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
SI Coordinator (marvizu@calpoly)

August 15, 2014

Maria's Corner

You’re Not Alone

By Tesla Gibby

Before SI ends and we all temporarily part ways, I would like to give one last bit of advice, drawn from personal experience.

During the transition from high school to college, a lot of emphasis is placed on academic success and making personal connections, both of which are important aspects of college. However, one of the aspects that is often overlooked is the importance of looking after your mental and emotional health.

One of my biggest struggles throughout my time here at Cal Poly was my battle with depression. I spent years thinking I was alone, but have very recently realized the falsity behind that thought. The purpose of this personal reflection is to emphasize the message that you are never alone. Your feelings matter, so I hope you take these words to heart. And I hope they help you if you are ever in need of comfort.

Never forget that you matter to someone. There may be times in your life where love and other beautiful things are hard to find, but I promise you they are still there.

Take solace in the little things—the friends that console you, the music that gets you by, the sport that keeps you motivated, the class or professor that keeps you passionate about your purpose, the simple words your family members send you that keep you uplifted.

There is always something to believe in, and there is always someone out there who believes in you. You are all so capable of overcoming any obstacle that falls in your path. I know this because you are here now, despite everything you have faced up to this point. So don’t let that fall break you. In fact, sometimes you have to fall before you can fly. The cheesiest lines are always the most true—just go with it!

I see so much beauty and light in each of you, and I hope you never lose sight of yourself as such a positive entity. I wish you the best during your time here at Cal Poly! ♥

SUMMER INSTITUTE 2014

Live for the moment.

Cherish the small things.
**Reminders:**

**Alumni Banquet**  
Friday, August 15th  
5:30 p.m.  
At the Chumash Auditorium  
Bldg. 65-Rm. 205  
*Remember to bring your nametag for the Alumni Banquet!*

**Closing Luncheon**  
Monday, August 18th  
12 p.m. to 2:30 p.m.  
At the Chumash Auditorium  
Bldg. 65-Rm. 205  
Come to our final special event of Summer Institute 2014. Celebrate your achievements with everyone from SI as well as some special guests!

**Closing Breakfast**  
Tuesday, August 19th  
9:30 a.m. to 10:45 a.m.  
At the Cerro Vista Community Center

**Group Study Session**  
This Saturday and Sunday  
With your very first college final coming up on Monday, it is imperative that you study hard! Ask your LAs for more details on this weekend’s study sessions.

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

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**Minimizing Stress**  
By Santi Cisneros

Congratulations on almost being done! Hopefully none of you are feeling down about your test scores, but if you are, just remember that you have made it here to Cal Poly. You have made it past any bumps in the road, and will be the ones to pave a road filled with opportunity and discovery. So stay positive, for you have just begun your adventure.

Look back at all of your accomplishments, all of your successes, all of the obstacles you have overcome, and all of the sleepless nights spent studying for AP exams. They have all led up to this very moment in Summer Institute! You have all accomplished so many things, so do not give up or falter now. Do not let anyone tell you that you can’t. Everyone believes in you! But for the days when you’re having trouble believing in yourself or you’re feeling stressed, follow my secret tips on how to minimize stress:

1. **Go outside.** Sometimes we forget the beauty of nature, the silence it offers our mind, and the feeling of being with nature. Go sit under a tree, lay down, and release all of your thoughts from your mind. Just let it all go.

2. **Exercise.** Go run, swim, lift, do anything to stay active! It is scientifically proven that people who stay active get better sleep and are more healthy overall.

3. **Plan your day.** Write out a plan on what you will be doing from the time you wake up to the time you go to sleep. This will make your life run much more smoothly and allow you to ensure time for relaxation in your busy schedule.

4. **Let your creativity out.** The mind wants to be free to do whatever it wants, so why not allow it? We get so caught up in living our lives day by day, that we often forget to just enjoy life. Paint, read, or write. Let your mind try new things; let it be creative!

