

# CHISPAS

CHICANO LATINO STUDENT AFFAIRS NEWSLETTER

November 2016

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### Chicano/Latino Student Affairs

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CLSA Claremont



## From the Dean

Dear Students,

Tuesday, November 8<sup>th</sup> is Election Day, and I strongly encourage you to vote and make your voice count. This election is very important to our community and will determine the future of our country at the presidential level, senate, congress, state and local races. This presidential campaign has been one of the most contentious in history, and your vote can make a difference in the outcome. According to the Pew Research Center, millennials (18-33 year olds), make up 44% of the 27.3 million Latino eligible voters. That is almost half of the Latino eligible voters for 2016. Among the 35 million U.S.-born Latinos, millennials constitute the youngest group with a

median age of 19 years. In the last four years, from 2012 to 2016, approximately 3.2 million Latinos reached voting age, and became eligible to vote in this presidential election. Young millennial voters are U.S. citizens, better educated and they are projected to be the power behind the Latino electorate for the next two decades. The top issues for Latino voters include the economy (86%), health care (82%), terrorism (80%), immigration (79%), and education (74%).

The Latino electorate is one of the most demographically dynamic groups, with a fast-growing, young population that is increasingly well-educated. In the past, Latino voters were primarily concentrated in the southwestern

states and Florida. The Latino population now is more dispersed throughout the nation, and Latino voters have the potential to influence the results in some of the key battleground states such as Nevada, Arizona, Ohio, Iowa, and Colorado. It is projected that in the current election, the Latino electorate will make up a record 11.9% of all U.S. eligible voters. Given their share of the national population, Latino voters have the numbers to influence the presidential election. I urge you to vote and make your voice heard. Tu Voto es Tu Voz!

Tu voz hace la fuerza,

Maria Torres

Dean of Students

## Summer Research Workshop

On November 4th, CLSA will host a session from 4 to 5 pm that will provide students with valuable information on how to be a viable applicant for highly competitive summer research opportunities in STEM, Social Sciences and the

Humanities. The workshop will cover tips on how to write a summer research statement, and how to seek out strong letters of recommendations. Don't miss out! Sign-up at [www.cuc.claremont.edu/clsa/](http://www.cuc.claremont.edu/clsa/)

CLSA WORKSHOP:  
APPLYING TO SUMMER  
RESEARCH

FRIDAY,  
NOVEMBER 4TH

Located at the CLSA office in the  
Tranquada Student Services  
Center on the 2nd floor.  
If you are interested in attending,  
sign up for the workshop at:  
[www.cuc.claremont.edu/clsa/](http://www.cuc.claremont.edu/clsa/)

The poster features a photograph of a modern library or study area with bookshelves and a study table.

# Dealing with Homesickness

CLSA Interns—Betzy Perez, CMC '19 and Bernardo Moyza, PO '20

Going away to college is not an easy decision, nor is it an easy experience to endure. Feelings of homesickness will become a normal part of your life that you will need to learn how to cope with. One day you wake up extremely motivated to tackle on your busy day of classes, homework, and other extracurricular activities you might be involved with on campus. However, the following day you might wake up missing your bed, your mom and dad, your dog, your siblings, the homemade food, or even the smell of home. Your motivation might drop substantially, and all you want is to go back home. You close your eyes, and imagine yourself home, but when you reopen your eyes, and you are back to reality, and are back on your college campus. I remember waking up sometimes during my first year at CMC without motivation to get out of bed because I missed home so much, and I would look at the Countdown App on my phone feeling very

disappointed at the days remaining until I could return home. The stress of the semester soon piles up, and for the most part, you are kept busy with work. Yet, those rare moments of free time soon bring you back to your emotional feelings of homesickness. It is important to be knowledgeable about the ways to combat these feelings, and to be able to put them aside in order to fully focus on your studies. It is normal to miss home, especially during your first year. Do not be ashamed to admit that you miss home and to seek assistance for coping with this normal feeling of homesickness.

