

COUNSELING CONNECTIONS



MISSION COLLEGE Counseling/Matriculation

Spring 2008, Volume 21, Number 2



Don Cordero

A Good Friend Is Gone

by Ray Charland, Counselor

You and I, all of us connected to Mission College as students, staff and faculty, lost a good friend this past December. Professor and Counselor Don Cordero passed away, taken from us by cancer. Don's death is a big loss, most of all to his loving wife and children, but also to each one of us. Let me share with you some of the reasons why Don mattered so much to us at Mission.

Many of you may have known Don Cordero as your Astronomy teacher. If so, you know how much he loved studying the universe, and sharing the amazing wonders of astronomy with his classes. And you could especially see and feel his enthusiasm when he and Clint Poe would set up their telescopes out in the courtyard on a clear evening, so that everyone interested could see the rings of Saturn, or other objects of interest.

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Gigantic College Fair

Meet with more than 150 college admission representatives. Learn about admission requirements, financial aid, and majors.

When: Thursday, April 24th, 2008

Time: 9:30AM - 12:00PM - AND - 6:00PM - 8:00PM

**This event will take place at Mission College
Main Building - Center Space, and Gym.**

The event is free and open to the public.

For more information visit www.missioncollege.org and click on *Events*

*Sponsored by Mission College in partnership with WACAC
(Western Association of College Admission Counselors).*

Hispanic Community Tour

by Alicia Martinez, Counselor

Mission College's Staff Development and Global Education Programs sponsored a trip to the Hispanic community of San Jose.

Rebeca Sanchez, Connie Moralez, Alicia Martinez, and Alma Garcia planned an interesting and fun Hispanic Community Tour for Mission College staff and faculty. The group visited several institutions, including the famous eatery Casa Vickeys, that serve the Hispanic community

- **National Hispanic University** - We stopped by National Hispanic University (NHU). NHU was established in 1981 to serve the needs of Hispanics, women, other minorities and other learners. It is a private University that is accredited by the Western Association of Schools and Colleges (WASC).

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Venture Out To Study

by Joan Powers, Global Studies Department

"Nontraditional students and students at two-year and minority-serving institutions have very low study-abroad participation rates. In order to improve America's image abroad and to equalize opportunities for American students to succeed, we must ensure that the diversity of our nation is represented by those who study abroad." NAFSA – Senator Paul Simon, Study Abroad Foundation Act of 2007

Mission College faculty have risen to the challenge and created the following opportunities to study abroad. They have worked hard to provide quality experiences, keeping in mind the time and financial constraints of our students.

The following Global 005 courses and Biosc 030 course will be offered in Fall 2008. Preparatory course work will take place on campus or online prior to the study/tour component, which occurs during Winter Session, January 2009.

Global 05 - Vietnam/Cambodia (3 units) This course is designed to provide students with enjoyable, intimate and out-of-the-country learning experiences in Cambodia and Vietnam. Through direct contact with the cultures, lifestyles, and religious symbolism, students will develop intercultural understandings of human commonalities and global interdependency. Students will also develop a better understanding and appreciation of their own potentials while being in different cultures and environments. Among the various highlights, students will have opportunities to appreciate and learn about Angkor Wat, Phnom Penh, the Mekong River eco-system, fisheries, Can Tho floating market, Saigon, several area colleges, universities, temples and the Cu Chi tunnels. The approximate cost of the study/travel component is \$3000 with the tentative dates of Jan. 7-21, 2009.

For more information contact thanh_nguyen@wvm.edu or call (408) 855-5187

Global 05 – France, Italy and Austria (3 units) For more information on this exciting Global 5 course contact anna_brichko@wvm.edu or call (408) 855-5222

Biosc 30 – Tropical Ecology (4 units) This introductory-level course is designed for students of all disciplines interested in learning about tropical rainforest ecology first-hand. The 14-day travel portion of the course will go to three field stations in Costa Rica tentatively from Jan. 6-19, 2009, to study lowland rainforest, highland cloud forest, Pacific coast dry forest and coastal marine life. Principles of ecology, biodiversity, and conservation will be emphasized. The culture, economy, and public policy of the country visited and their relationship to resource conservation will be featured.

