

# EWU C.A.M.P.



Pictured: Members of the CAMP Cohort standing at the EWU pillars.

## WE ARE C.A.M.P. FAMILY

The 2021-2022 CAMP cohort participated in-person during our orientation activities after a long hiatus due to the pandemic. It was a day of new beginnings, as many students saw the campus for the first time, moved in, said goodbye to their families, and welcomed their new EWU family.

During the first day of orientation on September 16, CAMPers listened to our Director Rocio Rangel discuss expectations as we introduced staff members Emilio Bustos Outreach Specialist and Recruiter and Brooke Nicholson Retention Specialist. It was exciting to meet younger siblings who may also attend CAMP when they are ready and the nervous parents who asked questions about financial aid, courses and where the dorms were located. The usual questions during our unusual pandemic times. Our CAMP mentor Chris Cuevas who was a CAMP scholar last year took the families on a tour of campus offering a bilingual experience. And to wrap up the day, we held a CAMP Welcome ceremony with guest speaker Marcella Godina, a recent graduate who participated in CAMP and later became a CAMP mentor.

Our second day of orientation was spent sharing breakfast and icebreakers. To immerse ourselves further in getting to know each other, we participated in an EPIC obstacle course challenge with team building exercises. We shared laughs and trust as students and staff relied on each another to get across the low-rope challenges as a precursor to how we will rely on each other during the quarter. Our day ended with lunch, an EWU campus carnival, group photo and an ice cream social joined by faculty, advisors, CAMP mentors and President David May.

We felt the warmth in sharing their first moments as EWU CAMPers and as EWU Eagles before the beginning of the quarter.



Pictured: Teamwork in action as students try to balance the tennis ball with string.

**CAMP COHORT FACTS:** 2021-2022 has 40 students and 25% of the students are actively pursuing a pre-health science degree.

## SEA MAR PROVIDES HANDS-ON EXPERIENCE TO CAMP STUDENTS INTERESTED IN HEALTH CAREERS

During the Spring Quarter of 2021 five students from EWU CAMP were among six Eastern undergraduates who received a Sea Mar Executive Internship, a prestigious 8-week program with the Sea Mar Community Health Centers in Seattle that gives them hands-on experience in different areas of health care and management.

The Sea Mar Health Centers were founded by Latina/o/x community leaders and health activists who worked to develop a comprehensive health center for the Latina/o/x community in Seattle, with satellite clinics in rural communities in western Washington. Sea Mar is one of western Washington's largest providers of community health.

Beginning in late June through August interns were placed in different areas to shadow and gain experience depending on their stated interests. For most of our CAMP students this was their first summer away from the apple or cherry orchards and packing houses that typically consumed their summers, something Rebecca Covarrubias mentioned when speaking about her experience.

Part of the reason for applying to the Sea Mar internship was because she “wanted a break from the orchards and packing sheds” while also gaining the experience and time to “decide what [I] want to be, professionally.” This time to reflect and experience what a future as a psychologist could be was an invaluable opportunity for Rebecca. When she attended the information session, she appreciated that Dr. Jerry Garcia, the presenter and Vice President of Educational Services at Sea Mar, emphasized the need for migrant and first-generation students to take the summers and spend time deciding what they want to be.

Applications for this internship are due April 1st each year. Students go through a competitive process which includes a 1000-word essay. At first the process and the competitiveness of the internship dissuaded Rebecca.

She didn't know if she would have a strong enough application. After a while she realized she simply had to try and see what happened. With that, three days before the deadline, Rebecca anxiously started on the application. She submitted it just in time!

Once selected, Rebecca was excited to take advantage of this eight-week opportunity. She wanted to absorb as much as she could at that time. She was placed at one of the Sea Mar rehabilitation centers, working with young people and helping them gain access to the health services they needed. She was able to not only shadow practicing therapists, but also was able to get an idea of the administrative duties needed to run a facility. Rebecca reflected being able to assist in going over a patient's history with the intake process as well as managing the day-to-day surprises. “It wasn't what I expected—I learned how I might want to run a similar space.” What stood out most to her was the limited number of Latina/o/x workers in this facility.

