

Student Support Services—WaJEP

Volume I, Issue 6

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TRiO Students Participate in 2008 OSCC Conference

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February 1 - 3, 2008
Oregon State University
Corvallis, Oregon

Hosted by a different Oregon public university every year, the *Oregon Students of Color Coalition* (OSCC) Conference brought over 250 students for over 70 workshops on issues impacting communities of color and the skills to create change. Participants met and networked with students of color and allied students and heard from speakers making change now in our communities. The OSCC Conference is the most affordable conference of its kind!

Seven TRiO students and SSS advisor, Arthur Manjarrez, attended this year's conference. The seven TRiO students were: Mischaela Mathews, Carmelita Barrett, Natalie Washington, Emily Williams, Felecia Graham, Martha Marquina, and Rhea Worley. Congratulations to these individuals for their hard work and dedication to this important cause.

Descriptions of two of the workshops follow, along with a brief commentary from two of the student presenters:

Can a Brother Get a Job?

Presenters - Teresa Francis, Assistant Professor, Central Washington University Department of Law and Justice; Celina Chavez-Gonzalez; Rhea Worley, Black Student Union, Central Washington University.

This workshop discussed the barriers former drug offenders face when they get out of prison and try to reintegrate into the community. Many struggle to find jobs, affordable housing, and educational opportunity. Do they have to continue to pay for their mistakes after release? Can we, the people, stop the revolving door of the criminal justice system?

SSS Student, Rhea Worley: "My experience at OSCC was a great one. I was lucky enough to have the chance to put on a workshop for the conference. It was titled, "Can A Brother Get A Job?" and the turnout was pretty good. The conference was very educational and fun. It was a great way to meet new people and connect with other people of color in the Pacific Northwest. I would love to do it again."

Tryin' To Catch Me Riding Dirty:

Presenters - Teresa Francis, Assistant Professor, College of Law and Justice, Central Washington University; Mischaela Mathews and Domonique Meeks, Black Student Union, Central Washington University

The 4th amendment protects us from unreasonable intrusion by the government. The goal of this workshop was to break down the myths of the 4th amendment. Students learned when a warrant is required and discussed the issue of racial profiling and whether racial profiling is legal. Students also discussed whether or not the war on terror has compromised our 4th amendment rights. Students had the opportunity to share stories about their interactions with police and discussed what to do if the police stop you.

SSS Student, Mischaela Mathews: "This was my first time going to and presenting at OSCC. The people were nice and the activities during and after the presentations were fun. Presenting "Tryin to Catch me Riding Dirty" with Domonique Meeks and Teresa Francis was an experience I'll never forget; we had the entire room packed and everyone enjoyed it. I'm looking forward to attending again next year."

How I finished College Early and in Good Standing

by: Katie Humphries

Deciding to go to college after high school is a hard decision that many have to make. Did I really want to continue for four or more years of school? After hearing people say that it will probably take me five years or longer to get a college degree, I was nervous with my decision to continue on with higher education. I took the plunge, and began my college career that I was sure would last my entire life.

I began freshman year taking basic and breadth requirements at the 101 levels and stuck to a regular schedule of around twelve credits a quarter. I discovered fairly early on that I wanted to major in Geography and minor in Spanish, so I concentrated on the classes that would fulfill both the basic or breadth and major requirements at the same time. This way I could kill two birds with one

stone - so to speak- and save on tuition money. I know it's hard for many people to decide what they want to do, so the best advice I can give is to do some research to figure out your major early on in order to start acquiring credits in that direction. It wasn't easy balancing work, studying, and having time with friends and for myself, but I managed. I did the best I could, but always put my studies first. If I needed time, I would cut back hours at work instead of cutting back on studying time. I made a point to socialize only on weekends with some exceptions. I found help with Student Support Services tutors from time to time and tried to get to know my professors well so that when I needed help, they would be receptive to me.

