Bienvenidos

- Latino Graduates And Their Advice For Succeeding At OSU
- Tips That Will Help You Find Your Way Around
- What You Should Know About Student Loans
- Smart Career Moves...From The Very Beginning
- What To Expect When You Arrive At College
- Start Networking With Other Latinos At OSU
Welcome to Ohio State.

Bienvenidos. Every summer ¿Qué Pasa OSU? prepares a special issue that goes out to those Latino/a students who, like you, are getting ready to start college at Ohio State or to transfer to this university. Our purpose is to provide useful information that will help you start this new chapter of your life. For sure it will be exciting, challenging and...hard as well. But don’t be afraid—hard is not so bad if you think that growing processes always come with some pain. In Spanish we talk about “los dolores de crecimiento”. At the end, the pain will pay off.

Most likely your freshman year will bring a lot of those pains in connection to adjustment issues and academic demands. Those of us who already walked “the long and winding road” have something to say about it, so in page 4 some Latinos who recently graduated provide valuable advice.

University authorities, representatives from student-support offices and from Latino organizations as well have also collaborated with this issue, providing relevant information and advice. You’ll notice that they all insist in the importance of getting involved in Latino organizations. On p. 19 there is a list of all Latino organizations on campus and their contact information.

After being at OSU for two years, working as Executive Editor of ¿Qué Pasa OSU?, I can say that one of the biggest problems that Latino freshmen face when arriving to Ohio State is connecting with other Latinos on campus. For those of you who come from large Latino communities it may be a shock willing to help you through the process.

Besides providing information, ¿Qué Pasa, OSU? has also a very important role as a connecting point, as well as a “window” where Latino/as at Ohio State can express points of view, thoughts, and other contributions to the larger OSU community. This particular edition of our magazine will hopefully help you take the first steps in finding your way around. So, first thing, don’t leave this issue at home. Bring it with you.

It is important, however, that you realize that your social and academic success in college depends largely on you and your initiative to look out for guidance and help whenever you need it. Ohio State offers several resources to support you academically, emotionally and socially, but it is up to you to take advantage of them.

One last thing, although this is my last issue as Executive Editor of ¿Qué Pasa OSU?, I would like to invite you to collaborate with this publication bringing ideas, articles or just keeping in touch. The magazine offers great volunteering opportunities as well as some paid positions.

I hope you enjoy your time at Ohio State, including its hardships and pains. At the end of the road you’ll find that besides a degree you’ll have gained a sense of pride and achievement that will always stay with you. Good luck!

http://www.osu.edu/students/ucho/quepasa/
Please send all letters, press releases, or e-mail to:
Office of Enrollment Management
Attn: Victor Mora
423 Mendhall Laboratory
125 S. Oval Mall
Columbus, Ohio 43210

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Editorial Board: Mauricio Cabrera-Ríos, Prof. Ignacio Corona, Victor Mora, Tegan York, Monica Frías-Boson and Marcus Arredondo.
Elizabeth Gutiérrez, 23 years old, from Fremont, Ohio. Received a B.A. in International Studies and plans to work in a Federal or State Administration position in Columbus or Toledo.

Her advice for freshmen: “Don’t be afraid to be involved. When I came to Ohio State as a transfer student, I would have not met so many friends, faculty and staff members if I had been too afraid or scared to attend activities by myself. Being involved opened my eyes to situations for Latinos on campus.”

She proudly said: “I am the first in my immediate family to receive a college degree. As immigrants from Mexico, my parents struggled for years as farmworkers to finally rise out of the fields and into factories. Struggling with money, my parents worked and volunteered many hours to provide an education that would one day lead me to pursue a higher education. Receiving this degree is not about getting a better job. This degree is proof that my family has come a long way to get to where we are at and will continue to succeed with more generations to come.”

Walter Omar Sarabia, 27 years old, from La Paz, Bolivia. Received a Master’s in Mapping and Geographic Information Systems

Plans after graduation: Complete contract with current Engineering Firm and then move on to a Consulting GIS firm.

Advice for new freshmen: “I’ve learned that nothing is taken for granted in school...either you work hard for your education, or you will end up losing valuable time. I am sure you’ll make lots of friends, and will have memorable times at school. But you are on your own when it comes to academics, it depends on you to use all the resources offered here to succeed every quarter.”

He proudly said: “This achievement is important to my family, because now they know that their advice and support have been well invested. I am sure they feel proud of me.”

Lisa Marie Carranza Escudero, 22 years old, from Ohio. Obtained a B.A. in Psychology.

Her advice: “Get involved in a student organization! Since this university is so big, it is easy to feel lost and overwhelmed, but by joining an organization or club you will make friends that can help you overcome the initial shock or feeling of homesickness that you may feel, while at the same time making OSU seem just a little bit less intimidating! Getting involved also can help you discover and/or improve leadership skills.

Proudly said about her family: “Hopefully now I will be able to return the unconditional love and support that my parents have given me all my life. It is now my turn to give back to them, and I am excited to do so.”

Carmen Eugenia Carrión, 27 years old, from Veracruz, Mexico. Received a Master’s in Agricultural, Environmental, and Development Economics.

Plans after graduation: Move to Tucson, Arizona with my family. Be a full-time mom for a while and then pursue a Ph.D. in the U. of Arizona.

Advice for new freshmen: “Work hard during weekdays and enjoy weekends.”

She proudly said: “I am the first in my family to obtain a Master’s degree. However, it is more important for them that I achieved my goals and continued studying even though I have two daughters.”

Alfonso Flores-Lagunes, 27 years old, from Veracruz, Mexico. He received a Ph.D. in Economics and will work as as an Assistant Professor at The University of Arizona.

Advice for new freshmen: “Never give up. There is always a way to make things work if you persist.”

He proudly said: “This achievement is motive for proud and joy. I guess my wife and children have a feeling of "at last".
### Bachelor's Degrees

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<td>MONTOYA JAMES</td>
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<tr>
<td>MORRIS LAVIE JEAN</td>
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<tr>
<td>PAGAN MELISSA ANN</td>
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<tr>
<td>POMPA ROBERT LUIS</td>
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### College of Veterinary Medicine

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<tr>
<td>DEVERE GABRIELLE</td>
<td>US</td>
<td>VM COLL</td>
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<td>LUGO LUIS ALBERTO</td>
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<tr>
<td>SHERER CRISTINA</td>
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<td>D.V.M.</td>
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### College of Optometry

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<td>CONDE AMANDA RENE</td>
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### College of Law

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<tr>
<td>BELL JESSICA DAWN</td>
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<td>LAW</td>
<td>J.D.</td>
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<tr>
<td>MOLINA TERESA</td>
<td>US</td>
<td>LAW</td>
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Information That Will Help You Find Your Way Around

By Tegan York with Monica Frias-Boson

When you decide to make a major change in your life, such as going away to college, nothing is certain. Expectations of the future are usually optimistic and seem exciting and new, yet sometimes things do not turn out the way we anticipated.

The Ohio State University is one of the largest universities in the country. Students arrive here and can feel overwhelmed by its size and intimidated by the sheer enormity of the student body. After the euphoria of a “fresh start” wears off many students feel homesick. This is particularly true for minority students.

Many Hispanic students find it difficult to connect with other Hispanics on Campus, and in town. After all, the Hispanic population at Ohio State is still quite small (1.9% of all students enrolled in fall 2000), as well as in Columbus.

