

Age of

Miriam Vazquez-Gonzalez: their educational goals, but we realized that it's important for us to acknowledge your personal goals as well, in order for you to be successful as a whole person. So we do strive to target all different areas of our students that we are working with

Miriam Vazquez-Gonzalez: And then, who we define as a dreamer at Cornell college we defined a dreamer, as any student that is undocumented. That means that if a student qualifies for SP five. Excuse me.

Miriam Vazquez-Gonzalez: They are documented or on documented as long as they are not a US citizen or permanent residence. We are here to support all the students navigating the journeys.

And I'm going to pass it on to miss Leslie cruise

Lesly: I will be talking about the different types of McAfee services.

Lesly: Go first one being a welcoming space. So we offer a welcoming space for all different types of undocumented students

Lesly: We also offer ally network. So we host various events and workshops where one can meet allies from the campus, whether that's staff or faculty

Lesly: And we also bring the systems assistance to forms and applications that in a documented student may need to fill out so

Lesly: As an as mirror and said that at 540 SP 68 and also assistance with their financial aid applications such as California Dream Act and the California promise crap.

Lesly: We bring assistance with the seven steps to success, which are the steps to get enrolled in hard now college and also assistance with Daiquiri know so we refer the student to one of the UFW

Lesly: One of the UFW personnel, so they can help with their doctor renewals every so often we do help with funding. It depends on the funds that we have for the students.

Lesly: And like I said referrals to services, whether that's inside campus or we can refer you to different departments or outside campus. Like I said, for example, UFW

Lesly: We have educational planning and counseling. So, apart from general counseling. We do have our own counselors.

Lesly: Is DC Travis and other than anything, is to help with your ed plans or any type of questions that you have in regards to counseling. We offer mentorship. So as you could see, at the beginning of the workshop we we introduce each other. So these are different types of people on the

Lesly: On the team that can offer you mentorship with anything that you may need even if it's academics or not academics and then we also offer social and emotional wellness activities.

Lesly: Miss Daisy nice has been the one that has offered those activities for us and hopefully she has some for the semester.

Lesly: We also have a bi monthly so they happen every two weeks immigration.

Lesly: So immigration legal services, like I said, we do have an affiliation with the UFW and they have these meetings, our workshops every two weeks of the month.

Miriam Vazquez-Gonzalez: And if I may add, Miss Leslie, we do have, like, Leslie said referrals are to

the community for non students, but we also do have an ego Fridays that focus on students and staff members that are seeking immigration legal services.

Can we go to the next slide please.

Lesly: So some benefits for me Casa

Lesly: Participants please keep in mind that some of these are on hold, due to coven

Lesly: So at once a year. We offer a hard no Dreamer scholarship and because of participants are eligible to apply for this scholarship

Lesly: The ones that are on hold our textbook lending laptop lending printing services and university tours.

Lesly: We wish we should restart resume to these ones covert is over. We also are like I said offer academic workshops and also different types of events. And then we have an affiliation with the dream club which I will talk to the end.

Lesly: Talk about at the end.

Miriam Vazquez-Gonzalez: Thank you, Leslie. So now,

Miriam Vazquez-Gonzalez: On to our guest speakers and we're going to start with Cindy Ainsworth from our library.

Cynthia Ainsworth- Librarian: Well hello, everybody. I'm glad I was invited to be here tonight and that I can talk with you. I've been thinking about, you know, what can I tell you about the library.

Cynthia Ainsworth- Librarian: That the most important thing for you to know. And of course, unfortunately, the library's closed right now. We even librarians and library staff don't have access

Cynthia Ainsworth- Librarian: To the library because we have a lot of great resources we have computers and printing. We have books to check out. We have course reserve reserve items. So those are textbooks that you can use in the library.

Cynthia Ainsworth- Librarian: So we have a lot of great resources that aren't available to us right now.

Cynthia Ainsworth- Librarian: So you can say well with the library being closed. What can how can you help me. Oh, we have a lot of online resources as well we subscribe to over 40 databases.

Cynthia Ainsworth- Librarian: That we have articles available for you to use as you do research for your different classes.

Cynthia Ainsworth- Librarian: And all of that as well and good, but that's not the most important thing. So, what I really want to tell you is that we do have a chat service.

Cynthia Ainsworth- Librarian: And I know it's a little intimidating when you click on the button that it says chat with a librarian are asked me a question.

