



# CANtastic Times!

SPRING 2012 • COLLEGE ACHIEVEMENT NOW

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## We come to learn – and leave to achieve!

Congrats **CAN** students on the next phase of your education.

- Anja Brabson – University of San Francisco
- Carlos Chavez – San Francisco State University
- Rachael Copeland – CSU East Bay
- Joel Cortez – Cal Poly SLO

Did you experience an “epic fail” your fall semester? Get back on track this spring by taking advantage of services that will help improve your grades and restore your path to graduation or transfer:

- Counseling
- Tutoring
- Exploration
- Mentoring
- Essay Help
- Study Groups
- Free Printing
- Book Lending
- Campus Visits
- And more!



## Participate = Graduate!

There is plenty of research to support the notion that getting involved in the greater college experience will positively affect your academic performance. Active participation in a college or community-based club, organization, sport or program can support or enhance academics, and often results in better grades and a happier overall disposition. Participating with **CAN** is just one avenue to a well-rounded college experience, and it’s a great start! Take a look at the highlights of our program’s very active first year. We were glad to share it with you!



Spirit Week Decorating Contest (above)



Bulldog Painting by CAN student, Karla Camacho (center)



UCLA Campus Visit (above)  
CAN student sticker contest (left)  
Wil & Anja, Peer Mentors (right)



CSU Northridge Visit (right)  
Getty Museum Field Trip (far right)



# TRiO

STUDENT SUPPORT SERVICES



## Need to Know

We do our best to keep you informed about program activities and requirements. Below are some reminders regarding your responsibilities.

- ✓ You must have an SEP on file. If you don't, please schedule an academic counseling appointment A.S.A.P.
- ✓ You must attend at least one university trip or cultural event.
- ✓ You must attend at least one Happy Hour event.
- ✓ You must complete the Financial Literacy 101 online course.
- ✓ You must complete 20 activity points before the end of Spring semester. An activity checklist is in your CAN Binder.

If you have not collected your CAN Binder, please come to W-22 to pick it up. We have 20 left.

We communicate frequently through email and Facebook. So, check your AHC email account regularly and "like us" on Facebook for easy access to program-related news.



## Student Feature: Sara Galindo

By Anja Brabson

It is our pleasure to present our Spring 2012 student feature, Sara Galindo. Sara is an incredible young woman, with a powerful and inspiring story. Sara is a freshman at Allan Hancock College with the desire of becoming a child psychologist. Her story begins as a small child, suffering physical and emotional abuses at the hands of trusted adults, and struggling to survive and navigate through a broken system of foster care homes. Sara was torn from her family, her siblings, and her home, and was betrayed by those whom she relied on for safety and comfort. Although Sara was subjected to emotional and physical abuses that could break the strongest of souls, she has managed to overcome these mortifying experiences, move forward, and make a difference in her life and the lives of others. "I can come to terms with what happened, it is my form of forgiveness and it has taken me a year to not suffer because of what wrongs have been done to me." Sara gives the following advice: "You cannot help what happens to you in life, but you can choose what you do with those experiences, both good and bad." Sara has chosen to put those experiences to use in a positive way as she plans to obtain a doctorate in child psychology. "I want to prevent these events from happening to children. I want to prevent people like those who hurt me from hurting others...I want

children to see that there is more to life, that they can do better, that they can succeed, love, flourish, and live beyond the faults of others who have violated them." With the help of a counselor and her longtime friend, confidant, and boyfriend, Sara is now living the life of an exceptional and dedicated college student.

**"I want to prevent these events from happening to children. I want to prevent people like those who hurt me from hurting others"**

"My boyfriend inspires me because not only does he motivate me to keep going when things get tough, but also he went through similar situations of abuse and

struggle. I know if he got through all his obstacles then so can I. I have designated time for myself to reconnect with who I am in times of stress," states Sara. Sara's compassion, kindness, honesty, and understanding, leveled with her incredible past ensure that Sara will not only succeed, but will continue to make a tremendous difference and serve as inspiration in the lives of others. Ultimately, Sara has expressed the ingredients to a powerful concoction for success as not only as student, but a human being, that extends from forgiveness to compassion, from dedication to not giving up, and the ability to trust yourself, trust others, and to move onward with the air of confidence and bravery of a soldier: "I want children who were abused to know that they can still love and be loved in return without fear of being betrayed by those they care about."

As you know, the College Achievement Now program is all about promoting success. We have inspirational quotes adorning the walls of our office, and bring guest speakers to campus to educate, inspire and motivate you. We are committed to fostering a "can do" spirit. So, we challenge you to put the following list into practice in your life and watch how it positively impacts the outcomes of your decisions and increases your opportunities. Read on...

