

The Student Success Quarterly

December 13, 2010
Volume 2, Issue I

Special Interest Articles:

- Diversity forum, get ready for higher education.
- Upcoming changes at NHU.
- Ask yatta relationships & academics

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TRiO

A Message from the SSP Staff

Another semester is coming to a close here with the Student Success Program. We thank you all for another wonderful year. We are very proud of every single student and are certain you will end this semester on a high note.

We have several new additions to our team, and after this semester we will be losing a prize team member. Gizelle Hurtado will be heading to New Mexico to continue pursuing her Graduate Studies. Gizelle earned her Bachelor's of Science in Wildlife Management and Conservation from Humboldt State University, she's currently finishing her Master's of Science in Environmental Studies from San Jose State University and will be continuing her studies in the Biology Doctoral program with an emphasis in Ecology and Evolutionary Biology at New Mexico State University.

When you can, bid her farewell, for she will be missed by not only the Student Success Program but the university as a whole. Good Luck Gizelle!



Welcome Rebecca & Ben to the S.S.P



Rebecca Yee,
Office Assistant

Please Welcome Rebecca & Ben

Rebecca is a 2009 graduate of San Jose State University with a B.A. in Health Science. Over the summer she went to China and Thailand to teach children English. She began with the SSP in October of 2010. She's an innovative addition to our staff.

Ben Luu is a 2010 Graduate of San Jose State University with a degree in Kinesiology. He is very passionate about helping students. He is currently pursuing his Graduate degree at NHU. He specializes in English and Math so please feel free to come see him in the CCS for tutoring help.



Ben Luu
Lead Tutor

The Artist's Corner (quotes to live by)



The road to success is lined with many tempting parking spaces.
- Traditional Proverb."

The significance of a man is not in what he attains but in what he longs to attain.
-Kahlil Gibran

There are two things to aim at in life; first to get what you want, and after that to enjoy it. Only the wisest of mankind has achieved the second.
-Logan Pearsall Smith

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.
-Harriet Tubman

Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly.
-Lanston Hughes

Summer Bridge & Roadtrip Nation Collaborate Again for a Successful Summer



NHU's Summer Bridge 2010
Visit Roadtrip Nations Website
<http://roadtripnation.com>

Our 2010 Summer Bridge Students had the opportunity to participate in a six week project called Roadtrip Nation.

Roadtrip Nation is a grassroots movement empowering individuals to define their own roads in life one roadtrip at a time.

The students had the opportunity to interview several people they felt were inspirational with in

the bay area. Such as Ruben Ramos (NASA), Traximillion (Producer/Rapper), Carlos Von Son (Professor), Dr. Lopez (President of NHU), just to name a few. They were able to ask questions about how they reached their career goals and achieved their dreams. Students also took a class on road tripping preparing them for their journey in finding

what they want to do with their lives.

Now KQED is teaming up with Road Trip Nation and asking Roadtrip alumni to submit a paper on their experiences through Roadtrip Nation and after showcasing the lessons learned, student's fears hopes, and dreams for the future. If any roadtrip alum would like to participate

Student Success Program Events of 2010



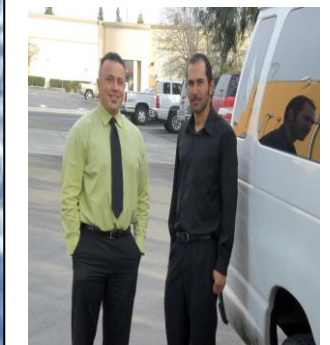
Claudia working on Valentine's cards.



Don Jesus with his Valentine's Day card



Alejandra & Martha Making Valentine's Hearts



Arnulfo and Cesar In CSU Fresno learning about Federal internships

Ask Yatta!



Dear Yatta,

How do you manage relationships and academic life to be successful in college?- lost in education and love

Dear Lost in Education and Love,

I am going to collaborate with my colleague Becky on this one. In my opinion when it comes to Relationships in college with a significant other can be hard whether you both are at the same institution or different institutions. According

to *It might be love* "There are three main reasons why relationships tend to fail during college. Part of it has to do with learning your true identity, the other factor is trust, and the last one is jealousy. All of these are major things that can contribute to the success or the failure of a relationship." Some key tips for your college relationships are:

1. Establish trust
2. Communication
3. Make time for one another
4. Spend time alone, hold on to your independence
5. Support each other
6. Keep most things private between you two
7. Settle disputes peacefully

In relationships especially in

college you must remember, this is a time of finding out who you are as a person, you're changing constantly during this time and sometimes you and your significant other won't necessarily be on the same page at the same time. So if you have to move on, perhaps there is a future for you two, and perhaps there isn't...And really, that's okay. Whatever is meant to be, will find its way to you –and if early changes in a relationship make you drift apart, they were never your one and only to begin with.

