

Expressions^{1st}

THE NEWSLETTER OF

Thrive. Connect. Transition. Evolve. Advocate.

Generation
@Scripps College

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A Letter from the Editors

Dear Readers,

We all have celebratory moments in our lives in which we ask ourselves “*How did I get to this point?*”. As we prepare our last First-Gen newsletter of the 2015-2016 year we think an appropriate theme is “*Thankfulness as we Reflect Back*”.

Our experience at Scripps has not always been easy, but we will never grow unless we are challenged. As we look towards our graduation, we cannot help but reflect back on the span of our four years at Scripps and be thankful for the ways our First-Gen community helped us overcome the challenges we have faced. We are thankful for the First-Gen program and the way it helped us transition our first year; we are thankful for all our unofficial First-Gen mentors who vulnerably and boldly shared their experiences and encouraged us in every way; most of all, we are thankful for the love we have received as members of this unique community. We have not survived Scripps, but Thrived at Scripps and the First-Gen community has played an essential role.

In this newsletter, we have focused on celebrating the success of our First-Gen students and remembering the strength and guidance we have found in this community. In addition, we want to remind all current First-Gen Scripps students that this community spans far beyond this campus. For this reason, in this newsletter, you will find reflections from two of our first-gen alumna.

Daniela Canas Baena '16 and Juliana Canas Baena '16

Program Co-Interns

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“I don’t have to prove anything to anyone, I only have to follow my heart and concentrate on what I want to say to the world. I run my world.”

-Beyoncé

Thankfulness and Reflection

Reflection is an essential part of learning. It is in reflecting that we gain perspective and realize just how important some experiences are to our personal growth. This in mind, we asked our fellow First-Generators to reflect and share on how the First-Generation Program has offered them support during their time at Scripps.



Senior Perspectives

The first-gen community has continuously been a source of encouragement and support during my time at Scripps. Fellow First-Generators were constantly answering questions I did not even know I had and helped to erode my imposter syndrome. I am blessed to have found such an amazing community. After graduating in May, I will be working with Pomona Hope as their program coordinator for their Enrichment Program over the summer. After finishing this program, I will begin my Fulbright Fellowship in Mexico.

-Xitlaly Sanchez

I am very grateful for the First-Gen program's commitment to fostering a community, which has given me wonderful opportunities throughout my college experience. As a first year, I was able to participate in the first-gen orientation program and CORE I writing workshop, and last semester I volunteered as a first-gen mentor to two first-year students. I am so thankful for the friendships I have developed within the first-gen community and I hope to continue cultivating these relationships after I graduate. I have recently been named a Princeton in Latin America fellow and after graduation will spend one year working in the Dominican Republic for an organization dedicated to promoting the rights of Dominicans of Haitian descent and Haitian migrants.

-Kayla Lemus





First-Year Perspectives

I found my main friend group during the First-Gen Pre-Orientation and have stuck with them ever since. Above all else, they are my support group and I know that I can turn to them for anything. Aside from establishing a tight-knit community of individuals who truly care about me and want to help me succeed, first-gen programs events that directly correlate to struggles I have throughout the year. From lunch check-in's to help with internships and academic advising sessions, they have been there for me. First-Gen has also helped me establish connections between faculty and students that could not be forged anywhere else.

-Gaby Ochoa (Front left)

The first-generation program has provided me with a solid support system from the very moment I first set foot on campus. The pre-orientation portion of the first-gen program at Scripps was the perfect forum to help me connect with the other first-year members of my class who shared similar backgrounds to my own, many of which went on to become my best friends. It gave me a family I could turn to whenever I needed their reassurance, company, or guidance. In addition to this, the staff, faculty, and mentors of the program genuinely care about ensuring the first-gen students feel capable of being successful and happy here at Scripps. And getting the opportunity to acquaint myself with them prior to the school year made all the difference in making me more comfortable with reaching out to them and utilizing the resources they had to offer later in the school year. Moreover, it has been through my attendance and participation in the first-gen workshops, mentoring, and programming that I've received the most helpful tips, strategies, and advice to having the most fruitful all-around experience as a first-gen student at Scripps.

-Elizabeth Galvan



"It gave me a family I could turn to whenever I needed their reassurance, company, or guidance."

Words from a First-Gen Alumna: A Reflection by Bea Maldonado, Class of 2015

Hello First-Gen Community! My name is Beatriz Maldonado, and currently I am a PhD student in Anthropology at the University of Illinois at Urbana-Champaign. I graduated from Scripps in 2015 with an Honors Dual Major in American Studies and Hispanic Studies.

