

Student Support Services — WaTEP

Winter 2009

Central Washington University

Published by:
Don McCorkindale and
Brook Rutledge

Inside this issue:

Cover: OSCC

Quotes From OSCC Students 2

Financial Literacy 101 2

Director's Note 3

Student Spotlight 4

TRiO Student Interns in Peru 5

TRiO Students Visit the Capitol 6

TRiO Students Attend Oregon Students of Color Coalition Conference



On the weekend of February 6th-8th, 2009, 11 TRiO students, chaperoned by TRiO advisors Arthur Manjarrez, Maria Rios, and Brook Rutledge, traveled to the campus of Lane Community College in Eugene, Oregon, to attend the Oregon Students of Color Coalition Conference (OSCC). There



were over 250 students in attendance from across Oregon and Washington.

According to their website, the OSCC, an affili-

ate of the Oregon Student Association (OSA), was developed in 1997 in response to racial injustices in education. The conference included over 70 workshops that discussed issues impacting communities of color and the skills to create change.



TRiO students and staff presented several workshops including: Code Words of Hate! (Angela de la Barrera and Wendy Lopez), TRiO Success Stories (Dulce Ortiz, Angela de la Barrera, and Felecia Graham), Obama, Obama, Obama (Arthur Manjarrez and Maria Rios), Affirmative Action, Race and Gender: What is Really Going On? (Danielle Martin),



Knowledge is Power—Stereotypes Exposed! (Renae Hoidysz and Brook Rutledge), and The 'Notion of Race'—The Brittle Bone Skeleton of our Society (Ashraf Alazadi). There was some great feedback about these workshops, and Angela de la Barrera and Wendy Lo-



pez were even invited to present their workshop, Code Words of Hate, in an upcoming diversity week held at Mt. Hood Community College.

(continued next page)

Some quotes from OSCC attending students:

“I had a blast. And I met a lot of people, and made new friends. Also, when I hear someone making a remark about someone’s race, gender, or sexual preference, I now will speak up about it.”—Kyle Kinkade, SSS Freshman.”

“My experience at the conference was a great one! It was an unbelievable feeling to present a workshop to people who are just as passionate as the next person about the issues brought up. There was a great feeling of synergy among everyone—and you don't get that often! I met new people and attended some interesting workshops. I took a lot away from this conference, and I am glad I had the opportunity to go!”—Rena Hoidysz, SSS Senior

“The OSCC was a blast! This was the first conference I have been to, as well as the first time I co-presented a workshop. The reaction after I was done with my workshop was awesome. The people really took grasp of what the workshop, "Code Words of Hate!" was really meant to do. Not only did I enjoy presenting a workshop, but I also liked meeting the diverse group of individuals. Meeting new people is hard for me and by going to a conference like OSCC it has helped me branch out and show people my true fun side, which I want people to see.”—Wendy Lopez, SSS Freshman

Financial Literacy 101

Linda Garcia

Become financially savvy. Work on applying the three personal financial principles listed below, from Jumpstart Coalition, to your financial life style. It is never too early to start thinking and planning for your future. What you do today will affect your financial future. I'll be back next quarter with some more hints to help you become financially literate.

Know your take-home pay - Before committing to significant expenditures, estimate how much income is likely to be available for you. Net income, after all mandatory deductions, is more important to estimate than gross income before deductions.

Net income is that money left after all of your deductions are taken.
Gross income is the total of your pay before any deductions are taken.

Pay yourself first - Before paying bills and other financial obligations, set aside an affordable amount each month in accounts designated for long-range goals and unexpected emergencies.

Budget your money - Create an annual budget to identify expected income and expenses, including savings. This will serve as a guide to help you live within your income.

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



It is not every day that one gets to honor a co-worker. Linda Garcia has been the brick behind the TRiO program. She has thrown herself into her work with a great deal of commitment and conviction. This quarter we want to honor Linda for her 10+ years of service to the university and particularly to TRiO. As you read some of the comments below, I am certain that many of you will resonate with the compliments expressed. . She has a great sense of humor and works continually to keep all interactions in the department positive. Linda always has time for the individual and CWU is a better place because of her talents, interest, and dedication. Please come by the office and share you congratulations with Linda. We wish Linda many more years of service to TRiO.

Neil McFarlane,
Director SSS/WaTEP/AAP

Celine Francisco (student worker)

“Linda Garcia...is extremely supportive and enjoys making personal connections with students (even though her position doesn't always allow for that). She sneaks out of one of the two doors to her office, so you tend to find yourself a bit puzzled and saying “she was just here!”

Katrina Tuttle (student)

“She has been very helpful in answering my questions and directing me to where I need to go. Linda has always shown a sincere interest in wanting to help me with my needs and concerns. Thank you Linda for being there for me and for everyone! Congratulations on 10 Years of very appreciated service.”

Marilyn Rasmussen (student)

“Linda has helped me with advising, coordinating tutoring and has just been available to talk to by phone or in her office. She has the most calming affect on people and is a very nice person!”