Cynthia Ainsworth- Librarian: Because it's like, and I know that feeling because I've been on other library library websites and I'm a little nervous.

Cynthia Ainsworth- Librarian: About clicking that button because I don't know what's on the other side of that, click. Am I going to be on camera.

Cynthia Ainsworth- Librarian: Am I going to be expected to say something. Who's that other person

that's going to be there. So I want you to see.

Cynthia Ainsworth- Librarian: There are eight different librarians that cover the chat and they're all just like me and like, I'm going to show you here. I'm in my guest bedroom. There's the bed.

Cynthia Ainsworth- Librarian: My daughter and son in law are just sleeping. And they did a pretty good job making it because they are visiting this last weekend.

Cynthia Ainsworth- Librarian: I'm just sitting at my desk at my home all the other librarians are doing the exact same thing. So when you click on that chat button or asked me a question.

Cynthia Ainsworth- Librarian: You're getting somebody just like me sitting at a desk ready to answer your questions. And what's really cool is that the chat box will come up first.

Cynthia Ainsworth- Librarian: You can type your question in and then if you want to ask a little bit more and have a face to face conversation.

Cynthia Ainsworth- Librarian: We can open up that room and we can share the library screen and we can say, well, let's look here, let's go here. Let's do this. I can help you.

Cynthia Ainsworth- Librarian: But that first thing you have to do is click on that chat button. So when you do that, you're going to get someone just like me or me on the times that I'm sitting on the desk so

Cynthia Ainsworth- Librarian: We're here to help you because I know navigating those online resources can be difficult. And that's our goal is to support you. So welcome back to fall semester as crazy as it is and

Cynthia Ainsworth- Librarian: I'm glad that that we're all here tonight. So thank you.

Miriam Vazquez-Gonzalez: Thank you. Cynthia and students. This is the purpose of this tonight is to make sure that you can put a face to the resources that are available to you because it may seem like Cynthia, sir. Very scary.

Miriam Vazquez-Gonzalez: So our goal is to make sure that you feel comfortable clicking that button and accessing that resource because they are all there waiting for you to click

Miriam Vazquez-Gonzalez: And if you do have any questions, please feel free to post them on the chat. If you have any questions that you don't feel comfortable sharing publicly, you can go ahead and send them directly to Bronwyn model privately and she will disclose them anonymously to us.

Bronwyn Moreno: And I also wanted to point out that we did.

Bronwyn Moreno: handpick these guest presenters, because they are

Bronwyn Moreno: Proven our life that they show up and they they they show up. They show up for it for you all. They show up for our students. And so that's why they're here. So if you are still uncomfortable.

Bronwyn Moreno: Just reaching out broadly to different areas on campus contact these folks directly. I hope you don't mind me putting it out there like that, but

Bronwyn Moreno: You know that's I always recommend that just follow your instinct and go with who you're comfortable with and the people who we've invited today are proven Alice. Thank you for that.

Miriam Vazquez-Gonzalez: And we're always healthy

Miriam Vazquez-Gonzalez: Happy to reconnect you if you don't feel comfortable or if you forget someone's name. That's what we're here for. Now we're going to pass it on to Eastern is scientists from Crisis Counseling and emotional wellness services here at heart know

Israel Sanchez: Well, thank you again, my name is Israel Sanchez. And yeah, the bond one said thank you for the nice introduction. This is my second year doing this in my third year only being here.

Israel Sanchez: Thank you for Mona thank all the sins, for being here today as well. And a lot of the staff during this hard transition and for some of us, it looks like we're all being successful at the virtual world right now.

Israel Sanchez: As we're all here connected and I'm just saying right now. It's not for everyone, it's okay that if you're feeling

Israel Sanchez: That it's being you're having additional stress, whether it be from covert shelter in place or not being able to do the things that you can do, or were able to do

Israel Sanchez: Or trying to balance out maybe your school schedules and things like that. We are here. There are five of us here and I'm one of the five into two of us are Bilingual, Spanish speakers and

Israel Sanchez: We have enough time slots at this very moment where there's no waiting list where you can apply, you can apply actually online we've transitioned. A lot of our services to be online.