Some of the best ways to deal with homesickness can be as simple as decorating your dorm room with things that remind you of home; this will serve as a way of helping you feel at home, or to at least have a place on campus where you can feel comfortable and secure. Listening to your Latino music from home, might in

fact help you feel at home. *¡Subele a la música, canta, grita, baila!* Sometimes it might be hard to find a place or someone on campus who shares similar interests or culture as you, this might make you feel even more out of place, and therefore, even more homesick. That is why I truly advise you to blast music that identifies with your culture, and don't be ashamed of it. I often find myself listening to banda, which brings me memories to those days where I went to *los bailes* or family celebrations, and I automatically want to start dancing. This music helps me feel at home for a moment, and it brings some joy to my routine college life. Another important piece of advice for coping with homesickness is to establish daily or weekly calls with family, depending on the need. These calls will help you stay connected with your family, and something as simple as a video call can make you feel closer to home, reducing feelings of homesickness. It will reassure you that your family is still there waiting for you at home.

If the methods stated previously don't seem to be working, the Claremont Colleges also provide resources for students with support in dealing with homesickness. Students can schedule appointments at the Monsour Counseling Center, which provides psychological counseling. Every student is entitled to 8 free sessions. Students can also visit the Health Education Outreach office. HEO has a program called Peer Wellness Coaching which pairs you up with a certified peer wellness coach who can provide advice and exercises for dealing with homesickness.

When a student takes advantage of all of these resources, homesickness becomes a much more solvable problem. It can go from being completely overwhelming to feeling only twinges of it from time to time.



## Día de los Muertos Altar and Study Break

This year's Día de los Muertos altar and study break is a collaboration between CLSA and the CMC student group, *¡Mi Gente!*

We invite everyone to come to the study break to have some *pan de muerto* and

other treats as well as to add photos and/or mementos of your deceased loved ones to the altar. The study break will be held on **Día de los Muertos, November 2nd from 3-5 pm at CLSA.** This special holiday is not meant to be morbid nor

disrespectful but rather it is a day dedicated to remember our loved ones, celebrate their life and the joy they brought to ours. It is an opportunity to recognize that death is a part of our life cycle and that we can laugh at death to better deal with the sadness and pain

it causes. Join us for this lively, colorful event full of tradition and history.



## KGI Student Named to Board

**Paola Hernandez**, currently PhD Candidate in Applied Life Sciences at Keck Graduate Institute, has been selected to become part of the **Board of Directors of Clubes de Ciencia Mexico**.

Clubes de Ciencia Mexico (CdeCMx) is a prestigious non-profit organization whose mission is to expand access to high quality science

education and to inspire and mentor the future generation of scientists and innovators in Mexico through international scientific networks. With this in mind, students in CdeCMx develop:

\* 21st century skills such as technical know-how, critical thinking, creativity, communication, and

collaboration

\* Engagement to pursue a professional career in science

\* Access to a mentoring network that will facilitate communication with professionals who are in the edge of scientific research

Our mission is to include the experiential learning of high

quality scientific education and we welcome anyone interested to join this revolution. For more information:

[www.clubesciencia.mx](http://www.clubesciencia.mx)



Clubes de Ciencia  
México

## Fellowships

**Breakthrough Collaborative Summer Teaching Residency 2017** is a nation-wide movement working to tackle the opportunity gap. The organization works to increase academic opportunity for motivated middle-school students on the path to college. Breakthrough provides undergraduate students with an intensive pre-professional teaching and leadership residency during the summer. The program consists of a 9-week summer residency where participants will receive 100+ hours of leadership and teaching training while teaching core academic classes to motivated students, and collaborating with other exceptional undergraduates from across the country! Undergraduates in all majors and all years are encouraged to apply. Opportunities are available in our 24 programs across the country and in Hong Kong. Living stipends are provided and housing may be available. Early Action Deadline: January 12, 2017; Regular Decision Deadline: February 23, 2017. For more information and to apply please visit [www.breakthroughcollaborative.org/teach](http://www.breakthroughcollaborative.org/teach).

