

NEWSLETTER

Office of First Generation

Peer Mentoring Programs

There are a couple of new things that I am excited to share with you! Before I do that, though... I would like to share that we hosted our first monthly gathering of the semester. It was great to see over 60 students participate. The monthly gathering is an opportunity for mentors and mentees in our program to come together and engage in learning and dialogue. This month's theme was on wellbeing with a special focus on "untaming" ourselves, a topic derived from Glennon Doyle's, *Untamed*. We look forward to next month's gathering, which will focus on career development.

On to the new items...I'm thrilled to share that the Office of First-Generation and Peer Mentoring, which is a component of the Title III HSI STEM Grant, has a new staff member, Tiffany De Leon! Ms. De Leon will be serving as the Program Coordinator; in this role, she will be assisting with Title III, leading our external communication mediums, and developing key areas such as STEM Transfer Student Programs. The transfer program will be a comprehensive and cohesive initiative to support the transition, advising, and community development of these students... More to come on this, stay tuned...

Finally, I leave you with some of my thoughts... Lately, I've been reminded that just like mother earth, we too go through our own seasons; they come and go like fall, winter, spring, and summer. May you take the time to recall all the little things that make each season precious, and be grounded in knowing that challenging moments will not remain.

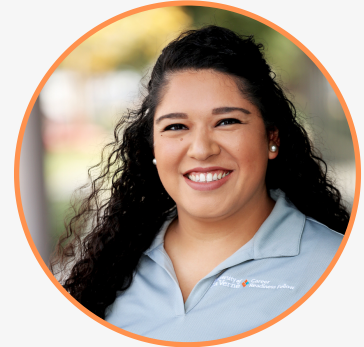
In community,

Aracely Torres

NEWSLETTER

Staff Spotlight

Tiffany De Leon



WHAT SCHOOLS DID YOU ATTEND?

Undergraduate

College of Saint Benedict

Graduate

University of Southern California

WHAT IS YOUR TITLE & WHAT DEPARTMENT DO YOU WORK IN?

I am the Program Coordinator for the Office of First Gen under the Title III HSI STEM Grant

FAVORITE SONG?

Anything Coldplay

RANDOM FACT?

I have watched every episode of the Naruto Anime

WHAT DO YOU LIKE TO DO FOR FUN?

Watch Netflix, reading, and discovering new music on Spotify

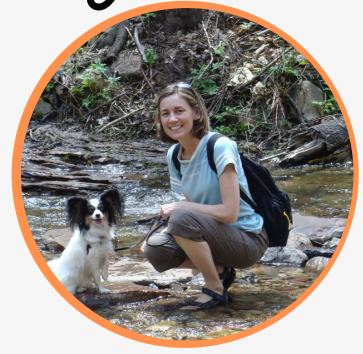
ARE YOU FIRST GENT? IF SO, WHAT PEARLS OF WISDOM WOULD YOU LIKE TO SHARE?

Take advantage of all the resources available on campus. Doing this can make a huge difference in your college experience. Know how to ask for support when you need it. Learning how to advocate for yourself is a life skill that will be beneficial for the rest of your life. And most importantly find a mentor on campus, whether a staff or faculty member. Having someone you can go to for support, advice and encouragement can make all the difference in how successful you are in college and life

NEWSLETTER

Staff/Faculty Spotlight

Zandra Wagoner



WHAT SCHOOLS DID YOU ATTEND?

Undergraduate

Bachelors of Psychology/Religion Minor:

University of La Verne

Graduate

Masters of Divinity: Bethany Theological Seminary

Ph.D. in Religion: Claremont Graduate University

WHAT IS YOUR TITLE & WHAT DEPARTMENT DO YOU WORK IN?

I am the University Chaplain and direct the Office of Religious and Spiritual Life. I also teach in the Philosophy/Religion Department

FAVORITE SONG?

In this moment where things are so concerning and intense, I'm thinking of three sacred songs written by my friend, composer Shawn Kirchner: Holy World, Spring Song, & Peace Be Still

WHAT DO YOU LIKE TO DO FOR FUN?

I love to play board games and card games. I love to read. I love to spend time with friends that spark my curiosity and make me laugh. I love to walk and enjoy nature

FIRST GEN?

