



# EL CAMPESTRE

From CAMP to Camp: Enriching Our Community



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## We Are All Legacies



"The time is now," explains **Teresita Alvarez** (Assistant Directed-UHDS, Diversity Initiatives & Programs). I don't know how visible it is to students, but this is an incredible time to be at Oregon State. There are a many transitions of diversity happening throughout campus, (for example the CCCC currently being built on campus.) Alvarez was and continues to be an active leader and help minority groups. During her undergraduate years in University of California, Berkeley, she was involved in MEChA, representing her community in numerous ways.

Although things weren't as easy. Alvarez asked herself something that repeated itself as an undergrad, "I am here now, now what do I do? How do I help show our community that this is possible?" Alvarez, a first generation student always knew she wanted to go to college, but one of her biggest struggles was, she had no idea how she was going to pay for it. "Remind yourself, everyone goes through struggles like those who are in minority groups, although minority group problems may be more visible than others. I want to continue to teach and learn more from students. Sometimes you move to different career positions, and forget why you are here. Make students your priority, understand and remind yourself, what you are doing and why are you doing it." You give people a really a high goal in the beginning and at the end of the process you look at them and are astonished at what they produced and learned, not only academically but beyond that.

"The struggles our families had are resilience. For example, crossing desserts, leaving their family, their home where they grew up and knew of to go somewhere completely different to give a better lifestyle, not only for themselves but for their families. You came here to college, not knowing maybe anyone, being on your own for the first time, you came here with a purpose just like they had too. It may have been to pursue a higher education to help your family. You can do it if your families did the same. Our families may not know how college fully works, but they did know what it was to work hard in life. Be present and remind yourself about why we are here. We want you to have a degree, but what you do with your degree is what really matters. Se olvida (You forget). You may say, once I get out of college I'll do this, for example help my Latina/o community or I'll do that...but the time is now. My colleagues are super invested in students, and will go an extra mile for these students that are waiting to be asked questions. You don't know what one thing will result from, until you try. What do you want to make sure to get done and grow by the time you leave? The work you've done will be your legacy."

**FYI: New Newsletter  
Editor - Nancy Lopez**



I am currently in my 3rd year here at Oregon State University, with a double major in Public Health and HDFS. I enjoy spending time with my family/friends, gym, hiking, volunteering, and traveling. Something I am very passionate about is volunteering. I have an amazing opportunity to travel and volunteer in underrepresented communities. Traveling for me personally isn't only about being touristic, but about putting yourself to learn about the cultures you are visiting. Try things that you are afraid of doing; I guarantee you, you will be surprised of how much you learn about yourself and others.

*Nancy Lopez  
Junior*



## *Resident Assistances Creating Change*



**Adriana Sanchez**, a former CAMP/CSI student of 2012/2013, is a first year RA in Hawley/Buxton residence hall. Sanchez found that exposing herself to asking questions, was the key to helping her with her RA position. "CAMP and CSI both helped me by staying connected and familiarize myself with resources on campus, and organizational skills. Not only are these essential skills that will help you become better students, but also resources that will help my residences," explains Sanchez. An RA is a person they look up to and set a good example. It is like building a community within the residence halls by leaving doors open, study lounges, and getting involved in the residence hall. It is like the fish bowl effect; you always want to be professional, because you never know who is watching. Sanchez enjoys learning about all the different reasons students decided to come to OSU. "Everyone's reasons are different, and we are here to value their reasons."



**Braulio Lopez**, a residence assistant of Finely hall was a former CAMP/CSI student of 2011/2012, explains how impactful CAMP/CSI had on his current position. "Being a former, CSI, I had the opportunity to know what UHDS is. I familiarized myself with what they do." During Braulio's first year at Oregon State and living in the residence halls, he didn't get to know people. He had the mindset, "These are my group of friends, and I don't need to know anyone else. He was fine with who he was and his culture. "Now as a RA, I encourage residents to get to know different cultures and people. It's a good feeling when residences go up to me for help and for me to be able to help them and point them in the right direction," explains Lopez. Leadership is something Lopez has learned, "Everyone has differently leadership styles and lead differently, but you don't know what kind of leader you are, until you are in the position." Lead by example is what has worked for Lopez. "Apply to be RA regardless of what you think. It's a great way to know people, helps you financially, and you get experience. You have balance your schedule and know that you're not just a RA, you are a student as well, but take the job seriously."

