

# COUNSELING CONNECTIONS



MISSION COLLEGE Counseling/Matriculation

SUMMER 2001 Volume 13, Number 4

## Terry Trombly, Valedictorian 2001 *The Future is an Adventure!*

Terry Trombly was Mission's valedictorian speaker at this year's commencement. He was born and raised in upstate New York and spent six years in the Navy as an electronics technician. He spent time in school in the Navy but it wasn't easy maintaining an education while serving aboard submarines during deployment. After the Navy, he came to California and has worked with his current company, ESL, for the past twenty years. Terry is married and has three children.

He began studying at Mission in 1997. When he realized that his 20 year old courses in electronics were too old to count towards that major, he decided to become a business major. *See Page 4*

## Mission's ACCESS Program Wins California State

## Exemplary Program Award



*Joni Johnson, Director of ACCESS and  
Dianne McKay, Mission Faculty Senate  
President*

Two California community college programs designed to improve student success were recognized with Exemplary Program Awards, sponsored by the California Community Colleges Board of Governors and given individual \$4,000 cash awards provided by the Foundation for California Community Colleges. One was a Math Improvement program at Bakersfield Community College. The other was our own ACCESS program, now completing its fourth year.

*See Page 6*

## Inside This Issue

Middle College at Mission  
LATC and Career/Transfer Summer Hours  
Pharmacy Tech.....*Page 2*

New Clustered Classes for Success  
EOPS: Its History and Legacy.....*Page 3*

Do It Now - Don't Regret It.....*Page 4*

MESA Retreat  
English in the Workplace.....*Page 5*

## Mission Student Wins \$1000 Master Student Scholarship

Charles McIntyre, a Mission College student in Don Cordero's "College Survival Skills" class (Counseling 1), was one of three people to win \$1000 in the national essay contest run by Houghton Mifflin. His essay appears on page 6.

Charles, called Chuck by his friends, returned to school after being in the Navy for many years. His love is history and he is considering becoming a high school teacher. The scholarship opportunity was presented through the Counseling 1 class Fall 2000. Two students submitted essays and his was sent on to the publisher. According to Don Cordero, "Chuck is definitely irreplaceable and was one of the constant contributors to the counseling class. He is very grateful for the opportunity to go back to school." He works a graveyard shift so he can attend classes afternoon and evening. He is married and lives in Milpitas. *See Page 6*

## Middle College Comes to Mission College

By Gwen Quail

After two years of collaboration between Mission College and Santa Clara Unified School District, Mission Middle College will open in Fall 2001 with 30 high school juniors. Two talented high school teachers, Carol Mack and Jennifer Jolliff, will be integrating the program into the Mission College community.

---

Mission Middle College will open in Fall 2001 with 30 high school juniors

---

Middle College is for creative, independent thinking students who have the potential and a sincere desire to complete high school. Students will take English and Social Studies with their high school teachers and a range of college courses to complete their program. Each student will have an individual education plan with specific education and personal growth goals. Students will be supported and encouraged to complete high school graduation requirements, as well as take courses that lead to four-year college transfer or a Mission College technical certificate or degree.



**Paid for by  
Matriculation  
Funds**

*Counseling Connections* is published 4 times a year by the Counseling Department at Mission College.

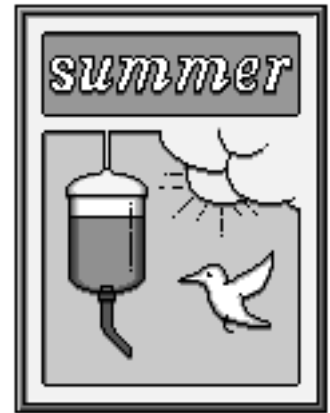
Editor: Joni Johnson  
(408) 855-5040

Mission College does not discriminate on the basis of race, color, national origin, sex, sexual orientation or handicap in educational programs, activities or employment.

## All Year 'Round – We're Here to Help!

by Leigh Anne Sippel

Students can receive help with class work and language skills at the Learning Assistance & Tutorial Center (LATC)!