The **Capital Fellows Programs** are nationally recognized public policy fellowships offering unique experiences in policy-making and development in each branch of state government. Fellows work for 10-11 months as full-time, paid staff members in the California State Assembly, California State Senate, California Executive Branch or the California Judiciary. Fellows actively engage in public service and prepare for future careers, while gaining firsthand experience in the governance and leadership of the most diverse, complex state in the nation. Fellows receive a monthly stipend of \$2,627; Medical, dental and vision benefits; Student loan deferments; and 6 graduate units in Government or Public Policy and Administration from Sacramento State. Prospective Capital Fellows must have a bachelor's degree (in any major) by September 1, 2017 and a demonstrated interest in public service, public policy, and California state government. Applicants may apply to one or more of the programs that meet their interests and qualifications. Recent graduates, graduate, postgraduate and mid-career applicants are welcome to apply. The deadline for the 2017-18 fellowship year is February 13<sup>th</sup>. Apply online at [www.csus.edu/calst/programs](http://www.csus.edu/calst/programs).

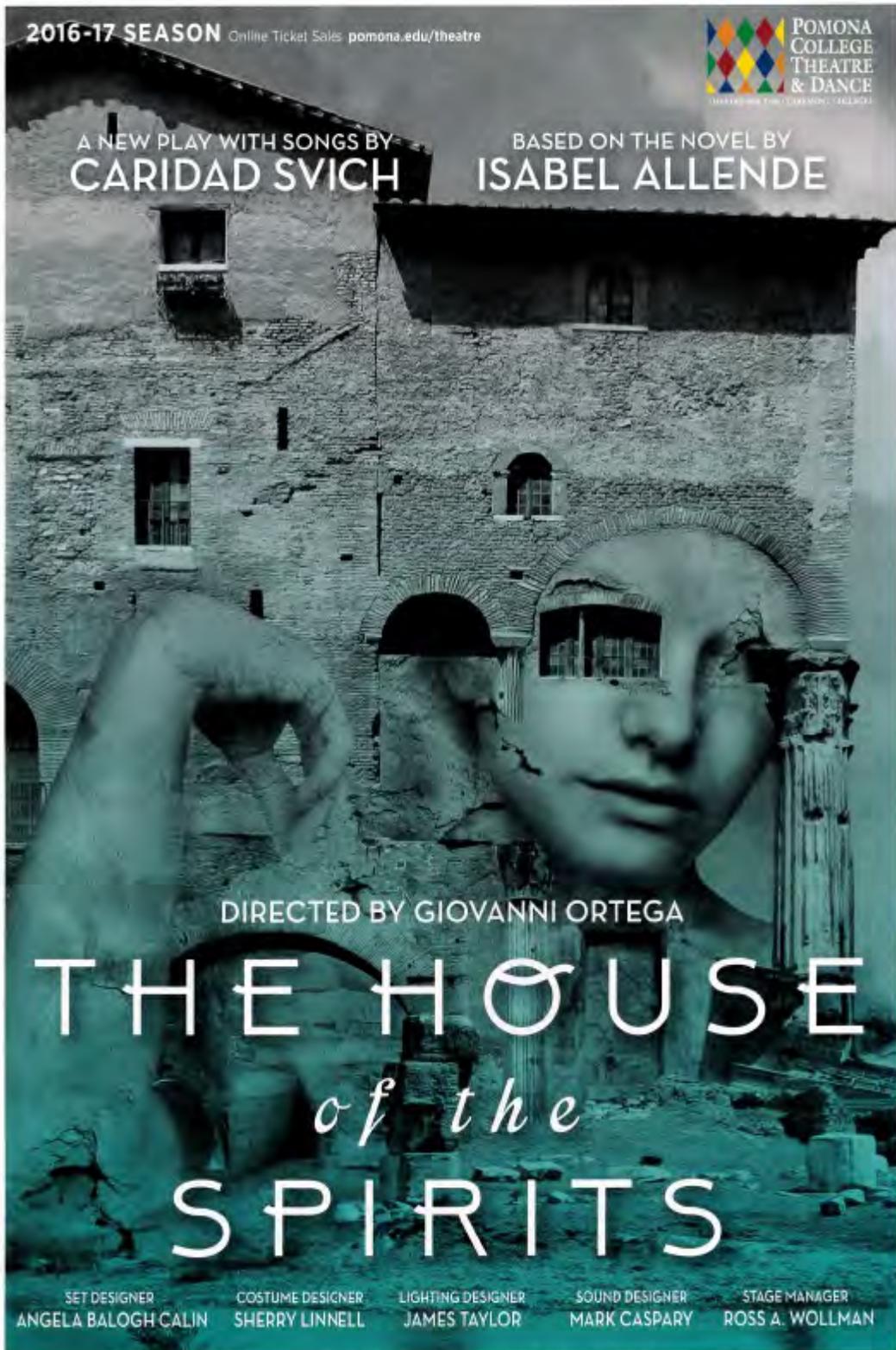
## Job Opportunity

**Jobs with Impact**—If you are interested in joining a team of passionate people to make an impact on issues like global warming, clean water, big money's influence over our democracy and other issues that matter to our future, consider a job with Impact. Impact is a non-profit program of leading advocacy organizations, including Environment America and USPIRG, that runs grassroots campaigns. It's a full-time, two-year commitment to work for our environment, our democracy and our future. Impact is now accepting [applications](#) to join our team in August 2017! Our application deadline is **November 19th**. We also have immediate positions available. If you aren't looking for a full-time job, you can also make a big difference through an internship

## Open House

**Keck Graduate Institute (KGI)** is hosting **Visitation Day** on Friday, **November 4th** from 11:30 am to 4 pm for those interested in the Master of Engineering in Biopharmaceutical Processing (MEng) program which can prepare you for a career in biopharmaceutical processing and biomanufacturing. Visitation Day gives you the opportunity to speak with faculty, current students, alumni and staff. Attending Visitation Day automatically grants you an application fee waiver for this application cycle. Register at [http://kgi.force.com/events/targetx\\_eventsb\\_\\_eventsplus\\_search?redir=true](http://kgi.force.com/events/targetx_eventsb__eventsplus_search?redir=true)

Make plans to see the upcoming play “The House of the Spirits” directed by Giovanni Ortega and starring Ariana Diaz, Pomona College ‘19.



2016-17 SEASON Online Ticket Sales: [pomona.edu/theatre](http://pomona.edu/theatre)

POMONA COLLEGE THEATRE & DANCE  
MAKING THE COMMONS COMMON

A NEW PLAY WITH SONGS BY  
**CARIDAD SVICH**

BASED ON THE NOVEL BY  
**ISABEL ALLENDE**

DIRECTED BY GIOVANNI ORTEGA

**THE HOUSE**  
*of the*  
**SPIRITS**

SET DESIGNER ANGELA BALOGH CALIN	COSTUME DESIGNER SHERRY LINNELL	LIGHTING DESIGNER JAMES TAYLOR	SOUND DESIGNER MARK CASPARY	STAGE MANAGER ROSS A. WOLLMAN
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**SEASER THEATRE | NOVEMBER 17 – 20, 2016**

8 P.M., THURSDAY, NOV. 17 | 8 P.M., FRIDAY, NOV. 18 | 2 P.M. AND 8 P.M., SATURDAY, NOV. 19 | 2 P.M., SUNDAY, NOV. 20



# Community Time





# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 10 am–12 pm HMC Coffee Hour	1	2 3-5 pm Día de los Muertos Study Break, CLSA 5-6 CSWA Mtg., CLSA	3	4 4-5 pm Applying to Summer Research, CLSA 5-6 pm Las Señoritas Mtg.,	5 California Forum for Diversity in Graduate Education, Loyola Marymount University
6	7	8	9 5-6 CSWA Mtg., CLSA	10 Maya Chinchilla, Queer Central American Poet, Time TBA	11 5-6 pm Las Señoritas Mtg., CLSA	12
13	14	15	16 4-6 CGU Minority Mentor Program, CLSA 5-6 CSWA Mtg., CLSA	17	18 3-4 pm House of Spirits Presentation, CLSA 5-6 pm Las Señoritas Mtg., CLSA	19
20	21	22	23 5-6 CSWA Mtg., CLSA	24	25	26
27	28	29	30	<i>Thanksgiving Break!</i>		