

COUNSELING CONNECTIONS



MISSION COLLEGE Counseling/Matriculation

FALL 2001 Volume 14, Number 1

Finding the Right College

Tips for finding your perfect college match

College characteristics to consider

Transferring to the right college or university can often mean the difference between graduating with the prize of a bachelor's degree or not. It is important to find out if you will be happy at a certain school. Do they have your major? Are the courses in that major the kind of courses you want to study? What kind of support services do they have? Are the people in the department friendly and supportive?

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Dealing with Stress After September 11

by Patricia Weiss, LMFT, Student Health Services

The events of September 11 have taken their toll on all of us, both physically and mentally. To remain healthy, we must learn to cope with the stresses that dealing with these events has caused.

Some of us have had personal losses of friends and family. Some of us have been bothered by the pictures and news reports we have seen, heard, and read in the media. Some of us feel that our safety has been compromised. We have worries and concerns about the future and how this will affect us in our daily lives.

Shock, anxiety, and fear affect our physical body in a variety of ways. We may have intense or surprising reactions, which may include numbing responses such as shock, disbelief, a feeling of unreality and feeling nothing. Emotional responses may include crying, sadness, anxiety, fear and missing loved ones. Physical reactions may include loss of appetite or increase in

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San José State
UNIVERSITY

SAVE THE DATE

for San Jose State's Open House
Discover San Jose State University
at the showcase for learning
SATURDAY, NOVEMBER 10, 2001

Prospective students, parents, alumni and community are invited to attend.

- ** Information booths on all colleges and programs
- ** Refreshments
- ** Campus events, demonstrations and performances
- ** Free Parking
- ** On-Site SJSU Admission
- ** Guided campus tours

One Washington Square • San José, California USA, 95192 • 408-924-1000

Get Grades Up – and KEEP Them Up – at the LATC!

By Leigh Anne Sippel

If you are serious about your studies, you should check out the LATC!

The LATC or, Learning Assistance & Tutorial Center is where all Mission students can receive academic assistance. The LATC offers 0.5-unit, self-paced skill-building classes for students who wish to improve their reading, writing, communication, grammar, ESL, and college study skills! No tests, no homework; just a flexible schedule and only 24 hours of lab time required!

In addition to skill-building, the LATC is the campus tutoring center for all non-Math courses at Mission College. Tutoring is free to any Mission student who signs up for IS 047 – Supervised Tutoring. Come by room S2-201 to get more information and see a schedule of tutors.

Students can enroll all semester long. For more information, come to room S2-201 during these hours:

Mon-Thurs 10am to 8pm

Fri/Sat 10am to 2pm



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Editor:

Joni Johnson
(408) 855-5040

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Mission's New Library Has Many Services for Students

by Judie Smith, *Bibliographic Instruction and Outreach Librarian*

Mission College's new Library is a campus resource you won't want to miss. The library opened last May with an enthusiastic response from students and faculty. The grand opening celebration was held on September 12, 2001 and provided an exciting start to a year-long celebration for the 25th Anniversary of Mission College.

The new library is a single-story, state-of-the-art, multimedia facility. It measures 22,500 square feet of net assignable space, doubling the size of the old



The ID card will enable you to borrow library materials and access the library databases from home.

library. The design is modern yet welcoming; functional yet aesthetically pleasing. It is 100% ADA-compliant and all-user friendly. The library has over 300 seats in the reading room to meet different study styles and preferences. 75 PCs dedicated to the Library Catalog and Internet/database research are available to students. In addition, the library has rooms for group study and library instruction, 35 video playback machines with close captioning capability; an assortment of other media equipment and equipment for students with a variety of disabilities; coin-operated photocopiers; as well as microfilm and microfiche reader/printers to service its microform collection, the most notable of which is a full run of The New York Times from 1851 to date.

The comfortable lounge furniture and large windows will entice you to relax between classes and read a newspaper, magazine or good book. Library resources in a variety of formats are available to help you with your class assignments and research. These include a book collection of 50,000 volumes, an audiovisual media collection of 3,000 units, and over a dozen index and full-text databases of magazine and newspaper articles, biographies, encyclopedias and dictionaries. Materials are selected to support the courses offered at Mission College. Textbook and course reserve materials are kept behind the Check Out desk.