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Hispanic Community Tour

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- **Mexican Heritage Plaza** - We toured the Mexican Heritage Plaza which is one of the largest Latino cultural centers in the nation. The mission of the Mexican Heritage Plaza of San José is to affirm, celebrate and preserve the rich cultural heritage of the Mexican community and showcase multicultural arts within the region.
- **EL Observador Newspaper** - We had the opportunity to speak with Monica Amador, COO, Advertising & Marketing Director. Monica gave us a wonderful tour. EL Observador is a weekly bilingual newspaper serving Latinos in the San Francisco Bay Area. The EL Observador Foundation was established in 1983.
- **MACLA** (*Movimiento de Arte y Cultura Latino Americana*) - We visited MACLA which is an energizing contemporary art space located in San Jose. The organization was founded in 1989 by a group of community activists engaged in a broad mobilization to change the representation of multicultural artists within the City's art allocations.
- **Biblioteca Latino Americana** - We toured the Biblioteca Latino Americana which is a citywide resource for Spanish language materials. The Biblioteca was founded in 1974 by a group of mothers from Sacred Heart.
- **Upcoming Event:**

Please join us at our upcoming Global Education Brown Bag panel discussion: "Helping Latino Students Helps Us All!"

Date and time: Thursday, April 24th, 12:00 PM - 1:00 PM

Place: Campus Center 219-220

Panelists: Daniel Franco- Counselor, Alicia Martinez- Counselor, Margaret Juncker-English, Julaine Rosner-ESL, Diana Higuera- Student, Brenda Pinal –Student, Cesar Amaya Soria –Student



Addiction - What You Need To Know

by Patricia J. Weiss, Counselor/LMFT

A student came into the Student Health Center concerned about a relative who was depressed and drinking. She wanted to know what she and her family could do to help. This is often a common occurrence, family and friends wanting to help someone who they think is in trouble because of using and abusing alcohol and/or drugs. It is a difficult situation in which to provide assistance. Often the family member or friend has been abusing for some time. Often family and friends have tried to intervene without success.

There are all kinds of temptations out there, and advertising in movies, print, Internet, and the TV media bombard us daily. Not only promotions of marketing alcohol as a "feel good" approach and drugs for whatever ails you, but now there is the addition of the health benefit for drinking red wine. We are lulled into a false sense of security thinking that drinking wine will help us lower our chances of getting heart disease and it becomes a health aide for some. So the lines become blurred between acceptable and unacceptable behavior related to drug and alcohol use. This societal influence makes it difficult for those with addictive tendencies to resist.

The methods for helping adults with addiction problems is difficult. There are solutions, but the individual who is abusing has to want it and seek it out. Family and friends can be supportive and helpful when the individual with the problem allows it. Certainly seeking out professional advice is a beginning. Suggestions can be made to the abusing individual that there is help available. Without their willingness to participate it becomes a stalemate.

Individuals here at Mission College can seek help and assistance through Personal Counseling in the Student Health Center. Also any of the Counselors can be a resource for help as well. There are many community resources that can be found in the yellow pages of the local telephone book, as well as the Internet, that can be utilized. They all provide good information and helpful suggestions as to what to do. Sometimes just going to Google and putting in a word or two brings up dozens of sites where articles and information can be found. There are many other useful resources available, some of which are listed below.

Each individual situation is different. Therefore it is difficult to give specific advice. Meeting with a mental health professional can be productive in this regard. It will be important for those who are striving to get help for family and friends to remember that being encouraging and supportive is their role; it is not their responsibility for the recovery of their family and friends. The only person anyone can change is themselves. Just keep in mind, those that are seeking help for someone else, you are not alone, and there are resources available that can help you as you attempt to help someone else.

Resources:

Adult Managed-Care Services In Santa Clara County

www.sccdads.org

Recovery Connections Treatment Services San Jose

www.recoveryconnections.com

Self Management and Recovery Training (Bay Area)

Selfwww.smartrec-sv-org

www.drug-rehabilitation.com

www.alcoholics-anonymous.org

www.findtreatment.samhsa.gov

Student Health Center - 408-855-5140

Study Abroad

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Course fee (approximately \$2600) includes airfare as well as in-country ground transportation, all activities, lodging and most meals. Students will be responsible for their own trip costs and the purchase of items required for the trip. Advance application is recommended and a \$500 deposit is required upon registration to assure a space on the trip. The balance of the course fee is due on the second class meeting.