A feeling of loneliness is easy to acquire when you are not surrounded by people who you are familiar with. Especially for those who come from regions where Hispanic presence is greater than in Columbus, an extreme homesickness can set in. Symptoms may include irritability, withdrawal from people who are different from you, a new and intense feeling of loyalty to your own culture, physical illnesses and depression.

These symptoms define what is known as culture shock. Culture shock is a feeling that most people would connect with moving to another country, however, this term can also describe what Hispanics may experience when they come from other states or cities in the United States.

That’s why it’s important that you discover the Hispanic mundo inside of the larger universe of Ohio State where Hispanic students can communicate, embrace and become active participants of their culture in a university setting. This will make the goal of graduation become a reality much easier, with support.

The following are some tips and information that might help you find your way around Ohio State:

• Stay active and become involved in at least one student organization. In this issue you can find a complete list of Latino interest organizations at OSU, including contact persons for each. Also check our web site. However, do not limit yourself by only becoming involved with the Hispanic organizations on campus. Explore and take advantage of the diversity of the student body around the university.

• Get to know other students. The Ohio State student community is so large that sometimes it is hard to get to know people unless you approach them. Get to know other Hispanic students, they have probably had similar experiences as you to get here. The Hispanic Fiesta and other activities during Welcome Week provide good opportunities to do so.

• Attend the Student Involvement Fair during Welcome Week. Welcome Week is the week before class starts and is primarily held in the Main Oval. Every student organization is represented and you will find an enormous amount of information, while meeting people at the same time.

• Get a mentor. The Office of Minority Affairs’ Retention Services has a Mentoring Program. Based on academic and/or career interest, mentees (freshman or transfer students) are matched with professional mentors (faculty, staff, graduate students or professionals from the Columbus area), as well as peer mentors (upper-class students). The contact person is Sheila Kilty, kilty.4@osu.edu, 293-8801.

• Apply to receive free tutoring sessions. Do not wait until you have problems in the class, apply as early as possible. This is a resource that most people do not use or use inefficiently. The following programs offer tutorial assistance in a wide variety of subjects: OMA Tutoring Program and some schools and departments.

• Be patient. It is normal to feel some level of culture shock or homesickness. Simply remind yourself that the problem is not permanent, but be aware of your feelings, and give yourself time to get over it. Try writing in a journal.

• Subscribe to the Latino server. You’ll get useful information about community events and activities. Contact Prof. Raul Herrera at herrera.1@osu.edu to subscribe.
**Enjoy yourself.** Most importantly, do not forget to have fun, and "soak it in" while you are here, and meet as many different people while you can. Check out the following activities:

**Columbus Latin Festival.** Every summer, by mid-June, Columbus celebrates *El Festival Latino* which brings to town Latin music, dance and food.

**Hispanic Awareness Month.** This is an event that will take place on campus during the whole month of April. Presentations and discussions on issues of interest to Latinos as well as social activities are the main components of this celebration.

**Latino Films.** The Latin American Studies Program often features Latin American films and presentations. Check their website at: [http://www.osu.edu/internationalstudies/lasp/](http://www.osu.edu/internationalstudies/lasp/)

### Hispanic Student Services

The Office of Hispanic Student Services is an administrative unit within the Office of Ethnic Student Services, within the Division of Student Affairs at The Ohio State University. Its Coordinator is Carmen Alvarez-Breckenridge and the Graduate Administrative Associate is Debra Bermann.

Hispanic Student Services supports the personal and developmental growth of Hispanic students through advocacy within various levels of the university administration and by offering programs which assist in enhancing the quality of life for Hispanic students at Ohio State.

This office co-sponsors and organizes the Hispanic Awareness Month, a celebration of our heritage through music, sports, forums, workshops and various cultural activities that takes place in April. During this celebration, the Hispanic Student Leadership Award is granted to undergraduate/graduate students who have shown significant involvement within the Hispanic student population and who have increased the level of awareness for Hispanic culture throughout the University community.

For more information, stop by (4th Floor Ohio Union) or call the Office of Hispanic Student Services at (614) 688-4988.

E-mail: HSS@osu.edu

### Office of Minority Affairs

The Office of Minority Affairs (OMA) is one of the university resources committed to academic achievement, diversity and success in and around the Ohio State community.

OMA is comprised of various services devoted to the academic and social success of minority students at Ohio State. African American, Asian American, Hispanic, Native American individuals are considered eligible candidates for minority services, and may take advantage of the wide range of financial aid and scholarship programs, as well as opportunities for intellectual and personal development. In addition to the variety of academic services, many programs, events and social activities are also available through OMA.

There are three main services within the Office of Minority Affairs, which work closely with each other as well as with departments from around the Ohio State community. They are:

- **Recruitment and Development Services** that offers several programs and financial aid packages that aim to help individuals enroll at Ohio State. It strives to identify individuals from different communities in Ohio and around the United States, provide them with support throughout high school, and bring them to Ohio State. One of the goals is to target students that exemplify academic potential. Recruitment and Development offers both need-based (for example, the *Freshman Foundation Program*) and merit-based (for example, the *Minority Scholars Program*) scholarships that are available to bright students with good academic credentials.

- **Retention Services** helps students achieve academic success by providing programs, activities and services that address the educational, professional and personal development of minority students. The major programs include the Mentoring Program, the Tutorial Program, and the ACCESS Program. The *Mentoring Program* provides peer and professional mentors to first-year students. The *Tutorial Program* offers tutorial assistance in a wide range of subjects at no cost to the student. Its purpose is to provide a comfortable and confident learning environment for the students while contributing to their improvement and success. The *ACCESS Program* is designed to provide a comprehensive package of services to assist minority single parents, both male and female, who have custodial responsibility of their children in earning their college degree. Financial aid counseling, parenting and life-skills workshops, book scholarships, and free childcare are a few of the major resources available to ACCESS participants.

- **Cultural Enrichment** offers a variety of programs and services that are available through the Office of Minority Affairs, aiding in the recognition of cultural diversity in and around Ohio State. They consist of practical entertainment—special activities that are both intellectually stimulating as well as personally beneficial—and range from job fairs and presentations to the *Big Ten and Statewide Conference of Offices of Minority Affairs*.
University Offices & Important Phone Numbers

For More Information About:

- Academic Affairs, 190 N Oval Mall 292-5881
- Admissions and Financial Aid 3rd floor Lincoln Tower, 1800 Cannon Dr. 292-4818
- Council of Graduate Students 208 Ohio Union, 1739 N. High Street 292-4380
- Graduate School 247/250 University Hall, 230 N. Oval Mall 292-6031
- Hispanic Student Services 4th Floor Ohio Union, 1739 N. High St. 688-4988
- John Wilke Student Health Center 1875 Millikin Rd.
  • Advise Nurse 292-3301
  • Appointments 292-4321
  • Information Line 292-2112
  • Patients Accounts/Insurance Services 292-0113
  • Student Wellness Center 292-4527
- Student Organization Services 344 Ohio Union, 1739 N. High Street 292-8763
- Off Campus Student Services 104 E. 15th Avenue 292-0100
- Office of International Education Oxley Hall, 1712 Neil Avenue 292-6101
- Office of the Registrar 320 Lincoln Tower, 1800 Cannon Dr. 292-8500
- Office of Minority Affairs 102 Bricker Hall, 190 North Oval Mall 292-4355
  • Minority Scholarship Services 1020 Lincoln Tower
  • Minority Scholarship Services 1800 Cannon Dr. 292-8889

