

MOUNTIE MENTOR CONFERENCE 2022

Embrace your journey!



Friday, May 13th
8:00am-1:00pm
DTC Bldg. 13

WELCOME

Welcome, Mounties!

On behalf of the Mentor Conference Planning Committee, thank you for participating in our 2022 Mountie Mentor Conference: Embracing Your Journey, Finding your voice, life, path and true self.

For the past two years, we have been together in a virtual format; this event will mark our first in-person mentor meeting/conference in over two years. As many of you have participated in our mentor meetings, today's conference brings us all together into one place to learn, grow, and engage with fellow mentors and mentees. Topics around mental health, presenting yourself professionally, and first gen talking circles are a few of the workshops you will be able to attend. You will be able to network with fellow students and have opportunities to engage with the campus community; we hope you have many takeaways as you embrace your journey!

We want to thank the planning committee for all the work they have done to put this conference together. We would not have been able to do this without them:

Dr. Kristina Alvarado (Academic Success and Achievement Center)
Richard Cuellar (Student Life)
Derek Doktor (Business Division)
Andrea Gonzalez (Reach)
Jullyssa Guevara (Equity Center)
An Ha (EOPS/CARE/Associated Students)
Yolanda Haro (Counseling)
Dr. Katrina Hermoso (Inreach)
Renu Katoch (Adult Basic Education)

Shelly Laddusaw (School of Continuing Education)
Tim Leslie (Student Health Services)
Jeze Lopez (Reach/Guardian Scholars)
Luis Jacobo Manriquez (Upward Bound)
Desiree Marquez (Financial Aid, Scholarships, and Veterans)
Catherine Parks (Equity Center)
Marlene Sandoval (Financial Aid)
Dr. Andi Fejeran Sims (Student Life)
Jazmin Vargas (Veterans Resource Center)

Sincerely,
Mountie Mentor Program Co-Leads 2020-2022

Dr. Eric Lara
Associate Dean, Student Success and Equity

Betzabel Z. Martinez, M.Ed.
Program/Project Specialist, Equity Center



Betzabel Martinez

CONFERENCE PROGRAM



7:45AM – 8:35AM

REGISTRATION CHECK-IN & BREAKFAST

LOCATION: DTC BLDG. 13 PATIO

8:45AM–9:00AM

WELCOME & LAND ACKNOWLEDGEMENT

DR. ERIC LARA, BETZABEL Z. MARTINEZ, ABE GAUMOT, AN HA

LOCATION: DTC BLDG. 13-1700

9:00AM – 9:45AM

KEYNOTE SPEAKER PRESENTATION

DR. PATRICIA ARREDONDO

LOCATION: DTC BLDG. 13-1700

10:00AM–10:45AM

CONCURRENT WORKSHOPS

SEE NEXT PAGE FOR LIST OF WORKSHOPS

11:00AM–11:45AM

CONCURRENT WORKSHOPS

SEE NEXT PAGE FOR LIST OF WORKSHOPS

12:00PM–1:00PM

STUDENT PERFORMANCE

LUNCH

BLDG. 9C STAGE

WORKSHOPS

PLEASE SELECT ONE WORKSHOP TO ATTEND PER TIME FRAME.

10:00AM-10:45AM

Recognizing and Working with your Inner Dialogue

Presenter: Tim Leslie

Location: 13-1245

Description: This workshop will help you learn to identify the impact of your internal dialogue on your beliefs and your decision making processes.

Communicating Effectively by Claiming Your Woman's Voice

Presenter: Dr. Patricia Arredondo

Location: 12-1280

Description: With gender socialization, most women are taught to be reserved, to not speak up, and often, to let men speak for them. Although these communication lessons may work in family relationships, they generally do not in college and work settings. In fact, if a woman is quiet and does not offer an opinion in the classroom, there may be negative assumptions about her intelligence and interest. Women must claim their voice to demonstrate their abilities and perspectives. In this workshop, women will engage in examining their own communication behavior and what motivates it and why and how they may need to adapt their behavior to be heard and gain greater confidence.

