Dear TRIO students;

The Office of TRIO SSS is here to help YOU. We know attending college can be filled with a few challenges especially if you are a first generation college student, low-income or a student with a disability. We also know maintaining the path and energy towards your graduation day can be made easier if you have a solid network of services and support at your fingertips. TRIO focuses on providing support for your academics, transfer readiness, community engagement and financial literacy because we know that succeeding in these areas will allow you to progress to a 4-year college. To make the most of this opportunity will require dedication, persistence and hard work.

Our services are designed specifically to help you succeed. Our programs objectives include helping you maintain good grades, stay in school, successfully graduate and transfer from Los Angeles Mission College to a university. Additionally we offer one on one tutoring, to study sessions, to career development workshops, transferring and financial literacy, to 4-year college campus visits, to meeting with the Counselor who can help you with your personal, education and career goals, we are here to HELP YOU.

So take a few minutes to surf our web page and learn what is available from the office of TRIO SSS. Please take advantage of the many programs and services SSS has to offer.

Sincerely,

Office Staff

SSS Director Maricela will return to the program on

November 19, 2012!

Monday– Tuesday
8:00a.m– 4:00 p.m.
Wednesday 9:00 a.m-3:30p.m
Thursday 9:00a.m-4:00p.m
Friday CLOSED

For questions or to schedule an appointment call: (818) 364-7821

SSS Counseling office:
(818) 364-7629
Counseling Hours: Monday 9a.m-10am,
Tuesday 5p.m-7p.m, Wednesday 1p.m-2p.m
Hello SSS Participants,

My name is Eustolia Ayala or Estee for short. It is with great pleasure that I join the SSS Team as your new Counselor. I graduated from Los Angeles Mission College in 2003, transferred to CSUN to obtain a BA in Psychology and in 2011 I graduated from La Verne University with a MS in Educational Counseling.

I've worked at Los Angeles Mission College for over eleven years and have had great opportunities to work for many Specially Funded Programs. Many of these programs have provided me with great experiences, working closely with students in different capacities, including counseling.

I've also been an instructor teaching (Computer Literacy, ESL, Career Exploration, Job Preparedness and Alcohol and Drug Prevention) at Pueblo Y Salud Inc. for the past nine years.

I am thrilled to be part of the SSS Team and cannot wait to meet each and everyone of you.

Estee Ayala
TRiO/SSS Counselor

Upcoming Workshops:
- The Transfer Process
- Follow your ED plan
- Time Management
- Goal Setting
- LAMC resources
- CSU/UC requirements
- Career Exploration
- Study Skills
- Team Building/Networking
  &
- Many Others
TIPS:

Develop a positive attitude!

Attitude: You have a choice in the way you perceive whatever is going on. You have the power to choose whether you think the glass is half full or half empty. If you're currently struggling with making a commitment to completing your education you may want to ask yourself the following questions:

- What is your interest and attitude toward college?
- Is college important to you?
- Are you willing to give up whatever it takes in order to be successful in college?
- How clear are you about your own educational goals?
- Is school really important or worthwhile to you?
- Do you have a "Plan B" or second major in mind?
- Are you able to eliminate negative "self talk?"

Look for long-term, not short-term, benefits. As you begin to look for benefits, beware of shortsightedness. Students tend to look for instant gratification—what's in it for me...right this very second in my life. This will disappoint you because it's difficult to see how Columbus' rationale for exploration in 1492 has any direct, right-now impact on your life. Rather than this myopic stance, take the long view to learning. Ask yourself, "What can history teach me?" "Will understanding the why's help me understand the what's?" The answer is absolutely...YES. What you learn in college helps prepare you to think through important issues and apply them to your daily life.

Avoid making negative comments about the course or the professor. A philosopher once heard a man speaking poorly about another man in public. The philosopher stopped the speaker and admonished him not to say such damaging things about another. The speaker asked the philosopher if he was trying to protect the man who was subject of the negative comments. "No," said the philosopher calmly, "I was trying to protect you from yourself." Negative comments about people can become self-destructive. Take this to the bank. Making and repeating comments begins to program your thinking for good or bad. When you start down this negative path it's pretty hard to get back. I've seen students develop an "attitude" and then try to defend it long after everyone else has seen that it no longer makes sense. Keep your comments positive—they foster a positive attitude.

Remember the Tortoise and the Hare. This is a corny story that you no doubt have heard since you were a child. But it is right on the money. The two, as you recall, were in a race. The hare should have won hands down, no sweat. But he took his talent (aptitude) for granted and underestimated a competitor with great attitude. Attitude beats aptitude every time.