You are almost at the conclusion of your first term at Cal Poly. You can almost entirely say that you’ve survived the SI challenge! I hope these next few days are very productive for you. I wish you the best in preparing for your Psychology final and finishing up all final class projects. Soon you’ll be back at home, resting and reminiscing on your Cal Poly days. See how fast time passes? Now you know what we meant on day one, don’t you? I sincerely hope that you enjoyed SI. I hope that you learned a little more about yourself and a lot more about what to expect as a Cal Poly student. You have made many friends, you will definitely not be alone in the fall. Remember to reach out and continue to foster these friendships as well as new ones. Continue to set high goals for yourselves. Stay in touch and don’t hesitate to come in to one of the SAS sites for help when you need it. We’re here for you! Take care and see you all at our next special event!

Best Regards,
Maria Arvizu-Rodriguez
SI Coordinator (marvizu@calpoly)

August 12, 2015

Maria’s Corner

Peer Pressure: High School vs. College

By Alvaro Perez

Peer pressure is known for the negative influences it can have on any individual, but specially us as first generation college students who have little to no knowledge of the college environment compared to our peers around us. While peer pressure in high school may have been easy to stay away from, the peer pressure you all will feel in college will be extremely difficult to not fall into. I am not saying it is impossible to not fall into peer pressure, I just want to point out how much self discipline it will take to do so.

I believe everyone can stay away from this invisible evil just with one simple word, "NO." If every student was able to use this one syllable word on a daily basis, it would cause all of our grades to significantly increase. But of course, it is not that easy. The Recovery Connection, a rehab resource, warns about the dangers of peer pressure and substance abuse in college states in one of its studies that “Peer pressure evolves when one person feels bad about saying no to a friend’s request. The student goes along with the request despite knowing that it is not the right choice.” And here is where the dilemma arises.

I would just like all of us to realize that we are all adults now and that we will be treated like so by the university staff. Now, we are all responsible for how our actions affect our future. It is really all on us individually as to where we want our lives to take us. With that being said, and I know it will be hard to do so, maybe the next time your friends want to hang out but you have a very important midterm to study for, you can use this magical concept of "NO" and explain to them how important it is for you to study for your exam. I am one hundred percent certain that they will still want to be your friend after your exam and who knows, maybe you’ll be their inspiration to develop better habits if they need to.

Word on the Street:

What will you miss the most about SI?
"The people."—Jose Ledesma

What has been one of your favorite things about SI?
"Getting to know the campus. It’s different being here and having the opportunity to get to know your surroundings."—Abraham Martinez

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Balancing A Social Life  
By Amy Gonzáles

As a first year, I learned that college had a lot more to offer than I had expected. In all honesty, it was far too easy to get carried away with all the fun there is in SLO. I quickly learned that being successful in college meant learning to balance all of my responsibilities, which included not just academics but also self-care.

Some people say that if you want to be academically and professionally successful, you have to choose between having a social life or good grades. I’ve learned that the both are necessary and that the balance of these is important for achievement. As Psychology major, we learn that self-care is fundamental for everyone. When you don’t feel you are your best, you can’t perform at your best.

So what exactly do I mean by self-care? Self-care is the collection of your personal efforts to maintain physical, mental and emotional health. And the harmony of these three aspects can be different for everyone. In my field of study, we have notably researched the mental and emotional aspects of health. I’ve learned that not only are the physical, mental, and emotional aspects of health remarkably intertwined, but also having a social life is imperative to nourishing one’s health.

There is a multitude of research confirming that individuals who have a more fulfilling social life are overall more likely to have a better state of health. We are social creatures, so it is important that we take the time to feel close and connected to others, which is why the SI staff takes the time to not only make you all feel comfortable with us, but also with one another.

Just remember that a social life is fulfilling for different people in different ways. It is perfectly normal for someone to have just a small group of friends as it is for someone to have a larger group of friends. Overall, the goal is to know when you need your friends and family and when you need to focus on other responsibilities. Having a balance on your academic responsibilities is just important to your health and self-care, so it is important that you learn to distinguish when you need to focus on those responsibilities and when your social life is impacting the balance of maintaining those responsibilities.

My tips are to determine if there is a way to join the balance of these two. Personally, I find that working out with my friends is a way to be responsible for my body and social health. Also determine whether studying with your friends is feasible. I found that there are some friends I can study with(those who focus and encourage you to remain focused) and others I avoid studying with because socializing is just too much of a temptation and distraction. Also learn how to say “no!” to social events when you need to focus on other responsibilities.

Remember that managing time among socializing and academics can be a challenge, but it is absolutely possible! Time management skills are important to develop as you add more to your plate. It may feel awkward to schedule times to hang out with friends, but just remember that being responsible ahead of time will prevent stress that would overall make managing this balance even more challenging. So get out there and stay healthy!

Healthy Lifestyle 101
By Santiago Cisneros

Wow, it’s already the third week of Summer Institute! We are sadly almost done, but at least you are making healthy choices...or are you? I’m here to talk about how to have a healthy lifestyle while in college. To begin, always try to start you day with a good breakfast so you have energy during morning classes. Also, make sure you take some time off from your day to go work out and exercise because staying healthy means being happy! Make sure you eat healthy as well. Don’t always eat at Metro, learn to cook your own food and prepare snacks that you can eat throughout the day (you are what you eat).

Finally, and probably the most important, is sleep! Make sure you get a good amount of sleep every night. To make the most out of your night, try to sleep to white noise such as a fan or audio recordings taken from nature so that external noise doesn’t interrupt with your sleep. Of course, there are many other things you can do to stay healthy, but I believe these are the most important. Enjoy your last week of Summer Institute!

Staying Healthy
By Ricardo Lopez Borrayo

As we have heard throughout Don’s lecture we are all going to get FAT! It is important to let you know today that there are endless possibilities to prevent weight gain.

First things first, there is the all so new Recreational Center, located near the Kinesiology building. The Rec Center offers many classes such as H.I.T.T., Zumba, & Yoga which are all free. One can additionally participate in paid classes such as Swim and Self Defense. For those that still have not visited the Rec, there is equipment one can use such as a basketball court, tennis raquets, or ping pong paddles. Taking advantage of the Rec Center is the first step in potentially controlling your weight gain.

Another step students can take to prevent their weight gain is eating healthy. Cal Poly has its very own nutritionist, Megan Coats. Her office is located right outside of Metro. Megan Coats can and will teach you about what is healthy in each dining hall around Cal Poly. She will tell you which meals get you fat and which meals will boost your metabolism. Talking to a nutritionist will prevent one from starving themselves. Know that there are solutions out there that do not require one to not eat.

There are many resources that Cal Poly offers to keep individuals healthy. These two mentioned are two of the simplest and less complex ways to prevent weight gain. It is also the healthiest way to lose weight. I can let you know from experience that I took advantage of these two resources and I have lost the Freshmen 15, or should I say, Freshmen 30!

*You do not need your lanyard or nametag for the Alumni Banquet*

“Live as if you were to die tomorrow. Learn as if you were to live forever.” ~M.K. Gandhi~

“Don’t cry because it is over...Smile because it happened.” ~ Dr. Seuss~