One of the most frustrating aspects of achieving success in school is finding the right balance

between social life and the responsibility to your education. It is important to have both, but many people get caught up in the party lifestyle. I can't say that I haven't had my fair share of "extra-curricular" activities, but I managed to remain faithful to my studies, as well. Luckily for me I was instilled with the importance of an education and owning your responsibilities through my upbringing. Some are not as fortunate and have to learn the hard way, sometimes by failing classes or worse, dropping out of school. One must realize that there will always be a party to go to, but most of the time the due date for a project or test will never change.

I know what I am telling you is the same mantra that most college students hear, but it works. We wouldn't be saying it over and over if it wasn't true! It worked for me and I have never

received a grade less than an A - in my entire college career. I studied hard and focused on my goals. I started taking an extra class each quarter in order to graduate earlier. I also took some study abroad courses and will be taking a couple summer courses. All this gave me extra credits to cut back on my fourth year.

You may think that I am a book worm and that academic work comes easy for me, but it doesn't. Everyone can do exactly what I did if you motivate yourself regardless of upbringing, social constraints and the difficulties of classes. There it is folks, how to graduate early with good grades. There is no top-secret information or magic tricks, just prioritize your life and do the best you can.

HOW TO STAY STRESSED by Pete Quily

Although Health Professionals long have been advocates of stress management, stress, tension, and burnout are still common complaints of students, faculty, and staff alike. On account of this, we have come to the conclusion that the following will provide you with a few reasons why you want to stay stressed!

STRESS HELPS YOU SEEM IMPORTANT. Anyone as stressed as you must be working very hard and, therefore, is probably doing something very crucial.

IT HELPS YOU TO MAINTAIN PERSONAL DISTANCE AND AVOID INTIMACY. Anyone as busy as you are certainly can't be expected to form emotional attachments to anyone. And let's face it, you're not much fun to be around anyway.

IT GIVES YOU A CHEMICAL RUSH. Stress might be considered a cheap thrill, and you can give yourself a "hit" anytime you choose. But be careful, you might get addicted to your own adrenaline.

IT HELPS YOU AVOID RESPONSIBILITIES. Obviously you're too stressed to be given any more

work. This gets you off the hook for all the mundane chores; let someone else take care of them.

IT HELPS YOU AVOID SUCCESS. Why risk being "successful" when by simply staying stressed you can avoid all of that? Stress can keep your performance level low enough that success won't ever be a threat.

STRESS ALSO LETS YOU KEEP YOUR AUTHORITARIAN MANAGEMENT STYLE. The authoritarian style of "Just do what I say!" is generally permissible under crisis conditions. If you maintain a permanently stressed crisis atmosphere, you can justify an authoritarian style all the time.

Are you worried now about how to stay stressed? You'll have no trouble if you practice the following:

NEVER EXERCISE. Exercise wastes a lot of time that could be spent worrying.

EAT ANYTHING YOU WANT. Hey, if cigarette smoke can't cleanse your system, a balanced diet isn't likely to.

GAIN WEIGHT. Work hard at

staying at least 25 pounds over your recommended weight.

TAKE PLENTY OF STIMULANTS. The old standards of caffeine, nicotine, sugar, and cola will continue to do the job just fine.

AVOID "WOO-WOO" PRACTICES. Ignore the evidence suggesting that meditation, yoga, deep breathing, and/or mental imaging help to reduce stress.

GET RID OF YOUR SOCIAL SUPPORT SYSTEM. Let the few friends who are willing to tolerate you know that you concern yourself with friendships only if you have time, and you never have time. If a few people persist in trying to be your friend, avoid them.

PERSONALIZE ALL CRITICISM. Anyone who criticizes any aspect of your work, family, dog, house, or car is mounting a personal attack. Don't take time to listen--be offended, then return the attack!

THROW OUT YOUR SENSE OF HUMOR. Staying stressed is no laughing matter, and it

shouldn't be treated as one. **MALES AND FEMALES ALIKE - BE MACHO.** Never ever ask for help, and if you want it done right, do it yourself!

