

**Orange
County Bar
Foundation**

Higher Education Mentoring Program

Monthly Newsletter

March/April 2013



ORANGE COUNTY
BAR FOUNDATION

UPCOMING EVENTS:

Attention Boys and Girls

Study Skills Workshop



**Tues. April 30, 2013
6:00pm-8:00pm**

****Please let me know you
will attend!***

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What do an Engineer, Police Detective, a Social Worker and a Business Man have in common? On a normal work day not too much but on Thursday, April 4th they all shared the Career Panel at the Higher Education Mentoring Program's Annual Career Day. What an excellent panel they were! Participants heard what type of day each of our speakers had in their jobs. What kind of hours did each job require? Our engineer, Candace Wells, works 8-12 hours each day depending on the project ; SAPD Detectives, Eddie Nunez and Patty Navarro, are on call 24/7; Lori Cervantes works 7:30am -4:00pm on most days but 7:30am – 9:00pm on others; and Eddie Quillares, State Farm Representative, works the hours he chooses, however he worked long hours to build up his clientele to the point he is at now. The panel shared the various degrees and academics needed for each of their positions. The common thread: higher education leads to higher positions and higher pay. Their collective words of advice: Find what motivates you, find a job that you love going to, and find a career that you will be happy with.

Career Fair

Students were also provided with a Resume and Interview Skills presentation by Rose Rivera from Working Wardrobes. She provided great tips on what to wear and not to wear to an interview. What to say and not say during an interview and how first impressions are always important.

Students were given the opportunity to complete a Career Assessment to help them discover possible fields of interests. The event also included a networking lunch and fun raffle items. We thank all our volunteers that helped make this event possible.



**Our Career Panelist!!
Thanks for supporting our youth in
Santa Ana!!**

Self-esteem & Body Image Physical Fitness



On Thursday, February 28, Girls Inc. provided our junior and senior girls with a Self-Esteem and Body Image workshop. Students were shown the impact the media has on women's self-esteem and body image. They saw images of celebrities and the way the media has portrayed them to look a certain way. This allowed the girls to realize, that the way media portrays women and how women actually look, are completely different! The girls participated in an activity where they shared what qualities they liked about one another.

Girls Inc., included images of celebrities with and without makeup and a commercial that portrayed a female model being changed physically using Photoshop. The girls actively participated and stated their opinions as to the images and the commercial. They became aware of the importance of loving their own bodies and discussed the value of every shape and type of beauty. The workshop left the girls with a renewed sense of acceptance and value of their own external and internal beauty.

Welcome Raul



My name is Raul Alvarez. I am from San Jose, California and I'm currently a 5th year student at the University of California, Irvine. Prior to UCI, I attended Evergreen Community College before transferring to UCI in the fall of 2010. There I earned an Associate Degree of Arts in Psychology. I will be

graduating this June with a double major in Criminology, Law, and Society and Psychology and Social Behavior. After graduation I plan to attain a job as a probation officer where I can obtain practical experience with at-risk youth. In addition, I would like to continue to pursue my educational goals by earning a Master's Degree in Social Work. I look forward to working with you and assisting you throughout your educational journey. I will be available Mondays and Tuesdays from 2:30PM until 7:30PM or by appointment only.

On Thursday, February 28, the boys had a Physical Fitness Workshop. It was presented by Robert Diaz, our Shortstop/Programa Shortstop Coordinator. The primary goal of this workshop was to bring awareness and educate students about healthy eating habits, physical fitness and nutrition. The presentation focused on giving them valuable information and resources necessary to enhance their well-being. In addition, students were provided with a list of what to eat and what not to eat. They also learned how to calculate their calorie intake based on their current weight.



Career Fair Memories



Junior, Amanda Torres learning more about careers in Criminal Justice from Patty Navarro, SAPD, Gang Detective.

HEM participants enjoying lunch.



Our well dressed young men!