I am a second generation college student

Mindfulness Resources

Mindfulness is the act of being fully in the present moment. Your mind is not in the past nor is it in the future. It is right here, right now. Below are a few ways to practice mindfulness through meditation & other practices:

Breathing Techniques:

Vagus Nerve Relaxation Breath:

The vagus nerve is the longest nerve in your body. It connects your brain to many important organs throughout the body, including the gut (intestines, stomach), heart and lungs. This video goes over how to activate that nerve and reduce your heart rate in moments of high stress & anxiety.

Alternate Nostril Breathing:

Alternate nostril breathing is a yogic breath control practice. This type of breath work can be done as part of a yoga or meditation practice. Alternate nostril breathing can also be done as its own practice to help you quiet and still your mind.

Guided Belly breathing:

The most efficient breath. It's a deep breath that tells the nervous system to calm down. This link will guide you through a belly breathing exercise.

Body scan

Body scan meditation is a good way to release tension you might not even realize you're experiencing. Body scanning involves paying attention to parts of the body and bodily sensations in a gradual sequence from feet to head.

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

Wellness Activities:

Pay attention to the full experience of walking: Take a moment to focus on the sensations, the small and large movements you make while walking, how objects seem to move past you, the temperature, the wind, etc.

Listening to an album or a playlist: Music is an enhancer to mindful practices. Throw on a smooth listening playlist, put away your phone and really listen to the music, lyrics and rhythms.

Take a drive: A change of scenery can do the soul and eyes good! Especially being cooped up all day!

Enjoy a view: Local hikes=beautiful views. Once you make it to the top, stop and take a deep breath in and connect with what is around you.

8 Dimensions of Wellness



NEWSLETTER

Important Reminder

Thursday October 1st, FAFSA opens up!
Completing the form early is always a good idea in order to meet varying deadlines for scholarships or in case other documents need to be submitted.



DO

Gather your materials:

- Tax returns for you and/or your parents
- Asset records for you and/or your parents, including bank statements and investments
- Social Security numbers for you and your parents
- Driver's license or government ID
- Federal school codes for the schools you will be applying to
- FSA ID

DO

Fill out the application early.

- Application will be available October 1, 2017.
- Financial aid at some schools is first come, first served, so apply as early as possible.

DO

Fill out the FAFSA online.

- It takes about 30 minutes.
- Take advantage of the IRS Data Retrieval Tool to automatically transfer your tax info.

DON'T

Skip the FAFSA.

- Most people qualify for some financial aid.
- It's the first step toward paying for college.

DON'T

Feel intimidated by the FAFSA.

- Use the FAFSA assistant at CollegeCovered.com to make sure you have the right materials and are prepared to fill out the application.

FAFSA DO'S & DON'TS

FREE APPLICATION FOR FEDERAL STUDENT AID

Click on FAFSA be redirected to its main website

NEWSLETTER

Randall Lewis Center Programming:

The Randall Lewis Center for Well-Being and Research provides resources for physical, emotional, and mental well-being for students, faculty, and staff at the University of La Verne and its surrounding region. Click on the link and check out their upcoming virtual events!

Mental Health Mondays:

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

Virtual Pilates:

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

Virtual Yoga:

Mondays from 7pm-8pm, Wednesdays 8am-9am, Fridays from 12pm-1pm

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

NEWSLETTER

Cassie's Message

WHAT DO YOU WANT IN LIFE?

Every month, our department hosts a monthly gathering for our students surrounding topics of wellness, personal and professional development. It is a time for us to be together to learn, to support, interact and continue to build our community.

This past month, we focused on excerpts from the book *Untamed* by Glennon Doyle. We discussed expectations and how to live our most free & wild life! For our first generation community, they come into the college experience with expectations from others to be the perfect students and role models for younger siblings. They are paving the way for the generations to follow, and juggling school, work, life along with meeting everyone's expectations, is exhausting. In our session, we reminded students to follow their passions and choose the path they would want to walk on. Expectations can weigh us down, especially those that cage us from being who we really are; remember to listen to your inner voice, allow your body and emotions to speak to you, and unleash yourself from your own personal cages!

“YOU ARE A CHEETAH” - GLENNON DOYLE

