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. Another is study skills. The midterm you have taken in your PSY 201 class will help you determine where you are on both of these areas. 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. Remember that a list of advisors and their office hours was included in your SI Student Folder. Enjoy reading through our second newsletter and good luck with your school work. See you soon!

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

Motivation & Majors
By Dannie Ceballos

Congratulations SI Crew 2014! You have officially finished your first week of college classes! Whether or not you have realized it or accepted it yet, college is hard work. Hopefully you’re seeing your efforts pay off and are planning on continuing your streak of success throughout the next two weeks and throughout Fall quarter. One of the key factors in continuing to work hard is to get motivated.

It has always been a personal struggle of mine to understand what people mean by those words. It’s as if the expectation is that I could just decide to be motivated and turn on my “motivation” switch and let everything fall into place. For the past two years that I’ve been here at Cal Poly, I’ve had the chance to learn just what it means to “get motivated.”

There’s no perfect formula for figuring out what motivates you individually. Everyone is different, and things that will inspire some people to work hard may not inspire others in the same way. The best thing that you can do is figure out what makes you feel accomplished. It could be earning a grade on a test that is better than the grade you received last time, or going to a class that makes you think in new and refreshing ways. Although it won’t work for everyone, being in a class that you love, even if it’s just one per quarter, will do absolute miracles for your motivation and overall happiness level at Cal Poly.

Finding classes that you love hinges on ensuring that you are working towards a degree in a major that you love. Personally, it took me 2 full years to find a major that I can proudly say that I love and classes that speak to me on a deeper level. Don’t be afraid to switch majors. As difficult as it can be, I promise you it will make “getting motivated” much easier.

If you are concerned that you have chosen the wrong major or are just curious about other majors, please do not hesitate to use your resources! Talk to your LAs for a student perspective. Go talk to your EOP advisors for logistical assistance on changing your major or exploring other interests you might have.

“Success is a journey, not a destination. The doing is often more important than the outcome.”
~Arthur Ashe

Inspirational Song Lyric of the Week
“We’ve planted a seed, an ever growing wonder to a beautiful tree.”
~To Plant A Seed by We Came As Romans~

Summer Institute 2014

How did the SI service project affect you on a personal level?
“IT makes me feel proud of who I am and the person that I have become. People have helped me get where I am and it feels good to be the person who is helping. It doesn’t matter how little I helped, all I know is that it can change another person’s life.”
~Moses Vieyra

“I was able to help and reach out to people in need, something that has been done for me in the past when my family was experiencing hardships. It brought back feelings of how grateful I was, and it brings me much emotional satisfaction to know that I could do good for others.”
~Stephanny Suarez

“What are your thoughts after hearing Donald’s motivational speech on Tuesday?
“He reminded me that even if life is tough, it is possible to succeed. I now know that even if my beginnings were tough, I must persevere and never lose hope.”
~Champpreet Singh

I know that statistics and numbers don’t define and represent my abilities.”
~Amanda Truong

“Lighting up the lawn before hiking to the P

Word on the Street

“The most impactful limitations you will face are the ones you will place on yourself.”
~Lin Hart

Upcoming Birthdays:

Brittany Withnell 8/8
Happy birthday to you!

Volume 30, Issue 2

Summer Times
August 7, 2014
Resources, Resources, Resources!
By Wendy Wen

Congratulations on surviving your first college exam! For those of you who earned the score they wanted, I applaud you. For those of you whose scores weren’t personally ideal, you should continue reading this article because I am going to give you some resources that will help you perform better on the next exam and during the upcoming school year.

Go to your professor’s office hours! Believe or not, your effort to attend your professors’ office hours can affect your grade! I can personally vouch for this. If you don’t understand something or have questions about your grade, go ask your professor! It is always a good idea to go to office hours and introduce yourself during Week 1 of the quarter even if you don’t have questions yet. In a class full of 100+ students, you have to put the effort in to make yourself known to your professor.

Go visit your EOP academic advisor! Because you are all EOP students, you have access to a plethora of free tutoring and academic workshops. During the school year, if you are struggling in a class, regardless of what that class may be, chances are, your EOP advisor can match you up with a personal academic tutor. And let me repeat and emphasize this. THE TUTORING IS FREE!

Go to workshops! Many, if not most, courses offer additional workshops outside of class that students can take to deepen their understanding of the subject. These workshops are held by upperclassmen who are either majoring in that subject or are very proficient in it. These workshops are often counted as a one unit class. This means that if you sign up for them, you must attend every session of that workshop throughout the quarter. You can sign up for these workshops by asking your professors for permission numbers to enroll in the workshop.

Last but not least, go make some friends! Study with your classmates! Find a small group of people that will help you be productive and study with them. Often times, if you don’t know the answer to a question, it is likely that your peers might have the solution to it. Additionally, if you accidentally missed class, these people can be your life-saver!

Bottom line: You have to learn to advocate for yourself in college and in the real world. There are always resources to help you, but you have to be willing to reach out and ask for help first.

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 8th
5:00 p.m.–7:00 p.m.
See flier 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 clubs and organizations, and they are a great opportunity for you to receive money to help with your future school expenses. Squeeze in some time to complete the applications. Review the applications thoroughly for due dates and submission instructions.

This past weekend I went to a beach Montaña de Oro 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. Some had unique shapes. 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 5 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 the best for you. Enjoy having the opportunity to progress intellectually and develop in your personal life. Enjoy your calls home to your family and friends. As crazy as this may sound, enjoy the hard times. Though we all have challenges and things that are tough in life, I believe that anything that we go through can ultimately be for our good. As tough as college life will be, just remember to enjoy every minute of it. And when you get a chance, go to the beach, pick up a few pebbles, seashells or rocks, and just enjoy the beauty of it all for a little bit.