



CUYAMACA COLLEGE

AUGUST Newsletter



Annex 2



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SUMMER BRIDGE

JULY 19 - AUGUST 8

Pathway Academy successfully rolled out its first Summer Bridge program this summer!!! We had a total of 92 students participate in our two week Summer Bridge program, which resulted in a total of three full course sections of Counseling 110: Career Decision Making. The Counseling 110 course served as the curricular center piece for our Summer Bridge program, which allows students to explore and research various career and major options. Classroom activities help with student motivation, goal setting, and the career decision making process. A variety of vocational assessment instruments are also used to help students identify their individual interests, aptitudes, values, and emotional intelligence. Students also participate in various workshops such as Time Management, Mindfulness, Growth Mindsets, Tutoring Center Orientations, and interactive engagement activities like the Summer Olympics Challenge. The objective of the Summer Bridge program is to provide students with “access” to campus student support services and, most importantly, begin instilling a sense of community and belonging at Cuyamaca College. By providing this holistic approach, we seek to establish student success early to ensure a productive and positive experience once the fall semester begins.



THE LEADS

• LEAD MENTORS •

This semester, our GPS Mentors will consist of three new lead mentors. We are proud to announce that our lead mentors are now Dalia Valencia, Fernando Lucero, and Rosa Buenrostro. Learn a little bit more about them below.



DALIA VALENCIA

LEAD MENTOR

Dalia is currently a 4th year student at San Diego State University majoring in Psychology with a minor in Counseling and Social Change. As a transfer student from Cuyamaca, she understands the struggles of being a first generation Latina that is aspiring to pursue higher education. She currently devotes her time at Family Health Centers and Cancer Disparities and Communications Lab at SDSU. Dalia enjoys reading, trying new foods, and taking nature walks



FERNANDO LUCERO

LEAD MENTOR

Fernando is a student at San Diego State University majoring in Chicano/Chicana studies. He is a product of the First Year Experience program at Cuyamaca. Fernando states, "As a Guided Pathway Specialist, it continues to be my goal to assist in guidance for our students to pursue their educational goals."



ROSA BUENROSTRO

LEAD MENTOR

Rosa is a first generation student, born and raised in San Diego. She graduated from Cuyamaca in 2018 and transferred to SDSU. She is now going on her 4th and final year at SDSU to obtain her Bachelor's degree in Psychology with a Minor in Counseling and Social Change. She also volunteers at a Cancer Research Lab and at Family Health Centers San Diego. Her hobbies include photography and watching Netflix on her spare time

MEET YOUR

Mentors



SONIA MENDOZA

GPS MENTOR

Sonia Mendoza-Reyes is a second year student that is majoring in Sociology and a proud Mount Miguel High School alumna. Sonia is currently serving as Student Trustee for Cuyamaca and is an avid member of the Raza Unida Club. She hopes to graduate in the spring of 2020 with an associates in Sociology and transfer to Point Loma Nazarene University. "My goal is to get a Masters degree in Sociology and a minor in Criminal Justice and become a Juvenile Probation Officer," states Sonia.



JESUS GALARZA

GPS MENTOR

Jesus is a 19 year old student, from Durango, Mexico. He is working towards a B.A. in mechanical engineering from San Diego State University or UC San Diego. He has a passion for creating and modifying objects. In addition to his studies, Jesus enjoys things that involve music, cars, motorcycles and exploring. He is the first out of his family to reach higher education. Throughout his career and eventually as an engineer, he plans to help people achieve their goals and hopefully make a good contribution to our society.