The Library is open Monday through Thursday from 9:00 a.m. to 9:00 p.m.; Fridays from 9:00 a.m. to 6:00 p.m. and Saturdays from 10:00 am to 5:00 p.m. The Library is closed on Sundays and during school holidays. Bring your student ID card to the Check Out desk to be entered into the Library's computer system. The ID card will enable you to borrow library materials and access the Library databases from home. Librarians are available during all open hours to assist you in making the most of the resources available in your new Library. If you haven't already discovered the Library, check it out!

TRANSFER

Come to Transfer Night

By Susan Monahan

November 8, 2001

4-7pm

Center Space

You're invited! Come to the exciting TRANSFER NIGHT event on November 8, 2001 in Center Space. There will be more than 40 four-year colleges here to assist you with scholarships, housing, majors, and athletics.

Do you want to attend college in the redwoods? on the coast? in the city?

TRANSFER NIGHT will help you find the college you need. Interested in business, sports or marketing? TRANSFER NIGHT will give you the answers.

OUT OF STATE: Hawaii Pacific —on the shores of Honolulu; imagine going to college in Hawaii!

PRIVATE: Santa Clara University, Samuel Merritt Nursing, Academy of Art, University of Pacific and University of San Francisco-with strong pre-law and pre-med programs.

CSU: San Jose State, Hayward, Chico, Fresno, Humboldt, Monterey Bay, Sonoma and Stanislaus.

UC: Berkeley, Davis, Irvine, Riverside, San Diego, Santa Barbara and Santa Cruz

* make sure you ask about the \$20,000.00 scholarship at UC Santa Cruz for a Mission College student. These UC campuses have courses in: pre-med, pre-law, environmental science, music, art, medicine and business.

The Transfer Team at Mission (Elizabeth Camarena, Daniel Franco, Judy Hooper and Susan Monahan) is inviting you and your friends to attend.

Win a free prize — come into the Career /Transfer Center and guess the number of colleges from San Jose that will be attending. Prize awarded at TRANSFER NIGHT.

Finding the Right College *From page 1*

How can you find colleges that match your needs? First, identify your priorities. Next, carefully research the characteristics of a range of schools. Finally, match the two. Here are some college characteristics you should consider.

Number of Students

Size will affect many of your opportunities and experiences, including:

- * range of academic majors offered
- * extracurricular possibilities
- * amount of personal attention you'll receive
- * number of books in the library

Size

In considering size, be very sure to look beyond the raw number of students attending. For example, perhaps you're considering a small department within a large school. Investigate not just the number of faculty, but also how accessible faculty members are to students.

Location

Do you want to visit home frequently, or do you see this as a time to experience a new part of the country? Perhaps you like an urban environment with access to museums, ethnic food, or major league ball games. Or maybe you hope for easy access to the outdoors or the serenity of a small town.

Academic programs

If you know what you want to study, research reputations of academic departments by talking to people in the fields that interest you. If you're undecided, relax and pick an academically balanced institution that offers a range of majors and programs. Most colleges offer counseling to help you find a focus.

Campus life

Consider what your college life will be like beyond the classroom. Aim for a balance between academics, activities, and social life. Before choosing a college, learn the answers to these questions:

- *What extracurricular activities, athletics, and special interest groups are available?
- *Does the community around the college offer interesting outlets for students?
- *Are students welcomed by the community?

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What Is CSUMentor™?

CSUMentor™ is an online resource designed to help students and their families learn about the CSU system, select a college, apply for admission, and plan to finance higher education. CSUMentor™ is free to use. The student will only pay the application fee charged directly by the CSU campus when an application for admission is submitted.

Here are some of the topics you can find at <http://www.csumentor.edu>, including the ability to apply online. Many CSU campuses are recommending online applications for faster service and support. Cal Poly- SLO is requiring online applications.