Israel Sanchez: If you go to her heart know homepage. You can just click on the student services, your student

Israel Sanchez: And you go to counseling and there's a crisis counseling service right there. You can click on is an online application and gets sent to our email we screen them. And then we get in contact with

Israel Sanchez: To you within 24 hours and it would either be myself or someone else and also you can put in, whoever you would like to to possibly meet with

Israel Sanchez: As well. You don't have to be with the person that is assigned to you can request somebody that you want to prefer, whether it be female, male age.

Israel Sanchez: Background cultural background Spanish speaking. What's important is that you're connected to the person that you're about to do some real difficult personal, intimate work with so we we deal with very with all array of issues, not just psychological

Israel Sanchez: Emotional. That's why we changed our name to emotional wellness and we use a lot of the services here because we all know that the campus is very connected and we need support for from everybody.

Israel Sanchez: We've referred refer students to me Casa to trio to to ups to the kinship care to also DSP DNS and a lot of other services here depending on what the student is going through so

Israel Sanchez: This is definitely a group effort and we're definitely have a great staff around to support all the students with their needs.

Israel Sanchez: The last thing that I do want to let you know is that we do have a walk in, or now, not so much walk in, but we can give you a call and we're trying to change to a virtual very similar to to our library.

Israel Sanchez: Where we have someone on call from 11 to 12 and you can call us with any, any questions, we'll, we'll answer them as soon as we can.

Israel Sanchez: And or hopefully within the next couple days will be able to do it virtually but that's from 11 to 12 but if you have any concerns about your well being. Please come down or have any questions have anything that you even if you even if it doesn't have to deal with.

Israel Sanchez: emotional crisis center, we can link you to some, some other resources around the community and also on campus. I think that's very important for us, for us, for all the students to know as well.

Israel Sanchez: Other than that, I think I covered everything if anybody has any questions, please let me know.

Israel Sanchez: Thank you, Ryan.

Miriam Vazquez-Gonzalez: We do appreciate the services offered by our crisis and emotional services team and students, you know, like he said they're here for for you, but also

Miriam Vazquez-Gonzalez: We know that sometimes talking about emotional health is not easy.

Miriam Vazquez-Gonzalez: And the conversation doesn't necessarily need to start on emotional health if you want to reach out directly to them or reach out to us like he said there's no walking service, but we're always happy to take you by the hand to the to them.

Miriam Vazquez-Gonzalez: You know, because sometimes it's hard to make that connection on our own. And we may need someone to help

Miriam Vazquez-Gonzalez: Us ask for help and us over here for

Bronwyn Moreno: At this time, do we have any

Bronwyn Moreno: Questions from

Bronwyn Moreno: Our students, um,

Bronwyn Moreno: You can feel free to unmute yourself or you can

Bronwyn Moreno: Okay, so I received

Bronwyn Moreno: A private message in the chat. So I'm not going to say who who posed the question, but I'm going to read the question out loud, and it's an excellent question.

Bronwyn Moreno: Hello. Quick question, Mr. Israel mentioned that he could connect us with resources and one of the resources. He mentioned was getting connected with trio

Bronwyn Moreno: That if I'm not mistaken undocumented students can't be part because the requirement to join is to be a permanent legal resident and I'll

Bronwyn Moreno: Answer that question. That is true about the trio program. Unfortunately, that is a federal federally funded program. It's one of the very few programs on campus that is is restricted by residency status, but, um, but I think

Bronwyn Moreno: But there's other programs that could provide you with a similar type of experience.

Bronwyn Moreno: And and as well as financial support as an alternative to the trio program. So one is one example is our mi casa program so trio actually helped us. It helped inspire me as a program because

Bronwyn Moreno: We were hearing repeatedly from undocumented students who

Bronwyn Moreno: were frustrated by not being able to participate in that particular federally funded program the LPs program on campus is also open regardless of residency status to if you have a be 540 or sp 68 after David

Bronwyn Moreno: Then you're eligible to participate in ups. Also the DSP s program you can receive services from DSP so there's there's almost

Bronwyn Moreno: Every other service on campus, aside from Korea. I'm so sorry. But if you have any other questions like that. It's a really excellent question. You can always ask me as a staff person first and then we can save you the stress of having to to ask

Bronwyn Moreno: You know, another person if that's helpful. But great question.

Bronwyn Moreno: Any, any other questions from our students.

