

CHISPAS

CHICANO LATINO STUDENT AFFAIRS NEWSLETTER

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From the Dean

Dear Students,

As the semester comes to a close and final exams approach, it is important to remember to take care of your health. This is a time of little sleep and great stress. The flu and the common cold are opportunistic illnesses, and they strike when you are vulnerable. Therefore, it is important to eat well and to strategize about what helps you work off your stress. I realize that studying for finals doesn't give you a lot of time to exercise or relax, but it is important to recognize when you stop being productive in your studies. You have to identify what works to bring down your stress level. Here are some recommendations for you to consider:

- HEO has a massage chair that you can use
- Exercise provides a distraction from stressful situations and helps you feel healthier
- Walking helps reduce stress
- Jogging is a great energizer
- Deep Breathing exercises can be done in any location and are effective
- Listening to music that you enjoy has proven

benefits

- Poetry or inspirational words guide your thoughts and are positive reinforcement
- Knowing when to change the pace of your studying also has a positive effect
- Dancing in your room relaxes your muscles and gets your circulation moving
- Singing to your favorite music also has positive qualities
- Eating fruit for a study break instead of sweets or chips is more satisfying
- Progressive muscle relaxation such as tensing and relaxing muscles reduces stress
- Meditation clears the mind and allows you to learn more effectively
- Laughter is the greatest stress reliever
- Visualization where you can imagine yourself accomplishing the task and doing well is a stress releaser
- Taking regular 10 minute breaks, helps clear the mind
- Eat healthy to fight off fatigue

- Drink a lot of water and fluids to keep your system flush
- Organize and plan your studying so that you have time to sleep. Remember that sleep allows your mind to process and retain the material

CLSA and the Chaplains Office are hosting the Virgen de Guadalupe celebration on Friday, December 12 at noon. Join us at McAlister Center for a mariachi mass, followed by tamales and champurrado. I look forward to seeing you as this is a great cultural celebration.

Maria Torres
Dean of Students



Virgen de Guadalupe Celebration



Together with the Office of the Chaplains, CLSA will commemorate the Virgen de Guadalupe. The celebration will be held on Friday, December 12th, in the Mudd Quad (North side of Honnold Library). The mass will be celebrated at 12 noon, and will include music by Mariachi Plata, as well as Aztec dancers. The mass will be followed by a traditional lunch of tamales, champurrado and more music by Mariachi Plata. Join us

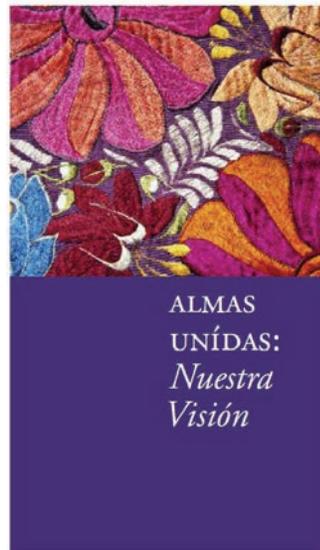
on the 12th, for this wonderful event steeped in culture and tradition. We celebrate the Virgen de Guadalupe for her message of spirituality and empowerment to the peoples of the Americas. The Virgen de Guadalupe has always been a symbol of strength, empowerment and resilience for indigenous peoples. She appeared to Juan Diego at the Tepeyac on the remains of the Aztec goddess Tonantzin's temple. This gave her identity a duality that resonated with the Aztec community, and

gave them hope. The fact that her image was of an indigenous peasant woman in traditional huipil dress and spoke only Nahuatl served to empower and uplift the spirit of the people. The Virgen de Guadalupe has become the symbol of social justice, spirituality and liberation for all of the Americas. Come celebrate with us the feast day of La Virgen de Guadalupe that symbolizes freedom, liberty and peace.

