

Summer Times

August 2009

Greetings SI Class of 2009!

Welcome to your “Quest for Achievement!” We are so impressed you took us up on the challenge to get a jump start on your education. Summer Institute will impact your future in more ways than you can imagine. We encourage you to take advantage of all the opportunities SI has to offer. Go to class and study “smart”, but also take time to get to know your new SI network—both students and staff. SI has outstanding faculty and staff who are eager to work with you. In addition, we have great special events planned, intended to give you a break from your rigorous schedule and allow you to relax and take part in some Cal Poly traditions. We sincerely hope you enjoy every aspect of the program and wish you the best during these exciting and intellectually stimulating three weeks.

Sincerely, Maria Arvizu-Rodriguez

SI Coordinator (marvizu@calpoly)

Maria



Be Prepared!

by Deanna Byrne
English Instructor, 2009

Well, it's finally here, college! You are not alone. I know I wasn't prepared when I started college. I missed what was familiar, the work load was hard and I didn't know what to expect. It took me two weeks just to figure out that I didn't have to pay for the student newspaper; it was free.

So, as you start on your new adventure here at Cal Poly here is some advice:

Be well-rounded. Don't just focus on one or two things in college - try new things, discover new people - get out of your comfort zone. Tomorrows' successes are leveraged today. Employers want diverse people that can shift and adapt. If you are not already this type of person, tell yourself to open up. There is no better time in

your life than your college years to grow in many directions. Use this time.

Find a mentor. Cal Poly professors are very welcoming to students. This is one of the reasons you may have selected Cal Poly is for the faculty. Use this resource. You may also want to find an upperclassman to help guide you. Use your resources! This is also a good lesson for life.

Learn persistence! Persistence will get you nowhere.

Avoid sleeping during class. Don't take 8am classes if you aren't a morning person. It will be too tempting to skip class. There is a study that shows that sleeping through a class costs roughly \$21 (this could be higher now). College is expensive - get what you paid for.

Learn how to use the library - a library orientation class is extremely valuable. Even though you have grown up on the computer and Google, using a library and taking full advantage of everything it has to offer is trickier than you might think. Do yourself a favor and take the course.

Don't worry about your future yet. Just stick to getting through your major and your classes. There will be time for the rest. And, don't feel bad if you take a wrong turn along the way. You aren't the first and won't be the last - it only makes you a more well-rounded person.

In short, college is no cakewalk but you got into Cal Poly because you aren't afraid of hard work. Ask yourself again and again over the next four or five years, why am I here? Let that lead your journey.

Upcoming Birthdays:

Mariana Gutierrez 8/6
Alex Fernandez 8/9
Abraham Meza 8/11

Recent Birthdays:

Jose Ascencio 7/22
Ryan Hoang 7/30



Your SI Learning Assistants!

Anh Nguyen, Lily Castro, Tasha Roehrick
Andrew Righter, and Jacob Lopez,

You never really leave a place you love
Part of it you take with you
Leaving a part of you behind.
~anonymous~

SOAR Reminder

- On the following days SI students will be attending SOAR depending on their major:
- Thursday, August 6th—Orfelea College of Business, College of Science and Math, and College of Agriculture, Food and Environmental Sciences
- Tuesday, August 11th— College of Liberal Arts, College of Engineering, and College of Architecture and Environmental Design

Your LA will give you a schedule for that day!

Check your email about Academic Awards!!



Reminders

BBQ & Hike to the P

Fri, August 7

5:00 - 8:00 pm

Meet at Cerro Vista

Community Center

Enjoy a delicious catered BBQ prepared just for you and join us as we continue SI's annual tradition of hiking to the Poly P to watch the sunset.

P.S. Remember to wear your SI shirt for our group photo!

See you all at 5pm for dinner!

Group Study Session

Saturday, Aug 8th and

Sunday, Aug. 9th

(Optional Bowling Session on Saturday)

Meet in Cerro Vista

Community Center

Want an 'A' on your first midterm? Increase that possibility by participating in these group study sessions with your favorite LA's; Andrew, Lily, Tasha, Anh and Jacob. Come prepared!

Your LA will be giving you more information regarding the times!



Friends already!!!

The Earth Has A Heart Too!

by Tasha Roehrick
Learning Assistant SI 2009

We all know that there are environmental problems galore, and there are even more ways to curb our impact, but there are many easy things that even a college student can do to help reduce, reuse and recycle. One major habit that you Slers can change is how you drink your water. Yes, buying water in bulk at Costco is seemingly inexpensive and easy, but let me tell you a little story before you break open that next water bottle.

It was Thanksgiving 2008 and I was back home with my family. My dad went into the garage to get his handy-dandy water bottle (Costco brand, I believe) and took a sip. Immediately after, I heard him say "Ugh, why did I buy cinnamon flavored water?" And then, "Oh my god, it's not cinnamon-

flavored!" It turns out that, stuck at the bottom of my dad's water bottle, there was a chewed up piece of cinnamon gum. Things like this happen every once in a while with mass production of a commodity, but what you may not know about bottled water is that it has less regulations on it than tap water. That's right, for those of you who are grossed out by drinking tap water: the bottle you are reaching for may be less filtered and less purified.

So, what is the best alternative? A metal bottle that is conveniently located at almost every grocery store and even at El Corral! From Klean Kanteen to Sigg, you can't go wrong. They are made of metal (easy to recycle) and you can fill them up with free water. Not only will you no longer have to buy water bottles, but you will also help curb the amount of plastic

that goes into landfills every year.

Now I know many of you already know all of this (like the wonderful Knot Factory, I love you all!), but I just wanted to give you a little reminder. Because hey, the Earth has a heart too.



Fun GREEN Facts

- The energy we use in our homes causes more greenhouse gas emissions than driving our cars.
- Besides saving trees, making paper from recycled paper uses 30 to 50% less energy than making paper from trees, and reduces air pollution involved in the paper making process by 95%.

- To make one ton of paper, it takes 1,600 lbs. of wood pulp, 400 lbs. of inorganic fillers (like clay), 25 lbs. of dyes, 30 lbs. of miscellaneous organic chemicals, 80 lbs.

Information Courtesy of WOW

Worried about a balance on your student account?

If you still have a balance owed for Summer, this means that your financial aid for SI is still processing. Unless you are still missing required documents, do not worry about that balance—your aid will disburse sometime this coming week and you will see a deposit of approximately \$409 in the bank account you designated on your direct deposit.

If your balance is for Fall, and you are receiving financial aid for fall, then that balance will also clear (along w/ any late/penalty fees) when your aid is disbursed at the beginning of Fall quarter. For any further questions: visit Student Accounts or contact your SAS advisor!



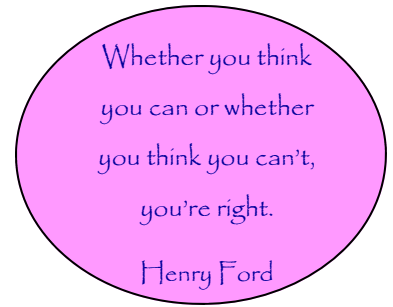
Strike a pose Jacob!

VG Café Dining Hours

Lunch: 11:30am~1:30pm

Dinner: 5pm~7pm

***Breakfast will resume on Monday, Aug. 10th**



Opening Dinner at VG Café