Bronwyn Moreno: I can say with confidence that our

Bronwyn Moreno: Our mental wellness or our emotional wellness services are absolutely open to any heart now student and I don't think you even be asked to reveal your residency status, unless you wanted to disclose that

Israel Sanchez: Yeah, that's correct. So I want to clarify. I was just named a lot of the resources. I've used independently with

Israel Sanchez: With different students. So depending on what's needed and their goals. We do as much as we can to meet those goals and

Israel Sanchez: A lot of darker students will be referred to me Casa that's always the number one spot because personally as therapists we we don't wear

Israel Sanchez: Academic hats. We don't give legal advice we don't give academic advisor. We don't give those we're not legally able to do that because that's not our scope of practice. So that's what we use. We use a lot of different resources in the community.

Israel Sanchez: But regardless of that we do want to make sure that we keep confidentiality and privacy very, very clear.

Israel Sanchez: Because we understand that's the only way we can build trust with all our students right off right off her first initial interaction.

Israel Sanchez: So that's how we can do that and yes like Robin says we don't even ask if you you you're on documented documented. We don't even ask that unless you disclose that because we are our whole purpose here is to see what your purposes here for and we go off of that.

Israel Sanchez: So we don't have any other questions.

Miriam Vazquez-Gonzalez: Okay, so now we're gonna pass it on to karaoke from or ESL department.

Carol King: Hi.

Carol King: I'm so happy. I'm here and welcome everybody. I want to tell you a little bit about ESL, and I'm laughing because Israel studies been here three years I've been here for 30 years

Carol King: I'm just thinking, it may be anyway. Our ESL program is fantastic. Our goal is to get students prepared to succeed in English one a and transfer course level.

Carol King: We have beginning through advanced levels and

Carol King: There, when we're not online, like we are this semester we have classes day times and evenings at our cell campus main campus and King city. And I think in the spring, the solar data centers opening and then they will start offering classes there too. So basically,

Carol King: There are three tiers of ESL classes are beginning level is non credit and it's the short courses eight weeks. It's really to help people who aren't comfortable with college coursework or expectations to kind of get an orientation and a little survival English

Carol King: Probably most of the students that are coming in to the mi casa office are not looking for that, but maybe family members would be interested in those. And those are since those are non credit zero units.

Carol King: Residency is not important. We have our middle tier, which is more of the language acquisition level where we have lecture and required lab that the coordinates with that lecture.

Carol King: And then we have the two top level to top classes in our top academic preparation level are really

Carol King: For students who need to focus on their academic English reading, writing, vocabulary skills to be successful.

Carol King: In it, because going to college in another language is really difficult, even if you're very fluent those classes. The and I gave

Carol King: A chart and our core sequence, but I can send that to you post. I know I sent it to agree ANA and I, it is on the website somewhere, but things keep getting moved around. But I'll make sure that because I has that. But the 265 or the

Carol King: Those are the levels that we have a lot of students who have a lot of academic background, but they just need to brush up on their skills before they go into English one a

Carol King: We also have lab, a

Carol King: Series of lab courses, their self paced therefore levels from very, very basic, all the way to advance like some of the students at heart nail in English one a take that advanced lab.

Carol King: There, either one unit credit or zero unit non credit and those are an excellent option for someone who cannot commit to specific days and times. So if you're interested in those please email me and I and those can be added through the middle of the semester. So, even now.

Carol King: Placement. We have a placement tool on the heart no website to help you make a decision. It's a self guided tool.

Carol King: Because placement really depends on so many factors that can't just be some simple test. So we've kind of come up with a self guided tool. And if you're not sure you always should be talking to a counselor.

Carol King: Or, you know, email me and I'll try to help you get in the right spot. I think that's what I wanted to say tonight. But thank you so much for inviting me.

Carol King: Miriam and everyone in mi casa, and I, I love me casa. I always refer students over there because they always are helpful it with any problem that I have. I don't know how to help. Yeah.

Miriam Vazquez-Gonzalez: Thank you, Carol and Carol said, Susan. They're here to help you. But a lot

of the resources that ESL provides maybe for your parents or family members.

Miriam Vazquez-Gonzalez: Which again reiterate support that we have for you because we know that you're constantly worrying about your parents or other family members that may need help. And that's where we also come in, you know, because we do help you. And for us, family is very important. And we know that

Carol King: Family is very important for you so

Miriam Vazquez-Gonzalez: We tried to address issues that affect your family as well.

Miriam Vazquez-Gonzalez: And last on our campus.