Chapbook Deadline

February 1st is the deadline for students to submit to the 8th edition of CLSA's chapbook entitled *Almas Unidas: Nuestra Visión*. We refer to it as a chapbook because of it's the size of a chapter. *Almas Unidas* is an opportunity for students to share there written work through poems, essays, short stories or monologues. We will also accept drawings and paintings as well as photographs. The

compilation of student works will be published in the Spring. The 2015 edition of "Almas Unidas: Nuestra Vision" will be unveiled at a reception dedicated to contributing students. Keeping the Chicano and Latino experience in mind, we encourage reflections on being a student, family, issues concerning our community, etc. Take the semester break to reflect and prepare your



creative pieces. We welcome and look forward to receiving multiple submissions by authors and artists alike. Additional submission details will be sent via a separate email, for now make a note of the deadline. Questions and/or submissions can be directed to clsa@cuc.claremont.edu.

Lost and Found

Are you missing anything? Our lost and found has accrued a few items this semester, including a

couple of pieces of jewelry which remain unclaimed. Stop by the office during business hours, provide a

description of your lost possession, hopefully it turns out to be one of the items we have at CLSA.



The HHMI Amazing Race

On November 13th, the Howard Hughes Medical Institute and Chicano Latino Student Affairs hosted the HHMI version of the Amazing Race. Just like the TV reality show, teams of two raced to designated spots—in this case, the point spots were offices on campus that provide resources to students. On arrival at each designated office, they were given a stem-related question. If the team could not answer the question, they had to perform a task often involving a dance, song and/or recitation. Upon completion, teams were



2014 HHMI Amazing Race

given a color coded card allowing them to proceed to the next office. The race began in the Tranquada Student Services Center lobby and ended at Harvey Mudd

College. Participating offices included the Office of Black Student Affairs, CMC Dean of Students Office, HMC Office of Institutional Diversity, the

Center for Asian Pacific American Students, Pomona's Queer Resource Center, Quantitative Skills Center, and the Scripps Communities of Resources and Empowerment.

Needless to say, the race was great fun for everyone involved. The results were: Elisa Gómez & Javier Garcia; First place, Bree Taylor & Alejandra Chávez; Second place, Jennifer Arias & Angie Aguilar; Third Place, Emmanuel Mendez & Stephano Padilla; Fourth place. Great job to all participants!

Día de los Muertos Activities



The Art Workshop, Prof. Chavez-Silverman's Reading, Altar in honor of slain Transgender Women of Color, Pitzer women.

Agustin Herrera presents Research

During CLSA's November community lunch, Agustin Herrera, education student at Claremont Graduate University, gave an insightful presentation on his research entitled *Against All Odds: From Push Out to Estudiante: Contextualizing the Chican@ Drop Out Experience in Continuation Schools*. Starting by sharing his own

personal narrative, Herrera demonstrated why he is so passionate about his research and how he found his calling to teaching, especially students who have been pushed out of the mainstream classroom. Herrera's research is groundbreaking—currently there is very little research in the area of continuation schools.

Agustin is the first graduate student CLSA plans to take part in this series of presentations. A brown-bag series is planned for the spring semester. CLSA plans to include KGI students.



Agustin Herrera explains his theory

Resource Center News

Fellowships

National Defense Science and Engineering Graduate Fellowship—As a means of increasing the number of U.S. citizens and nationals trained in science and engineering disciplines of military importance, the Department of Defense (DoD) plans to award approximately 200 new three-year graduate fellowships in April 2015. The DoD will offer these fellowships to individuals who have demonstrated the ability and special aptitude for advanced training in science and engineering. National Defense Science and Engineering Graduate (NDSEG) Fellowships are awarded to applicants who will pursue a doctoral degree in, or closely related to, an area of DoD interest within one of the fifteen following disciplines: Aeronautical Engineering, Biosciences, Chemical Engineering, Chemistry, Civil, Engineering, Cognitive, Neural, and Behavioral Sciences, Computer and Computational Sciences, Electrical Engineering, Geosciences, Materials Science and Engineering, Mathematics, Mechanical, Engineering, Naval Architecture and Ocean Engineering, Oceanography, Physics. **The deadline is December 12th.** Visit http://ndseg.asee.org/application_instructions for more application information.