The LATC offers 0.5-unit, self-paced skill-building classes for students who wish to improve their reading, writing, communication, grammar, and college study skills! No tests, no homework; just a flexible schedule and only 24 hours of skill practice required! Come to room S2-201 to find out which classes will suit your needs.

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 by signing up for IS 047 – Supervised Tutoring. Come by room S2-201 to get more information and see a schedule of tutors.

You can visit us during these hours:

Summer 2001 (June 6-July 26) : Mon – Thurs 10am to 6pm

Fall 2001 (September – December): Mon-Thurs 10am to 8pm  
Fri/Sat 10am to 2pm

## Career/Transfer Center Summer Hours

By Susan Monahan

The Career and Transfer Center will be open all of June, closed for July and then reopen in August. We offer students information regarding: Selecting a transfer college that teaches your major, choosing a career, selecting a major, and researching industries that offer growth and job potential. Don't miss the opportunity to visit the Mission Career and Transfer Center and talk with Elizabeth Camarena, Judy Hooper and Susan Monahan. Come in! We have candy, a welcome smile and great information to share.

## New Career Opportunities as a Pharmacy Tech

By Kathy Ricossa

Tired of your current job; need a change? Try a career in health. Informational meetings are being held to answer questions about the exciting field of Pharmacy Technician. Jobs are hot! The meetings are being held in room MT-F on: 6/13 (7-8 PM), 7/18 (3-4 PM), 8/15 (7-8 PM), 9/12 (3-4 PM), 10/3 (3-4 PM). For more information, contact the Office of Community Education: Rebecca Paniagua at 408-855-5105.

## EOPS: Its History and Legacy

*Mission EOPS Awarded Exemplary Status*

**By Tab Morales**

The EOPS (Extended Opportunity Program and Services) story began in 1969. Among protests and demonstrations, the birth of equal representation of people of color in universities came to be. It was a birth marked by pain and anguish, death and suffering. I know. I was there.

And so it came to pass that our legislators both in Washington as well as in Sacramento scrambled to formulate new laws that would enhance the education of minorities in the United States. A whole bunch of programs were instituted such as Desegregation and School Busing, Head Start, School Lunches, The Model City Educational Grant and Federal Financial Aid.

In California, there were two legislators, Al Alquist and John Vasconcellos, who together drafted a law that would become the EOP program. This program was designed to increase, and in many cases to bring in, minority students to public universities and colleges. In 1975 it became Extended Opportunity Program & Services. The program is now broader and accessible to all students regardless of color or race.

The staff of Mission College EOP&S is very proud of being part of this history. Our caring and able staff has done an outstanding job in promoting our program and supporting our students. As a consequence of this caring, our program was awarded Exemplary Status by the State Chancellor's Office/EOP&S, in a review that took place the second week of March 2001. Not only was our program proclaimed exemplary, but also our entire staff received high commendations for a job well done. The chair of the evaluating committee stated that never in the history of program reviews has one single program received such high commendations.

## New Learning Communities for Fall Make It Easier to Succeed

**By Christy Brown**

Mission College is offering 2 new clusters of courses for entry level students in Fall 2001. These consist of three thematically related classes which students take at the same time. They are called "learning communities" because faculty share instruction and assignments and the same students take all three classes making for a more supportive environment and a chance to see connections among classes.

### Fulfilling Your American Dreams

One learning community is called "Fulfilling Your American Dreams" and consists of :

English 905, section 3699;

ESL 135, section 3797; and

Counseling 901, section 4628.

These courses will meet from 9 AM-12 Noon on Tuesdays and Thursdays and from 10 AM-12 PM on Fridays.

***This community is geared to ESL students making the transition to college classes taught in English and to English composition classes.*** The counseling component is a new course called "On Course," designed to motivate and train students to succeed in college and in life. The reading and writing assignments in these classes will be related and will include field trips and hands on assignments. Students will earn a total of 8 units taking this cluster of classes and can earn additional units through work experience. The instructors for these classes are: Christy Brown (English), Mao Myint (ESL), and Ray Charland (Counseling)

### Survival on Success Island

The second learning community is called "Survival on Success Island" and consists of:

English 905, section 3693;

Reading 961, section 4242; and

Counseling 1, section 3605.

