



EL CAMPESTRE

From CAMP to Camp: Enriching Our Community

OSU
Oregon State
UNIVERSITY

JANUARY-MARCH 2014

VOLUME 6, ISSUE 2

ELCAMPESTRE is the newsletter for OSU's College Assistance Migrant Program and will be published Fall, Winter, and Spring Term.

Design & News Editor:
Nancy Lopez

CAMP Staff

Director:

Amas Aduviri
541.737.3923
Amas.Aduviri@oregonstate.edu

Program Assistant:

Maria Andrade-Diaz
541.737.2389
Maria.Andrade-Diaz@oregonstate.edu

Outreach & Retention

Coordinator:

Melisa Lopez
541.737.3909
Meelisa.Lopez@oregonstate.edu

Academic Counselor:

Greg Contreras
541.737.3911
Greg.contreras@oregonstate.edu

If you would like to submit any anecdotes, events, advertisements, questions, concerns, or comments feel free to contact any of our staff members at: el_campestre@lists.oregonstate.edu

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Oregon State University
337 Waldo Hall
Corvallis, OR 97331-6405

<http://oregonstate.edu/dept/camp>

Washington D.C.

Imagine being in front of the United States of America's most prestigious buildings, but not only that working alongside great leaders. This was a life changing experience that both Gabriela Bustos and Laura Galindo accomplished this past summer in Washington D.C.

Although Bustos explains having no political background experience, her determination and gratefulness of being accepted to intern for Senator Merkley, lead her to create her internship experience to be a reflective and transformative experience. She became aware of issues that were being discussed at a federal level, and was able to understand the different political areas at the end of her internship at a more basic level. Bustos explains the privilege she had to travel to Washington D.C. for the summer with the help of the HEP and CAMP programs, as well as Amas Aduviri, Director of the CAMP program at Oregon State University, who discussed this internship opportunity for her. "The internship program within Senator Merkley's office is absolutely amazing. We received plenty of fun tasks to work on, and we also got a small glimpse of Senator Merkley's intense work schedule." As an intern, she had the opportunity to shadow him for a day, and she could tell you that half of the time she was just trying to catch her breath, as she went from meeting to meeting. "The best part was every time I stopped for a moment and

realized that not only was I in the U.S Capitol Building, but I was walking next to a great leader." Bustos enjoyed the office environment with friendly staff and constituents that visited her office. She had an opportunity to sit down with the professional staff to discuss her career paths, and what she looked forward to in the future. They also shared a little bit of their own career paths, and how they received their current positions. Bustos goal was to understand how people live in D.C., and adapt to the fast pace lifestyle. Overall, the city lights, summer night breeze, and the wonderful thought that she was in a place where people only speak of and dream about, definitely sparked her interest in going back for another internship, or employment opportunity.

Alike Bustos, Galindo had a summer of determination and gratefulness for being selected to represent Oregon State University for the first time in The National HEP/CAMP Association Internship Program in



Laura Galindo

Washington D.C. Galindo had the experience to intern in the office of New York senator, Kristen Gillibrand. For nine weeks she was surrounded by high-end professionals, including lawyers, senators, congressmen, and even the President of the United States. One of my most memorable experiences in D.C. Galindo experienced was having the opportunity to lobby for Congressman Raul Labrador. They discussed Congressman Bob Goodlatte's Bracero Bill HR 1773. This Agriculture Guest Worker Act fails to provide any opportunity for the current farm labor force to attain citizenship. During the meeting she spoke about her background as a farm-worker. Galindo was trying to sway him to vote no on the bill. This experience left her emotionally and physically exhausted. Nonetheless, she thanked him for his time. Although she wasn't successful, she learned from this momentum experience, because she fought for her beliefs and the beliefs of others. "Events like this one is what keeps me going. I have the opportunity to be the voice for those who can't be heard and I intend to raise the volume", explains Galindo. She fell in love with the city and all the history behind it; with the sense of importance she felt when she wore her business suit. Most importantly, she fell in love with the friendships she made that will last a lifetime. "I wouldn't have fallen in love with so much if it weren't for the CAMP staff. Thank You Maria Diaz, Melisa Lopez, Greg Contreras, and Amas Aduviri."



