

OCBF Empowering Youth to
Make Positive Choices
Orange County Bar Foundation

Higher Education Mentoring Program

Monthly Newsletter

February 2015

UPCOMING EVENTS:

Financial Literacy

Wednesday, March 11, 2015

6-8pm

Career Day

Friday, April 10, 2015

TBA

*** PLEASE RSVP!**

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Health and Fitness Workshop

On Wednesday, February 11, HEM hosted a workshop about Health and Fitness. We had two guest speakers from CSULB, Rita Hayes, who is the Director of the Recreation facility and Christine Galvan, who is a Professor in the department of



Kinesiology. Rita and Christine educated students on healthy dieting, physical fitness, and various ways to

avoid the infamous Freshman 15. This program provided students with valuable information to enhance their overall well-being. Lastly, our guest speakers provided students with more information about what types of programs College Recreational Centers have to offer!



UCI Campus Tour

On Friday, February 13, the HEM took a campus tour of UCI. A campus representative guided



ed HEM program students through UCI and provided them with information

highlighting the campus's unique academic programs, financial aid, and student life. In addition, current UCI student and HEM mentor, Sureima Santillan, provided information about her personal experience at UCI! Lastly, Santiago Sandoval and Nancy Aleman, who are your HEM Program Coordinators, are alumni of UCI and were also there to answer any further questions students had about UCI.



Self-Esteem & Body Image

On Wednesday, February 25, HEM held a Self-Esteem and Body Image Workshop for the girls. This workshop was presented by Angela Quintero, who is the Teen Program Coordinator at Girls Inc. Girls Inc. is an organization that inspires all girls to be strong, smart, and



bold. This workshop aimed to show students the impact the media has on women's self-esteem and body image. Students were exposed to the different ways the media portrays how women should look and how they actually look. This workshop stressed the fact that women of all ages, shapes, sizes, and capabilities have the right to feel good about their bodies and appreciate the bodies of others. Lastly, this workshop left the girls with a renewed sense of acceptance and value of their own and others external and internal beauty.

Meet and Greet

On Wednesday, February 18, mentees and mentors came out to meet each other! This event provided mentees with the opportunity to introduce themselves to their mentor. This event also allowed them to learn about their mentor on a personal level. There were various interactive activities, such as an ice-breaker, to help ease with this formal Meet and Greet. Lastly, this event was a great opportunity for mentees to ask their mentors any questions they have about school or the overall program.



Class of 2014 Shout outs

The following is a list of students who graduated with either an AA, Bachelors, or Masters degree in 2014. Congratulations we are very proud of you! They have all reached an important goal by hard work and perseverance. We know you will all take your work ethic into your career and have great success. We wish you all the best in your future endeavors.

AA

Art Institiuite of Orange County

◇ Glendy Gomez

Golden West College

◇ Claudia Rendon



Bachelors

Cal Poly Pomona

◇ Sandra Escoto

California State University, Fullerton

◇ Edith Rocha

◇ Maria De La Cruz

UC Berkeley

◇ Rachel Salinas

UC Davis

◇ Jessica Gomez

UC Los Angeles

◇ Darian Martinez

◇ Esmeralda Garcia

UC Merced

◇ Leslie Mejia

UC Santa Barbara

◇ Jasmin Rosales

Vanguard University

◇ Denise Correa

Wellesley College

◇ Jannet Sanchez



Masters

California State University, Long Beach

◇ Elisa Briseno, MA 14'

Pepperdine University

◇ Amalia Mejia, MA 14'

USC

◇ Gina Leon, MSW 14'