My first semester in graduate school was tough. The courses were difficult, the professors were very demanding, and above all - *adulting* was hard. Adulting for me meant navigating even the most mundane and technical necessities ranging from apartment and electric/gas bills, to food and meals, to taxes and time management. Homesickness and weather, along with other factors, created a hostile and challenging space for me; and to be really honest, fears and anxiety clouded most of my thoughts. It wasn't until I engaged in self-care pertinent to *my* needs, that I felt that comfort and security return to my desire for scholarship. I started interacting with people who bore that same passion in the sports as I did, I invested in writing poetry and reading books for pleasure on the bus, and I prioritized my mental health by finding resources at our counseling center. Slowly but surely, I searched and treasured those small explosions of happiness. I began to be kinder to myself, prouder that I was able to survive on my own – away from the people I have loved for years. I saw my resilience rooted in my actions, and found bravery expel from my day to day tasks. I became even more reflexive: with this new independence, I am constantly realizing how each person I came across at Scripps is so fundamental to my own growth.



Here is my advice for graduating First-Geners: give yourself credit for how far you have come. If you don't have options for jobs or opportunities when you graduate, it's okay. It's all a process. Just because someone has an opportunity and you don't, does NOT limit your value. Take your time and be efficient in your own terms. The pieces will all fit eventually, that I can fully promise you. Do not forget to celebrate your success in surviving and achieving in college.

Especially to my First-Gen Community: I love you all so much. I am the only one in my department that defines this identity, and I miss you now more than ever. But know this: you are revolutionizing the world. You are all proofs of such power, such resilience, and such love. I no longer doubt our potential; we are more than enough and worthy to thrive in academia – and this world.

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Words from a First-Gen Alumna: A Reflection by Karen Lobos, Class of 2014



Hi first-gen community! My name is Karen Lobos and I graduated from Scripps in 2014. I dual majored in Legal Studies and Politics and International Relations. The year I entered Scripps College was the first year of the first-gen program at Scripps! It was through first-gen that I met my one of my best-friends who I am still in contact with almost two years out of college.

Currently, I am working as the Student & Community Relations manager at Rainier Prep, a 5th-8th grade public middle school in south Seattle, Washington. The mission of our school is to prepare all students to excel at four-year colleges and to become leaders in their communities. It's really awesome to be "home" serving students and families in the same part of Seattle in which I grew up. Recently, I was admitted to the University of Washington's Master of Public Administration program. Consequently, this fall I will continue my full time employment at Rainier Prep AND attend graduate school

on a part-time basis.

I am just as busy (or, maybe even more) than when I was an undergrad student at Scripps. I continue to struggle to take time to stop, to reflect, and to just be. After graduation, I found myself miles away from my best friends and the community of support that carried me through all the challenges I faced as a working class Latina student at Scripps. One of the biggest challenges I faced as a recent graduate, was having to build a new community of support. Because rebuilding this kind of community takes time, my biggest challenge has been being patient. While recreating this community has been difficult, returning to Seattle has been very rewarding because family is incredibly important to me. After having been in Claremont for four years, it's refreshing to be able to spend time with my family on a more consistent basis (my four year old nephew is the cutest!).

My advice for current and graduating seniors: eat as many cookies from Malott as you can and go to the Tiernan field house more often (gyms aren't free in the "real world"). Moreover, as cliché as it sounds, life is one amazing adventure. Take this adventure one step at a time. Plan with purpose, but don't hold on to your "plans" so tightly that you'll miss out on the unforeseen opportunities before you. Be flexible. Be present to yourself and those around you. Surround yourself with people who will keep you grounded and accountable. Put all the theory you're learning in your undergraduate education into practice. Be a part of a community partnership off campus. Finally, reflect on how you will use your skills, knowledge, and privileges to work for transformative change in our world.

"Put all the theory you're learning in your undergraduate education into practice... Finally, reflect on how you will use your skills, knowledge, and privileges to work for transformative change in our world."