Miriam Vazquez-Gonzalez: Resources, we have our financial aid department. And I want to say we have money. Can I borrow tonight talking a little bit about our financial resources for you or students

Monica: When you go. Hi, my name is Monica Navarro

Monica: And but we helped out students in admission.

Monica: Part is the Eb 540 affidavits so

Monica: When your application comes through and you're coded a different way. We help out with the ad first 40 so David

Monica: Once you submit those than your reclassified as a different way and then you're able to apply for the California promise fee waiver through financial aid and we also have the dream as applications that we're able to help fill out as well.

Monica: We have also new to

Monica: Our financial aid.

Monica: Is cranium cafe normally we don't give information over the phone regarding your financial aid status. So, you have, you have to send an email through your students aren't known email and sign

Monica: A form called the email authorization form. But now we have the cranium cafe, which you can log in on our homepage. If you go to heart now.edu

Monica: And go under financial aid, there's a cranium cafe online chat, you're able to login with your canvas ID and we can give you information like you're at the front counter

Monica: As long as you're you're logged in with your canvas ID, we're able to give you information regarding your financial aid status. So that's a new

Monica: A new thing that we have and it's very welcoming to all students. So if you have any questions regarding your financial aid or do you need help, filling out any documentation were able to help you through there. If you have any other questions you can

Monica: You know,

Monica: Either call us or you can login

Monica: Thank you.

Maria Ceja: And just to add to what Monica is sharing

Maria Ceja: We have our staff that is available in knowledgeable

Maria Ceja: About the different assistance available to our undocumented students. We know that for financial aid, we asked for a lot of the documentation.

Maria Ceja: And we want you to know that we are here to assist you answer any kind of questions that you have enough if you're just curious as to what can I qualify for let us know reach out and we're here to assist you. We have a staff member Lenny chavis that works with me Casa she

Maria Ceja: She works a particular set of days and hours with a center. And so you can request to speak with her directly or email her and she can assist you.

Maria Ceja: Answer any kind of questions that you that you may have regarding what you could qualify for financial aid so feel free to reach out. We're here to assist you. Thank you.

Bronwyn Moreno: And last but not least we have our are amazing representative from Panther learning loudmouth medium.

Miriam Vazquez-Gonzalez: Just want to go back a little bit on the financial aid.

Miriam Vazquez-Gonzalez: Thank you to these

Miriam Vazquez-Gonzalez: Are high and Monica Nevada, for being here tonight. Like they said they do have specific

Miriam Vazquez-Gonzalez: Individuals assigned to provide services to our undocumented students. So you do have any questions about your California remark, or how to fill it out or if you get any request for documentation.

Miriam Vazquez-Gonzalez: You can always reach out to us and we'd be happy to connect you to learn each other's or like Ginza mentioned, you can reach out directly to learn each other's via email. And last but not least, we do have Scott live on solace from the punter Learning Lab.

Carla Gonzalez: Awesome. Thank you. Hi, everybody. Thank you.

Carla Gonzalez: I know that time is an essence, say, time flies when you're having fun. I wanted to give you all my information. I'm glad like

Carla Gonzalez: I work for the Academic Support Services, otherwise known as the panther learning labs and just like this where we're living our new norm on zoom. So I wanted to just let you all know that were alive and well and I'm putting a link of how

Carla Gonzalez: We do it. So I'm going to put a link so that you guys can have

Bronwyn Moreno: I'll go ahead and post that in the chat. Miss got

Carla Gonzalez: Lesson. Yeah. And you can keep it for your records this link here will take you to another document. So what has happened is that we're not on campus. The we kind of

Carla Gonzalez: combine our efforts so King city Ellis, our main campus are all working under the same zoo. And what that means is that now you have access to us with one click of a button. And what will happen is that you'll be

Carla Gonzalez: Welcome, just like we are now I'm a host in a zoom and you'll say, hey, I need help with my English

Carla Gonzalez: And that's what my focus is on my

Carla Gonzalez: expertise is in literature writing and it can go from English I taught English MLA, we can discuss that are all you want, or we can go and jump into psychology or some kind of humanities so sociology.

Carla Gonzalez: History of those are more comfortable with APA and that's a whole different format. And what I want to kind of let you know this, depending on what class it is maybe you're taking facts and I'm just going to look at you with a blank face.