BECOME A WORKAHOLIC. Put work before everything else, and be sure to take work home evenings and weekends. Keep reminding yourself that vacations are for sissies.

DISCARD GOOD TIME MANAGEMENT SKILLS. Schedule in more activities every day than you can possibly get done and then worry about it all whenever you get a chance.

Kinz's College Humor: <http://www.rpi.edu/~kuurem/college.html>



TRiO Welcomes New WaTEP Advisors and New Tutor Coordinator.

Tom Spencer



Having come to Central in fall 2007, I work as a TRiO advisor and also teach University 102, College Survival Skills. Serving TRiO students has been the most satisfying professional role I have experienced. As an advisor, it is my job to use a holistic approach in helping students to set academic and career goals, and then to come up with a "solid game plan" for helping students to achieve those goals. I enjoy the unique and individual nature of each student I work with, and it makes it fun and interesting to hear their stories as they move closer to realizing their dreams.

I am from the small town of Los Lunas, New Mexico, but have loved living in Washington for the past six years. With the idea of becoming an academic advisor, I received a Master's degree in Higher Education Administration from Washington State University in 2005. I have a family and two young boys, which is a thrilling experience.

I look forward to a great spring quarter-drop by my office in Hertz 210A to say Hi!

Edward Esparza



Edward is a lead Academic Advisor at Central Washington University, within the TRiO - Student Support Services - (WaTEP) department. Prior to this Edward worked at Tacoma Community College where he advised individuals in the Worker Retraining program as well as first generation and transfer students.

His community service and advocacy work with the Hispanic community, particularly non traditional/first generation students, will undoubtedly benefit the TRiO student population. From 1994-1996, Edward served as school board member with the Yakima School district, making him the first Hispanic to do so in the history of Yakima public schools.

He is a graduate of Seattle University's Executive Master of Nonprofit Leadership degree program. He also earned his Bachelors degree in Social Science from Washington State University.

Janine Graves



Many of you may recognize Janine Graves. She may have taught your English 100T, 101, or 102 classes. She has been here at Central since 1998. Over the years, she has taught in the English, ESL, and Education departments. She accepted the position of Tutor/ Supplemental Instruction Coordinator last December and feels honored to be given the opportunity to improve the success of so many students in their academic endeavors.

Although Janine has lived in several states (WA, CA, MA, AK, and HI) and one foreign country (Japan), her roots grow deep in Washington. Her maternal great-grandmother homesteaded on Snoqualmie Pass in the early 1900s. Her paternal grandparents were some of the early settlers in Kennewick.

TRiO Achievers

(Junior & Seniors with a 3.0+ Cum. GPA)

- Clementina Abundiz
- Gerardo Amezola
- Imelda Arneson
- Melinda Bahena
- Austin Barnes
- Olivia Barrera
- Sammyra Blazina
- Melanie Brogard
- Antonia Caro-Sanchez
- Maria Caro-Sanchez
- Robert Collamore
- Angella Culic
- Crystal Davidson
- Emily DeLacey
- Melissa Denner
- Jin Dong
- Jessica Entz
- Kristine Evans
- Berenice Flores
- Gracie Galindo
- Joanna Galindo
- Jesus Garcia
- Maria Godinez
- Hector Gonzalez
- Katherine Humphries
- Bethany Jackson
- Rachel Jewett
- Alfred Keller
- Celine Leblanc
- Hernan Lemus-Luna
- Cheri McCoy
- Allie McFee
- Noemi Mejia
- Fabian Mondragon
- Maricruz Moreno
- Maria Mota-Hernandez
- Pedro Navarrete
- Felicita Oropeza-Guerrero
- Aurora Pacheco
- Courtney Pemberton
- Michele Plooster
- Marilyn Rasmussen
- Tera Remington
- Lorena Rodriguez
- Allison Shriner
- Maria Silva
- Daisy Stevenson
- Joanna Thomas
- Aimee Terry
- Terry Truitt
- Katrina Tuttle
- Katie Underwood
- Emily Urlacher
- Yasmin Villa
- Partricia Wallace
- Mayra Zaragoza