•Retention Services (Tutoring/Mentoring and ACCESS), 1030 Lincoln Tower 292-8732

Sports and Recreation
- 106 Larkins Hall, 337 W. 17th Ave. 292-7671
- Student Advocacy Center 205 Ohio Union, 1739 N. High Street 292-1111
- Undergraduate Student Government 201 Ohio Union, 1739 N. High Street 292-2101
- University Honors Center Kuhn Honors House, 220 W. 12th Avenue 292-3135
- University Police 2090 Kenny Road 292-2121

OSU-Information 292-OHIO 292-9999
- Fees & Deposits 292-3337
- Residence & Dining Halls 292-8266
- Student Health Insurance Program 294-1526
- Traffic & Parking 292-9341
- Transportation (CABS) 292-RIDE
- University Lost & Found 292-1415
- COTA (City Bus) Info 228-1776
- Columbus Tourism Information 221-CITY/1-800-335-4FUN
- Ohio Tourism Information 1-800-BUCKEYE 239-4083

Contact:

- Off Campus Student Services 292-0100
- Transportation and Parking Services 292-9341
- Alcohol/Drug Prev. & Educ. Program 292-TALK
- Wilke Student Health Center 292-4321
- University ID Card Services 292-0400
- www.buckid.ndh.ohio-state.edu
- University Police 292-2121
- University Technology Services 292-5848
- Computer and Typewriter repair 292-2000
- Ohio Department of Public Safety 466-4775
- 688-HELP

Financial Aid 292-0300
- Recreational Sports, Larkins Hall 292-7671
- Counseling & Consultation Services 292-5766
- Campus Ministry Association 294-5113
- 464 Ohio Union 292-0479
- Franklin County Board of Elections 462-3100

(Source: OSU Resource Guide for Students)
All the numbers listed here have the area code 614
From William H. Hall,
Vice President for Student Affairs

Welcome to The Ohio State University. We are happy that you have chosen to study here and to become part of our community. I want to extend my personal welcome as well as that of the entire Student Affairs staff. We are truly glad you are coming to Ohio State.

Right now, you are probably excited and eager to begin college life. Like most students, you also are probably a little bit apprehensive about it. Will you be able to keep up academically? Will you fit in socially? Will you miss your family? These are normal concerns, and nearly every new student has at least a few of them. The good news is that you will find that many of these worries will disappear very soon as you become more comfortable with your new situation. And, you will become comfortable more quickly if you take advantage of the many programs and activities the university has to assist you.

I am going to offer some advice that you probably have already heard and are likely to hear again from others – because I believe these truly are the keys to a successful and happy experience at Ohio State.

• Go to class. This is the No. 1 step to academic success. It is also helpful to sit up front, participate in class discussions, and talk with the instructor about any problems you are having with the material.

• Get involved. Find at least one organization or activity that you are interested in and take part. Residence hall activities are a great way to begin, and the Office of Student Activities and Campus Programs (211 Ohio Union, 292-8763) can direct you to at least 500 clubs and organizations looking for new members.

• Ask for help. If you’re having a problem—whether it be academic, personal, financial, health-related or other—there are people here who can help you deal with it. Your academic advisor and your residence hall staff can answer many questions and direct you to appropriate specialists on campus. The offices of Hispanic Student Services (414 Ohio Union, 292-2917) and Student Advocacy (205 Ohio Union, 292-1111) are also here to help you navigate the university. Asking for help is a sign of maturity, not weakness, so please don’t hesitate! We want to help you succeed.

We in Student Affairs look forward to getting to know you, as together we all begin another exciting and interesting year at Ohio State.

Interview with Mabel Freeman, Ph.D.
Assistant Vice President of Undergraduate Admissions and First Year Experience

What are the key factors for succeeding throughout the first year in college?

M.F: Students who are successful in their first year of college tend to be students who arrive at the university academically prepared for university-level coursework. If a student is not sufficiently prepared for a particular subject area, then the student who uses the academic support services on campus (e.g., Youkin success center; tutoring services; math/statistics lab; writing lab) will be more successful. Students who get to know other students relatively quickly and begin forming friendships as soon as possible will be more successful, because they are developing a support network. Successful students get to know their faculty, their academic advisors, their residence hall staff. Successful students create a balance within their lives—giving appropriate amounts of time to studying, to social activities, to exercising and eating right, to sleeping, to spiritual and good mental health activities. Even the most successful student will be homesick sometime during the first year. Knowing that the challenges of separating from one’s family are part of every new student’s experience makes it easier to work through the experience.

How determinantal is the first year experience in the long term success in college?

M.F: We believe the first year of college is the most important year for success as an undergraduate. Habits are formed; foundations are built. The student who returns for a second year after a successful first year is on his or her way to graduating from the university.

It is commonly argued that new students feel easily “lost” as they arrive to such a big campus as Ohio State. This is particularly relevant to minority students, specially Latino students, who have a hard time trying to find people they can identify with.

M.F: Starting a new experience, even at a small college let alone a large university, can be difficult when a student does not know anyone else. Especially after coming from a high school neighborhood where everyone was familiar. A student needs to realize that he or she is part of making the university a successful experience. Meing new people is a little bit like having a homework assignment. You have to work at it to become more comfortable with it. We meet people one person at a time. A roommate, a student living in the next room, the student sitting next to you in class. Introduce yourself, say a little bit about where you are from or who you are. Then ask something about the other person. During welcome week before classes begin, look for the student organizations with activities or programs that interest you or students who have similar backgrounds to yours. But do not limit yourself to just being with people like yourself. The benefit of a diverse campus is to also get to know people unlike us.

What would be your advice for Latino students who are preparing to come to Ohio State in order to help them navigate the system more efficiently?

M.F: Read the information you were given at orientation. Be familiar with the names of university offices and what they do. Know the schedule for move-in times, welcome week, and your class schedule. Walk around campus during welcome week activities and locate where your classroom buildings are. Learn where churches are located and if they have college group activities. Get in touch with your roommate and talk about what each of you plans...
What You Need To Know About Student Loans and Handling Your Finances

Like most students attending colleges and universities today, you are probably using—or will use—student loans. You are making an investment in your future and might be grateful that they are available to you. Without student loans, many people would be unable to attend school, so it is important that you gather information about them, use them to your benefit and not abuse them because, remember, unlike grants and scholarships, loans must be repaid. With the advent of the William D. Ford Direct Loan Program, applying for a loan is as simple as checking yes to the question that asks if you’re interested in student loans on the Free Application for Federal Student Aid (FAFSA). Following the FAFSA process, the next step is signing a promissory note and within days the loan proceeds are applied to your account. But because the process is not nearly as lengthy and cumbersome as in the past, some students are borrowing more than they need.

On the award letter that you receive indicating how much financial aid you will be receiving for the current fiscal year, you are notified of the maximum amount of loan money that you are eligible to receive.

Is Your Student Loan Debt in the RED ZONE?