JOHANA IBARRA

RISE MENTOR

Johana is a first generation college student that is dedicated to her studies and community. Johana is majoring in Elementary School Education and has set the goal of transferring to a 4 year university by Fall 2020 and earning her bachelor's degree by Spring 2022. She describes herself as a lifetime learner, so she plans on continuing her education after earning her bachelors degree. Aside from her studies, Johana has a passion for helping others, so she looks forward to making a positive impact on the lives of students at Cuyamaca through her position as RISE mentor and RISE club president





NATALIA SIGALA

GPS MENTOR

Natalia Sigala is a Steele Canyon alumna and is currently a second year honors Cuyamaca student. She is working on obtaining her associates degree in Psychology to transfer to SDSU in fall 2020. Natalia enjoys spending time surrounded by the people she cares about and taking long trips with friends. She chose to major in psychology because she genuinely loves being able to interact with and help people.



JOHANNAH ESTRADA

GPS MENTOR

Johannah is a 19 year old in her second year at Cuyamaca College. She would like to transfer to a University of California in the fall of 2021 to work towards a bachelor degree in chemical engineering. Johannah enjoys going to the beach on her free time and going out to eat. She also has six siblings whom she likes to spend time with on her free time. This year she looks forward to working with the incoming freshmen as well as applying to internships in the chemistry field.



JUAN SOTO

GPS MENTOR

Juan Soto graduated from Monte Vista High School and is currently a second year student at Cuyamaca College. He is majoring in music performance with an emphasis in percussion. He plans to transfer to San Diego State University to receive his bachelors and masters degree. He dreams of becoming a high school teacher. He is a second year battery member at SDSU's marching band, participates in Cuyamaca's concert band and is a volunteer percussion instructor for Monte Vista marching band. Juan is excited about his first year as a Pathway Academy mentor and is excited to help and guide students reach their academic goals while he is here. He describes himself as outgoing, cheerful, and glad to be member of a great program.



MALIK WALKER

GPS MENTOR

Malik is a film and media major and an actor who has worked with multiple entertainment companies such as Disney and Nickelodeon. He enjoys writing poetry and short stories on his free time. He hopes to transfer to USC. His goal is to inspire kids who were like him to dream big and hit their goals as hard as they can



MYRIAM MEDRANO

GPS MENTOR

Myriam is a first generation college student who looks forward to make her parents proud and most importantly achieve her goal of becoming a registered nurse. Cuyamaca College has given her the opportunity to realize the struggles many college students face academically, financially, and personally. Myriam states, "I have noticed first hand and from other students that when encountering something new like college, we get lost and let speculations and stereotypes define us. I believe we all have goals, we all have dreams, we just need a guide that can give us options to pursue our goals." She believes Pathway Academy helped with her experience in college to strive towards her goal.

»»— Fall 2019 —««

Important Dates & Deadlines

August-September



FIRST DAY OF COUN 120

AUG 23

LAST DAY TO APPLY TO DROP W/O A W

SEP 1

We recommend you do this by August 30th as Sep falls on an extended holiday weekend.



LAST DAY TO APPLY FOR A REFUND

SEP 1

We recommend you do this by August 30th as Sep falls on an extended holiday weekend.



HOLIDAY • LABOR DAY

SEP 2

Campus closed

LAST DAY TO APPLY FOR P/NP

SEP 20



PROGRESS REPORT DUE

SEP 30

PEER MENTOR APPOINTMENT DUE

SEP 30



MONDAY MORNING MENTOR

says...

CUYAMACA 101: 
Tips and tricks of a cuyamaca student

In need of free printing?

Visit the ARC Center!

Location: C-102

Office Hours:

M-TH: 9:00 am-6:00 pm

F: 9:00 am-12:00 pm



In need of tutoring?

Visit the STEM Center!

Location: H Building • 1st Floor

Office Hours:

M-TH: 9:00 am-6:00 pm

F: 10:00 am-2:00 pm



Need to work on your essay?

Visit the Writing Center!

Location: B-167

Office Hours:

M/TH: 9:00 am-6:00 pm

T/W 9:00 am-8:00 pm

F: 10:00 am-3:00 pm



Stressed out or hungry?

Visit the Health and Wellness Center!

Location: I-134

Office Hours:

M-TH: 8:00 am-6:00 pm

F: 8:00 am-3:00 pm