Spring 2008: Important Dates

March:

- 25th: Classes Begin.
- 25-31st: Add Drop Period.
- 31st: Tuition and Fees Due

April:

- 4th: Deadline to apply for BA. degree for Summer.
- 15th: Workshop (WS) Critical Careers.
- 16th: (WS) Personal Assessment
- 17th: (WS) Plagiarism & Research

22nd: (WS) Four-Year Plan

23rd: (WS) Test Prep

23rd: 75\$ Fee— Unpaid Tuition.

23rd: Deadline for 50% refund (complete withdrawal)

29th: (WS) Paramedic Major

May:

7th: TRiO's Evening of Celebration

9th: Uncontested Withdrawal Deadline.

12th: TRiO Priority Registration

12 - 23rd: Early Registration Fall 2008

15th: (WS) Chatter (Diversity)

26th: Memorial Day: No Classes

30th: Hardship and Complete Withdrawal Deadline

30th: Classes End

June:

2nd: Dead Day

3rd-6th: Final Exams

7th: Commencement Ceremony



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TRiO: Student Support Services—WaTEP

A Word from the Director...Dr. Neil McFarlane

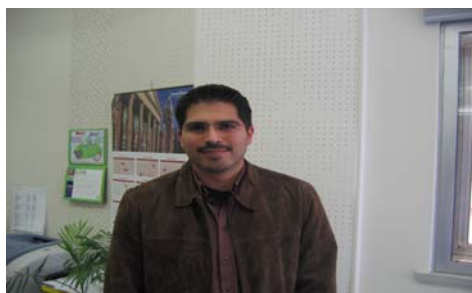
As you read this first newsletter of 2008 you will discover how many new developments have taken place since our last one. Our numbers have increased almost two-fold. With the inclusion of WaTEP students, approx 200 to date, two new professional staff members, Edward Esparza and Tom Spencer, joined the TRiO team. In addition, a new Tutor/SI Coordinator, Janine Graves, and two new graduate assistants, Fabian Partida and Don McCorkindale, have also been incorporated into the team. Last but not least, CWU has a new AVP for Undergraduate Studies, Dr. Tracy Pellett, who has hit the ground running and has thrown his weight behind our program and provided a lot of encouragement and new ideas.

Congratulations to the 63 juniors and seniors who earned GPAs of 3.0 and above and who were honored at our TRiO Day Luncheon Feb 23rd. National TRiO Day is meant to focus the nation's **"attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made."**

TRiO Programs
Hertz Hall
Mail Stop 7430

To:

Fresh Faces Around the TRiO Office: New Graduate Assistants



Fabian Partida graduated from CWU in December of 2005 with a Bachelor's in Psychology and Spanish and a minor in Philosophy. After working in the public school system for a year, he returned to CWU to continue with his studies. He is now in the second year of the Master's degree program for School Counseling Certification. During his first year as a graduate student, Fabian was an advisor for the CAMP program where his duties were to advise incoming freshmen and teach a college survival skills course. He is excited to be a new addition to the SSS team, and eager to help students manage college life.



Don McCorkindale was born in Yakima and raised on an apple orchard in the Upper Yakima Valley. He moved to Ellensburg in 2002 and obtained his Bachelors degree in Humanities in 2007. In addition to his part-time advising role with Student Support Services, he is in his first year of Graduate Studies in the English department at CWU. Don is focusing on film studies. For ten years he worked at Grant's Yakima Brewing Company, makers of specialty British Ales. McCorkindale also worked for Boise Cascade for nearly nine years. His interests include film, history and nearly all sports. He is also a better than average golfer.