The American Association of University Women - Career Development Grants provide funding to women who hold a bachelor's degree and are preparing to advance or change careers or re-enter the workforce. Primary consideration is given to women of color and women pursuing their first advanced degree or credentials in nontraditional fields. The deadline is December 15th. The application is available at <http://www.aauw.org/what-we-do/educational-funding-and-awards/career-development-grants/career-development-grants-application/>.

The American Sociological Association awards several fellowships including the **Fund for the Advancement of the Discipline** with a December 15th deadline and the **Minority Fellowship Program** with a January 31st deadline. Learn about these two fellowships and others at http://www.asanet.org/funding/funding_and_grants.cfm.

The Bill Emerson National Hunger Fellows Program allows you to spend a year fighting hunger and poverty with a tight-knit community of emerging leaders. Fellows shape and implement local anti-hunger programs all over the U.S., and then research and support national policy initiatives in Washington, DC. Learn more about the application process at www.emersonapplication.org/. The deadline is January 6th.

Phillips Academy in Andover, Massachusetts, is still accepting applications for its one-year program for **Teaching Fellows**. This program is designed for recent graduates from college and graduate school who are interested in pursuing the opportunity to teach in a guided program both in the classroom and dormitory and in athletics. Applicants need to be enthusiastic about living in a residential school that thrives on the challenges of diversity. They also have a Teaching Fellowship in Community Service for candidates interested in service learning in an educational environment leadership. Visit www.andover.edu/About/CareersatAndover/. Click on Teaching and Administrative Faculty Positions. The deadline is mid-January.

The Congressional Hispanic Caucus Institute offers selected Fellows the opportunity to work in congressional offices and federal agencies. Fellows select the Congressional office or committee that best matches their interest and focus area. Fellows receive a \$2,400 monthly stipend to help cover housing and local expenses; domestic round-trip transportation to Washington, DC; health insurance, optional short-term housing; leadership training, networking and more. For more information visit, www.chci.org/fellowships/page/chci-public-policy-fellowship. The deadline is February 20th.

Internships

The Metropolitan Museum of Art offers forty-one paid internships for undergraduate and master's-degree students each year. Interns commence in June and are placed in host departments where they work closely with supervisors on special and ongoing projects. All paid interns also participate in MuSe (Museum Seminars) and receive training to teach in the Museum's galleries. Individuals selected for paid internships have the opportunity to meet and network with one another through MuSe and other intern events. The Museum offers four internship tracks within the internship program: The Summer Mentoring Program for College Juniors, Summer Internship for College Students, Summer Internship for Graduate Students, Long-term Internships for College and Graduate Students. Please note the Summer Mentoring Program for College Juniors requires a separate application. **The application deadline January 8th.** Apply online at <http://www.metmuseum.org/research/internships-and-fellowships/>.

Sponsor for Educational Opportunity (SEO): Career Program - Interns will work in a variety of disciplines, earn competitive pay (up to \$1,300 per week), and gain valuable, transferable skills and experience. SEO Career interns receive online and in-person training before the internship begins and throughout the summer. SEO Career training covers technical skills, soft skills and professional development relevant for to the internship area. SEO Career interns receive guidance from multiple perspectives throughout the internship. SEO Career encourages interns to develop strong networks within SEO Career, within their companies and beyond. There are various opportunities to engage each other (Intern Parties!), SEO Career alumni, industry leaders, decision-makers and recruiting managers. Most importantly, SEO Career alumni embody SEO's commitment to giving back. SEO Career values community service, volunteerism and philanthropy. SEO Career partners with industry-leading, global companies, prestigious investment banks and private equity firms, top-ranked corporate law firms, and prominent nonprofits to offer unparalleled exposure to organizations that are shaping the landscape of their respective industries. Deadline is December 15th. Program dates: begin late May to Mid-June and end in July or August. <http://www.seocareer.org/>

Scholarships

The United States Hispanic Leadership Institute (USHLI) established the **Dr. Juan Andrade, Jr. Scholarship for Young Hispanic Leaders** in 1994 to assist full and part-time Hispanic students. The \$1,000 scholarship is presented at the USHLI National Conference held annually in Chicago. The deadline is December 31st. See <http://www.uskli.org/student/scholarship.php> for application requirements.