These classes meet from 10:30 AM-2:30 PM Monday and Wednesday and also total 8 units.

***The basic idea of these classes is similar to the first learning community but they are aimed more for the native speaker of English*** (although non-native speakers with prerequisites can also sign up). **The goal is to help students to "Work smarter, not harder."** The instructors are Peggy Messerschmidt (English), Dianne McKay (Reading), and Carol Beck (Counseling).

If you want more information about these classes, please contact your counselor or one of the instructors through his or her department.



# Do It Now!

by Ray Charland, Counselor

**I attended a wonderful funeral recently.** What made it wonderful was hearing a lot of people share their appreciation, admiration and love for a friend who died suddenly of a heart attack. I was deeply moved by the memories and stories these friends shared from their hearts. One by one, men and women walked up to the microphone and told what they appreciated and loved most about our friend Chuck. People laughed and cried as they remembered him and honored his memory. It was a beautiful memorial service.

**As I drove home, an important question came to mind. Did Chuck get to hear any of these wonderful acknowledgements while he was alive?** Did anyone tell Chuck how much he or she admired and loved him? Since his death was unexpected and sudden, my guess is that very few of us had told Chuck directly how much we appreciated his friendship, generosity, and sense of humor.

I began thinking about people in my life that I care about — my wife and my daughter, close relatives, friends, colleagues from work, neighbors I enjoy talking to. They all make my life more meaningful and contribute to my enjoyment of living. Do I let them know how much they mean to me? Sometimes I do, but often only briefly and in passing; a quick “Thanks” or “Love you.”

**What if you and I told the people we care about now that we appreciate them instead of waiting until their funeral?** What if you fully acknowledge how much they mean to you, how deeply you respect or love them, how profoundly they have touched your life? Would you feel embarrassed? You might, but so what? Your life and that of your friends will be richer.

We live in the illusion that we will always have another day in which to express our love to others or start working on our dreams. This illusion is reinforced by the fact we generally do have more time. But we really don't know how long we have. Putting things off becomes a habit, and one day, it's too late. Last year, at the memorial service for a colleague's wife who died of breast cancer at age 41, tears came to my eyes as her husband told of their desire to travel through Europe, a dream that could no longer happen. Don't wait.

**Who are you forgetting to appreciate?** What words of love could you say to someone you care about? What plans or goals in your life are gathering dust in a corner of your mind? What project have you wanted to complete for as long as you can remember? Are there things you've given up on?

## Do it now

A good way to get started is to sit down with a few sheets of paper and make a list. Call it “My Priority To-Do List”. Include a heading for “communications to friends and loved ones,” and write down all the people you care about, and a word or two to remind you of what you want to tell them, now, before their memorial service. Have another heading for projects you truly care about and want to take action on, and one for travels you most want to do. You'll think of other headings once you begin. The important thing is to start now, and to take some action, even if a small one, right away. Checking items off your list and recording the actions you take towards completing a goal will help motivate you. You will be surprised how much fun this can be and how good you will feel as you continue to “do it now.” And you'll avoid the anguish of sitting at a memorial service thinking, “I wish I had told her that when I had the chance.” **Do it now!**

## Valedictorian *from page 1*

Terry Trombly received his AA degree in Business and is entering his third term at Golden Gate University toward a BS in Technology Management.

**Terry will be the first to tell you that he was not a 4.0 student in high school.** “But I've spent a lot of years learning. What I've learned is how to listen and use the tools that are available to me. I realized I would have to spend a lot of my own time studying. The difference between my time in high school and now is that now I am able to focus. I can use my time effectively. I had to give up some things to do that. Mainly TV. I have become obsessed with knowing more and more and wanting to do well. I can't go into a test unprepared. It makes me feel as though I've let myself down. Taking classes requires a commitment of time, energy and money and to not strive to achieve the most that you can is a disservice to yourself. I am certain that feeling comes from my work experience. One's raises and promotions come from what one does. And that is true at school as well. ”

**When asked if he were different now from when he started Mission, he said, “I feel smarter. I am certainly more confident.** As soon as I got into school, I started picking up more responsibilities at work in a business sense. I've written market responses that have helped win one contract and may contribute to winning another. They were very well received and that information has been passed around the company. Their perception of who I am has changed. People are now seeking my advice and help in doing things.”