Ultimately, college is the starting line to the race of our lives. We start here, but where we go, is always up in the air.

If you love me, let me know. If not, please gently let me go.- Anonymous



Do you have a question for Yatta? If so, email it to kbrooks@nhu.edu

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Upcoming SSS Events! Will you be there?!?

Over the next months the Student Success Program will be hosting a number of events both fun and educational. This is your chance to connect with other Student Success Program Students...will you be there??

December:

- Every Wednesday
- 9:30am -10:30am Writing Workshops.
- 13th-17th Study Sessions w/ Tutors

January:

- 3rd Undergraduate Classes Resume.

Spring 2011 Events:

- Secret Sidewalk: Art Gallery visit.
- Museum of Tolerance (Los Angeles, CA): visit.



SSP Scholarship Information:

Please email the Student Success Program if you would like more information, or visit the SSP office located on the 2nd floor in the CCS and pick up an application.

***The scholarship is available for program participants only.**

Workshops are a great way to stay connected with fellow SSP students!

The California Forum for Diversity in Graduate Education

This year on October 16th fifteen National Hispanic University and Santa Clara University students explored their options for graduate school, at the **California Forum for Diversity in Graduate Education**. The purpose of this forum is to enhance the recruitment of minority students into masters or

doctorial programs.

There are two main components to the California Forum for Diversity in Graduate Education. The first is a program of workshops carefully designed to provide students with the information they need to make informed choices

about graduate school.

The second major component of the Forum is a graduate school recruiting fair. Representatives from almost all of the leading graduate schools in the United States set up tables where they can talk to individual students.



The Benefits of Graduate School

By Gizelle Hurtado

Have you ever wondered if graduate school is for you? Do you want to earn more money? Do you want to be a leader? Are you fascinated by a certain subject? If you said yes to any of these questions -Then graduate school is for you!

Graduate school is additional schooling after your bachelor's degree. Depending on the program you can earn a graduate degree in one year, two years or more.

On average people that earned graduate degrees earned twenty thousand dollars more than students who earned a bachelor's degree alone. Over all people who earned a graduate degree earn more over their lifetime.

There are many graduate programs help you become a leader in your community or company. These programs specialize in helping you acquire skills to organize communities or to lead companies.

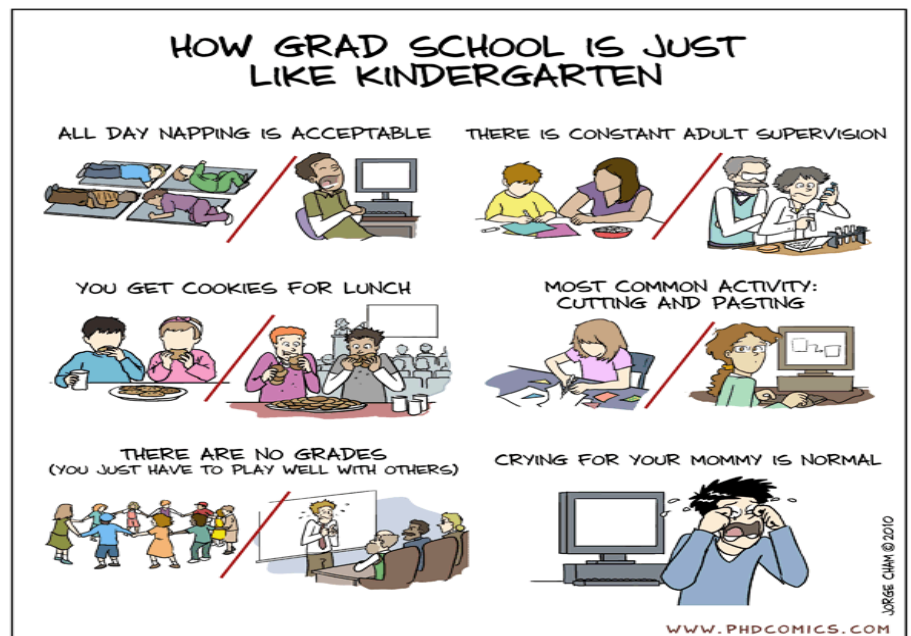
If you want to become a lawyer, social worker or doctor then you will need graduate school. These types of professions require specialized schooling. However, the benefit of this extra schooling is, working in a respected profession that you love.

If you are fascinated by a particular area of academia, like art history, biology or ethnic studies, graduate school is for you too. Graduate school is also about exploration. You can continue onto graduate school and explore these areas in more depth. With a graduate degree in one of these areas you could work in the professional world or teach at a University.

There are many potential benefits to graduate school. Want to learn more? Stop by and speak to one of the SSP staff; we can help you find out more information on graduate schools and help with graduate school preparation. Lastly, remember to sign up for next year's California Forum for Diversity in Graduate Education (see story this issue).