## **Announcements/Upcoming Events**

- |                                  |                               |                   |
|----------------------------------|-------------------------------|-------------------|
| • <b>Path to Scholarships</b>    | <b>January 15 &amp; 22</b>    | <b>CAMP Class</b> |
| • <b>Peer Mentor Ski Trip</b>    | <b>January 25-26 Mt. Hood</b> |                   |
| • <b>Peer Mentor Blazer Game</b> | <b>February 19</b>            | <b>Portland</b>   |
| • <b>CAMP Consortium</b>         | <b>March 8</b>                | <b>CWU</b>        |

# A Smile Can Change Anything

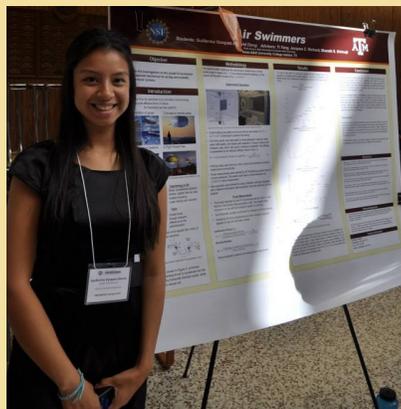


*"I would recommend for any person to travel and experience other cultures. Not just for personal enjoyment, but to really understand the way of life of others in developing countries."*  
-Anna Maria Marquez

Can you imagine being thousands of miles away from home, family, and friends on the opposite side of the world? In the search of a life changing experience, Anna Maria Marquez, a former CAMP student of 2009, devoted her summer to help with The Sukuli Project and Photovoice project in Sierra Leone, Africa. The Sukuli Project strives to improve health by creating educational opportunities, research, and helping the community with recovery and self-sustainment. During Marquez's travels to Africa, The Sukuli Project was completed. This trip consisted of creating photo images and a video in the village of Nayahuan, to help fund an elementary school. They also took demographics, made a village map, and updated the census of Kambama and Nayahuan, which helps the village know about population growth, the progression of new structures and how many latrines are available. The Photovoice project was the opportunity to give villagers cameras and they were able to take pictures of what they thought made mothers and babies sick or healthy. They wanted to know what the villagers thought about medical usage, such as traditional herbal medicine compared to western medicine. "One of the moments that stuck with me the most during the trip was when I gave a little girl a piece of donut/cake. Rather eating it herself, she shared what she had to the children around her. Everyone at the village was so humble, even though they only had that food for that day, they would still share it. We had so

many villagers be grateful for us just visiting their homes, and they would bring us fruit from their farms, for taking care of them. Humble is not just being kind, but an action that reflects more about a person's ability to really know what matters in life." Before Marquez had left on her trip, she hoped to gain more of an insight of what route she wanted to take, either in nursing or graduate school for her masters. "I wanted to know more about what I am capable of doing and what better way than in an impoverished and needed country, which is what I want to do with my education, serve the underrepresented communities. What I gained at the end of the trip was immense, I grew. I changed and now know more about the real world issues and how to be more humble. I think more about other countries' economic, healthcare, and social needs. I also found out that I am in the field I want to be, and I want to be a nurse and get my MPH," explains Marquez. After traveling back to the states, she realized and understood how privileged we are, and how we can help those who really need it. Marquez recommends to those who wish to travel to a foreign country to find a guide who has been to that country and/or with someone that who is culturally competent, "because sometimes we are giving privileges without us knowing and it is good to have someone to teach us, not to pass those boundaries. I recommend for students to have prior ethnic courses, to be more open minded and for people to have ethnocentric views on different cultures."