This chart will help you determine if you are nearing the RED ZONE or if you are in the comfortable range. It reflects the following:

Student loan repayment:
- < 5% of income
- 5-8% of income
- 8-10% of income
- Above 10% of income

No problems paying loans.
Still O.K.—try to remain at this level.
About as much as you can handle.
You will have difficulty making payments and may need to speak with your lender about alternative payment plans.
Common Mistakes Made By Students When Applying for Financial Aid:

**Missing deadlines.** According to Tally Hart, this is the number one reason for students to fail to obtain financial aid. She emphasized that students need to remember that resources are limited and deadlines are the first way to sort out who gets financial aid and who doesn’t.

**Failing to apply.** Hart said that many students do not apply because they know somebody that did apply and didn’t obtain financial aid and get discouraged to try themselves. Well that’s a big mistake, she said. Under federal rule, mostly every full time student is eligible for financial assistance so don’t get discouraged before applying.

**Making mistakes on the form.** Hart recommends students to fill in the on-line form of the FAFSA, which reduces mistakes by 75 percent. It has been improved lately and it is also available as a link through the Office of Financial Aid’s website (http://www.osu.edu/undergraduate/quicklinks/financial-aid.html)

**Having not accessed all available resources.** Hart recommends students to look into the Internet for sites that offer services FOR FREE. “Free services are very good and there is no reason why students should pay to find out about scholarships,” said Hart. She added that reputable sites allow students to establish a profile and match it with available scholarships. They also notify students through e-mail when a scholarship that fits their profile is available. One site she recommends is Fastweb.com.

you will often find that it is not necessary to borrow the maximum loan available to you.

As it was already mentioned, student loans must be repaid but because repayments do not begin until six months after you leave school, it is easy to forget until much later. Some thought should also be given to your chosen career and what the beginning salaries are in this profession when deciding how much loan money you should borrow during your undergraduate education. Consider whether your career path will require a graduate degree. These are very important factors when considering how much loan money you will be able to repay. We’re finding that some students are leaving school with large loan debts that are accumulating and have also equally large credit card debt. This obviously is a double whammy and is not a way to begin a career.

According to Tally Hart, Director of Financial Aid at The Ohio State University, students who complete their degree have a really good record in repaying student loans, even those who have loaned large amounts of money. The flip side of the coin, she said, is that those who drop off college before completing their degree usually have big difficulties in paying back the loans. Unfortunately, many students find themselves making the difficult decision of leaving college earlier than expected. According to Hart, research suggests that working full time and studying full time is a factor that influences performance and may eventually, have a big impact on the decision of dropping out. Studies show that students who work 15 hours or less a week do much better at school than those who work more and get through more quickly.

Students are inundated with credit card applications when arriving on campus and often times they are completing credit card applications before seeking part-time jobs. Hart says that the good practice is not to have more than two credit cards. On the other hand, research suggests that you’ll probably run into financial trouble if you have six or more credit cards, you make only the minimum monthly payment and/or you use one card to make a payment on another. If you have a credit card(s), it is best to charge only what you can afford to pay in full at the end of each month. Use it wisely and sparingly and if you are an impulse shopper don’t carry your card with you at all times. Become wise consumers and your life will be a lot less complicated.

Source: Office of Financial Aid at the Ohio State University.
### Planning your Career at OSU: Advice for Students and Parents

By Ana Berrios, Ph.D.

Coming to The Ohio State University represents an exciting moment for you and your parents. A lot of expectations are probably being discussed within your family, and feelings of both uncertainty and assurance may be experienced.

One of the most important decisions that involves you and your parents relates to your college major and future career. To ensure your career success, it is important that you join efforts with them in your exploration process and assume appropriate career developmental roles during your stay at college.

Goal setting and careful planning will lead you to a personal and satisfying decision.

#### Student's Role

- Orient yourself to Ohio State and learn about offered services
- Keep options open as you explore the academic world
- Develop excellent study skills for college
- Become involved in a student activity, club, or organization
- Establish relationships with academic advisors and faculty
- Plan coursework for the time you will be at the university
- Investigate part-time jobs
- Summer: Obtain a summer job or volunteer experience

#### Parent's Role

- Encourage your child to make grades a top priority
- Encourage your child to meet with each professor and his/her academic advisor at least twice a year
- Talk with your child about the different campus clubs or activities that might match his/her interests
- Encourage your child to plan early to find a summer job or volunteer experience that matches his/her career interests

### Freshman Year

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<tr>
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<th>Parent's Role</th>
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<tr>
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<td>- Become involved in a student activity, club, or organization</td>
<td>- Encourage your child to plan early to find a summer job or volunteer experience that matches his/her career interests</td>
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### Sophomore Year

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<th>Student's Role</th>
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<tr>
<td>- Explore your interests, values, and skills and how they relate to possible career options</td>
<td>- If your child is undecided about a major or career choice, encourage him/her to see a counselor in Career Connection</td>
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<tr>
<td>- Start assessing skills and knowledge</td>
<td>- Talk with your child about different career and major choices he/she is considering and why they are of interest</td>
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<tr>
<td>- Conduct informational interviews with professionals who work in the fields in which your interests lie</td>
<td>- Encourage your child to follow his/her dreams and make choices</td>
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<td>- Help your child come up with a list of your friends or relatives that may work in a field of interest and can be contacted for informational interviews. Consider making the initial contact</td>
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<td>- Encourage your child to obtain career-related experience over the summer</td>
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### Junior Year

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<th>Student's Role</th>
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<tr>
<td>- Pursue major coursework</td>
<td>- Plan lighter course load; job searching takes time</td>
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<tr>
<td>- Develop a file of career-related projects and references</td>
<td>- Research company information through the Career Information Library and on the Web</td>
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<tr>
<td>- Develop marketable skills &amp; enhancements to your degree</td>
<td>- Attend career, job fairs and on-campus interviews</td>
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<tr>
<td>- Attend campus career fairs</td>
<td>- Discuss career opportunities and plans with faculty, advisors, counselors and professionals in the field and select faculty and administrators to act as references</td>
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<td>- Keep a portfolio of career related projects</td>
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<td>- Conduct your self-directed job search, concentrating on networking and applying for advertised positions</td>
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<td></td>
<td>- Research graduate/professional schools, take graduate school admissions test &amp; apply to graduate school</td>
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<td>- Stay organized; keep a log of your contacts, interviews and follow-up activities</td>
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### Senior Year

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<th>Student's Role</th>
<th>Parent's Role</th>
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<tr>
<td>- Help your child come up with a list of your friends or relatives that may work in a field of interest and can be contacted for informational interviews. Consider making the initial contact</td>
<td>- Ask how you can help your child</td>
</tr>
<tr>
<td>- Encourage your child to attend career fairs on campus that may match his/her interests</td>
<td>- Listen to the fears your child is expressing</td>
</tr>
<tr>
<td>- Provide &quot;networking&quot; contacts for your child</td>
<td>- Offer to talk with your child about his/her career goals and how his/her interests and skills relate to them</td>
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<tr>
<td>- Encourage your child to attend Career Week and any other fairs that match his/her interests</td>
<td>- Encourage your child to get assistance with his/her job search and offer to assist in pulling together names of useful people for your child to &quot;network&quot; with</td>
</tr>
<tr>
<td>- Talk with your child about his/her graduate or professional school plans</td>
<td>- Encourage your child to attend Career Week and any other fairs that match his/her interests</td>
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Career Connection at The Ohio State University offers you a wide range of services focused on helping you make informed career decisions.

