The Higher Education Mentoring Program visited Cal Poly Pomona Monday, February 13. Students were given a tour and presentation on the campus resources available. Students also heard from a student panel composed of Cal Poly Pomona students. The panelist were all first generation college students and for many the first to leave home for college. The panelist shared information on how to seek out on-campus resources, the importance of being involved on-campus and to find the right type of support system. Students were given information on financial aid and the importance of applying to scholarships. The day was both informative and fun!

Below are some facts about Cal Poly Pomona:
* Full Name: California State Polytechnic University, Pomona.
* Part of the 23-campus Cal State University System.
* Quarter System
* Average undergraduate enrollment: 20,000.
* Mascot: Billy Bronco
* Tuition fees: $4,800

For more information visit: www.csupomona.edu

Contact Info:
Susana Espinoza, Program Coordinator
sespinoza@ocbarfoundation.org

Martha Madrid, Program Director
mmadrid@ocbarfoundation.org

714-480-1925x100
Welcome!

My name is Janelly Farias. I was born in Santa Ana and I am 22 years old. I attended Rancho Verde High School in the city of Moreno Valley and graduated in 2008. I am currently a senior at the University of California, Irvine. I am majoring in Criminology, Law and Society (CLS) and I am on the Women's soccer team at UCI. I have played soccer for about 18 years. I grew up playing soccer in Santa Ana most of my life, and I play center midfield. I coach soccer as well, and I hope to pursue a career in coaching and helping at-risk youth. I grew up in a very traditional, Mexican family with four brothers. It was very difficult for me to be an individual because of how overprotective my family was over me. I always wanted to attend college but my parents didn't know anything about higher education. I had to acquire the proper resources for a four-year university through the AVID program at my high school. This program is very much like the Higher Education Program here at the OC Bar Foundation, which is what motivated me to pursue an internship here. With my experience as a Hispanic, first generation college student, I hope to help students proceed in the right direction to attaining a higher education. If there is anything I can assist you with, I am available Tuesdays (after 2, by appointment), Thursdays (2 to 8 pm), and Fridays (11 to 5 pm).

Email: janellyf@uci.edu

Self-Esteem and Body Image

On Thursday, February 24 junior and senior girls were given a Self-Esteem and Body Image Workshop by Girls Inc. Students learned about the influence of media on women. The girls were able to share what they like about themselves and hear from others in the group. Students completed an exercise on the impact of magazines, commercials, music and Photoshop effects on women/girls. The girls were very supportive and respectful of each other. The activity highlighted the importance of loving their bodies and discussed the value of beauty inside. This workshop was a great motivational and learning experience. Thank you! Girls Inc.!

Why NOT to Choose a College

1. Your boyfriend is going there. Chances are you are going to have many boyfriends after HS.
2. Your best friend is going there. Making new friends will help you grow as a person.
3. It's a party school. To succeed in life, you can't spend all your time at school partying.
4. The student body is attractive. That won't help you get a college degree.
5. Your siblings are alumni. You need to pick the college that is right for you.
6. It has a good football team. Unless you want to be on the football team, don't choose a college because you like the team.
7. Your guidance counselor told you to pick it. Take suggestions, research the schools, and then make a decision on your own.
8. The school is prestigious. It does not mean that you are going to like it.
9. The tuition is low. Money is a big factor, but keep in mind that a school that is more expensive may offer you a larger financial aid package.
10. It looks good in the guidebook. Do not choose a college without visiting the campus first.

Resource: eCampusTour.com