

## NEWSLETTER

Office of First Generation



Peer Mentoring Programs

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As I write this intro, I wonder if we'll know the election results by the time you read this on Monday, November 9th. There is so much taking place in our society and in our personal lives, many things which we just can't control, and levels of anxiety are raising within our communities. I wonder if we can take a moment to close our eyes, take a breath, and center ourselves. In the coming days, can we each commit to finding one thing that brings peace to our inner being? One thing that brings a smile to our face? For me, it is often as simple as stepping outside with my bare feet and feeling connected to the earth, or seeking my community. We are living in a moment when community is needed and may not be readily available in the way we once knew it. Let's not allow isolation to creep in, we need each other.

I'm reminded of the beautiful program our Chaplin Dr. Zandra Wagoner hosted last Thursday titled, "We are each other's". This program, while virtual, helped me connect with others, it reminded me how important it is to be each other's community, support, and hope. May we continue to choose to -individually and collectively- celebrate difference, and create spaces that foster access and equity.

P.S. Our newsletter will be going out on a monthly basis on the second Monday of the month. Lets stay connected!

In community,

Aracely Torres

## NEWSLETTER

# Student Spotlight

## Sarah Morales



### WHAT MAJOR AND YEAR ARE YOU?

I am a 4th year Social Science major with a minor in Biology

### EXTRACURRICULAR INVOLVEMENTS?

Outside of school I work part-time as an office assistant in a pediatric speech therapy clinic. At school I have the privilege to be a First-Generation Peer Mentor, the President of our undergraduate student government ASULV, an Interfaith Fellow, and an Inclusive Well-Being Fellow

### WHAT IS YOUR GOAL AFTER GRADUATION?

I don't have a direct plan after La Verne, but I do have a few options which would include graduate school, law school, or holding a position at an organization concerned with international affairs. My goal in any of these choices would be to do all I can to help and better the lives of as many people as possible

### WHAT ADVICE WOULD YOU GIVE OTHER FIRST GEN STUDENTS?

Even though school can feel hard to manage and overwhelming, universities exist to encourage student curiosity, and they depend on student academic, emotional, and financial security. There is no better place than university to take risks, try, fail, learn and try again, because everyone here is dedicated to helping you learn from your mistakes, and develop into a capable, thoughtful, and motivated individual. Lastly, it's okay if you feel you are not where you should be in reference to class, grades, or experience – everyone moves at their own pace, and as long as you seek them out there are plenty of opportunities to catch up to where you want to be.

# Resource Corner

## Academic Success Center



### THE ACADEMIC SUCCESS CENTER IS MADE UP OF A VARIETY OF ROLES:

- Consultants
- Student Initiative Specialists
- Academic Coaches
- Student Learning Assistants

### WHAT SERVICES DO THEY OFFER?

- Tutoring
- Workshops
- Professional Development
- Assist with helping students navigate technology required for virtual learning
- Feedback on papers asynchronously
- In and out of the classroom support
- Placement Tests

The Academic Success Center has launched their own resource portal in which students can access their services. Through this portal students can make appointments, request an academic coach, and submit papers asynchronously. The ASC has started a system in which students who want to submit their papers without meeting with a tutor can now do so. Simply submit your paper and wait for a response via email within 24 hours. The tutor will provide feedback on your document without the need for interaction. You can access their student portal [here](#)

### HOW CAN STUDENTS IN THE FIRST GEN PEER MENTORING PROGRAM UTILIZE THIS RESOURCE?

The ASC's main goal is to increase confidence in students with their learning and enhance their strengths for success.

First Gen mentees can use the Academic Success Center for more than just tutoring. Tutors are equipped to support students with time management, studying strategies, and understand who the student is as a learner. Staff at the ASC will also help out by mapping assignments and studying for exams. During the last two weeks of the semester they will implement a drop-in schedule in which students can drop in for anything they need without needing to make an appointment first. The ASC does this to provide extra support for students during dead week and finals.

NEWSLETTER

# November Calendar

\*This is a quick snapshot of the amazing events happening during the month of November. To learn more or RSVP please visit [Campus Labs](#) located under Quick Links of your La Verne Portal\*

## NOVEMBER 9TH

[What is Diwali: A Conversation w/ Vinaya](#)

[Tripuraneni](#)

12pm-12:30pm

[Group Meditation](#)

12pm-12:30 pm (Every M, T, TH)

[The Hope You Give: THUGLIFE into the 7th](#)

[Generation](#)

1pm-2:30pm

[ASULV Senate Meeting](#)

3pm-4pm

[Mental Health Monday](#)

4pm-4:45pm (Every M)

[Native American Storyteller](#)

4pm-5pm

## NOVEMBER 10TH

[Finding Hope in Community](#)

12pm-12:30pm

[I Am First: Discussion Panel](#)

3:30pm-5pm

[The Final Countdown: Senior Thesis](#)

12pm-1pm

[CBEST Math Practice Test](#)

6pm-8pm

## NOVEMBER 11TH

[Veterans Day](#)

All day

[Energy Balancing Through Breathwork](#)

12pm-12:30pm

[The Final Countdown: Senior Thesis](#)

12pm-1pm

## NOVEMBER 12TH

[Grief and Loss Circle](#)

3pm-4pm

[CBEST Writing Practice Test](#)

6pm-8pm

[In the Mix](#)

6pm-7pm

## NOVEMBER 13TH

[Listening Circles](#)

3pm-4pm

[Western University Dental School Speaker](#)

3:30 pm-4:30 pm

## NOVEMBER 17TH

[Holistic Wellbeing Workshop by Dr. Sarah](#)

[Rodman- Alvarez](#)

4:30 pm-5:30 pm

[D.E.I. Student Book Club](#)

5pm-6pm

[Literature Review Basics](#)

5:30pm-6:30 pm

## NOVEMBER 19TH

[Creating Citations with APA](#)

5:30pm- 6:30pm

[Life Skills Series: Learning and Productivity](#)

12pm-1pm

## NOVEMBER 26TH-27TH

[Thanksgiving Holiday](#)