Now that you have some tips on how to minimize stress, go try them out. There is only one more test to go, so make it count. After that final test, you will have completed the SI challenge! So stay strong and positive for these last few days. And know that each member of the SI 2014 staff is here for you until the bitter end.

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**The Signs of Alcohol Poisoning**

If you suspect that someone has alcohol poisoning, even if you don’t see the classic signs and symptoms, seek immediate medical care. In an emergency, follow these suggestions:

1. **If the person is unconscious, breathing less than eight times a minute or has repeated, uncontrolled vomiting, call 911 immediately.** Keep in mind that even when someone is unconscious or has stopped drinking, alcohol continues to be released into the bloodstream and the level of alcohol in the body continues to rise.

2. **Never assume that a person will “sleep off” alcohol poisoning.**

3. **If the person is conscious, call 800-222-1222 (in the U.S.), and you’ll automatically be routed to your local poison control center.** The staff at the poison control center or emergency call center can instruct you as to whether you should take the person directly to a hospital. All calls to poison control centers are confidential.

4. **Be prepared to provide information.** If you know, be sure to tell hospital or emergency personnel the kind and amount of alcohol the person drank, and when.

Don’t leave an unconscious person alone. While waiting for help, don’t try to make the person vomit. Alcohol poisoning affects the way your gag reflex works. That means someone with alcohol poisoning may choke on his or her own vomit or accidentally inhale (aspirate) vomit into the lungs, which could cause a fatal lung injury. For more information visit: [http://awarewakeuplive.org/](http://awarewakeuplive.org/)

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**Jon’s Corner**

A couple of weeks ago, I went to Big Falls with my wife, her friend and her kids. In order to get to the water hole, we had to do a small 10 minute hike. During the hike, the kids that were with us kept wanting to run ahead. Because we didn’t want them to slip and fall, we kept telling them to slow down. However, because they were kids, they just wanted to keep going fast. The only thing that worried me was one particular point in the hike, in which the dirt is very slippery and the trail is very steep (even worse than the P). Going up that portion of the hike can be a little bit easier because you can control your steps, but going down is the challenging part. Running down this trail makes it even more dangerous. The dirt on the trail isn’t very stable and because you are going downhill, it is very easy to pick up speed quickly and not be able to stop (until you fall and hurt yourself).

From the four kids that were hiking with us, the two older ones wanted to keep going fast (kind of like Ricky Bobby). When we got to the steep part of the hike going up, they were confident in their abilities. Coming back, they thought that they would be able to continue to go down the trail just as fast. As soon as I told them that they could start going down, the oldest kid started jogging down. In the back of my head I already knew what was about to happen so I tried telling him to slow down again. Unfortunately, he didn’t listen. As you can probably guess, he ended up falling down and hurting himself pretty badly. As soon as he hit the ground, he started crying. From the four kids that were hiking with us, the two older ones wanted to keep going fast (kind of like Ricky Bobby). When we got to the steep part of the hike going up, they were confident in their abilities. Coming back, they thought that they would be able to continue to go down the trail just as fast. As soon as I told them that they could start going down, the oldest kid started jogging down. In the back of my head I already knew what was about to happen so I tried telling him to slow down again. Unfortunately, he didn’t listen. As you can probably guess, he ended up falling down and hurting himself pretty badly. As soon as he hit the ground, he started crying. Luckily, he didn’t break any bones or injure anything vital. He had a lot of scrapes and cuts on his back and on his arm, but overall, after being held by his mom for a little bit, he was okay.

At Cal Poly you’ll have many people trying to teach you their methods of attaining success. Many will also teach you of pitfalls to watch out for. Over and over you’ll hear, “study 25-35 hours,” “use effective study skills,” “visit office hours,” “do this and that” and so forth and so forth. Because we want you to be successful, we hope that you listen to the advice from campus professionals that have been there before. We also realize that sometimes you’ll want to do things a different way than advised. If that’s the case, know that there are many “steep trails” ahead and we just want you to be careful. But if you end up falling, though it might hurt and it might be hard for you, know that as advisors and as a Cal Poly community, we will always do our best to help pick you back up.