## Latinas Without Borders



"I want to find a job where I can't wait to get up in the morning to go to work," explains Guillerma Vasquez, a Mechanical Engineering major, who traveled to Texas A&M University during the Summer of 2013 to do undergraduate research. "I was looking forward more to see what a job of an engineer was, but rather it turned out to be more focused around what graduate school lifestyle is. I worked with Dr. Girimaji, Dr. Richard, and graduate student Yi yang from the aerospace department. The main focus of my project was experimental testing on caudal fin propulsion." After Vasquez's internship experience, she plans to apply for an internship that is more internship focused rather than graduate school focused. "I want an internship that gives insight into what the job of an engineer is. So I am applying for internships for this upcoming Summer and in Spring I am applying for MECOP which is

a two 6-month internship through a company that picks you from the university. I want to continue to experience different things to really figure out what suits me. Volunteer abroad or study abroad are also lingering ideas." Vasquez believes it is important to travel out of the state, because it pushes your comfort level and it really tests the limits of your mentality on what you want to do with your future. It gives you the feeling of "This is real. My future, my career. I could spend the rest of my life doing this."

# OSU CAMP Scholars Go Abroad

**Oliver Padilla**, a 6th year student traveled to Spain during spring term of 2013. He is currently majoring in Spanish. While in Spain he took an intensive grammar course, a film class, relation with America course, and a contemporary with Spain course. Padilla hopes to help people by being a translator and be able to know more vocabulary by traveling to other countries in the world such as, England. Before Padilla had decided on what study abroad he wanted to do, he had learned about his different options through visitors who came to talk to his class. "Talk to your advisor, financial aid offices, and others who have previously gone to study abroad before. There are many options out there for you, such as scholarships that you can apply for a year in advance."



Imagine hiking 8 kilometers up the hardest hill, of one of the worlds most extraordinary man-made structures. A detailed wall with so much history behind it, that you are able to vividly see the most breathe taking view from the top. There is much more than just the view of what seems like never ending of The Great Wall of China. The history that is held behind the beautiful structure carries on a difficult history, explains **Jacqueline Diaz**, during her study abroad experience in Shiaznhia, China this past

Summer. After Diaz graduates from OSU, she hopes to help people by being a translator. She wants have the opportunity to know more vocabulary. "I went in minor concentration china, I wanted to improve language skills. real world experience and go into that environment, culture, fascinated about culture, and heard and see, and really soak in the culture and all of that, I wanted to travel. never traveled to another place along, without family, in Mexico figure things out for self. Everything she wanted, language skills improved from a 30 percent to 65 percent understanding the language. Gained world wore perspective. some people America so closed minded, so privilege, number 1 nation. don't want to leave, have all the benefits, can't be a global citizen until you go out of our comfort zone. information about what it is that you'll be doing when studying abroad."

## Alumni... Where Are They Now?



**Abrahan Martinez**, a former CAMP student of 2006/2007 graduated from OSU in 2011 with a major in accountancy and finance. He is currently working for Columbia Gorge Community in Hood River and The Dalles, Oregon as a Career Pathways Coordinator. "I am currently developing a soccer

program at the college and also exploring and implementing best practices for Latino recruitment, retention, and completion. I truly feel that I get to do things that make a difference. My advice to those who are thinking of higher education (or any other office job) is to not get frustrated! My previous jobs were all about hard labor, fast results and not much coworker interaction; but with this job, it's completely different. That is why I recommend taking project management courses and/or workshops; it really helps you understand the importance of each step in the process, to solve problems before they become unmanageable and endanger your project, and the importance of working with others. My position is coming to an end June 2014. I am currently in the process of applying for graduate school at Portland State University (PSU) to pursue a Master of Science in Financial Analysis (MSFA)."



