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

Remember, you are Cal Poly students now...live by the Mustang Way! Also, remember to check your e-mail daily because this is how all official campus communication is sent.

New Home, New Opportunities
By Tesla Gibby

Now that you’re in college experiencing a new town, there are going to be so many new and different opportunities available to you. Take advantage of all of them to the best of your ability! Embody the “Yes Man” mentality. Join clubs and organizations that illustrate your interests. Play a sport you have never played before that has always interested you. Become involved in community service projects that you feel will improve your self-worth and the worth of your community. Study abroad and explore new cultures. Surround yourself with individuals who are different from you and from whom you can gain a lot of new insights from. There is no end to the avenues you can explore in your new home!

The purpose of college is to expand your horizons in every way possible. In order to experience the most personal growth during your time here, it is imperative that you learn to throw yourself out of your comfort zone. Looking back, the happiest times in my life were those in which I let go of my inhibitions and let myself experience things that were new, eye-opening, and humbling.

I would like to stress the fact that you can break past any boundary that exists and appears to block you from these opportunities. Your biggest concerns are probably money and time; as are mine. However, if you plan well and improve your time management skills (as Rikki talks about in his article), it is more than possible to have time available to allocate to all of the things you want to do. As you get older, you will realize that time is subjective and susceptible to change based on how you choose to use it. If something matters to you, make time for it. Similarly, if something matters to you, do not let financial struggles be the obstacle that stops you from pursuing it. You all have overcome countless obstacles to make it to Cal Poly in the first place, and that is the first step towards following your dreams. Follow that same philosophy with respect to your time here at Cal Poly. There are so many options available to help you out: scholarships, loans, student jobs, program fee waivers. If you want to experience something that would be personally enriching for you, but do not have the means to afford it, do not be afraid to seek assistance. Your EOP advisors can help counsel you in making a financial plan so that you can afford all of your dreams and desires.

These next 4-5 years of your life are going to fly by. You’ll hear that statement time and time again, but the truth behind it won’t hit you until you’re about to graduate. Don’t let that happen to you! You are all intelligent and diligent students, working towards a successful future for yourselves and for your families. But that doesn’t mean that your whole mindset should revolve around where you will be in the future. Because these are moments that you will never get back once you graduate. So live for the moments of the present and cherish the moments that make you feel alive and invincible.

“You miss 100% of the shots you don’t take.”
—Wayne Gretzky

Orientation Fun — Getting to know your SI family! ♥
Time Management and Success at Cal Poly
By Ricardo “Rikki” Lopez Borrayo

Entering college, many students begin to become independent from their parents. No longer are they reminded to complete their homework, do their laundry, or go to sleep. Many are oblivious to how time consuming many of these tasks can be. Many have the illusion of having a great college experience: making friends and obtaining stellar grades. The honest truth is that many incoming students will not do as well their first year of college due to a lack of time management skills. Establishing time management skills is essential to every students’ success at Cal Poly. Although there are many different facets to college life, it is possible to learn how to manage your time wisely in a way that allows you to be social, to sleep and stay healthy, and to do well academically.

Before you tell yourself that you have no time management problems, let’s see if you show any symptoms of lacking time management skills:

1. Do you have trouble focusing on items of important priority?
2. Are you missing deadlines in your classes?
3. Is your room disorganized and messy?
4. Do you overlook details because you are tired and stressed?
5. Are some of your personal relationships strained?

Lack of time management can be a habit that is really difficult to break. However, if you are someone who is always running late, constantly leaves assignments until the last minute, and feels stress all the time, the time to make a change is now.

One way to manage your time effectively is to create an agenda. The agenda is a tool that you can use to your advantage and will not be intimidating and stressful. It is key that you have a support group with whom you can confide your thoughts, feelings, or concerns. Bottling up your emotions can lead to dangerous outbursts that may deter you from your path to success.

Also take note that your professional life should not mix with your personal or private life. There are fine lines that should not be crossed in these aspects. Besides managing a healthy, balanced lifestyle, ask yourself this: are you truly happy? If not, change that.

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:

♣ “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 16, 1969 make it illegal for U. S. citizens to have any contact with extraterrestrials or their vehicles?

♣ In every episode of Seinfeld there is a Superman somewhere.

♣ Almost everyone who reads this will try to lick their elbow.

Life Balance
By Mayra Mejia
Throughout the next few weeks here at Summer Institute, you’ll find that it is easy to become overwhelmed by a surplus of things happening in your life all at once. Like most, if not all of you, I am here because I want to be successful so that I may give back to my family and those who have helped me along the way. Keep in mind that you made the decision to leave the nest to pursue a higher education. These are the years you will develop your identity. Put yourself first, but remember that being away from home does not mean you forget about those who care about you.

I prioritize my academics, but I also make sure to call or text my family at least 2-3 times a week. I also give myself a break from my studies by staying connected with my friends here at Cal Poly and attending University social events. I also take advantage of the fact that my friends are very active and thus have a source of motivation for staying in shape and keeping my physical health in check. One thing that I cannot stress enough is the idea that your body is your whole life! You must take care of yourself in order to pursue your endeavors. That being said, mental health is also a key factor to take note of. Being on your own in a new environment surrounded by new faces can sometimes be intimidating and stressful. It is key that you have a support group with whom you can confide your thoughts, feelings, or concerns. Bottling up your emotions can lead to dangerous outbursts that may deter you from your path to success.

Word on the street:
What did your parents say when you told them about your new FREE ipad?
“FELICIDADES! ♥ Cuidala y apreciala! Ya puedes estudiar todo de manera eficiente y aprender sin tener que preocuparte por el costo.”
—Mother of Tony Quintero

“Oh my, that’s amazing! Put it to good use, baby girl! Count your blessings.”
—Mother of Daisy Jimenez

Reminders:
Farmer’s Market
Thursday, July 31st
5:45-8:30 p.m.
See flyer for more details!
BBQ & Hike to the P
Friday, August 1st
5:30 - 8:30 p.m.
Meet at Cerro Vista
Community Center

Enjoy a delicious catered BBQ and join us as we continue SI’s tradition of hiking the Cal Poly P to watch the sunset.

“Wear your SI Shirts for our group picture!”

Group Study Session
Saturday, August 2nd
10:00 a.m.-1:00 p.m.
Location TBA
& Sunday, August 3rd
11:00 a.m.-2:00 p.m.
Library, Second Floor,
Collaboration Rooms: K, L, M, N, P, Q, R, and S

Want an ‘A’ on your first mid-term? Increase that possibility by participating in these group study sessions with your favorite LA’s: Alexis, Amy, Dannie, Fonsi, Mayra, Rikki, Santi, and Wendy!

Metro Dining Hours:
Lunch: 11:30am-1:30pm
Dinners: 5:00pm-7:00pm