- We help OSU students to discover how their interests, values, and personality traits connect with the world of work.
- We help OSU students to develop their interests by exploring various majors and career options.
- We help students to decide on a career by encouraging them to test their ideas with internships, informational interviews, volunteering and extracurricular activities.

- We help them to implement their career decisions by conducting a job search or planning for graduate or professional schools.

A bilingual service in English and Spanish is offered to you as well as a great opportunity to join a group during Au01 for majors and career exploration. This may be a great opportunity to share your college experience and bond together with other OSU Latino students.

For further information you may want to visit our web site at http://www. cca.ohio-state.edu/career-connection and/or contact Dr. Ana C. Berrios at (614) 688-3898 - e-mail: berrios7@osu.edu.

**Career Exploration Web Sites**

  On-line version of a standard resource found in career services centers. The Handbook describes what workers do on the job, working conditions, the training and education needed, earnings, and expected job prospects in a wide range of occupations.

- **Career Zone** - [http://www.explore.cornell.edu/careerzone](http://www.explore.cornell.edu/careerzone)
  Excellent site for exploring how one’s interests related to various occupational titles. To learn more about your interests select Assess Yourself.

- **College Board On-Line Career Search** - [http://cbweb2p.collegeboard.org/career/bin/career.pl](http://cbweb2p.collegeboard.org/career/bin/career.pl)
  Find out about jobs and careers. Users can select a career to learn what to expect from a job and what to do in school so that you can work toward the job you want.

- **My Future** - [http://www.myfuture.com](http://www.myfuture.com)
  For high school students to explore various career options, including career in the military.

- **New York State Labor Department Youth Career Pages** - [http://www. labor.state.ny.us/html/youth/youth.htm](http://www.labor.state.ny.us/html/youth/youth.htm)

- **America’s Career InfoNet** - [http://www.acinet.org/acinet](http://www.acinet.org/acinet)
  Learn more about career fields select Career Resource Library, then Explore by Occupation.

**Educational Planning Web Sites**

- **College Board On-line** - [http://www.collegeboard.com](http://www.collegeboard.com)
  Select the Students and Parents section to find quality information on choosing a college, financial aid, entrance tests, and online college applications.

- **Peterson's Guides** - [http://www.petersons.com](http://www.petersons.com)
  An online version of the popular Peterson's Guides, which lists degree-granting institutions by areas of interests and contains the information needed to request program information and application materials.

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**Study Skills For Success**

Many students come to the Ohio State University, or any university for that matter, and believe that the study skills they have acquired in high school are sufficient for college. Most times this thought is wrong. There are academically successful high school students who come here and their grades plummet. There are high school students whose work is average, and find when they start college that their grades and study skills flourish. Both cases can be found as well as the reversed situations.

There are plenty of other issues that factor into the study habits and successfulness of each student, but one thing is for certain: studying in college is not the same as studying in high school.

Here are some tips and information that will help the transition and development of good study skills be a little less traumatic and more beneficial to the incoming freshman.

**Stop Pracastion-Cramming.** Do not put off to tomorrow what can be done today. Procrastinating and cramming before exams and assignments makes more work for yourself and does not help with retention of materials (see box in next page)

**Develop your skills in reading.** You must be able to read large bodies of text and learn it on your own in a few weeks time. Highlight the important information and before you take a break from reading glance over what you have already read in order to help yourself remember it. Always read before lectures in order to help yourself understand the notes presented. It will make note-taking all the more easier, which is the next point.

**Develop your skills in note-taking.** You must be able to take thorough, well-organized lecture notes. Make sure to incorporate the information that you have read with the information presented to you in lecture.

**Ask questions.** Do not hesitate to ask your professor or teaching assistant if you do not understand something. Their job is to help you understand the material. Use their office hours, these are times when they are in their office simply to answer questions and help students with the material. It is a very beneficial way to learn the information while getting to know your teachers.

**Stop going solo.** Studying in groups is a good way to learn while providing different interpretations of the material. Plus, it makes studying more fun which then makes it go faster.

For more information on how to develop study skills visit the OSU Learning Lab at the Younkin Academic Success Center ([http://all.successcenter.ohio-state.edu/](http://all.successcenter.ohio-state.edu/)), located on 1640 Neil Ave. The Learning Lab has a “walk-in” service that provides students access to tools and resources to assess and improve their skills. Most importantly, it also offers every quarter the computer-based course EPL 259, “Individual Learning and Motivation: Strategies for Success in College”.

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[13]
Procrastination: Why Leaving Things For Tomorrow?

Do you often find yourself postponing for "sometime later" things you must do? We may all agree: Most of the times there are good reasons to do so, such as having "more important or urgent" things to do, or not having enough time. Then, it sounds reasonable to postpone them. Same thing when you "don't really know" how to do it or when you "have to" wait for something else to happen first. Do all these excuses sound familiar to you? That is because procrastination is quite common and, unfortunately, is one of the worst enemies of student success.

Experts point to several reasons for procrastinating. The main are lack of self confidence –if you don’t feel you can successfully perform a task, then you avoid or delay starting to work on it; low tolerance to frustration, and the assumption that it's not fair (good excuse to just not do it).

The good news is that there are strategies to overcome procrastination:

- Set goals that are in line with your intentions and what’s important to you and make them a priority. Goals in different aspects of your life, long term goals and short term goals.
- Define the actions necessary to accomplish your goals and deadlines to do so. This will keep you focused.
- Establish a plan of tasks you need to accomplish. A plan should be specific. For instance if you need to study for an exam the plan should state where and when you'll study; how much time you will spend studying and what tactics you'll use.
- Be your own coach and constantly remind yourself the importance of your academic goals and how well you are doing.

Networking:

These Are Some Latinos At Ohio State

Ruth Anderson, Chair of the Hispanic Oversight Committee
anderson.5 @osu.edu
292-2576

Ivan Adames, Coordinator of Student Involvement
adames.2 @osu.edu
292-8763

Raul Herrera, Professor of Engineering and Student Advisor
herrera.l @osu.edu
292-1291

Jose Cabral, Associate Professor
Department of Chemistry, Co-chair Org. of Hispanic Faculty and Staff
cabral.l @osu.edu
292-4093 ext347

Victor Mora, Co-chair of Org. Hispanic Faculty and Staff
Associate Director Office of Enrollment Services
mora.l @osu.edu
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Normando Caban, Coordinator Office of International Education
caban.l @odu.edu
292-6101

Olga Esquivel-Gonzalez, Consulting Services
Office of Human Resources
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292-5688

Annie Camacho, Clinical Social Worker at Counseling and Consultation Services
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292-5766

Keith Kilty, Professor, College of Social Work
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292-7181

Qué Pasa, OSU? Volume VII, Number 4
Some New Latino Faces at Ohio State

During spring quarter, The Office of Minority Affairs invited minority students who had shown interest in applying to Ohio State to visit our main campus along with their families. Here are some of the few Latinos who attended the reception at the Hale Cultural Center.

Above: Luis Escobedo, Angelita and Adela Escobedo, from Blissfield, Michigan.

Below: Maria de los Angeles Somiana and her son Emanuel Vargas from Cleveland, Ohio.

Above: Fabiola Torres and her father Edwin from Pittsburgh, Pennsylvania, talk with a representative from OMA.