The Barry M. Goldwater Scholarship provides assistance for educational expenses to sophomores and juniors who intend to pursue careers in mathematics, the natural sciences, or engineering. The award ranges up to \$7500 and the deadline is January 23rd. For more information, see <http://www.act.org/goldwater/index.html>.

Hispanic Community Affairs Council Scholarship (HCAC) - The mission of the HCAC is to promote the value of education, cultural diversity, and community involvement. This scholarship is open to undergraduate students from Alameda County in northern California. Alameda students in a post-graduate program or teacher credential program are also encouraged to apply. Award recipients receive \$1,500. The deadline for submission is February 13th. See <http://hcac-ac.org/scholarship/application/> for more information.

The Thomas Wolfe Student Essay Scholarship -- all essays must be related to Thomas Wolfe or his works. Prize is \$500. The deadline is January 10th. Find all the details at <http://www.thomaswolfe.org/>.

The Society of Professional Journalists (SPJ) present the **Mark of Excellence Awards** honoring the best in student journalism. The awards offer categories for print, radio, television and online collegiate journalism. Entries are first judged on the regional level. First place regional winners advance to the national competition and are recognized at SPJ spring conferences. First place moves to national competition. The deadline is January 23rd. Obtain additional information at <http://www.spj.org/a-moe.asp>.

Summer Science Programs

The Howard Hughes Medical Institute (HHMI)- Janelia Farm offers the **Undergraduate Scholars Program (January 15th deadline)** and the **Janelia Graduate Programs (January 7th deadline)**. Janelia Farm is a state of the art biomedical research complex near Washington DC. Their research is focused on understanding neural circuits and the development of novel bioimaging technologies. Learn more details for each program including application procedures at www.hhmi.org/janelia/ugrad.

The **University of Wisconsin, Madison** hosts **The Psychology Research Experience Program (PREP)** which provides intensive mentoring and experience in scientific research and professional development to undergraduates from historically underrepresented populations who have expressed and demonstrated an interest in a career in scientific psychology. PREP features a balance of mentored laboratory research (approximately 30 hours/week) and a curriculum of scientific instruction, professional development and networking opportunities. The deadline is February 15th. The application is available at <http://psych.wisc.edu/Psychological%20Research%20Experience%20Program.htm>.

Caltech in Pasadena offers the **Summer Undergraduate Research Fellowships (SURF)**, a 10-week comprehensive research program modeled on the grant-seeking process. This program includes a \$6,000 stipend. The deadline is February 22nd. Learn more by visiting <http://sfp.caltech.edu/programs>.

December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		5:30-7:30 pm CSWA Mtg., CLSA		7 pm IDEAS Mtg., CLSA	6 pm Minorities in Medicine, CLSA 7-8:30 Las Señoritas, CLSA	1-2:30 pm Mariachi Serrano, CLSA
7	8	9	10	11	12	13
		5:30-7:30 pm CSWA Mtg., CLSA		7 pm IDEAS Mtg., CLSA	12 pm Virgen de Guadalupe Celebration, McAlister 6 pm Minorities in Medicine, CLSA 7-8:30 pm Las Señoritas, CLSA	1-2:30 pm Mariachi Serrano, CLSA
14	15	16	17	18	19	20
	3 pm Pan Dulce Study Break, CLSA	3 pm Pan Dulce Study Break, CLSA				
	<i>Good luck on your final exams!</i>					
21	22	23	24	25	26	27
	<i>Happy Holidays everyone!</i>					
28	29	30	31			