Gabriela Bustos

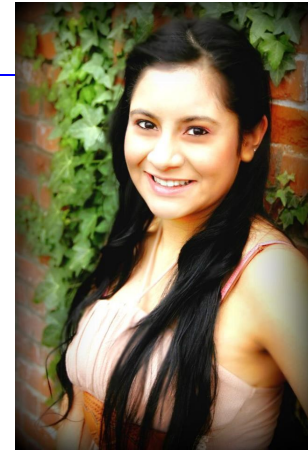
Public Health Students



Gabriela Garcia, Andrea Flores, and Nancy Lopez are part of creating awareness around our Oregon State University community and overseas. They are part of the Peer Health Advocates, where they promote sexual health issues occurring on our campus. They create events for students to attend and inform them of resources they need, while also creating ideas on how to help our OSU community. They are also part of Public Health Global Brigades, where they traveled to Darien, Panama the summer of 2013 to educate and create awareness about preventable diseases. *Shelly Zamora* also took part of the PHGB volunteer experience.



Gabriel Rojas, a mechanical engineer major received a 4.0 as a first term college student. CAMP has had a significant amount of influence on Rojas' first year of college, because they have helped him transition him to his new community at Oregon State. CAMP has taught him to work hard and build unity with one another; they have showed him and his peers that they are not the only ones who have struggles in college. Rojas explains that in order to be successful in school, you must be willing to put in the work that a college education is more than likely to provide. "What you put into life, is what you get out of it." His motivation comes primarily from his family; they have taught him to work his hardest in order to better himself and to earn a secure future. "You need to see that your parents have faced many struggles just to provide you with a secure future and what better to show them that their struggles are not in vain than by working your hardest in school." Procrastination has been a challenge Rojas has had to face; he has been able to overcome this challenge by using a planner and scheduling his work time and free time.



Alin's Lazaro, a current CAMP Scholar received a 4.0 GPA her first term at Oregon State University. She is currently undecided with her major, but she is certain that she wants a minor in both French and Spanish. One of the challenges Lazaro has faced was being away from home. Time management was a also another challenge she faced explains Lazaro, "At first I didn't know what to do with all the free time I now had to myself. I was always trying to figure out what to do next, but that changed when the success coaches came to one of our camp classes. They explained how we could keep track of our time, and how we could make list, charts, have planners to keep track of assignments." Lazaro says that choosing to attend OSU had been one of the best decisions, because she has learned many things and not only academically but about herself too. The skills Lazaro has acquired during her first term at Oregon State University was to always keep a list of her assignments and to cross them off as she finish them. Another thing that she has learned was to not be shy and to go ask for help. Lazaro explains that CAMP has not only been a great support group both emotionally and academically, but it has provided her with the right resources and skills to helped her attain her 4.0 this past term.

Announcements/Upcoming Events

- April 2 Welcome Back BBQ
- April 4 4-H Peer Mentor Trip
- May 18 Annual CAMP Soccer Tournament
- June 7 Annual CAMP Recognition Ceremony

CAMP Alumni In Grad School



Arturo Carrillo, a former CAMP student of 2007-2008, graduated in 2011 from Oregon State University with a bachelor's of science in Exercise and Sports Science. Carrillo is currently attending Regis University in Denver, CO to receive his Doctor of Physical Therapy (DPT). Carrillo came to OSU knowing he would need to go to graduate school. He chose this profession because he had previously experienced being injured himself. It combines science, exercise, and the human body into one career, and he really enjoyed that. Carrillo has experienced various things as a graduate student; graduate school is distinctly different than undergraduate years, due to how much busier you are. Last semester he received the opportunity to dissect his own carver from start to finish. He explains that he learned so much about how the body works and interplays between each organ system. Carrillo explains that his 2 to 3 hour lectures have been quite the experience. On a more positive note, he has enjoyed moving from Oregon to Colorado and getting to know his cohort of 68 intelligent and very cool people. After Carrillo graduates in 2016, he hopes to work somewhere for a few years, pay off his loans, and then hopefully open up his own private practice. He plans to graduate on 2016.



Melisa Lopez is a current CAMP Faculty member at OSU, and is also a former OSU CAMP student in 2005-2006. She graduated from OSU with a bachelor's in Human Development and Family Sciences. During her undergraduate years, she had decided she was going to continue school and apply to graduate school, although she is not your traditional graduate student. Being a full-time employee and a half-time graduate student, has been quite the experience physically, mentally, and emotionally exhausting for Lopez. It has been essential for her to surround herself with supportive people, such as family, friends, classmates, colleagues, and having a consistent study buddy. With her determination she has been able to balance work and school with patience and communicating clearly with others. Lopez didn't apply to graduate school right after her undergraduate years. Instead, she took a break from school to begin an entry level position at a university for two years, before applying to Oregon State University for her masters in College Student Services Administration (CSSA). Lopez's long term goals are to eventually get a PhD and pursue a career as a Dean of Students.