Left: Diana Ruggiero, Aerobics Instructor
ruggiero.11@osu.edu

Right: Graciela Rennella, Member of the Hispanic Oversight Committee
rennella.1@osu.edu

293-6924

Marcus Arredondo,
Chair of the University-wide Council of Hispanic Organizations (UCHO), marredon@hotmail.com

Henry Fischbach,
Assistant Professor, College of Dentistry
fischbach.3@osu.edu
292-1008

Ignacio Corona,
Assistant Professor, Dpt. of Spanish and Portuguese
corona.7@osu.edu
292-4958

Raquel Diaz-Sprague,
Adjunct Faculty School of Allied Medical Professions
diaz-sprague.1@osu.edu
268-1488

Kenneth Moncayo,
Assistant Vice President, Operations of Physical Facilities
moncayo.1@osu.edu
292-1098

Roberto Rojas,
Associate Professor, College of Engineering
rojas-teran.1@osu.edu
292-2530

Below: Maria de los Angeles Somiana and her son Emanuel Vargas from Cleveland, Ohio.
FIVE Steps to Getting Adjusted to College Life

By Annie Camacho

So it's your first time away from home. You may be feeling excited, nervous, anxious, sad, relief, anticipation, or any combination of feelings stirring up inside. No matter what it is you are feeling, it is normal and to be expected that going to college is one of the biggest transitions in your life. No pressure! The reality of all of this is that you are going to be under some stress. Both good and bad stress. Good stress, referred to as *eustress* occurs when you have to meet your new roommate for the first time or go to your first college class. It is those butterflies you feel in your stomach when you are doing something new for the first time that you are looking forward to. Bad stress, referred to as *distress* is something we are all familiar with. It's those fights with a parent or loved one, not having enough money to cover an expense, peer pressure to use alcohol/drugs or to have sex, and many other things left off this list. It's that sinking feeling in your chest or weight on your shoulders that slows you down. (See 77 ideas for self-nurturing activities) Both eustress and distress are a part of life and learning how to handle them will make a difference on how healthy your life will be in college!

The key thing to remember as an incoming student is that you are the master of your college experience. You have total reign over how good (or bad) of a year you will have. The responsibility lies in your hands! So, how do you get started?

What follows is a five point list to help you down the right path in college.

**ONE: Build a Support Network** — Some of you may be coming to OSU with friends or family and are feeling pretty good about having someone 'there for you' if you need it. But for many, that is not the case. That is why making sure you build a support network at school is so important. This usually starts with befriending your roommate and/or suitemates. Granted there are going to be differences between you, it is still a good idea to get to know one another because you will be sharing the same space for the year and that space becomes your 'home away from home.' Once you have established a connection with your roommate, start exploring your residence hall; meet the staff and attend hall/floor meetings and outings to get to know others in your building. In addition to meeting new peers, part of building your support network consists of making contacts with professors and your academic advisor. The OSU faculty and staff are here to provide you with any support you may need. You just have to reach out!

**TWO: Create New Study Habits** — Budgeting your time and getting your academic priorities straight are some challenging issues that new students face. The biggest difference you will notice from high school to college is that you are expected to do a lot more work outside the classroom than ever before. There is also the difference in class sizes. In high school, it is likely that teachers would breathe down your neck to get an assignment done on time. In college, it is up to you to get your work done. There will be no instructors checking in with you personally to ensure you are keeping up. In addition, you have to be more proactive in seeking out answers to questions from instructors and requesting extra assistance on items as needed. Making sure you set up how to study, where to study and times to study are all parts of creating new study habits to ensure your academic success at OSU.

**THREE: Get Involved** — Getting involved goes hand in hand with item 1 on this list — building your support network. When you look back on college, you want to be able to say 'I did this' or 'I was part of a group that did that' and so on. College is a time of experimentation. This includes trying out activities and organizations that are of interest to you. OSU has an array of clubs, groups and organizations ranging from music and dance to student government and social groups. There are job and volunteer opportunities galore! It's up to you to get out to gatherings and meetings to explore the options and meet new people.

**FOUR: Use Campus Resources** — Still not sure what you want to major in? Stop by to visit the Career Connection office in the Younkin Success Center to talk with a career counselor or to take some tests/surveys about career options. Do you feel that an instructor or fellow peer has treated you badly or unfairly and you are not sure what to do about it? Stop by Student Advocacy located on the 2nd floor of the Ohio Union for help. Basically, the point I am trying to make here is that there are a lot of campus services in place to meet your needs, no matter what they are. There are academic resources like tutoring, mentoring, writing centers, and learning labs. There are physical activity resources like intramural sports and workout facilities. There are health services like the Wellness Center, Wilce Student Health and Counseling & Consultation Service (CCS — where I work). I am a social worker at CCS responsible for networking with the Latina/o community at OSU, which is why I am taking an early interest in your future by writing this article. Remember that OSU resources are there to serve all students.

**FIVE: Learn to be Responsible** — College means a lot of things to people, but one can be sure that FREEDOM is something that comes up every time. Therefore, I want to point out a few things you have to be mindful of in your new found freedom at school: 1) get up and go to class (invest in an alarm clock); 2) manage your money and pay your bills (stay away from credit card promotions — they will only lead to trouble in the future); and 3) take care of yourself, which includes your physical health and safety. Alcohol and drug use create more personal and academic problems for students than any other factor of college life. Make decisions you can live with.

That is the list of advice I offer to the incoming Latina/o students and also to continuing students who have not yet achieved their college goals — it is never too late! In closing, I want to remind the readers that this is an exciting time for you...make it a period you will be able to enjoy. You are the master of your college experience! Best wishes in discovering your potential!

For further information or questions about this article, please call Annie Camacho, MSW at Counseling & Consultation Service 614-292-5766 or email at camacho.l3@osu.edu. *Items adapted from the Parent's Guide booklets by the National Resource Center for The First-Year Experience & Students in Transition.*
77 IDEAS FOR SELF-NURTURING ACTIVITIES

1. Listen to favorite music
2. Relax in a whirlpool/sauna
3. Enjoy a long bubble bath
4. Enjoy a cool, refreshing glass of water or juice
5. Go for a walk
6. Hug a loved one*
7. Enjoy the beauty of nature*
8. Relax outside*
9. Count my blessings: “I am thankful for...”*
10. Exercise (your choice)*
11. Spiritual Prayer*
12. Play as I did as a child*
13. Attend a caring support group*
14. Star gaze*
15. Practice diaphragmatic breathing*
16. “Window shop”*
17. Do “stretching” exercises*
18. Day dream*
19. Reflect on my positive qualities: “I am...”*
20. Tell myself loving words I want to hear from others*
21. Watch a sunrise/sunset*
22. Laugh*
23. Attend a special workshop
24. Concentrate on a relaxing scene*
25. Go sailing/paddle boating
26. Create a collage representing “the real me”
27. Reward myself with a special gift I can afford
28. Receive a message
29. Reflect on “I appreciate...”**
30. Take myself on a vacation
31. Write my personal thoughts and feelings in a journal
32. Create with clay/pottery
33. Attend a favorite athletic event
34. Practice positive affirmations*
35. Do something adventurous (but safe)
36. Pet an animal*
37. Read a special book or magazine
38. Watch my favorite TV show
39. Sing/hum/whistle a happy tune*
40. Reflect on my successes: “I can...”*
41. Swing/slide/teeter-totter*
42. Play a musical instrument
43. Write a poem expressing my feelings
44. Spiritual meditation*
45. Work with plants (gardening)
46. Make a bouquet of flowers
47. Learn a new skill
48. RELAX: watch the clouds*
49. See a special play/movie/concert
50. Make myself something nice
51. Work out with weights or exercise equipment
52. Visit a park/woods/forest*
53. Ride a bike/motorcycle
54. Read a positive, motivational story
55. Cook a nutritious meal
56. Draw/paint a picture
57. Reflect on: “What I value most in life...”*
58. Swim/float/relax in a pool/on the beach*
59. Do aerobics/dance
60. Phone a special friend
61. Visit a special place I enjoy setting
62. Go on a picnic in a beautiful
63. Smile/say: “I love myself”**
64. Take time to smell the roses*
65. Enjoy a gourmet cup of herbal tea/decaf coffee
66. Imagine myself achieving my goals and dreams*
67. Go horseback riding
68. Participate in a favorite sport/game/recreation
69. Reflect on “my most enjoyable memories”*
70. Enjoy a relaxing nap*
71. Practice a relaxation exercise* (or listen to a relaxation tape)
72. Visit a museum/gallery
73. Practice yoga
74. Practice the art of forgiveness*
75. Treat myself to a nutritious meal at a favorite restaurant
76. Participate in a hobby
77. Create my own unique list of “self-nurturing” activities.

