Greetings SI Class of 2015!
Welcome to your new home away from home! We are so impressed you took us up on the challenge to get a jump start on your college career. Undoubtedly, Summer Institute will impact your future in a very positive way. We are very happy for you and eager to support your success at Cal Poly! Make the best of your SI experience! Do not be afraid to get out of your comfort zone a bit, get to know your SI peers and the staff and faculty involved with the program as well as other campus personnel who care about your success. Use your time wisely and pace yourself. Establish a sound weekly schedule and stick to it. We sincerely hope you enjoy every aspect of the program and wish you the best during these exciting and intellectually stimulating three weeks. The best to you always!
Sincerely, Maria Arvizu-Rodriguez
SI Coordinator (marvizu@calpoly)

Remember, you are responsible Cal Poly students. Check your e-mail daily because this is how all official campus communication is sent.

A New Beginning
By Alicia Cruz
Welcome SI class of 2015! I hope your first few days at Cal Poly have been great and you have had the chance to make new friends! There are 87 other students you get to know and I challenge you to talk with every student at least once during the program! SI provides you the opportunity to get to know other students who have a lot in common with you before the school year begins, and believe me when I say that it is one of the best things about SI. When the school year begins you will be surrounded by approximately 19,000 other students, which can be a little intimidating. However, it feels awesome to see a fellow Sler or SI staff member and say hi when you are walking to class. You are not alone! All of the SI staff are here to support you in your transition from high school to college, and you are all capable of succeeding in your first year! I want to give you a couple resources that will help you be successful not only in SI, but also throughout the school year:

Attend every class period! Since Cal Poly runs on a Quarter system, the classes will be very fast paced. It is possible that for many of your classes, you will only have 20 class periods and may be having midterms by the third week. For that reason, it is important you go to class because professors may include information covered not only in the assigned reading but also from lectures.

Manage your time! College will be an opportunity for you to branch out to people and discover new interests. There are hundreds of clubs and organizations at Cal Poly and I encourage you to pursue your interests and join a club! However, make sure to not put too much on your plate to the point where you have little to no time to study. Remember, academics first! Yes, it will be fun to hang out with friends during the weekends but like the rest of us, you are here because you want to have a successful future. It is important to balance your time between academics and extracurricular activities so that you are able to keep up with your schedule.

Ask for help! If you find yourself struggling in a class, go to Office Hours! I encourage you to introduce yourself to your professors during the first week of classes, whether it is at the end of class or going to their Office Hours. Professors love it when students go see them and talk about a topic discussed in class or ask for help because that shows they are interested and engaged in their classes. And, this may also affect your final grade!

Visit your EOP Academic Advisor. Registration for Winter Quarter will catch you by surprise and you may find yourself struggling on finding classes to take for the next quarter. It is important for you to visit your EOP Academic Advisor as they will be able to help you plan not only classes for the following quarter, but also for the four years that you will be here at Cal Poly. I encourage you to visit them at least twice per quarter and let them know how you are doing in classes, ask for advice, or even just talk with them. Get to know them, they are here to help you be successful!

Family Away From Home
By Stephanie Contreras
Who becomes your family away from home? As first year students, we all start college being unfamiliar with the campus and the people that will surround us. Therefore, it is our duty to socialize, build connections and friendships that will last the four years that we are at Cal Poly and even a lifetime.
The family away from home we create will be the support system our time spent at Cal Poly. Our friends, professors, and advisors are those who become part of our family. They will care for our well being at Cal Poly and it is them that we will reach out to when we are in trouble or in need.

As a Latina, family is the backbone to my life. Therefore, when I began college I knew I had to find a circle of friends...
Money Management
By Margaret Audi

Money. Everyone loves it, but not everyone likes talking about how to manage it. To stay afloat financially throughout college, it is important to know where your money is coming from and where it is going. For most of you, this may be your first time having to manage your own money. So below are a few tips of how to stay financially afloat throughout college:

First and foremost, open a bank account. Luckily we have a J.P Morgan Chase bank right here on campus located in the UU. When you are ready, visit this branch and inform the teller that you are interested in opening a bank account and they can guide you from there. There are also other great banking options in town.