Interns Creating Change



Yesenia Castro, a former CAMP student of 2009 had incredible experience in an internship she took part of spring of 2013 in New Delhi, India. The purpose of her internship in MAMTA Health Institute, was to see the effectiveness of the new government initiative AEP (adolescent education program). In India talking about sexuality is very taboo, and there is a huge stigma around being sexually active before marriage. Castro researched and gathered facts about the importance of this kind of education in public schools and interviewed teachers, students, parents, and community members where their initiative has recently been implemented. Castro had many life changing experiences during her internship in India, but the most humbling experiences she had was living day by day in India and seeing the living conditions some of the people lived in. Despite the conditions that she would describe as unsanitary, not safe, unstable, **and unhealthy everyone she met and interacted with had a warm smile on their face**, and was willing to share moments and exchange words with her. After this experience Castro's passion for serving underserved populations was rooted even more! From this experience she looked and applied to non-profit organizations that had mission statements to ultimately promote health and serve those that need it most. She now has a job after denying a couple, where her values would not be supported.

During the summer of 2013, *Marlene Cervantez* had a distinct opportunity to work as an intern with the Oregon Health and Science University Summer Equity Program. The internship Cervantez was part of was researched based; therefore she did clinical research with a Pediatrician, Katharine Zuckerman, through the department of Pediatrics at Doernbecher Children's Hospital. The main purpose of this internship Cervantez was looking to gain was research experience, learn about the different healthcare program opportunities offered at OHSU, acquire knowledge through a mentorship relationship, and create a network for future references. While shadowing, Cervantez experienced a memorable opportunity where saw a beautiful little child with the biggest smile on their face. They were jumping around their bed with her new kidney. This patient had a rare case of being born without a kidney, and was now able to survive for four years with dialysis. Cervantez explains that she never expected to gain what she did through her internship. She was able to learn more in depth about certain areas, such as Autism Spectrum Disorder and how it is perceived in the Latino Community. She was able to apply her background in science to some real life scenarios, but most importantly she was able to learn what is not mentioned in a classrooms-cultural competence. This internship was also designed to teach her about the importance of diversity, and how we need to not only empathize it to others but understand why it's crucial to have diversity within healthcare.

Term Birthdays

September

Saul Flores-Flores
Lucia Ortiz

October

Gabriel Rojas
Yesenia Gonzalez-Cisneros

November

Alejandra Rodriguez

December



AMAS' UPDATES

Hard to believe, but today is a beautiful day! Spring is finally here! But this newsletter is for winter term. As usual winter term is very short and has been extremely busy for us. It seemed that we were sponsoring activities every weekend. We started off with a trip to Chicago for the USHLI Conference. Six current students attended the conference along with other 16 past CAMP students. The following week, all students and staff went to watch Portland Blazers against San Antonio Spurs. Couple weeks later, 20 students plus 2 staff went to Central Washington to attend the WA Consortium Leadership Conference. Also, CAMP students from UW, WSU, UI, CWU, HU, CBC, and WCC attended this conference. One of the highlights for our students was a stopover in The Dalles to eat "birria."



Also I wanted to highlight that during this term, I submitted our grant proposal for CAMP in hopes to continue with the program for the next 5 years. I'm anxiously awaiting the outcomes of the competition, which we will find out in July. Despite of not knowing whether we are funded or not, we have selected the next cohort for 2014-15. We plan to serve 35-38 students from throughout the state. As always, we in CAMP are very excited to meet this new group in June. In terms of our goals and objectives, I am very excited to meet or surpass these objectives. We've made several changes this year on how we do things here in CAMP; we have reevaluated some of the activities, and we have successfully implemented most of the recommendations. Our mission continues the same: "To provide educational and support services including outreach efforts to eligible migrant and seasonal farm workers and their children during their first year of college."

The CAMP program will continue to make sure students succeed in college and we will work with them until the last day of their classes. I am excited for the spring term, the nice weather, the celebrations, and seeing lots of smiles is a plus too.

Amas

CAMP Students at Blazers Game!



CAMP students, mentors and staff travel to Portland, Oregon to attend the Blazer's game at the Moda Center.