Congratulations! You have successfully completed Week 1 of SI! By now, most of you have had an opportunity to see how fast a quarter system can move and how much information there is to absorb in a relatively short amount of time. Hopefully, by now you have also realized that college is a lot of fun and that you can be successful here at Cal Poly if you truly set your heart to it and you manage your time well. Yes, effective time management is a key ingredient to college success. So are other study skills. The midterm you have taken in your PSY 201 class will help you assess your study skills. If you have any concerns or want to sharpen those skills, I highly encourage you to visit the Academic Skills Center and take advantage of their services. For starters, let me suggest that you visit the on-line Study Skills Library at: sas.calpoly.edu/asc. This site has excellent tips and is available 24-7. As you progress towards completing the last weeks in SI, please keep in mind that your academic advisors are also a great resource to visit frequently. If you haven't already done so, please visit your EOP academic advisor in the next few days. Enjoy reading through our second newsletter and good luck with the rest of your week. See you soon!

Best Regards,
Maria Arvizu-Rodriguez

A Note from the Writing Facilitators
By Krystal & MacKenzie

As the first half of SI comes to a close, we cannot help but express how impressed we have been with all of you, our new college peers! You show such a drive for learning, and for diving into new experiences uninhibited! All of you, each coming from different cities, with different experiences and backgrounds, are clearly designed for GREAT stories. This new Cal Poly adventure is the start to just a single chapter within those stories, and it is a great one, full of achievement, victory, and new experiences. Walt Disney once said something that we can now apply to college: “Around here, we don’t look backwards for very long. We keep moving forward, opening up new doors and doing new things.” College is a time we get to start exploring our own intuitions, our own ideas, our own aspirations. So hold onto your enthusiasm, carry it into each new moment, celebrate the unexpected or unknown, and move forward with purpose! Every one of you has shown us you have what it takes; it is your turn to get out there and start writing your next chapter. We are so excited to be a part of this journey with you, and cannot wait to read your essays! We hope you feel as inspired about yourselves as we do.

Also, once the school year begins, don’t forget about us! Come and visit us in the Writing and Rhetoric Center. (We promise we won’t hit you in the head with candy, or force you to look at PowerPoints!) We will always be here to help, or even just to chat.

See you next week as we continue to develop writing voices!

Word on the street
What do you do on your iPad?
I use it to keep track of my B-mod project. I also use FaceTime to contact my parents and friends in the nighttime. I am able to stay connected with my LA group through GroupMe.
—Jared Rincon

I use it for class notes, to take pictures, listen to music, and use studying apps.
—Ayleen Perez-Ventura

What is one goal you want to accomplish during SI?
Memorize the campus.
—Andres Rodriguez

Be comfortable around campus so I won’t be lost and also know where my resources are.
—Jason Situ
Reminders
Soar/EOP Meeting
Friday, August 7th
3:00 p.m. - 4:00 p.m.
Bldg. 14 (Rm. based on major)
CENG 14-249
CLA 14-251
CAED 14-253
CSM 14-252
OCOB 14-247
CAFES 14-246
*Remember this is a mandatory event! You will have the opportunity to ask your EOP advisor about your Fall classes and registration, about AP class credit, etc. You will also have the chance to meet other EOP students!

Sports Fest
Friday, August 7th
5:00 p.m. - 7:00 p.m.
See flyer for more details

Group Study Session
This Saturday and Sunday! Ask your LAs for more details.

Important Info about Academic Awards
Scholarships are presented to SI recipients by various organizations, and they are a great opportunity for you to receive money to help with future school expenses. Squeeze in some time to complete and review the applications. You can submit the applications to the designated contact via e-mail or you can also drop it off at the EOP Office (Hillcrest, Bldg. 81).

Don’t miss out on this great opportunity!

Homesickness
By Mayra Mejia

Congratulations on completing your first week of the SI Challenge! Now that you’re all getting really comfortable and situated, you’ll find yourself making friends and new memories. You’ll also find yourself very busy studying for Don’s exams and managing your time wisely regarding social activities, but one thing’s for sure: if you’re anything like me and are attached to your friends and family back home, chances are you’re going to start feeling homesick. Additionally, the food here is pretty good, but once you start getting used to the usual pasta dish at Metro, you’ll start missing home and mom or dad’s cooking.

Don’t take this negatively. Homesickness happens to all of us at one point or another. It’s absolutely healthy, and it’s definitely okay to talk about it to others. The last thing you want to do is to keep your emotions bottled up. This is actually the perfect opportunity to make your parents feel missed. They want to know you’re doing well and that you made the right choice in coming to Cal Poly and Summer Institute. Calling/Skyping them every so often to talk about some of your experiences so far, telling them you miss them, or simply saying hello makes them feel loved and appreciated. Plus it’s good to keep the Cookie Theory in mind and update your parents on your growth/change in thoughts and behavior so that when you finally do come home, they don’t think you’re someone else’s child. Being homesick has a lot to do with changes and adjusting to your new environment, missing the familiarity of things and your support system. In short, make sure to stay in touch with your loved ones more often, but to also find a healthy balance and seek a support system that suits you here in SLO.

On a more important note: being first generation, low-income, diverse students, you are the cream of the crop here at Cal Poly. Remind yourselves why you are here and what it is that motivates you. What drives YOU to continue along YOUR path to success? You’ve earned your spot here, and now is your time to take advantage of this opportunity. You got here by traveling through the dirt road, whereas others have had things easily handed to them. Each of us has a fire within – we just need that spark of motivation to start a wildfire. You’ve worked hard to get here. You were MEANT to be here and make your dreams become a reality. That in itself should be your motivation to stay focused, to strive to succeed and make your family and yourself proud of your accomplishments yet to come.

So if you ever find yourself down in the slumps, surround yourself with positive people, reach out to those who you can trust, stay focused on your goals, and keep the flame within burning.

A Day at the Beach
By Jon Diaz

Last year I went to the Montana de Oro beach with my wife (If you get a chance, you should definitely go! Look it up, it’s an awesome place!). As I was sitting down on the rocky sand, I noticed many unique looking pebbles. Some of them had colorful patterns. Others were perfectly round and smooth. As I sat looking at these pebbles, I thought about how long it must have taken the earth to create these small rocks. I’m not a geologist, but my guess is that it might have been thousands if not millions of years to create and give patterns to the small pebbles that I held in my hand. As I thought about how long it must have taken to create these tiny rocks, I thought about how all of it led to me being able to enjoy the simple beauty of the rocks for about five minutes.

With this story in mind, I would like to share the following message: Enjoy the little things. Enjoy what you have right now. Enjoy the fun experience of being a college student. Enjoy each second that you get to spend with this amazing SI family. Enjoy being able to sit in classes and listen to amazing professors that truly want to make your dreams become a reality. That in itself should be your motivation to keep moving forward and making your family and yourself proud of your accomplishments as you move forward.

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