**Asked to give advice to those thinking of returning to school, he said, “You either want it or you don't want it.** If you need a degree, do it. The counselors were great in helping me move down the right road. Be patient. Enjoy the ride. I had a good time getting to know the instructors on a first name, one-on-one basis. This made the classes easier to get through. Now, I would like to teach at the college level when I retire from my current job.” Congratulations to Terry and to all 2001 graduates.

# 8th Annual MESA Leadership Retreat

*by Char Perlas*

“...go ahead and shoot for the moon; you’ll find your place in the stars...”

On Friday, April 6th, eight Mission College MESA (Mathematics, Engineering, Science Achievement) Students and a Mission College MESA Director, departed to the Santa Cruz mountains for the 8th Annual Statewide MESA Retreat. The retreat lasted for three activity-filled days and two fun-filled nights. There were a variety of activities available for the students as well as the Directors. Some of the activities included: campfire socials, nature hikes, a mystery spot trip, cardboard boat contest, MESA Alumni panel, salsa dancing lessons and industry panels. There were also a number of guest speakers present at the retreat, such as: Dr. Mario Rivas, SFSU Dean of Undergraduate Services; Dr. Phil Crews, UCSC Biochemistry Professor; and Dr. Robert Urtecho, College of the Sequoias Biology Faculty. Two Mission College students won awards at the retreat. Alex Garcia and his team won the award for the cardboard boat contest while Gerald Limun and his team won the award for “most team spirit.”



*The Mission College MESA Retreat Participants Pictured from top left to right: Gerald Limun, Gayathri Liyanage, Benjamin Chow, Char Perlas, Alex Garcia, and Clarence Jackson. Center: Angelito DeLa Cruz. Bottom Left: Chris Barros. Bottom Right: Mike Tewolde.*

## You need English in the Workplace !

*By Gwen Quail*

Over the last two years, faculty from the Information Technology departments and English as a Second Language (ESL) have collaborated in a learning community to address communication needs of students in technician training. This work was done in response to the fact that students were failing on behavioral and technical job interviews because of their limited ability to communicate in English. Following are quotes from industry leaders and a former student who helped explain to us the magnitude of the problem. As a result, we are implementing new teaching strategies in the technology programs and a series of new courses and student support activities in ESL and the Learning Assistance and Tutorial Center (LATC).

---

### Quotes from Employers: Read below and know that “You need English in the Workplace!”

---

“Your (CET) program is technically sound and your students are very nice, but we can’t send any of them forward for interviews or hire students because we can’t understand them.”

*Jerry Kissinger, Intel Corporation, May 2000 Job Fair*

“Give us students who know the basics of math, circuits, and computer electronics, who can read, write and communicate and know how to get along. We can teach them the rest of the technical skills they need.” — *Unisys Recruiter, December 1999*

“We are dismayed at the lack of basic business and communication skills in the college graduates we interview.” — *Barbara Beck, Senior VP, Cisco Systems, February 2000*

“We hire our Systems Analysts because of their technical skills. We let them go because of their lack of communication and teamwork skills.” — *Leslie Bowers, Senior Tech Manager, SUN Microsystems, September 28, 1999*

“Our biggest problem with filling job requests is finding workers who can communicate effectively. People come to us from training programs and community colleges with admin certificates or technical certificates, and they can’t speak, read or write well enough to do the jobs we have to offer.” — *Sadie Carlson, Business Development Specialist and Dave Gruber, International Education Consultant to Manpower*

“I . . . got my AS degree and I still can’t get a better job than I had when I started because I can’t speak or write clearly.” — *Student, 2000*

## ACCESS Program

From page 1



ACCESS is a federally funded TRIO Student Support Services program that serves 150 students who are either first generation to college, low income, or disabled. The program provides extra services including:

- \* extra tutoring
- \* mentoring
- \* longer counseling sessions for academic advising and transfer
- \* support in finding scholarships
- \* social get-togethers and cultural activities
- \* college tours
- \* seminars and workshops
- \* personal counseling
- \* monthly newsletters and weekly e-mails with up-to-date information on graduation and transfer.