For more information contact elizabeth_bell@wvm.edu or call (408) 855-5208

NEW! Intensive Language Programs!

Summer 2008 in FRANCE:

Language and Culture Study in the age of Globalization (2 - 5.5 units)

This Study Abroad French program will take place this summer, June 9-27, in southern France, Montpellier. Students will have to enroll in one of the Mission College classes from beginning to advanced level, Conversational French, or Cultural experience. Estimated cost \$4200-\$4500 includes roundtrip airfare, train tickets, transfer in Montpellier, school tuition in Montpellier, books, lodging with a host family, breakfast and dinners, health and trip cancellation insurance, local tours and activities.

For more information contact anna_brichko@wvm.edu or (408) 855-5222

Wintersession 2009 in ARGENTINA

Intensive Spanish language and culture (3 - 5 units)

Students will fly into the capital city of Buenos Aires and then make their way to Bariloche, located on the southwest near the border with Chile. Bariloche looks like a little Alpine village and has a big lake, much like Tahoe; similar to Tahoe, it is a popular place for skiing in the winter and lake activities in the summer.

Travel dates will be just after the new year of 2009 for 3 weeks (during Winter Session). Estimated cost is about \$2000-\$2500 depending on fuel costs, the fluctuation of the US dollar, etc. The program is open to students, faculty, staff (*can be used for PG&D*) and students can earn Mission College language units for any Spanish language course. They will be able to experience true language and culture immersion by being housed with locals in Argentine homes and they will attend classes in the mornings with optional afternoon cultural classes and/or activities. We will be planning optional excursions (not included in price) on the weekends.

For information contact Monica Rivas: monica_rivas@wvm.edu or (408)855-5282

*Leave Your
Boarders Behind
And
Experience
A
Whole New World*

Don Cordero

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Don loved science and nature, and astronomy was a life-long passion. Others may have taken a College Survival Skills class with Mr. Cordero, or seen him for counseling advice. In class, Don made learning fun, with exercises and readings, guest speakers and things to do. He shared useful techniques to help you be a successful student, ideas you could apply. Students looked forward to his class.

If you saw Don Cordero as a counselor, you know what a good listener he was, how he helped you tune in more deeply to what really mattered to you, to your inner dreams and values. And then he helped you make a plan, a road-map of courses needed to move you towards your goals. And when you left his office, you felt that this person was someone who cared about you and wanted you to do well. Many of you may not know that Don Cordero started working over at West Valley College in 1974, before Mission College even existed. And that he was part of the group that helped plan for and create Mission College. So as soon as Mission opened, Don transferred over as one of the original faculty, and continued to help build the college to what it is today.

Don had a full lifetime of accomplishments when he retired in 2004, but he continued to teach Astronomy. He also enjoyed some amazing travel adventures to Nepal and China with family and friends. And then in 2006, he decided to run for a position on the Board of the West Valley-Mission Community College District, because he felt he could help resolve some difficult issues. He won the election, and as he had intended, made a big contribution to the Board and District. Shortly before his death, the members of the Board, along with many faculty from both colleges, acknowledged Don Cordero at a special Board meeting.

I know Don Cordero best as a counseling colleague. He was the Chair of the Counseling Department when I arrived, and served in that role for a number of years. Over and over in our weekly staff meetings, Don was consistently looking out for the students, making sure that necessary forms and procedures would help students, not hinder them. And he cared about the Counseling Department staff. He wanted us to not only provide excellent services for students and faculty, but to do well in our own lives. I miss Don, and if you had the privilege of knowing him, you do too. I miss his amazing ties, I miss his warm smile, I miss hearing him say, "Hey Ray, how's it going?," as we would pass each other on campus. And I am comforted by a statement I heard last week: "What we remember continues to live." We remember Don Cordero.

As Don Said...
"Carpe Diem"
(Seize the Day)