Exploring Colleges: Matching Assistant

- Select criteria for a college search comparative view
- Comparison of campus statistics with sorting options
- Campus Tours
- Detailed campus profiles with photos, links and videos

CSUMentor™ Search

- Search CSUMentor™ and CSU campuses
- Frequently asked questions and answers about specific CSU campuses
- College Recruiter — Send your information to the CSU campuses you select

Plan for College

- Assistance for CCC students
- Graduate/Postbaccalaureate Students
- Assistance for graduate students
- Planning assistance for international students
- Test Information — Information on test(s) that need to be taken prior to enrollment
- Teaching Credential Information — Information on acquiring a teaching credential in California

Apply on Line

- Application Filing Status Report — Current information for CSU campuses
- Undergraduate Admission Applications — Apply online
- Graduate Admission Applications — Apply online
- FAFSA-on-the-Web — Transfer your information to the FAFSA CalStateTEACH Application — Apply online
- International Application — Downloadable international applications
- Educational Opportunity Program-Offers support to economically, disadvantaged students

Financial Aid

- Financial Aid Overview - Four Steps
- Financial aid information and cost-planning assistance PAIS
- Estimator of a student's financial aid eligibility
- FAFSA-on-the-Web
- Transfer your CSUMentor™ information to the FAFSA-on-the-Web
- FAQs - Financial Aid
- Frequently asked questions and answers about financial aid

Ask an Expert

- Student Support — Assistance in using CSUMentor™ and its applications
- MentorMail — E-mail for easy correspondence with CSU campuses
- FAQs — All frequently asked questions and answers about college and CSUMentor™
- Contact Information — CSU campus phone numbers and addresses

Take advantage of CSUMentor™ and make your transfer to a CSU university much easier.





UNIVERSITY OF CALIFORNIA

Notes from the UC

Applying for Spring 2002

October 1-31 is the filing period for applicants for admission to the spring 2002 quarter. UC Riverside is the only campus accepting applications for spring quarter. UCR is open at all levels in all areas in the College of Humanities and Sciences; all areas in the College of Natural and Agricultural Sciences except Biochemistry, Biology, Biological Sciences, Biomedical Sciences and Chemistry; open only in the Computer Science major in the College of Engineering.

Information about enrollment opportunities for spring is available on the pathways Application Center.

University of California at BERKELEY

(Excerpts from A Q&A with UC Berkeley Admissions Director Pamela Burnett)

What changes does Berkeley plan to make in the selection process for fall 2002?

The major change that we'll be making in the next admissions review cycle will be the elimination of our previous, separate academic assessment and the policy that dictated that we choose half of our admitted students based solely on academic criteria.

In their May meeting, the UC Regents allowed each campus to reexamine the University's "two-tiered" admission process, something the Berkeley faculty committee which guides our selection policy has been encouraging for several years. Under the current two-tiered selection policy, all UC campuses were to select from 50 to 75 percent of their undergraduate freshman and transfer classes only on the basis of academic performance and standardized test scores.

What is the new process?

Each applicant will be assigned a single, comprehensive score by at least two trained readers. Central to this score will be the applicant's record of achievement in college preparatory work within the school context. For example, we are aware of the courses available in a given school and the performance of other applicants from that school when evaluating each student's curriculum and performance. But we will also be looking closely at evidence of personal qualities and ability to really add to the vitality of our campus — both in class and out — through the personal statement, volunteer and paid work experiences and extracurricular activities. And although they will be given considerably less weight in our selection process than in the old "academic index" days, we will still consider all four standardized test scores in our comprehensive evaluation. As in the past, we will view students' achievements in light of the opportunities or hardships they've experienced. That's why it's critical that applicants provide us with information about their experiences or circumstances in their personal statements.

How does the recent UC Board of Regents resolution rescinding SP-1 and SP-2 affect Berkeley's admissions policies?

The decision by the Regents to rescind SP-1 really has no bearing on our admission process. Proposition 209, which made it unlawful to consider race or gender in college admissions is still in place and therefore, like other UCs, we do not use this information in our selection process. However, we hope that the rescission of SP-1 will encourage the application of promising students who might have felt that the University was not welcoming to them.

What about transfer students?

The personal statement is very important. Not only do we want to know about any factors that may have affected an applicant's community college or transferable college record, including their grades, but we need to know information about how and why they've chosen their intended Berkeley major. Course selection is critical for community college students so they can meet their UC eligibility and major requirements. Major preparation is often the pivotal issue in our transfer admission decisions, and good course counseling and planning can make all the difference.

What is the best way for prospective students to get information about Berkeley?

Our campus Web site: admissions publications will be available to download and print from the Internet for fall 2002.

<http://www.berkeley.edu>

2001-2002 Student Budgets for a UC

Average budgets for UC undergraduates living on campus and living at home for the 2001-2002 academic year are shown below. Figures are as of July 2001. Students are single, California residents. Actual costs may vary. Fees and expenses for 2002-2003 have not yet been set.

