



## DIRECTOR'S MESSAGE

Welcome to spring 2014! Starting a new semester is a great time to reflect back on the last one. If you had a particularly rough fall semester, what was it that you did (or didn't do) that may have contributed to your troubles? Did you take too many classes all on the same day and find that most of your papers, projects and exams also happened at the same time? Or were you trying to work full time and go to school full time? Did you find you were placing more priority on your social life than your academic life?

On the other hand, if you had a great fall semester, can you recall what you did that helped contribute to your success? Was it finding a great, quiet study space on campus? Maybe you balanced out your classes to include some electives which required less reading, knowing that your other classes would demand a considerable amount of time and research?

I recently sat down with a student who is graduating soon. She is completing her degree in four years with a high GPA. I asked her what she might share with other students as a tip to help them. In other words, what advice or tool did she use that helped most with her success? She said "I used a planner...all the time." Simply put – she was talking about time management. Below are some of the highlights of our conversation.

### Use one calendar or planner to track all important events.

The student I spoke with shared that the key to good time management was to use a planner to keep track of everything in one place. Include required activities and obligations such as work, church, club meetings, and class periods.

### Organize your work space

Before you start a project or begin an intensive research project, make sure you are ready. Gather up any supplies, books or a good reading light or other elements you may need to begin.

### Avoid interruptions that rob your time

According to some experts, individuals can take a half hour, on average, to get back to their original task once they have been disturbed.

### Create a master "To Do" list – and check it often

This requires keeping your calendar or planner up to date. Seeing what you need to do tomorrow may help you decide what to do first, when to get up and perhaps heading out to buy supplies you may need early in the day.

### Know your personal limits – and learn to say no

While college is also about having fun, developing friendships and social skills, it is important to be aware of priorities. If you need help figuring out how to balance work and pleasure, come in and speak with an SSS staff person!

### Break larger tasks into smaller ones

Sometimes looking at a big project can seem overwhelming. If you see on your syllabus that a 20 page paper is due right after spring break, start now. Think about writing two pages per week rather than 20 pages the night before it is due.

### Schedule in breaks

Limit your study time to two hours per subject. Then take a short break (10 or 15 minutes) before you start the next assignment to refresh your brain.

### Use spare time between classes

Think of those "free hours" as a standard appointment and mark it like that in your planner. (For example: Tuesday, 2:30 – 4:30 Library Hours). If you build those "free hours" into a set schedule, you will find that you have more time in the evenings or weekends that will be free for work, family obligations, having fun with friends or the occasional unexpected celebration that you want to attend.

Make a commitment to start these suggestions now. Who knows? You may be the next student sharing your tips for success with me right before you graduate!

Wishing you a great semester! We look forward to seeing you soon!

Heather Northway

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# TRiO SSS SPRING NEWSLETTER 2014

## FIRST YEAR COHORT EVENT— FALL 2013

The TRiO SSS First Year Cohort along with SSS staff and Instructor Mr. Silverio Haro, visited the Museum of Man in Balboa Park to see the Rites of Passage exhibition. The whole event including lunch on the bus, the visit to the Museum and the freedom to wander around Balboa afterwards was an excellent bonding experience for everyone.



Students and staff outside the Museum of Man



Students in Balboa Park

## THE FALL 2013 CULTURAL EVENT HAD AN AFRICAN AMERICAN THEME

The students and staff enjoyed a meal and the ambiance at one of America’s most popular restaurants - Thank God It’s Friday (TGFI’s)



The show, The Tallest Tree in the Forest, was staged at the La Jolla Playhouse. The performance was about the life of African American Paul Robeson who was a famous singer, and civil rights activist, in the early twentieth century.



## SPRING 2014 CULTURAL EVENT

The spring 2014 cultural event focuses on cultural awareness through world music. The cultural event will be at Café Seville featuring the award winning Spanish Cuisine, and the “Sounds of Sevilla” features a variety of the actual Flamenco guitarists and dancers. Café Sevilla is home to the longest running Flamenco Dinner show in Southern California.

