

NEWSLETTER

Office of First Generation & Peer Mentoring Programs

I tend to turn to quotes and passages from books and IG (yes, IG can inspire) when I feel stuck, when I'm dealing with something challenging, or going through transitions. Lately I have been turning to this quote by @mamadisrupt, "Do the hard thing. Have the scary conversation. Choose the uncertain future. Take the risk. Be yourself. Speak your mind and share your soul. Because when you do the hard things, when you are able to stand up and count on yourself even when you don't want to and don't feel like it, when you are able to know who you truly are in the trying times, something wonderful happens. And that magical thing is real life". I encourage you to be compassionate and gracious with yourself and others, especially during moments that feel uncertain/scary, moments of transition/change. As you settle into the fall semester, remember that you have done hard things, you can do hard things. And remember that you are not alone, count on our office for support, advice, and guidance. We are here for you!

In community,

Aracely Torres

NEWSLETTER

Faculty Spotlight

Kim Dieu



WHAT SCHOOLS DID YOU ATTEND?

Undergraduate

California State University, Fullerton

Graduate

Chapman University

WHAT DEPARTMENT DO YOU WORK IN?

I teach in the LaFetra College of Education-School of Psychology Program

WHAT IS A RANDOM FACT ABOUT YOURSELF?

I have two black cats- one named Kiki and the other named Kiko

FAVORITE SONG?

Zombie by The Cranberries

WHAT DO YOU LIKE TO DO FOR FUN?

I like to watch horror movies or action movies

FIRST GEN? IF SO, WHAT PEARLS OF WISDOM WOULD YOU LIKE TO SHARE WITH TO OTHER FIRST GEN STUDENTS?

I am First Gen. My advice to First Gen. students is to volunteer and volunteer often. These experiences positively influence who you are and help you establish connections with others in lifelong ways

NEWSLETTER

Student Spotlight

Jesse Ramirez



For this edition of Student Spotlight, the office staff would like to congratulate Jesse Ramirez who is not only a Mentor in our program, but is now a National Champion Powerlifter! This is the first of many titles and we are beyond proud of you, Jesse! Click [here](#) to watch his winning moment.

WHAT MAJOR AND YEAR ARE YOU?

I am a 3rd year Biology major

FUN FACT?

I created an apparel company called RedPlate this past summer

FAVORITE SONG?

El Buho by Luis R. Conriquez and Natanael Cano

HOW LONG HAVE YOU BEEN POWERLIFTING ?

I had my very first competition in November of 2019, so I am coming up on my first whole year of competing; I started training seriously in August of 2019

WHAT INTERESTED YOU IN THE SPORT?

I liked the idea of how my hard work in the gym can achieve greatness. In high school I had a bad run with teammates that wouldn't give their all like I did. Moreover, this sport allows me to clear my head while I'm training; all of my problems go away while I'm trying to pick up 400+ lbs up off the floor.

NEWSLETTER

Academic Resources

The Learning Commons at ULV is your go-to for all things tutoring, technology, and research related. This department includes the Academic Success Center (ASC), Wilson Library, and Center for Learning and Teaching (CTL). With workshops, programs and resources to enhance your learning, this academic hub provides you with the tools and guidance you need to meet your goals with staff & tutors who want to see you thrive inside and outside the classroom. *For more information please contact learningcommons@laverne.edu*

ASC Student Resource Portal

This portal is available 24/7 and includes past/upcoming workshops, tutoring information, resources for STEM content as well as research and writing, and additional resources, including technology support

Academic Technology Help Desk

This help desk is available 24/7 and includes technology resources, upcoming workshops, and links to laptop/wifi loaner programs

Wilson Library

Librarians are available virtually to assist you with your research needs: Call (800)-866-4858, text (909) 638-1882, Chat, or email ask@laverne.libanswers.com for assistance

Remote Learning Panel Presentation

This panel presentation provides more information on department services along with helpful strategies to remain successful through remote learning

Click on the titles to be redirected to the resources listed here

NEWSLETTER

Mental Health Resources

Virtual Relaxation Room

The Virtual Relaxation Room is designed to be an interactive experience in which you learn to manage your worry or anxious feelings at your convenience. Their goal is not to eliminate all stress but to reduce it. Visit the Virtual Relaxation Room [here](#)

Suicide Prevention Month

September 10th, was World Suicide Prevention Day. It was a day to remember those affected by suicide, to raise awareness, and to focus our effort on directing treatment to those who need it. Throughout the month of September we continue to educate ourselves to recognize and respond to a suicidal crisis. You can find the National Suicide Prevention Lifeline [here](#)

Project Sister

If you are looking for support for yourself or a friend who has experienced sexual assault, dating violence, stalking or sexual harassment please consider utilizing Project Sister Family Service's Virtual Drop-In Hours. Visit Project Sister [here](#)

Important Dates

September 17-23, 2020

Withdrawal period 50% tuition refund

September 23, 2020

No refunds

NEWSLETTER

Co-curricular events:

Check out some of the events happening virtually through Campus Labs by clicking [here](#)! Getting involved and attending events will help you feel more connected to the ULV community.

ASC & Office of Student Life

Surviving to Thriving in a Remote Learning World

Thursday, September 17th from 4:00 PM- 5:00 PM

CAB

Big Heads & Beats

Thursday, September 17th from 5:00 PM- 7:00 PM

Center for Multicultural Services

Rites of Passage

Friday, September 18th from 12:00 PM-1:00 PM

Randall Lewis Center for Wellbeing

Lewis Center for Wellbeing

Every Monday from 4:00 PM-4:45 PM

Wilson Library

Citing with APA

Tuesday September 29th @ 5:30PM

Career Center

Linked In Profile Development

September 30th from 12:00 PM-1:00 PM

Click on the titles to be redirected to the resources listed here

NEWSLETTER

Cassie's Message



This fall semester is in full swing! We're beginning to get used to the hustle and bustle of juggling school, work, and family responsibilities on top of managing our sanity. For some, routines are developing, and for others...they may be in the works...and that's OKAY! Navigating school this last half of 2020 is going to be trial and error, but having some sort of structure, will help you get things done- one step at a time. Remember to Work Smarter Not Harder. Below are a list of back to school tips to help you stay on track, make deadlines, and stay focused:

Identify your most important task. (MIT)

- Early in your day, choose the top 3 tasks that may not be the most urgent, but help you achieve your goal faster and will create the most significant outcome. It could be as simple as filling out your calendar for the week, sending out an email to a professor, or RSVP for a networking event.

Set up a proper work environment.

- Try your best to create a distraction-free environment. Declutter your desk, open some windows for fresh air, put your phone on Do Not Disturb, and if you're like me and constantly have food on the brain, set up AWAY from the kitchen! Making these little changes will help boost productivity and focus.

Make a "NOT-TO-DO-LIST"

This is an important list of reminders to help you stay on track, for example:

- Don't spend more than 10 mins on a decision
- Don't do an all nighter
- Don't think about ALL your deadlines, focus on just one.

By doing this you are giving yourself rules & boundaries that will allow you to be present.