Carla Gonzalez: Cuz I don't do that and it scares me and I needed a tutor. And so what I'll do is refer you to God most

Carla Gonzalez: Godless is my go to for stats. So those are the kind of things that I want you to kind of like

Carla Gonzalez: Think of us is like also my go to is Caroline, from Carlisle go to Carlos, and from Carlos already have all this kind of people in my network. And that's what I think we're good for

Carla Gonzalez: You know that's what my job here is for be to be like, Okay, who can I hook you up because we're thinking about, you know, mi casa, and we're thinking about emotional wellness.

Carla Gonzalez: Support and we're thinking about ESL and all of this may be really

Carla Gonzalez: Like needed for you in great so that you can use it and if not you can share the information and that way is kind of what we do here. So if you're ever taking one of those reading writing classes, we might have a session and all. I'll talk to you about is time management.

Carla Gonzalez: You know, students like how busy again. So with that said, there's one on one appointments that you can do with the Panda labs.

Carla Gonzalez: There's groups also available so that that also is like a Can't make that. But I can join a study group. There's also like I was talking about myself and other specialists that

Carla Gonzalez: A little bit about me. I was born in Salinas grew up in this North Monterey County.

Carla Gonzalez: County graduated high school at North County and then went off and studied at UCLA. I did not like it.

Carla Gonzalez: I went to UCSD for my my finished with a BA and then I went to UCSD again for my master's if I call you. But what that means is that I got to be

Carla Gonzalez: Kind of a teacher at all levels and now being on zoom as an academic support specialist. I'm able to say, okay, let's work on it like this, or let's create this

Carla Gonzalez: And start picking your brain. And if it's better to learn is by your mobile disco Samuels, and I think that's the part where you have to kind of like

Carla Gonzalez: Look here are black and white looking kilo low processor and now I'm like, oh, and while you're doing that.

Carla Gonzalez: Let's talk about time management and study skills and how to read for information and yada yada yada. Because I know that you're going to start talking about how to cite your work and all of that, just for a citation question. That's what I do. And if you're really interested

Carla Gonzalez: This site here will take you to both the document that will have you to register. It's not anything that you're gaining as unit, but it's just you painting. Another Canvas course and in this Canvas course is where we host our zoom

Carla Gonzalez: And all of the other resources. It's like our virtual zoom lab. So if you have any questions.

Carla Gonzalez: Even if you're like, I can't even figure out how to work my canvas and my courses in my modules.

Carla Gonzalez: We can work through that and figure out zoom together. So anything that comes up according to that academia and that's

Carla Gonzalez: That's my lingo, that's where I want to share my expertise and also my resources for you all at the same time. So,

Carla Gonzalez: I know that it's, that's great. Look at that. Awesome. Look at the gift of zoom right here to see share this all in your fingertips. So you will be

Carla Gonzalez: Clicking on the writing or the stem. You can do both. And you'll gain both access to both of them.

Carla Gonzalez: And you'll see my information you'll see everybody else's information monday through thursday 9am to 7pm Friday we close at 2pm and now we're open on Saturday as well tend to to one way or another. I really want to check in and see where you are taking because it's a

Carla Gonzalez: person by person, but I always I know for sure you guys are all here for a goal and

Carla Gonzalez: The little steps are like passing these classes. So I want to support you to be able to gain those skills as you're moving forward, because that's really what heart. Now, I think we pride ourselves to just say,

Carla Gonzalez: Tell me what you need and and we'll, we'll figure out how to get you the help and together. I think right now. We feel what I feel I'm alone.

Carla Gonzalez: In a weird way, because at the same time, I know that we're all in a collective loneliness. Like, I am a cameo I'm alone to how am I willing to and we're all kind of like feeling that loneliness together.

Carla Gonzalez: But in the zoom thing when I again folks to connect. It's like, oh, man, I know how I got here but I kept clicking and I got here. I know my life. That's great. So I just want to encourage you guys to just keep on asking

Carla Gonzalez: Questions and we'll kind of find out together when we're another to get you to that bigger goal. And I think we all share that mission. So if you have any other questions about it.

Carla Gonzalez: I'm, I'm gonna put my email in here as well.

Carla Gonzalez: Cool. Thank you. Thank you.