(* = FREE ACTIVITIES)

Ney Arias @ The Latino Freshmen Support Group

By Tegan York

Ney Arias

The first year of college is always a little difficult. You are away from home and the familiar, you do not know many people and classes are harder than before. So wouldn’t it be great if you could attend a Latino freshmen support group in order to ease the transition? Well, it is in the making, thanks to academic counselor Ney Arias.

Arias, who was born in the Dominican Republic, has been working for a while now in order to establish such a group on campus. However, this is nothing new. In previous years, Ana Berrios facilitated a similar support group at University College (UVC) until she moved to Career Connection, where she is counselor now (see page 12). In addition to her relocation, some changes have affected UVC, which starting next year will be merging with the College of Arts and Sciences (ASC) that houses the Biological Sciences, Humanities, Math and Physical Sciences, as well as the Social and Behavioral Sciences. What used to be called UVC and ASC will now be called Undergraduate Academic Services (USAS).

According to Arias, who will be a counselor in the Exploration Division of this new unit, USAS will serve undecided students as well as those who are not ready to transfer into their intended college.

“The main effect on freshmen will be direct enrollment,” said Arias. “This allows the student to develop a relationship with their college early on. Undecided students were very well attended to in University College, but this change will enable us to devote even more time and resources to the undecided student population.”

Where do all these changes in UVC leave the UVC Latino support group? According to Arias, he has proposed to the Arts and Science Office of Diversity the idea of continuing the group. “I am thrilled at the amount of attention the group is receiving from the new unit,” said Arias. “University College did a great job with diversity and I am very happy to see USAS quite committed to improving diversity initiatives.”

Arias would like to expand the idea of the support group. Not only would he like to provide a forum where Latino students can get feedback and advice on different issues, but he also hopes to establish a link between the group itself and the OSU community as a whole.

“I want to organize meetings, lunches and panels to discuss life as it applies to Latino students. I envision a place where students can find out more about themselves by relating to others in the community, both Latinos and non-Latinos,” said Arias.

Arias is hoping to have this group established by the fall, but in the mean time he wants all freshmen to get involved and experience all that OSU has to offer. “Be part of the community,” he advised. “Offer all you can so that others can learn from you.”

If you are interested in being a participant in the Latino support group, or have any questions, call Ney Arias at 292-0646 or e-mail him at arias.11@osu.edu.
Welcome Messages

From Ruth Anderson,  
Chair, Hispanic Oversight Committee

Bienvenidos a todos. Welcome newcomers to our campus and welcome back to those returning to complete their academic journey. The university is a large place composed of many small parts. One of these components is the Hispanic student population. The Hispanic Oversight Committee sponsors many support services created to help you navigate the many ports you must visit on your way to obtain that cherished document, your graduation diploma. As with any journey, one must keep clear sight of the goal to be able to reach it. There are many who would help you navigate the rough waters and avoid the shoals that could interrupt or even stop your progress. Don’t hesitate to ask for assistance, even when you think you know the way. Just as the explorers looking for a new and shorter path to the Indies discovered the land and peoples we now call the Americas, you too may discover unexpected riches and associations as you search for knowledge in this new environment. Their travel was guided by the stars, yours too can be guided by the “stars” on the faculty and staff.

Take a variety of classes and get to know the professors who teach them. Students who are near the completion of their academic journey can also be invaluable aids.

Explore the many activities available on campus and embrace the one’s which best fit you. Learning should be a pleasure, but it also involves hard work. Consider participating in or forming study groups. The more energy and effort you devote to the learning process, the greater the rewards and satisfaction.

Get on the Scholar Ship, and you know you have reached your destination when you have the sheet of paper firmly in hand with your name on it that says GRADUATE of The Ohio State University. Set goals, work hard, seek help and have a good time accomplishing them. You will know when you have arrived.

From Jose Cabral, Ph. D. & Victor Mora,  
Co-Chairs, Organization of Hispanic Faculty and Staff (OHFS)

Bienvenidos! On behalf of The Organization of Hispanic Faculty and Staff (OHFS), we would like to extend a welcome to all enrolling students and their guests at Ohio State. Our longstanding organization is committed to:

• Fostering an Hispanic/Latino presence and identity at OSU through its faculty, staff and students
• Providing a forum for the discussion of issues related to our growing community
• Securing an environment that ensures the social, cultural and intellectual development of Latino/Hispanics members of our community

From Marcus Arredondo,  
Interim President 2001-2002,  
University-wide Council of Hispanic Organizations (UCHO)

It is always a great sign to see more Hispanics arriving at The Ohio State University with each passing year. I welcome all the new freshmen that have been blessed with the opportunity to seek higher education at OSU. College years are a time when you discover who you are; when you come to terms with the responsibilities of being an adult —realizing what your limitations are, and a time when lifetime friendships are established. If there is any advice that I can give you as a student that has been here for four years, it is to take the initiative and immerse yourself in all the things that Ohio State has to offer. This is not limited to working hard on your academics. I invite you to get involved with the many student organizations that are here to offer you support. Attaining a degree at this college is a great challenge that is very difficult to face by yourself, so it is important to remember that there are many people at OSU that want you to succeed and achieve your goals.

As we look forward to your arrival, we have already initiated a major undertaking that bears directly upon you. With collaboration from other units on campus, in the 2001-2002 academic year we will conduct a Needs Assessment Survey of undergraduate, graduate and professional Hispanic/Latino students of the OSU community. Two other areas of our focus are to ensure the continued development of academic student retention services at OSU as well as our efforts in the developmental process leading to the establishment of the Multi-Cultural Center, a component of the President’s Academic Action Plan.

Your arrival on this campus alone has already contributed to the academic and cultural enrichment of our community. And as you embark upon the attainment of goals and aspirations of your academic endeavors, we look forward to your joining us and participating with your fellow students, faculty, staff and administrators in building a stronger Hispanic/Latino community at OSU.

During my years at Ohio State, I have crossed paths with many Latino students. Unfortunately many of them were here only for a short while. Take your pick for the reason: homesickness, academic failure, or never finding a comfort level at this university.