Presenting yourself Professionally: Networking and Resume Writing

Presenter: Alana Bachor

Location: 13-1220

Description: Whatever your career aspirations are first impressions matter. Come to this workshop to learn some basic tips on how to present yourself professionally – in person and on paper. The hands-on activities will provide participants with scenarios found in the real world so they can leave feeling better about being prepared to present their best selves for their career goals.

WORKSHOPS

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10:00AM–10:45AM

Owning Your Story: Finding Power in Developing Your Personal Narrative

Presenters: Desiree Campos Marquez, Teresa Pham

Location: 12-1080

Description: Learn how to show and demonstrate your personal narrative through concrete experience. Presenters will demonstrate techniques to assist attendees in developing fresh, lively, and unique responses and how to avoid common pitfalls when presenting yourself in writing.

First Gen Talking Circle

Presenters: Julyssa Guevara & Lindsey Perino

Location: 12-1020

Description: First Gen Students! Join in on a conversation where we'll have an open and honest discussion about our experiences as being the first to come to college and having to navigate these systems that can cause a lot of headaches. We'll be in a safe space where we can lead the conversation in any direction while creating new relationships, and normalizing and validating your experience in community.

Body Scan Meditation

Presenter: Yolanda Haro

Location: Bldg 10 Founders Hall

Description: If you wish to be happy and calm, keep the mind in the body." This session is about bringing awareness to the body by meditating on each part of the body.

We will mindfully walk (in silence) from Building 13 to Founders Hall, paying attention to each step we take and paying attention to how we feel in the body. Once at Founders, we will practice a body scan meditation.

Mindfulness principles will be reviewed to enhance our practice in this session. You will learn about energy, breath, maintaining awareness of the body in its sensations, coming and going of feelings and enhancing self-love and healing. Be calm and enjoy.

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How our Unconscious Biases Get in the Way of Positive Relationships

Presenter: Dr. Patricia Arredondo

Location: 12-1280

Description: Growing up, all of us learn stereotypes about other people. They could be our neighbors, classmates, or even family members. For example, it is often suggested that immigrants take other people's job or that they benefit from government funding. This is far from the truth but if a message is constantly repeated, we may begin to believe it. In this workshop, early messages about differences will be discussed with attention to how these lead to unconscious biases or stereotypes about others. Although having unconscious biases is common, acting on them can affect relationships. The acting is what we call microaggressions. Participants will explore ways to interrupt unconscious biases and microaggressions.

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BUILDINGS



PRESENTERS

DR. PATRICIA ARREDONDO

Dr. Patricia Arredondo is a social justice advocate, always supporting individuals and groups who are overlooked in higher education and the workplace. She has championed women to assume leadership, immigrant families to tell their stories, BIPOC graduate students and university professionals to form communities, and leaders to listen and eliminate inequities. Dr. Arredondo is well-published, a former university professor and president, and a servant leader in many organizations. A licensed psychologist, she is President of the Arredondo Advisory group, and take pride in her Mexican–American heritage.

ALANA BACHOR

Alana Bachor has been a full-time Counselor and Professor at Mt. SAC for the past eight years. Her passion for helping people find their agency in this world is what drives her in her daily work to help students help themselves. She has synergized her love for her profession and creating connections with students by organizing events such as Meet a Counselor (MAC) Day, Express Zoom Counseling (EZC), and Counseling on the Go (COG) for the college. Alana has a special place in her heart for career counseling and is grateful for any opportunity to share her knowledge about the world of work with students.

Alana graduated from UC Riverside with a B.A in History and a minor in Dance, and received her M.S. in Counseling from CSU Los Angeles. She loves learning and will be returning to graduate school at UCLA this fall to pursue her Doctorate in Education.

JULYSSA GUEVARA

Julyssa Guevara is a first-generation professional and student who provides bilingual mental health and case management services to individuals in Los Angeles County. She has extensive experience working with community members in educational institutions, domestic violence shelters, juvenile justice facilities, foster care agencies, and community clinics. Julyssa has focused her practice in working with people of color in urban communities who have experienced complex traumas connected to immigration, incarceration, housing insecurities and other social inequities. She is a proud alumna of Cal State Fullerton and the University of Southern California. In efforts to bridge the gap between the field of social work and education, she is currently pursuing her doctoral degree at Claremont Graduate University in the School of Educational Studies – Urban Leadership Program where she is focusing her research on identifying factors contributing to first generation Central American students' academic resilience.