Miriam Vazquez-Gonzalez: Carla, and students. Again, another great resource for you all to reach out to if at any point you feel like you need tutoring in specific areas, please feel free to reach out to the punter learning lab or to our La La Gonzales directly

Miriam Vazquez-Gonzalez: Time, we're running short on time. So we're going to pass it on to Adrianna Travis and they see newness. We're gonna be talking about our capacity to Tuesday's

Daisy Nunez: Everyone. Again, thank you for joining us. So last semester we thought about, you know, with the physical distancing, we have this need to connect

Daisy Nunez: And so what we developed was a capacity for one hour a week opportunity for all of us to connect and just kind of

Daisy Nunez: See how we're doing. And so this semester, what we thought about, you know, with the theme of wellness, you know, sleep well. Eat well do well. We thought that it would be helpful to have a cup of tea. Those themed

Daisy Nunez: With the theme of wellness and so we will be meeting for 12 weeks every Tuesday and. Next week is our first office, he thought, and the topic is going to be adapting to change and coping with uncertainty and then also can be Yo yo yo lines at the Boomer day

Daisy Nunez: We. This is a theme. So, you know, it's still going to be an opportunity for us to check in, but I think, you know, like when we think about what are some things, some healthy coping skills.

Daisy Nunez: Thank you, Mr. Scientists for making yourself available to offer.

Daisy Nunez: You know, mental health support. This is not to take away from the work that you're already doing but really to compliment and like recognizing that we all have strategies and that we

Daisy Nunez: That we all have the opportunity to empower each other by sharing our best practices. So the second week is going to be on wellness and self care of genocide, he

Daisy Nunez: Allowed to have without all the third week is going to be on finding happiness and well being. This is a structured on the work from Dr. Lori Santos a Yale professor who's

Daisy Nunez: Received a lot of accolades and I participated in her yellow class. The topic in Spanish would be incompatible after you see that you have been is that when when I capacitors, you're able to see that for Dr. Laurie samples.

Daisy Nunez: Then we have living free copy with anxiety. Maybe then we were far from condolence enough. We know that all this uncertainty with fires coded

Daisy Nunez: The collective grief that we're experiencing and loss can be affecting us. So that is something that that's going to be the theme in October six,

Daisy Nunez: October 13 social media awareness constancio dollars right so Cialis

Daisy Nunez: October 20 love yourself more and tend to your heart, but I think a lot more proper your European there to Corazon

Daisy Nunez: On the 27th of October. Our theme is braving the wilderness. This seven element of trust. This is the work that is

Daisy Nunez: Founded on Dr. Bernie brown see elemental Sparrow this earlier they lack of the answer is called visceral yellow polka brainy brown

Daisy Nunez: Then on the third, which is on the day of elections were going to be our theme is collective care and developing resilience. If we level collectively come on this earlier is obviously MCS

Daisy Nunez: And then on the 10th of November, managing stress, and checking our three B's our beliefs, our body and behaviors and when they call it listed as he also the last race. Race.

Daisy Nunez: Then on the 17th of November, developing an attitude of gratitude and this at all the other next week with gratitude.

Daisy Nunez: And our last I'm going to see thoughts is going to be on the first of December harnessing the power of hope the saddle younger will live their lives. Parents lifespan side.

Daisy Nunez: And we hope that you can join those, like I said, you know, we're not limited to this, but it is a theme, where we can share you know what gives you hope and. And the idea is that we all have.

Daisy Nunez: The power to support each other. And this is an opportunity for us to connect me Savannah is an amazing counselor who developed this with me. And unfortunately, she's having some internet connection. So she's

Adriana Chavez: Not

Daisy Nunez: logged on. Oh.

Adriana Chavez: You are on that. Yeah.

Sorry.

Adriana Chavez: So sorry sorry everyone i was i lost connection, it happens in the afternoon, and in the evenings when my kids are on

Adriana Chavez: But thank you so much. Miss Daisy for covering the topics. I really appreciate it. We work really well together. We're a great team and she was able to pick up. Thank you so much. Is there anything that maybe I should add, Miss Daisy or I think you did a really good job covering

Daisy Nunez: Thank you, just that this is an opportunity note, you know,

Daisy Nunez: Like we have the themes, but is really tapping on each other's resilience and empowering each other, collectively as we share our experiences of, you know, hope and developing an attitude of gratitude and just really the theme of achieving well

Adriana Chavez: Thank you so much to everyone and I really appreciate misty the again for

Adriana Chavez: chiming in. And we look forward to our Tuesdays. I really missed them during the summer. So we are really looking forward to Tuesday's having all the students back and again

Adriana Chavez: We're here to support you in any way possible. And these themes are really going to be great to add to these Tuesday meetings. Thank you. Check Ins

Miriam Vazquez-Gonzalez: Thank you both for putting these workshops together we will be sending you students emails with reminders and also hopefully the schedule of the entire semester. That way you can

Miriam Vazquez-Gonzalez: Kind of take a peek of what's going to be happening as we move on through the semester. Does anybody have any questions about consider Tuesday's

Miriam Vazquez-Gonzalez: Okay. And with that, we do have a new workshop series name.