I thank God for having come across all the great friends that I have encountered while being a member of Alpha Psi Lambda, the Latino/a interest fraternity at Ohio State. These are the people that provided me with comfort when I thought that things were out of control in regards to school.

I look forward to assisting all Latinos and bringing more unity to the Hispanic population through my work as Interim-President of UCHO. There are so many great organizations within UCHO that can help you to get acclimated to the university not only on an academic level but also on a personal level. Don’t wait too long until you seek help, all of the organizations within UCHO will be glad to assist you. See p. 19 for contact information.

Remember that these years in college are the best years of your life. Make sure that you enjoy them while at the same time never losing focus of what your goals are or how you are going to attain them. I wish all of you the best of luck as you embark on an exciting time in your life. If there is any way that I can serve to assist you, please contact me.
Latino Restaurants in Columbus

Baja Fresh Mexican Grill, 771 Bethel Road. Suite 160 459-6641
Chile Verde Café, 4852 Sawmill Rd. 442-6630 / 375 Stoneridge Ln. 478-6525
Chipotle Mexican Grill, 1298 W. 5th Ave. 481-0105
Cancun Mexican Restaurant, 5701 Maple Canyon Ave. 847-1266
Carmen's Kitchen, 1784 E. Dublin-Granville Rd. 882-8762
Casa Fiesta, 901 E. Dublin-Granville Rd. 888-3995 /
7475 Vantage Dr. 781-0751 / 1466 Bethel Rd. 5228
Don Pablo's Mexican Kitchen, 1803 Olentangy River Rd.
291-6300 / 1777 E. Dublin-Granville Rd. 888-5289
El Burrito, 4299 N. High St. 268-1182
El Mariachi, 2057 Morse Rd.
El Nopalito, 75 S. Murray Hill Rd.
El Vaquero Mexican Restaurant, 3230 Olentangy River Rd.
261-0900 / 2195 Riverside Dr. 486-4547
Estrada, 240 King Ave. 284-0808
Frankie's Burritoville, 3096 Southwest Boulevard 871-8733
Garcia's International, 2573 N. High St. 267-4759
La Bamba Mexican Restaurant, 1980 N. High Street 294-5004
Latin Rooster (South American Cuisine), 389 Stoneridge Ln. 471-4567
Los Dos Amigos Taqueria, 3203 Sullivant Ave.
Mi Mexico, 4775 E. Main St.
Nacho Mamas, 5277 Columbus Pike 548-5655
Puerto Vallarta, 6857 Flags Center Dr. (Cleveland Ave. and Schrock)
Spain Restaurant, 888 E. Dublin-Granville Rd. 840-9100
Talita's Mexican Restaurants, 2977 N. High Street 262-6000

Grocery Stores and Markets

El Escondido, 246 W. Fifth Ave. 299-3929
El Inka, 1041 Mediterranean Ave. 888-4651 / 6329 Sawmill Rd. 939-9497
International Food, 2407 N. High St. 268-6688
La Herradura de Oro, 4194 W. Broad St.
La Mexicana Mini Super y Regalos, 4186 W. Broad St. / 5705 Maple Canyon Ave.
La Perla Tapatia, 2379 W. Broad St. 276-5660
Medina Market and Deli, 2815 Cleveland Ave. 263-3712
Mediterranean Food, 2647 N. High St. 263-9400
Mi Ranchito, 4245 West View Center Plaza
Nueva Frontera Marketplace (groceries and cafeteria),
166 South Hamilton Road 868-8709 / 3014 Sullivant Ave. 276-5900
Viva Zapata, 425 Industrial Mile Rd.

Interview with M. Freeman... Comes from p. 9

to bring to the residence hall. It is possible you may be the first Latino student that another student has ever met. Share your culture and ask others to share their culture and interests with you. Look into participating in Latino student organizations and service groups, but do not limit yourself to just one group of friends.

What kind of support does Ohio State offer to new freshmen to help them deal with the challenges of the first year?

M.F: The Younkin Success Center offers academic learning support initiatives through coursework and computer-based study skills instruction. Counseling and consultation services offer individual and group counseling on issues ranging from dealing with separation issues to eating disorders to career counseling to time management. Residence Hall support staff offers programming directed toward new students. The Writing Lab offers tutoring help for writing. The Math/Stats Lab is open every day for help with mathematics and statistics courses. Academic advisors are key people for offering support to new freshmen. The Office of First Year Experience offers programming on topics relevant to the challenges of the first year.

Latino Organizations at Ohio State

Hispanic Oversight Committee
  • http://www.latinos/osu-state.edu/hoc.htm
  Ruth Anderson, Chair
  Dr. Raúl Herrera
  Dr. Ignacio Corrales
  Ivan Adams
  Victor Mora
  Graciela Rennella
  Elizabeth Gutierrez

QHES
  Organization of Hispanic Faculty and Staff
  • http://www.latinos/osu-state.edu/qhes.htm
  Dr. Jose Cabral, Co-Chair
  Victor Mora, Co-Chair

UCHO
  University-wide Council of Hispanic Organizations
  • http://www.osu.edu/students/ucho
  President: Marcus Arendondo (arendondo.4@osu.edu)
  Alpha Psi Lambda
  • http://www.alpha-psi-lambda.org
  • e-mail: apsl@postbox.acs.osu.edu
  President: Marcus Arendondo (arendondo.4@osu.edu)
  (614) 299-2252

HBSA: Hispanic Business Student Association
  • http://www.acs.osu.edu/students/hbsa
  • e-mail: hbsa@postbox.acs.osu.edu
  President: Kenny Galloway (galloway.257@osu.edu)

HGO: Hispanic Graduate Organization
  • http://www.osu.edu/students/hgo
  President: Mauricio Cabrera-Rios (cabrera-rios.1@osu.edu)

HHPSA: Hispanic Health Professions Student Assoc.
  • http://www.hhsa.org
  President: Jessica Reyes (reyes.59@osu.edu)

HLSA: Hispanic Law Student Association
  • http://www.hlsa.org
  President: Teresa Molina (molina.27@osu.edu)

OHSEA
  Org. of Hispanic Students in Engineering and Architecture
  • http://studentorg.engineer.osu.edu/~ohsea/
  President: Omar Caraballo (caraballo.5@osu.edu)

Folclor Hispano/Canto Latino
  • http://www.osu.edu/students/folclor/
  President: Christina Boyer (boyer.152@osu.edu)
Highlights Of The Year

THE LATINO FESTIVAL. In the middle of June Columbus celebrates the Latino Festival. The annual event takes place in downtown and attracts hundreds of people who honor the Latino heritage through music, art and delicious food. This year’s highlights were Elvis Crespo, Yumbabees, Cuco Valoy, Los Cenzontles, among many others.

HISPANIC AWARENESS MONTH. One of the Major Latino events that takes place during spring and is organized by the office of Hispanic Student Services. The celebration is packed with presentations of well known speakers, discussions, fiestas, food and music. The HAM provides Latinos an opportunity to reconnect with their cultural heritage and gives non-Latinos the chance to learn and experience different aspects of the Latino culture.

LATINO TOWN MEETING. For the second year in a row, members of the OSU Latino community organized a town meeting aimed at fostering the discussion about ongoing issues that are relevant to our community. Some of the topics that were addressed during the reunion were the creation of a Multicultural Center at Ohio State and the need to conduct a student needs assessment.