PRESENTERS



YOLANDA HARO

Yolanda Haro studied meditation and yoga at Open Door Yoga Studio in Pomona, California. She received her dual Yoga and Meditation 200 hour certifications in 2017. Ms. Haro is also trained in Mindfulness-Based Stress Reduction (MBSR), created by Jon Kabat-Zinn and has studied with experts from UCLA Mindful Awareness Research Center (MARC). Her meditation practice is inspired by Thich Nhat Hanh and her Loyola Spirituality.



TIM LESLIE

Tim Leslie has worked at Mt SAC for 5 years as a mental health therapist. During this time he's provided individual counseling to students, conducted presentations on various mental health topics and partnered with various student programs to help destigmatize talking about mental health. Additionally, Tim has served on the Board for Mental Health and Wellness Association for 2 years to advocate for mental health access across the community college system in California. Tim also serves as a board member for Tending the Garden, an organization dedicated to provided support to survivors of sexual assault with a focus on BIPOC.



DESIREE CAMPOS MARQUEZ

Desiree A. Campos Marquez currently serves as the Manager of Financial Aid and Special Programs at Mt. San Antonio College (Mt. SAC). In her role, she has administrative responsibility over the College's Scholarship Program Office, Veterans Resource Center and assists with daily operations of the Financial Aid Office. Mrs. Marquez is a statewide expert in the field of scholarship compliance and has worked in the profession of Student Affairs since 2001. She began her professional work in scholarship administration as the Assistant Director of USC's Academic Recognition Programs Office where she advised scholarship recipients and coordinated the institutional endorsement process for the Rhodes, Marshall and Mitchell international scholarship competitions. Mrs. Marquez then went on to serve as the Director of USC's Topping Scholars Program before joining Mt. SAC's Scholarship Program Office. She is an alumna of the University of Southern California (USC) where she triple majored as an undergrad, earning degrees in Political Science, Anthropology, and American Studies and Ethnicity – with an emphasis in Chicano/a Studies, graduating Magna Cum Laude. Mrs. Marquez also holds a Master's degree in Education – with an emphasis in post-secondary administration and student affairs, from the USC Rossier School of Education. She is a proud mother of five, including two current CSU undergrads. Spring 2022 marks Desiree's 21st year as a student affairs professional and her 16th year at Mt. SAC.

PRESENTERS

LINDSEY PERINO



Lindsey Perino is a licensed clinical social worker who provides case management resources to the DREAM and REACH students at Mt. SAC. When she isn't helping our wonderful students, she is working at a non-profit agency as a program supervisor for underprivileged and marginalized families/communities. When she isn't working, Lindsey will be enjoying delicious food with friends, reading a good book, or watching a cheesy romcom. Lindsey has worked in a variety of settings, including juvenile hall, primary schools, group homes, and outpatient mental health clinics. Lindsey's primary work of focus is with children and families who have experienced significant complex trauma related to homelessness, abuse, domestic violence, incarceration, etc. Lindsey attended Diablo Valley College to attain her Associate's in Psychology and transferred to Sonoma State University to acquire her Bachelor's in Psychology. Lindsey then moved to sunny southern California to pursue her Master's in Social Work at California State University, Fullerton.

TERESA PHAM



Teresa Pham has worked in higher education for over 16 years & is currently the Educational Advisor for the Arise Program. She previously served as the Scholarship Program Specialist in the Mt. SAC Scholarship Program Office, promoting scholarships to and assisting students with scholarship advising. Teresa holds a Master of Arts degree in Education with an option in Social & Cultural Analysis of Education as well as a Bachelor of Arts degree in History from California State University, Long Beach. As the daughter of Vietnamese refugee immigrants, having had to navigate her way through higher education as a first-generation college student, she understands the importance of developing one's personal narrative.

PLEASE
COMPLETE
BEFORE YOU GO

MOUNTIE MENTOR CONFERENCE EVALUATION

**MOUNTIE MENTOR CONFERENCE
WORKSHOPS SURVEY**