Secondly, create a budget and stick to it! Your budget does not need to be intricate or elaborate. It can be as simple as creating an excel document and writing: $20 for a pizza a week, $40 dollars for gas a week, $100 for groceries a month, and $60 for going out with friends a month. As long as you set a numerical limit on how much you want to spend, you are more likely to stick to your budget. Also, there are many apps and websites that can help you stick to your budget.

Check out: OneReceipt, BudgetTracker, TheBirdy, or Mint.com

Coping with an Increased University Workload
By Patrick Zailaa

Perhaps the biggest difference between college and high school is the sheer magnitude of the workload and the time that needs to be dedicated to study and complete homework assignments. In college, unlike high school, most of the work is done outside of the classroom. Many students coming in find that change difficult to cope with, but with the right attitude and proper time management, this challenge can be overcome. One way to do so is by having a weekly calendar or sheet that divides the day into hour (or half hour) intervals. Start by crossing off the hours in which you are in class, and the hours when you are sleeping. Then cross off times when you have other commitments such as jobs or extracurricular activities. By doing so you will be able to visualize how much free time you have, and can dedicate study hours accordingly.

19 Metro Station
Dining Hours
Lunch: 11:30 am-1:30 pm
Dinner: 5:00-7:00 pm

Word on the street:

What do you think about Don, your Psychology professor?
*His speech was very motivational. He teaches with a passion and I can tell he wants us to get a feel of college. He does great at connecting with us, that are first generation and minority students*
- Arley Ramirez

*He’s funny and straightforward. It was fun and for an 8:30 a.m. class I was awake*
- Abraham Martinez

What do your parents say when you told them you got an iPad?
*They thought it was a joke, but they said it was good that the school is helping me*
- David Hoang

“They thought it was a joke and I was in shock!”
- Ivonne Guzman-Lemuz

FRIENDSHIP TIPS

Benefriend your Financial Aid Counselor if possible, be besties with your Financial Aid Counselor. Since most of you will be receiving Financial Aid to finance your college career, it is important to know your Financial Aid Counselor because they are the ones that can guide you through financial difficulties and can answer all of your tuition-related questions.

Visit the Financial Aid Office in Bldg 1 Room 212.

Get a Credit Card when you feel ready. All your friends may already have one, but I would advise you to get a credit card when you personally feel ready to sign up for one. If you believe that you’re financially and mentally (e.g. you have self-control) ready to get a credit card, by all means get one. However, before you get a credit card talk to your parents, bank teller, or older students and ask them how they manage their credit card. Their advice may prompt you to either get a credit card or hold off on getting one.

As you embark on your financial journey, do not fret, there will never be a shortage of information on how to manage your money. There will also be a "Financial Literacy" lecture included in the EOP First Year Seminar in the Fall. As you go forth, remember "Be wise when you spend."

Jon’s Corner:
Dear SI students! I imagine many of you might be very busy and stressed with your work load. I wish you the best and know that you can be successful! That being said, I hope you don’t forget to stay in touch with your family and friends. Here’s some fun facts you can share with them next time you talk:

♦ The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.
♦ It is physically impossible for you to lick your elbow.
♦ If the government has no knowledge of aliens, then why does Title 14, Section 1211 of the Code of Federal Regulations, implemented on July 15, 1969 make it illegal for U. S. citizens to have any contact with extra-terrestrials or their vehicles?
♦ In every episode of Seinfeld there is a Superman somewhere.
♦ Almost everyone who reads this will try to lick their elbow.

Tracy Doan with her dad and brother at Check-in
Arturo Reyes and his family getting settled in his apartment

Luis F. Rodrigues and mom at their arrival to Cal Poly!