

**Orange  
County Bar  
Foundation**

# Higher Education Mentoring Program

**Monthly Newsletter**

**Winter 2013/14**



ORANGE COUNTY  
BAR FOUNDATION

## UPCOMING EVENTS:

### Attention Girls

**Mind +Body and Safe  
Dates Workshop**

**Wed. February 12, 2014**

**6pm-8pm**

### Attention Boys

**Physical Fitness  
Workshop**

**Wed. February 26, 2014**

**6pm-8pm**

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

## Undergraduate Student Panel

On Wednesday, November 20, 2013 the Higher Education Mentoring Program was honored to have guest speaker, Joanne Higgins, an Admissions Officer from UC San Diego, presented information on both general UC information and information specific to UCSD. Ms. Higgins also highlighted the differences between the UC's and CSU's, and spoke about financial aid.

Students were given the opportunity to have their questions and concerns answered during the Q&A session. The overall experience was beneficial — students were intrigued and entertained with the information given by the university representative. HEM participants will be able to familiarize themselves with UCSD during our campus tour on February 10, 2014.



A panel of undergraduate students from UC Irvine, UC Riverside, Chapman University, and CSU Fullerton shared stories about their university experiences, their respective major(s), and provided the current HEM participants with tips and advice on how to better prepare themselves for their higher education journey.

HEM participants enjoyed the humorous anecdotes shared by the university students. As an example, Johncarlo Meza, first year student at CSU Fullerton, stated "don't be surprised if you gain those freshmen 15lbs" based on his own personal experience as one of the most noticeable changes while attending college. At the end of the workshop, there was a Q&A segment for students to ask the student panel participants questions about topics or concerns not touched upon throughout the event.

## Contact Info.:

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## Financial Aid



On Wednesday January 22, 2014, Roman Cardona, Financial Aid Counselor at UCI, gave a presentation at the monthly workshop regarding financial management in college. Sources of assistance such as scholarships, grants, and the requirement for each category of financial aid was discussed.

The FAFSA (Free Application For Student Aid) application was a key point touched upon during the presentation. Information for the FAFSA application was made available to the students and important dates were announced. The application period for FAFSA is from January 1 through March 2, 2014

*\*Important:* Loans are the only type of aid that has to be paid back with a low interest rate six months after graduation.

## Save the Date!

Join us for a campus tour!



Monday, February 10

8:00am-5:00pm

UC San Diego

RSVP by February 5th

to save your spot!

[anaranjo@ocbarfoundation.org](mailto:anaranjo@ocbarfoundation.org)

## Time Management

Wednesday, January 29th, the juniors attended a Time Management Workshop presented by Adriana Naranjo and Janet Mateo. The objective of this workshop was to teach students how to become successful students by being more efficient with their time. The



presentation allowed the students to self-assess their current time management skills and reflect on their time wasters. Students were given proactive ways to eliminate time wasters, and were educated about skills to better improve their time management. Additionally,

they were exposed to the concept of the time management matrix which serves as a mechanism that will allow them to evaluate their responsibilities based on the level of importance and urgency. Through interactive activities, students were able to discuss amongst themselves their potential area of improvement and their plan of action in order to achieve their improved time management goal.

## Upcoming Workshops!

February

- Girls Only Workshop  
- Mind + Body and Safe Dates

girls  
inc.®

Presented by: Neisha Russel  
Date: Wednesday, Feb. 12  
Time: 6-8pm

- Boys Only Workshop  
- Physical Fitness



Presented by: Robert Diaz,  
Fitness Engineer  
Date: Wednesday, Feb. 26  
Time: 6-8pm

## Thank You Sponsors!



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