For 2001-2002, the University will, for the first time, require all undergraduates to carry health insurance. Students may either purchase coverage through a UC campus (prices are shown under healthcare below) or provide evidence of alternative coverage.

Berkeley

| | <u>Living on Campus</u> | <u>Living at Home</u> |
|-------------------------|-------------------------|-----------------------|
| Total Expenses | \$16,926.00 | \$9,990.00 |
| UC Fees | 3,429.00 | 3,429.00 |
| Campus Fees | 233.50 | 233.50 |
| Health Care | 460.00 | 460.00 |
| Books and Supplies* | 1,072.00 | 1,114.00 |
| Living (Room and Board) | 10,046.00 | 2,172.00 |
| Personal/Transportation | 1,685.50 | 2,581.50 |

San Diego

the Least Expensive of the UC Schools for living on campus

| | <u>Living on Campus</u> | <u>Living at Home</u> |
|--------------------------------------|-------------------------|-----------------------|
| Total Expenses | \$15,173.00 | \$10,841.00 |
| UC Fees | 3,429.00 | 3,429.00 |
| Campus Fees | 436.50 | 436.50 |
| Health Care | 489.00 | 489.00 |
| Books and Supplies* | 1,158.00 | 1,191.00 |
| Living (Room and Board) | 7,510.00 | 2,380.00 |
| Personal/Transportation ² | 150.50 | 2,915.50 |

*Book and Supply costs vary by living situation due to differences in computer supply costs (e.g. hardware, software, and data and online services).



New Director for ACCESS Program

Rosalie Ledesma returned to Mission College in August to assume the position of ACCESS Program Director. A native of San Jose, Mrs. Ledesma earned her B.A. from San Jose State University, her Master's degree from Harvard University. After working as an academic counselor and instructor at several local community colleges including Mission College, Rosalie served on the faculty at Santa Clara University where she taught courses in Education for over 2 years. From this position, she moved with her husband to Illinois to work at the University of Illinois-Urbana Champaign while he earned an M.B.A. in Finance. Most recently, Rosalie worked for Cisco Systems helping to develop a diversity recruitment program to increase the number of diverse candidates at various Cisco sites. These varied experiences have allowed her to realize that her work in the community college system was the most fulfilling and exciting. So, she decided that she would focus her career on her passion — working with community college students.

Rosalie Ledesma is absolutely ecstatic about returning to Mission College because of the opportunity to work directly with community college students and the ACCESS staff. Current and prospective students should know that Rosalie's passion is guiding students to the highest achievements possible. She is especially focused on improving transfer rates for students to 4-year colleges, particularly at top-tiered schools like Stanford and Harvard. After personally assisting over 50 first-generation, low-income community college students with transfer to prestigious universities and graduate programs, she is confident that this track record will continue at Mission College. Rosalie says that the most rewarding aspect of her work in the community college system has been hearing about the continued successes of former students she has personally guided. For example, one student recently graduated from Harvard Law School and another is now teaching at Evergreen Valley College after earning a graduate degree in Environmental Science at Yale University. Both first-generation, low-income students started their education at Evergreen Community College where Rosalie was their counselor.

For more information about the ACCESS program, visit their office at Mission College in Center Space right across from the Counseling Office or call them at (408) 855-5192.



Who Runs the MESA Program? Read and find out!

Char Perlas, MESA Director

Char Perlas received her Bachelor of Arts Degree in Psychology from Fresno State University and Masters of Science in School Counseling from CSU, Sacramento. She currently holds a Pupil Personnel Services credential and is working towards a second Masters in Public Administration. Char Perlas has been employed with Mission College since December of 1999. She has been working as the MESA Director since October, 2000.

Michael Tewolde, MESA Director's Assistant

Michael Tewolde is a Civil Engineer Major at Mission College and plans to transfer to Santa Clara University. He has been a MESA staff member since November, 2000 and has been attending Mission College since Fall, 2000. Michael Tewolde is a Dean's list student and plans to transfer in Fall of 2003.

Chris Barros, MESA Outreach Specialist

Chris Barros is a Computer Engineer Major at Mission College and plans to transfer to San Jose State University. He has been a MESA staff member since February, 2001 and has been attending Mission College since Fall, 2000. Since Chris' employment, the MESA program has grown from 24 to 63 students and is receiving new applications daily.