**Volunteer day - Look out for details**

## FALL 2013 DEAN'S LIST - FULL-TIME STUDENTS

CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO WERE ON THE DEAN'S LIST FOR FALL 2013, AND EARNED A 3.5 (OR HIGHER) GPA!

<b>Vanessa Acevedo</b>	<b>Yeltsin Gonzales</b>	<b>Jalena Raiano</b>
<b>Monserrat Aguilar Aviles</b>	<b>Lisa Hammond</b>	<b>Donna Ranieri</b>
<b>Anela Amba-Pascua</b>	<b>Nicole Henson</b>	<b>Veronica Sanchez</b>
<b>Cecilia Ambrosio</b>	<b>Jennifer Hernandez</b>	<b>Victor Sandoval</b>
<b>Elisandra Amparano</b>	<b>Jesus Hernandez</b>	<b>Francisco Sarmiento</b>
<b>Edgar Ayala</b>	<b>Jasmine Horton</b>	<b>Gary Simmons</b>
<b>Arnold Burgos</b>	<b>Edith Larios</b>	<b>Amelia Smith</b>
<b>Nancy Cervantes</b>	<b>Crystal Madriles</b>	<b>Joselene Soto</b>
<b>Bernardo Cruz</b>	<b>Ana Mata</b>	<b>Amanda Spicer</b>
<b>Steven Fang</b>	<b>Jessica Morales Sanchez</b>	<b>Sabrina Tan</b>
<b>Saray Favian</b>	<b>Lilliana Mougel</b>	<b>Cynthia Van Buren</b>
<b>Aimee Fischer</b>	<b>Maria Nunez</b>	<b>Katherine Van Sickle</b>
<b>Cesar Flores</b>	<b>Laticia Omondi-Ochola</b>	<b>Samantha Webb</b>
<b>Rocio Fuentes</b>	<b>Marienel Pili</b>	<b>Kristen Yaldo</b>
<b>Hector Galvez</b>	<b>Yanely Pinedo</b>	<b>Olivia Zema</b>
<b>Elie Ghaseb</b>	<b>Heaven Leigh Quiban</b>	

# TRiO SSS SPRING NEWSLETTER 2014

## FALL 2013 DEAN'S LIST - PART-TIME STUDENTS

CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO  
EARNED A 3.5 (OR HIGHER) GPA IN FALL 2013

**Jean Aguilar**

**Liliana Cano**

**Jasmine Mata**

**April Andreola**

**Oscar Galindo**

**Chava Sevigne**

**Diana Bautista**

**Hassan Imani**

**Diana Sixto**

**Christina Villalobos**

## TRIO SSS GRADUATES - WHERE ARE THEY NOW ?

### **Aurora Ramirez**



Aurora Ramirez was one of our students who transferred from Palomar College. She sent us an update date of her career journey since her graduation.

I graduated from California State University San Marcos (CSUSM) in May 2012 with a Bachelors Degree in Criminal and Justice Studies. After graduating I was hired by Encinitas MRI Center as a Patient Service Representative but my long term goal is to go to law school. As an undergraduate at CSUSM I volunteered, and still do, as an enlisted soldier in the Army Reserves. I enjoy that life and it is through the military that I hope to achieve my goal of going to law school and becoming a lawyer. However, that means that I have more studying to do because I need to get a high score in the Armed Services Vocational Aptitude Battery (ASVAB) test to increase my chances of being selected for an officer's position and eventually go to law school. . Furthermore, as soon as I graduate from Law school I will be able to go straight to work for the Army and get the experience I need. I am excited about my future plans.

## SPRING 2014 WALK-IN HOURS

EFFECTIVE JANUARY 21, 2014

<b>Joe LeDesma</b>	Tuesday	1:00 pm - 3:00 pm
<b>Jason Tan</b>	Wednesday	9:00 am - 12:00 pm
<b>Heather Northway</b>	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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