References

University of Alabama

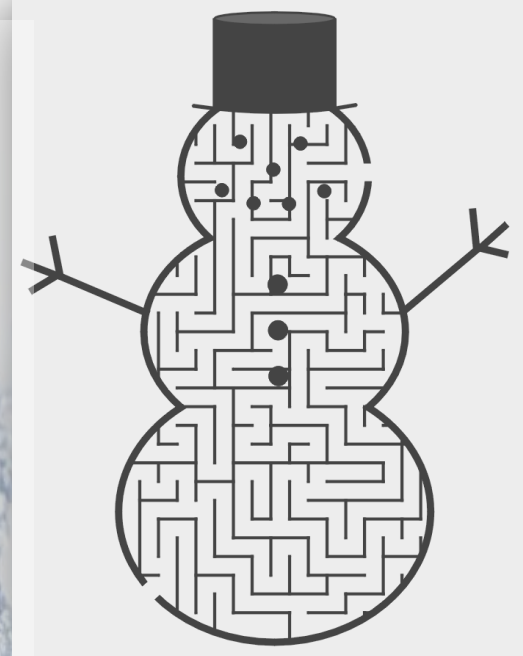


Recent Changes at National Hispanic University

By: Ben Luu

During the last year NHU has experienced many changes. One of the major changes is the ability to take online Undergraduate classes as well as the Teacher Education Program. This has made it easier for students who have difficulty attending the University classes due to work and other obligations. The first course to be offered online was a Bachelor of Art in Child Development which was recently launched on October 18th 2010. There was total of twenty students enrolled in the class.

The National Hispanic University is slowly changing to provide every student with the opportunities to attend the university one way or another. In doing so the university has made it easier for students to attend classes at their own leisure. In doing this the National Hispanic University is hoping to obtain higher enrollment and decrease reasons for students to not attend college. This is our goal at National Hispanic University, to provide all the opportunities possible for more students to get the higher education they aspire for.



*"Happy Holidays, See
you next year"
The SSP Staff*

A message from the Director



NHU Students,

The Student Success Program welcomes you back to another exciting year! NHU will be offering you many changes and we are ready to support you through the journey.

I encourage you to check us out on Facebook "The Student Success Program" or visit the Center for College Success to learn more about our upcoming events. Please let us know how you would like to get involved this upcoming year. We are looking for artists, writers, or anyone interested in contributing to the Student Success Quarterly, Staff and Faculty included. Email us at ssp@nhu.edu!

TRiO programs help you achieve your dreams.

Happy Holidays

**Martha Escalera
Director of the SSP**

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Ask Yatta *cont'*

Time Management

By: Becky Yee

Developing good time management is not an overnight journey, it takes practice with trial and error. The key is to set some goals for yourself each day, then keep going and don't give up. Here are a few pointers to help get you started.

First, let's focus on some of the deeper issues; are you aware of how you are spending your time each day? What are you spending your time on? Be honest with yourself; take some time to jot these things down... (Family, friends, facebook, star craft, eating, class, homework, extracurricular activities, etc)

Next, let's take time to prioritize your daily activities. What time weeds are in your life? Weeds suck up your focus and energy from your fruitful activities for less important activities. These activities can be postponed for a later time. What fertilizers are in your life? Fertilizers are activities that are important for your journey here and now, such as finishing that class assignment, getting through your classes or taking time to support your friend in need. These are activities that can be prioritized each day from most important to least important.

Use a calendar to write down and check your events. Make a check list of things you need and would like to accomplish each day. Indicate and take advantages of resources that can help you cut down on time. Plan ahead. Lastly, stick to your plan. Remember there is no cookie cutter life, things may come up your plans may change. So just sit down take a few moments to reprioritize and get started again. Then learn to say NO once your priorities are set.

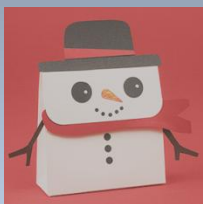
I hope this article was helpful in both aspects of relationships and time management for success...

Good Luck Lost in Education and Love!



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www.glasbergen.com

"How do they expect us to learn time management when every hour here feels like three hours, a week feels like a year, and the weekends fly by like ten minutes?"



We're on the Web!

See us at:

http://www.nhu.edu/student_services/ssp/index_ssp.htm

About Our Organization...

The Student Success Program (SSP), a federally funded Student Support Services (SSS) TRiO project, is committed to assist 160 undergraduate students who are low-income first in their families to graduate from college, and those with disabilities through the transition of graduating from high

school and entering college. TRiO Programs help students overcome class, social and cultural barriers to higher education.

NHU currently hosts three TRiO programs: Upward Bound (serving high school students), Esperanza Education Talent Search (serving

middle school/high school students), and the Student Success Program (serving NHU college students).

For more information contact us at:

(408)273-2709;
ssp@nhu.edu