Sofia Godoy, MESA Student Assistant

Sofia Godoy is an Engineering Major at Mission College and is planning to transfer to San Jose State University. She is originally from Orange County, CA and has recently relocated to the San Jose area. Along with her Student Assistant duties, Sofia also provides English 1A tutoring for MESA students as well as orients students to the MESA program.

Jay Samson, MESA Graphic Designer

Jay Samson is a Graphic Design Major at Mission College and is planning to transfer to San Jose State University. He is currently working on a new MESA banner and T-shirt. He also developed the MESA web site located at: www.missioncollege.org/student_services/mesa/index.html

Many tutors also work for MESA, providing extra help through the year.

Finding Your College

From page 3

Campus life, Continued

- * Is there a specific ethnic or religious organization in which to take part?
- * How do fraternities and sororities influence campus life?
- * Is housing guaranteed?
- * How are dorms assigned?

Cost

Today's college pricetag makes cost an important consideration for most students. At the same time, virtually all colleges work to ensure that academically qualified students from every economic circumstance can find financial aid that allows them to attend. In considering cost, look beyond the pricetag to assistance available.

Diversity

Explore what you might gain from a diverse student body. Think about the geographic, ethnic, racial, social and religious diversity of the students as a means of learning more about the world. Investigate what kinds of student organizations or other groups with ethnic or religious foundations are active and visible on campus.

Retention and graduation rates

One of the best ways to measure a school's quality and the satisfaction of its students is to learn the percent of students who return after the first year and the percent of entering students who remain to graduate. Comparatively good retention and graduation rates are indicators that responsible academic, social, and financial support systems exist for most students.

The College Board site (www.collegeboard.com) offers a side-by-side comparison. Compare colleges side-by-side, with collegeboard.com's free College Search. You'll see college characteristics — everything from location to test scores — at a glance.

In addition to the College Board site, there are a variety of web sites developed to help you make decisions as they regard transfer. Check them out!

<http://iiswinprd03.petersons.com/ugchannel/ug-jump.asp>

<http://www.embark.com/>

<http://www.ucop.edu/pathways> (the UC site)

<http://www.csumentor.edu> (the CSU site)

(This article was taken from the College Board: <http://www.collegeboard.com/article/0,1120,4-22-0-52,00.html?orig=rel>)

Dealing with Stress

From page 1

appetite, smoking, drinking, feeling nauseated, insomnia, or inability to concentrate. Sometimes there are irrational thoughts about the event repeating itself. In addition, there are often fears that the same event will happen to us. We might worry about the safety of ourselves or others. Some feel haunted by media images that they cannot get out of their heads. Any of these responses are normal and might be something that you are dealing with now.

During this time it is important to take care of yourself both physically and emotionally. Make sure you are eating three well balanced meals a day, getting enough sleep, having some pleasant recreational experiences, and doing some relaxation practice and physical exercise.

During World War II, President Franklin Roosevelt stated in one of his early radio addresses to the nation, "The only thing we have to fear is fear itself." This famous statement is at the very foundation of good mental health practice. We have the ability to change our thinking. We can change our thoughts from negative to positive. As a result we change our feelings and change the activity in our physical body. Medical professionals tell us that stress lowers the immune system and makes us more vulnerable to colds and flu and other physical maladies. By thinking positively, we activate the various systems in the body to strengthen the immune system. We know that a strong physical body supports a strong emotional life. When we are fit, we are much more able to handle the stress that comes our way.

Also during this time it is important to talk with others. Express your feelings to friends and family. Talk with college personnel and stay engaged in relationships that are supportive and comforting to you.

Focus on your own life. Stay in your routines of work, school and play. Use any healthy strategy you may have used in the past to overcome difficult events in your life.

Now is a time that we as individuals remain strong physically and mentally. The changes that may come to us as a result of this national crisis are yet to be determined. If we are healthy we will be better able to handle whatever comes our way. We will want to remember as we go forward that we have the capabilities in this country to overcome the obstacles that seem to be in our way. We have overcome great tragedy in the past and we will overcome this one also!

Remember that you have Student Health Services which can help with physical problems that you may be experiencing as well as with mental health concerns.

Visit the Health Center in room W1 -303 or call (408) 855 - 5140. There are Counselors and Staff on campus ready to help anyone who needs assistance. Stay healthy!