Miriam Vazquez-Gonzalez: In casa con mi casa is going to be an ongoing semester workshops that are going to be presented to you all. We are currently working on those workshops and again we'll be disclosing those to you via email as well.

Miriam Vazquez-Gonzalez: If you do have any specific topics that are not covering courtesy to Tuesday's that you would like for us to address please feel free to

Miriam Vazquez-Gonzalez: Reach out to myself or one of your counselors and we'd be happy to incorporate those into our workshop series with the workshop series, we hope to address any academic concerns and academic goals as well throughout the semester. Okay.

Miriam Vazquez-Gonzalez: And last but not least, we do have Leslie again from our dream club, who's going to be talking about different items. Let's

Lesly: Go hi everyone again.

Lesly: Sam, the dream club president and I will be

Lesly: Telling you guys a little bit about the dream club. So the dream club is a student club. We provide a safe environment and community of mixed status students

Lesly: This is great because some may not feel totally comfortable with sharing their status which is totally fine. So being part of this club does not give away your status and it is dreamers and Dreamer allies.

Lesly: We host different types of events where students get to know other students from campus and they can like become friends and socialize and everything like that.

Lesly: And we also participate in different events such as like Sheila annual CD and retreat to expand your knowledge about your rights and then simply to me. Other and documented protect particular excuse

Lesly: Me.

Lesly: So as I was saying, nah, maybe students, but other and documented.

Lesly: Folks across California and then for now we don't have any events planned, we will be working on that we were just kind of getting, like I said, it is a student led club. So we were kind of getting adjusted to the new semester.

Lesly: With that being said, some of the officers have graduated. So we do have one officer position that is the treasure.

Lesly: With this being said, I would also like to introduce Javier, which is our new vice president he introduced himself at the beginning of the workshop

Lesly: And mighty Carmen, which continues to be our ICC rep. We have a very which is a media and public relations officer and Michelle. She is our Secretary

Lesly: So like I said, we are looking for a treasure. So if you are interested in that position, don't hesitate to send me an email. I will leave it on the chat box.

Miriam Vazquez-Gonzalez: Thank you, Leslie and hopefully

Miriam Vazquez-Gonzalez: I'm used to this want to consider this as an opportunity to engage with other dreamers and make status students

Miriam Vazquez-Gonzalez: And also, it just a great opportunity for you to continue growing and establishing connections, not only with staff, but also with

Miriam Vazquez-Gonzalez: Other students that are here to support you, not only as undocumented students for students who have some sort of knowledge or connection to be in front of undocumented family. And last we have our raffle. We had a selective name selection through a

Miriam Vazquez-Gonzalez: Website and the name of the winner is means he may not. He has source and she is the winner of a \$50 bookstore.

Miriam Vazquez-Gonzalez: Gift Card. So he may now you will be receiving information and details on

your gift card. Hopefully by tomorrow morning. If you have any questions, please.

Miriam Vazquez-Gonzalez: Feel free to let me know. And that concludes our meeting tonight. We are so happy to have you here tonight and to have made some connections and introductions with you all.

Miriam Vazquez-Gonzalez: And hopefully, if you have any questions, you will now feel comfortable to reach out to myself as the lead for undocumented students or to any of my colleagues who are also here to support you.

Miriam Vazquez-Gonzalez: Thank you again for being here tonight, and we're super excited to continue working with you and getting to actually meet

Miriam Vazquez-Gonzalez: And get to know you each individually. If you have any questions, please go ahead and let us know in the chat box or feel free to email me at and baskets at her no.edu thank you haven't renewed

Bronwyn Moreno: And I will start. I will stop the meeting recording now. If folks want to hang out for a minute if if students have other questions, I'll just stop the recording now.