

NEWSLETTER

Office of First Generation & Peer Mentoring Programs

Reflections on self care from the staff:

It's so easy to pencil in work, family and friends into our day, but we can't pour from an empty cup. I began to pencil in time for myself every week to do things that bring me joy — a facemask, create a playlist, watch my favorite show. Self-care isn't selfish, bad, a trend or wrong. We all deserve some quality me-time. Do what makes you feel good and at your best!

-Cassie Godinez, STEM Pathway Peer Mentoring Coordinator

An important part of self-care for me has always been reflection. I like doing it at the beginning of the year, especially because we are also at the half way mark of the academic year. Take a day, grab a journal, get your favorite drink, put on your favorite playlist or sit in silence and just reflect. What did you learn about yourself this past year/semester? What motivated you? What kept you going? What did not work? What areas do you need support in? You'll be surprised to see what you find when we take time to just stop and let it all sink in. Take the information from your reflection and allow it to guide you into a successful Spring Semester.

-Tiffany De Leon, Program Coordinator

Self-care has always been a concept that I struggled with. Growing up as one of three children of immigrant parents, "self-care" was something we did when we were sick. Forget naps, or spending leisurely mornings enjoying a cup of coffee or gardening for fun. Even in adulthood, I have struggled with prioritizing things that help me stay mentally and physically well. That changed drastically since COVID happened. I'm a true extrovert, and the lack of social interactions has been extremely challenging for me. I knew early on that I had to do something to keep me emotionally well... So now, running, yoga, and light weightlifting is something I do interchangeably 5-6 days a week, it's non-negotiable. I have found that talking to my three children about why this is important to me has been helpful in my "self-care" journey and really having it be non-negotiable.

- Aracely Torres, Director; Title III Grant and First Generation & Peer Mentoring Programs

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What are our students saying?

We shared a poll on our Instagram and asked the following questions. Here is what our followers responded compared to what Google has to say!

WHAT IS YOUR GO-TO SELF-CARE APP?

Our students said...

- 1) Tiktok
- 2) Headspace
- 3) YouTube



Google said...

- 1) Headspace
- 2) Lumosity
- 3) Shine Inc.

WHAT IS YOUR GO-TO STRESS RELIEVE SONG?

Our students said...

- 1) "Rosie," by John Mayer
- 2) "Dancin (Feat. Luvli)," by Krono "
- 3) "Lovely, by Billie Eilish, Khalid



Google said...

- 1) "Weightless," by Marconi Union
- 2) "Electra," by Airstream
- 3) "Mellomaniac (Chill Out Mix)," by DJ Shah

WHAT IS ONE HOBBY THAT YOU PICKED UP?

Our students said...

- 1) Knitting
- 2) Cooking
- 3) Hiking



Google said...

- 1) Drawing
- 2) Pottery
- 3) Calligraphy

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Resource Corner

As we start a new year and semester, don't forget about these resources here to support you.

MENTAL HEALTH:

- CAPS: Call (909) 448-4105 or email CAPS@laverne.edu to schedule an appointment.
- Case Manager: Adrienne Camacho can be reached at acamacho@laverne.edu to set up an appointment
- Tri City (off campus services) <https://tricitymhs.org/our-services/prevention-wellbeing/wellness-center>
- For more resources _ <https://laverne.edu/student-affairs/covid-19-well-being-resources/>

ACADEMIC SUPPORT:

- Academic Success Center: For individualized tutoring, academic coaching, writing tutors, etc. Contact: asc@laverne.edu 909-448-4342. <https://laverne.edu/asc/>
- Academic Advising: Can help with registration, resolving academic problems and offering academic educational advice. Academic advisors can also assist students with planning for internships and employment opportunities within their disciplines as well as advising about graduate and professional school applications. Contact: advising@laverne.edu 909-448-4510. <https://laverne.edu/advising/>

OTHER WELLBEING RESOURCES:

- Accessibility Services: This department works to ensure access for all students with disabilities to all academic programs and university resources. The goal of Accessibility Services is to support and encourage all La Verne students who have disabilities to participate fully in campus life, its programs, and activities. They emphasize growth and individual achievement and address this goal through the provision of academic accommodations, support services, self-advocacy, skill training, and disability-related education programming for the university community. Contact: lbarrera@laverne.edu 909-448-4938 <https://laverne.edu/accessibility/>

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Resource Corner continued

ADDITIONAL WELLBEING RESOURCES:

- Leo Food Pantry - addresses food insecurity and alleviate student hunger on campus. The pantry provides a monthly box of food for University of La Verne students in need of food assistance. Contact: leofoodpantry@laverne.edu
<https://laverne.edu/student-outreach/student-food-pantry/>
- Randall Lewis Center for Wellbeing and Research - provides resources for physical, emotional and mental wellbeing for students, faculty and staff at the University of La Verne and its surrounding region. Acknowledging the deep connections between well-being and higher education, the Lewis Center provides
 - Wellness programming for students, faculty, and staff in areas including mindfulness, managing stress, sleep, hygiene, nutrition and sexual health
 - Online resources for the ULV community, including regional and online campuses. Contact: lewiscenter@laverne.edu 909-448-4646
<https://laverne.edu/well-being/>
- University Chaplain- Rev. Zandra Wagoner is available to provide confidential pastoral care and support to students , faculty and staff . Contact: Rev. Zandra Wagoner, University Chaplain zwagoner@laverne.edu 909-448-4446
<https://laverne.edu/chaplain/>

FIRST GEN SUPPORT:

And don't forget you also have the support of your mentors and our staff.
Please feel free to reach out to any of us if you need any support.

Aracely Torres – Director, Title III Grant, Office for First Generation & Peer Mentoring Programs. E: atorres3@laverne.edu

Cassandra Godinez – STEM Pathway Peer Mentoring Coordinator, Title III Grant, Office of First Generation & Peer Mentoring. E: cgodinez@laverne.edu

Tiffany De Leon – Program Coordinator, Title III Grant, Office of First Generation & Peer Mentoring Programs. E: tdeleon@laverne.edu

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January Calendar

To learn more or RSVP please visit [Campus Labs](#) located under Quick Links of your La Verne Portal

JANUARY 11TH

Virtual Pilates
2:30 pm- 3:30 pm
[Virtual Yoga](#)
7pm-8pm

JANUARY 19TH

[MLK Candlelight Vigil](#)
[12:00 pm- 1:00 pm](#)

JANUARY 13TH

[Virtual Yoga](#)
8:00 am- 9:00 am
[Catching our Breath: Lung Health,](#)
[Vaping and Covid-19](#)
[3:00 pm- 4:00 pm](#)

JANUARY 20TH

[Virtual Pilates](#)
12:15 pm - 12:45 pm

JANUARY 21ST

[Total Body Circuit](#)
2:30 pm-3:30 pm

JANUARY 14TH

[Total Body Circuit](#)
2:30 pm-3:30 pm

JANUARY 25TH

[Virtual yoga](#)
7:00 pm-8:00 pm

JANUARY 15TH

[Virtual yoga](#)
12:00 pm- 1:00 pm

JANUARY 27TH

[Winter 2021 Cultural Graduation](#)
[Celebration](#)
3:00 pm - 5:00 pm

JANUARY 18TH

[2021 MLK Day of Service](#)
10:00 am - 2:30 pm

JANUARY 28TH

[Total Body Circuit](#)
[2:30 pm - 3:30 pm](#)