The ACCESS program won the State award because of the success it has had in helping students to graduate and transfer. For the past three years, more than 15% graduated and/or transferred each year. Sometimes that number exceeds 20%. This number is significantly higher than the general college population.

The Program has decided to use the \$4000 to fund a perpetual ACCESS scholarship at Mission College and is excited to use this money to help students reach their goals. Currently, there is space for new students. If you are interested in more information, please contact the ACCESS office at (408) 855-5192 or come to the ACCESS Office at C1-117 in Center Space across from Counseling.

## Scholarship Winner

From page 1

**The ESSAY: Dream of a Master Student by Charles McIntyre**

Last night, I fell asleep reviewing chapters of *Becoming a Master Student* by Dave Ellis and found myself in a dream. **This was not my usual “I’m-naked-and-unprepared-for-the-test” nightmare.** This was altogether strange and different. Should I stay in the dream? After all, “I created it all,” I assured myself. I could always yell “stop” and wake up. “So on with the dream,” I decided.

Here came 3 X5 cards marching towards me to a tune I played on my monthly planner. The planner had become a piano, with the days as notes for me to read and play. In one corner I danced a square dance with other 3 X5 cards, dosey-doeing hand-over-hand. Each card seemed eager to chat and tell me some tidbit. “Yes, yes, I know,” I answered each in turn.

I began to sing along with my planner/piano, a song of reading, and climbed into that next segment of the dream. In the past, I had always read for fun, devouring books like potato chips. In my dream I saw this had left me with a potbelly full of books. However, my song became the text of *How to Read a Book* by Mortimer J. Adler. As I sang, I started doing pull-ups with the books. I began to pull harder and harder, lifting myself up. I watched as my arms and fingers became strong as iron, the old book-belly turning into the physique of a “muscle reader.”

**Next the dream had me piloting a biplane.** I towed a streamer with the words “Learning the Language of Higher Education” emblazoned on it. I saw words like “Academic Freedom” floating above the campus like balloons released during a parade. In the past, I had thought of “academic freedom” from the standpoint of students and their right to access classes. Now I had learned that it included the right of an instructor to raise the controversial issues and express unpopular points of view without threats.

**Soaring over the campus I wanted to find out who all these other students were.** They came from every part of the country, indeed the world. There were young students. There were older students like me, going back to class after a long period, perhaps pursuing an old dream. There were students with disabilities who wanted the same chance to get an education. I strolled out on the wing in scuba gear and dived into a fiber optic wire, swimming through the Internet to visit those using distance learning to achieve their goals. I saw what a difficult task they had “studying with children underfoot.”

**Would I be able to fit in? Did I have anything to offer that could help anyone?** Was this dream turning into the old apprehensive nightmare? I noticed a shimmering field surrounding me and saw it around all the other students. I realized that this glaze was the same feeling of apprehension and nervousness that we all shared.

**Perhaps the most frightening nightmare I have is taking a test.** Although receiving a grade is a measure of how well I did and not a measure of my intelligence the fear persists. In this dream, though, my favorite tool, the checklist, came to my hand. The items I had to review were popping to attention like little soldiers as I marked them off. I could daydream the day of the test and gently let my anxiety disappear in a gentle puff of wind. I could savor the reward I promise myself no matter the consequences of the test. As I slowly woke from my dream, I found myself not in bed, but in the classroom with an instructor beginning to hand out the final exam.

**My return to college this semester began with a dream of becoming a good student.** Along the way I found what it takes to become a Master Student. Constant review, active reading of material, networking among diverse groups, and being prepared are just some of the tools I learned. I am confident I can use these tools to deal with my anxiety or setbacks so that I am on my way to becoming my dream Master Student.