------|
| 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

| | |
|-------------------------|---------------------------|
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|--------------------------|--------------------------|
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