Building Community

By Sonia De La Torre-Iniguez

I have had the privilege of serving as the First-Generation @ Scripps Program coordinator for three years. In that capacity, I have worked closely with amazing student interns, first-geners in our community, and other valuable members of the Scripps community to inform the creation of a meaningful year-round program. For me it is so critically important that the programs offered directly meet the needs of our first-gen community, and this year has been no exception. I am particularly proud of the contributions of the First-Gen Interns—Daniela and Juliana. Daniela and Juliana have really pushed the boundaries of the program to ensure that programs were offered for students across cohorts. This year, they coordinated over 19 programs for the First-Gen community including financial aid literacy, studying abroad as first-gen, demystifying thesis, study breaks and more. Moreover, they have partnered with other departments like SCORE, SAGE, LASPA, Student Activities, Honnald-Mudd Library, and CP&R. I have seen greater attendance and participation across cohorts which has encouraged greater cross-cohort support and connection. As I reflect on their work, *Building Community*, comes to mind. They embarked on a journey as interns to strengthen inter-cohort bonds and connections and I think they have successfully achieved that goal. Their phenomenal work has paved the way to further expand co-sponsored events as a way to enhance inter-community solidarity. Moreover, we have a powerful community of supporters who advocated for additional resources for the program which has energized the first-gen team to expand programming and social connection opportunities. So, as we close this year's chapter of the program and bid a warm farewell to outgoing interns, Daniela and Juliana, I am eager to welcome the new interns- Leonida Radford '17 and Vivian Yu '17. I am excited about the possibilities that Scripps has yet to explore and the new bridges to be forged. Bravo to Daniela and Juliana for a job well done!

On a personal note, you now know that I will be leaving Scripps at the end of this semester. I want to say thank you to Scripps for the incredibly opportunity to serve this brilliant community. You have embraced me and inspired me. For this and so much more, I will always be thankful. Thank you for an amazing adventure.



New First-Generation Interns!

Congratulations to our new first-generation interns *Leonida Radford '17* and *Vivian Yu '17*! We are so excited to welcome you as the First-Gen Interns. We are confident that you will greatly impact our students and help them thrive at Scripps. We look forward to the ways you will contribute to this community and make this program your own! We know this experience will be as rewarding for you as it has been for us.

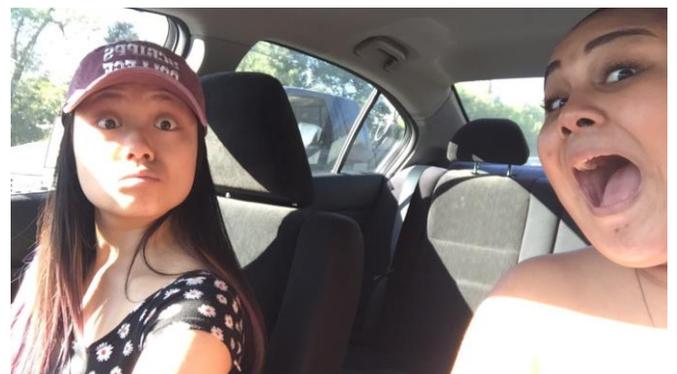


I chose to apply for this position because the first-gen program was the first group on campus that made me feel at home. It is the place where I felt like I met my people and it kept me hopeful that I would have the support I needed at Scripps. What I am most excited about is getting to know past and present first-gen students and helping them in any way I can.

-Leonida

I chose to apply to be a First-Gen Co-Intern to give back to a community that is very near and dear to my heart. I am looking forward to working with the Class of 2020 cohort and engaging with all of the First-Generation community!

-Vivian



Parting Words

We have loved being the first-generation interns this year. This experience and the friendships we fostered are truly invaluable. We will be forever thankful for the support the First-Gen at Scripps program offered us as we transitioned to college our first year and for enveloping us into a loving community of students, professors, and staff that helped us to not only survive, but thrive. As seniors, we have delighted in the opportunity to continue nurturing this environment for all our first-geners. Our time at Scripps is coming to a close, but remember that our community spans farther than this campus, and we will always be here to support, encourage, affirm, and cherish in your successes!

Many thanks,
Daniela and Juliana
First-Gen @Scripps // 2015-2016 Program Co-Interns



UPCOMING FIRST-GEN EVENTS:

Meet the 2016-2017 First-Gen Interns: Thursday, *April 28th at 11am-12:30pm* at Sicilian Court

One Last Study Break: Friday, *May 6th at 7pm* in Toll Living Room.

We Want to Hear From You!

To inspire our readers and recognize your accomplishments, we would like to feature your story in one of our upcoming newsletters. Please send us a personal article or poem depicting your experience as a first-gener to firstgeneration@scrippscollege.edu.

We know that the year has come to an end and that this is our final issue of the 2015-16 school year, but next year, there is so much more to come! Stay tuned!