## The Top 10 Traits of Highly Successful People

- **They work hard!** Yes, they play hard, too! They get up early, they rarely complain, they expect performance from others, but they expect extraordinary performance from themselves. Repeated, high-level success starts with a recognition that hard work pays off.
- **They are incredibly curious and eager to learn.** They study, ask questions and read – constantly! An interesting point, however: While most of them did well in school, the difference is that they apply or take advantage of what they learn. Repeated success is not about memorizing facts, it's about being able to take information and create, build, or apply it in new and important ways. Successful people want to learn everything about everything!
- **They network.** They know lots of people, and they know lots of different kinds of people. They listen to friends, neighbors, co-workers and bartenders. They don't have to be "the life of the party", in fact many are quiet, even shy, but they value people and they value relationships. Successful people have a rolodex full of people who value their friendship and return their calls.
- **They work on themselves and never quit!** While the "over-night wonders" become arrogant and quickly disappear, really successful people work on their personality, their leadership skills, management skills, and every other detail of life. When a relationship or business deal goes sour, they assume they can learn from it and they expect to do better next time. Successful people don't tolerate flaws; they fix them!
- **They are extraordinarily creative.** They go around asking, "Why not?" They see new combinations, new possibilities, new opportunities and challenges where others see problems or limitations. They wake up in the middle of the night yelling, "I've got it!" They ask for advice, try things out, consult experts and amateurs, always looking for a better, faster, cheaper solution. Successful people create stuff!
- **They are self-reliant and take responsibility.** Incredibly successful people don't worry about blame, and they don't waste time complaining. They make decisions and move on. Sometimes they are criticized for taking this to extremes – Jimmy Carter carried his own briefcase and a President "shouldn't" do that! Extremely successful people take the initiative and accept the responsibilities of success.
- **They are usually relaxed and keep their perspective.** Even in times of stress or turmoil, highly successful people keep their balance, they know the value of timing, humor, and patience. They rarely panic or make decisions on impulse. Unusually successful people breath easily, ask the right questions, and make sound decisions, even in a crisis.
- **Extremely successful people live in the present moment.** They know that "Now" is the only time they can control. They have a "gift" for looking people in the eye, listening to what is being said, enjoying a meal or fine wine, music or playing with a child. They never seem rushed, and they get a lot done! They take full advantage of each day. Successful people don't waste time, they use it!
- **They "look over the horizon" to see the future.** They observe trends, notice changes, see shifts, and hear the nuances that others miss. A basketball player wearing Nikes is trivial, the neighbor kid wearing them is interesting, your own teenager demanding them is an investment opportunity! Extremely successful people live in the present, with one eye on the future!
- **Repeatedly successful people respond instantly!** When an investment isn't working out, they sell. When they see an opportunity, they make the call. If an important relationship is cooling down, they take time to renew it. When technology or a new competitor or a change in the economic situation requires an adjustment, they are the first and quickest to respond.

By Phillip E. Humbert

## Participate! Join the CAN Club

The **College Achievement Now (CAN)** program is working with and supporting a new student club on campus with the same name. The **CAN Club!**

It's an academic and social support network for students pursuing a degree or transferring to a university. The club is a hub for sharing ideas and resources for academic success.

Participation is open to all students. Join to meet people, make new friends, form study groups, develop leadership and communication skills, help with club functions, and do fun stuff!

Plus, participating in a club looks great on your university application! Meeting dates and times TBA.

For more information, email Club President, Abe Melendrez at [amelendrez1@my.hancockcollege.edu](mailto:amelendrez1@my.hancockcollege.edu) or visit their booth at the upcoming Bow-WOW event Wednesday, February 8, 9:30 a.m. to 1:30 p.m at the AHC Student Center, Santa Maria campus.

## EVENT CALENDAR

### Financial Literacy Week

February 13-17

### CAN Happy Hours

Friday, February 24  
Thursday, March 22  
Friday, April 13

### University Visits

UCSB & CalPoly SLO!  
Friday, March 9

Motivate Conference @ Fresno State  
Saturday, March 17

San Jose State  
Friday, April 20

UC Berkley (Cal Day) NACAC Conference  
Saturday, April 21

### Recognition Ceremony

Friday, May 19

### Newsletter Contributors:

Rochell Daney  
Anja Brabson  
Wil Acevedo  
Kim Celles  
Courtney Winder

## College Achievement Now

Bldg W Room 22, Santa Maria Campus  
805.922.6966 ext. 3434  
canprogram@hancockcollege.edu

## Opinion Q&A: Student views on the issues.

CAN's own Kim and Courtney (not to be confused with the Kardashians), jumped into the pool of journalism and interviewed students to get their input on a few hot topics.



### Q – How do you feel about the message of OWS (Occupy Wall Street)? What do you think about the right to peacefully assemble?

**A** – “It’s nice to see that people are starting to care about their constitutional rights being violated by the big corporations that have manipulated and controlled the 99%...We can’t be complacent about our current economic situation, waiting for the government to fix things for us. We have given corporations too much power by consuming their products and allowing unfair taxation. My only concern about OWS is what they’re going to accomplish at the end of the day... Overall, I think we should practice our right to peacefully assemble given our circumstances.” – *Karla Camacho, Art Major & CAN Club Vice President*

**A** – “I agree with the message this movement is trying to promote because our governmental system is too corrupt...The right to peacefully assemble is a constitutional right vested in us by the First Amendment so I definitely support it.” – *Ulises Serrano, Political Science Major and ASBG President*

### Q – Should the AHC Foundation Scholarship be awarded to those with the greatest financial need or those with the best academic performance? Which criterion is more important?

**A** – “Academic Performance. It’s a way of rewarding students for achievements in school and also serves as motivation to keep working.” – *Ernesto Ramos-Santos, Chemistry Major*

**A** – “It should be based on academic performance over financial need. Students with just a financial need may not have proven academically that they deserve the money. I’ve known students who have been awarded money but don’t use it to aid their education. Instead of paying for tuition or books, they buy an iPod, then drop out or flunk out.” – *Courtney Elliot, Dance Major*

### Q – If you were a scholarship donor, to whom would you give the money and why?

**A** – “I would give a scholarship to low-income, first generation students... They may be working really hard, but they just don’t have the money to keep up with the expenses of education.” – *Jesus Villegas, Liberal Studies Major*

**A** – “To high school seniors or community college students with a clear educational goal. The application process would involve several steps. I wouldn’t limit the scholarship to a specific demographic. It would be based on one’s commitment to their academic interests” – *Wilbaldo Acevedo, Mechanical Engineering Major*