Marilyn Rasmussen

Sarah Pope (SSS Advisor)

“I think one of Linda's best qualities is her dedication to our program (TRIO/SSS/WaTEP/AAP) and especially to student success. I know she always has the students' best interests at heart and that she is completely loyal to our programs. She is a tireless worker and advocate of our students, TRIO, and CWU. She is also utterly dependable and indispensable to CWU TRIO programs.”

Congratulations Linda!



Linda Garcia
Program Coordinator

Student Spotlight



“Achieving is Believing”

By D’Andre Shaw

I am from a neighborhood where going to school wasn’t important and graduating from high school was basically impossible. I’m from a neighborhood about a mile long, filled with gangs, drugs, and violence happening on a daily basis. I’m from a town where, when I was little, I used to hear gun shots every week. I’m from a neighborhood called Tillicum, a couple miles from Lakewood/Tacoma Washington, where I lived for eighteen years before coming to college.

Most of my friends smoked everything, drank everything, and were into the whole gang thing at an early age. I still hung out with them, despite the peer pressure to do all those things, I knew what was right and always said “no!” I have a best friend named Demontiak (Dee-mon-tay), and if it wasn’t for each other, our lives probably would have gone downhill. Instead of picking up marijuana or a gun, we picked up a basketball or a remote controller to play a game. We kept each other out of trouble and never got into those situations. We never got interested in all that bad stuff. That helped us get through school and become two of three people to graduate from high school out of all our friends.

Although I’m the baby of the family, having two older sisters and a brother, I received no help academically at all. My mother is full Thai and couldn’t help me with my homework, but she can speak English perfectly. My dad was never around either, so I was by myself. I was living in that neighborhood with no help in school from my family or friends. The odds were against me academically, but I came out on top. Ever since I was little, math has been my favorite subject. I was on a math relay team in third grade, and I took pre-algebra as a 7th grader.

I graduated with a class of 273 students from Clover Park High School in 2006, where I was ranked 30th academically. As a junior in high school I received multiple four year scholarships to equal a full-ride throughout my college schooling. I am majoring in Economics and I plan on working in the business department for Microsoft when I graduate from college.

In my first year of college, I got caught up on all the partying and drinking. My cumulative GPA was 1.9 at the end of my first year in college. My second year I decided to cut down on the partying and focus. All throughout my second year, I received a 3.0 or higher. When I met my current girlfriend, she helped me give up partying completely. We both joined the “TRiO program” where I found a home. At the end of my second year, my grades were so good that I made the Dean’s List and brought my cumulative GPA up to a 3.0. I will continue in this direction academically and make the Dean’s List again. A couple years after I graduate from college, I expect to have a high paying job, a family, and house of my own, and I hope to have bought my mom her own house in Thailand, where her side of the family lives.

TRiO Student Interns in Peru



Brook Rutledge recently sat down with Renae Hoidysz, a Student Support Services student, to discuss her experience of interning abroad. Renae is majoring in Public Health with a Community Health Education Specialization and will be graduating from CWU this spring.

BR: Thanks for taking the time to talk with me Renae. First, can you give me some details about where you interned abroad?

RH: “I interned in Urubamba and Cusco, Peru with an obstetrician. I lived there for three months last summer with a host family”

BR: What were some of the most significant memories of the time you spent in Peru?

RH: “The connections I had with the local people in Peru... I got to be a part of the delivery of a few babies which was amazing... When you intern abroad, you get a deeper look into a culture. I enjoyed the interactions with the people... some of the people didn’t know the first thing about prenatal care. I was called doctor... I was really looked up to by the people in Peru. I also spent a lot of time conducting talks on things on personal hygiene and STD’s and was surprised to see how little many women knew about these things... so it was really rewarding for me...”

BR: What do you say to a student who thinks studying or interning abroad is too expensive?

RH: “Financial aid will apply to all costs of the trip. There are many other sources of funds such as sponsorships, fund raising, and scholarships. The [Study Abroad and Exchange Programs] office will help you with all that... [The] Study Abroad [office] will also set up an appointment with Financial Aid. So, don’t let costs keep you from studying or interning abroad!”

BR: How has study abroad help develop your future career and educational aspirations?

RH: “Interning abroad helped me confirm my interest in public health... I would really like [to have] a career in international health, and I’m considering the Peace Corp... I feel like I have more [professional] connections now, and I have a slight edge over other applicants in my field.”



For students interested in studying abroad, please visit the CWU Study Abroad and Exchange Programs website.

<http://www.cwu.edu/~studyabroad/>

TRiO Students Visit the Capitol



On March 4th, four TRiO students, Andre Dickerson, Carmelita Barrett, Wendy Lopez and Col'Lette Gauvin accompanied by two Student Support Services advisors, Arthur Manjarrez and Brook Rutledge spent the day at the Washington State TRiO Association's sixth annual Student Leadership conference in Olympia, WA.

The conference took place at the state capitol campus where students learned about the legislative process, heard from TRiO alums and current students, and had questions about current legislature answered by governor Gregoire's liaison. Students also spent part of the day touring the capital and meeting with Kittitas County representative Bill Hinkle and senator Jenea Holmquist (above) to advocate for the TRiO programs as well as sharing their student success stories.



The entire staff at Academic Achievement would like to take this opportunity to thank and congratulate all the CWU TRiO participants presented in this newsletter. Keep up the good work!