During **Yanele Gracia's** undergrad years at OSU majored in Exercise and Sports Science and followed the nursing track. "Although OSU did not offer a nursing degree I was still determined to graduate in 4 years and really enjoy college life. I have recently graduated from Linfield College with a Bachelor of Science in Nursing and am now a registered nurse at Salem Health. Nursing is a very dynamic career that offers many opportunities and that is why I

fell in love with this profession. Although I have not been working for long I am excited to learn from experienced nurses and am very grateful to be a part of a residency program that facilitates my learning. Some advice that I can give for those wanting to go into nursing is that if you are passionate about going into nursing you have a great advantage. Nursing is a career that requires a lot of compassion and dedication to serving others. If that is something you enjoy doing than you should definitely pursue a career in nursing. Now that you have the drive and determination the next step is staying on top of your school work and making sure to get good grades in your nursing pre-requisite classes in order to be a competitive nursing school applicant. Also it is important to do your research on different nursing programs and understand the requirements for admission at each school. I also recommend that you begin to make connections with your professors, advisors or supervisors so they can serve as references as well.

## Term Birthdays

### September

Saul Flores  
Lucia Ortiz  
Cecilia Zavala

### October

Yesenia Gonzalez  
Gabriel Rojas

### November

Alejandra Rodriguez

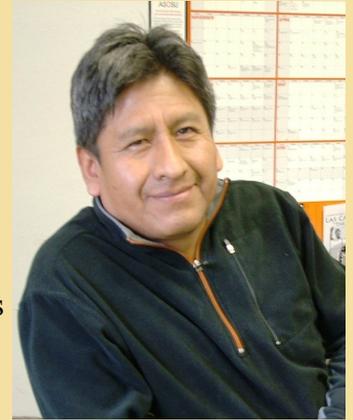
### December

Fidencio Arenas  
Marilyn Barba  
Ricardo Gonzalez



## AMAS' UPDATES

Welcome to our thirteenth issue of “El CAMPeStre” newsletter! As I write this section of the newspaper, I’m looking outside my window, the wet surface of the roads, thinking perhaps I’ll be stranded in my office due to the icy roads out there. This has been the coldest winter so far in this part of the world! It’s finals week! Some students are finishing up with their last exams, and others are headed home already. I had couple of students stop by my office to wish me Happy Holidays, good-bye, and give me hugs. We agree that time has gone by fast since they arrived in September. This year we have 37 new CAMP Scholars from 20 different high schools throughout the state. For the first time we have participants from St. Helens and Eco High School. I wouldn’t be able to tell where they are located, because I’ve never been there, but I’m happy CAMP has been able to recruit from isolated small high schools. One thing to point out of this group compared to other cohorts is so far we’ve had 99.99 percent of participation on all CAMP sponsored events. This is the last cohort of the five-year grant cycle. Since the inception of the grant in 2004, CAMP enrolled 342 students from all over Oregon. Close to 140 have graduated with their degrees and many are on their way to get their degrees. The program has been very successful on accomplishing our grant goals. I’ll be re-writing the grant proposal, which will be due in February. I hope we get renewed for another five years. On another note, I want to take this opportunity to welcome to CAMP, Nancy Lopez as the new editor for this newsletter and twelve student staff (office assistants, mentors, tutors) helping the program to provide excellent service to our students. I am fortunate to have them in my team. So, we begin to another successful academic year.



Amas

## CAMP Cohort 2013/2014



Lorena Ambriz, Saul Flores, Lucero Guiterez, Mariela Carillo, Vanessa Marquez, Eliazar Lopez, Isabel Arreguin, Eduardo Santacruz, Martin Cortes, Ricardo Gonzalez, Lucia Ortiz, Marilyn Barba, Johanna Vasquez, Jesus Solano, Jose Perucho, Paola Mendoz, Daniel Sanchez, Gustavo Garcia, Xavier Perfecto, Miguel Paniagua, Alejandra Rodriguez, Luis Hernandez, Fidencio Arenas, Janet Bucio, Emmanuel Flores, Gabriel Rojas, Yesenia Gonzalez, Tiana Rojas, Kenya Juarez, Jose Hernandez, Ixel Morales, Tania Mendez, Katya Campos, Alin Ortiz, Nayeli Ruiz, and Vicky Antunez.