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**MEET THE SEA MAR INTERNS:** Three students from our 2020-2021 CAMP cohort and one CAMP mentor were among six Eastern undergraduates who received a Sea Mar Executive Internship, a prestigious 8-week program with the Sea Mar Community Health Centers in Seattle that will give them hands-on experience in different areas of health care and management.



**Pictured: The students, CAMP participants Lizeth Tostado in dental hygiene, Rebecca Covarrubias in criminal justice, Zitlaly Cazares in nursing and our CAMP mentor Lucia Cuevas Ramos in nursing.**

**STEM EVENT SPOTLIGHT**

On November 3rd students in the current CAMP class were invited to a special event organized by the Geosciences department. About half the CAMP class attending the event, organized by Dr. Chad Pritchard, featuring guest speaker, Jennifer Sandoval-Hickenbottom, Project Manager at Bureau of Reclamation. In listening to Sandoval-Hickenbottom, we not only learned more about possible careers in the geosciences, we also learned her personal story.

Sandoval-Hickenbottom's journey from first in her family to attend college to first in her family to attain a master's degree was inspiring to our CAMP students. She shared her professional journey as well giving us a sense of the numerous opportunities available to students who graduate with a degree in a STEM field.

Born in Sunnyside, WA, Sandoval-Hickenbottom had a less than supportive high school atmosphere when she expressed her interest in pursuing a college degree. With each discouraging encounter, she expressed a motivation to "do what you have to do" eventually applying to all her dream schools and ending her senior year with multiple acceptance offers. With each acceptance posted to her guidance counselor's door, she ensured that her school's guidance team knew that the potential was there and with the hope of breaking the cycle of discouragement when a Latina/o/x student expressed dreams of pursuing a college degree.

Sandoval-Hickenbottom chose to attend Stanford after seeing that the school offered her the most financial aid and knowing that her family would feel most comfortable with that decision. Once there, she designed her own degree – a BS in Civil and Ecological Engineering. A precursor to the Hydrology program now offered at Stanford. Upon graduating, she knew she wanted to continue her education and specifically in a program where she could use her knowledge in engineering and hydrology. Knowing she wanted a rural experience and researching the most cutting-edge programs, she eventually chose Montana's Hydrology degree. Once she received her master's, she was able to start her career accepting a position in the US Forest Service.



**Pictured: Jennifer Sandoval-Hickenbottom, Project Manager at Bureau of Reclamation.**

**Explore EWU: Did you know EWU GeoSciences offers a minor in Geotechnical Engineering?**

After some amazing experiences, including working for a for profit company (where she worked non-stop), creating her own non-profit (traveling all over the world), and finally became the Project Manager, in the Department of Reclamation, for the Odessa/Columbia Basin groundwater project. Her work with the Odessa/Columbia Basin groundwater project most directly affected the community where most of our CAMP students are from. Communities like Othello, Pasco and Moses Lake where farm work is prevalent, and water is depleting. Sandoval-Hickenbottom is now a big player in all the political, engineering, agriculture, groundwater issues associated with monumental task of getting water to the agricultural fields of central/eastern Washington.

In reflecting on the event with students, one of the most valuable parts of her presentation was her transparency with how she navigated through her high school, college, and professional career. Mixed in with her transparency, was her great sense of humor in talking about the hurdles that were overcome from a local and Latina perspective.

Her educational and professional journey was impressive and we are thankful our Geosciences partners reached out! A shout out to Dr. Chad Pritchard and Professor Nigel Davies, for not only hosting a great event but also giving us a tour of the new science building and providing dinner!

**CAMP FACTS:** Did you know CAMP is a STEM focused grant? Each year our CAMP students are asked to attend 1-3 STEM related events as part of our yearly cycle. If you have a STEM related event, please reach out

**CAMP MENTORS SPOTLIGHT FOR FALL 2021:****PERLA HERNANDEZ – CLASS OF '23**

**Major:** Middle Level Natural Science

**Minor:** Middle Level Mathematics

**Why be a mentor?** CAMP introduced me to many inspirational guest speakers and workshops where I learned how to advocate for myself, interview and network among other professional development skills. In this role, I can share these skills with other CAMPers.

**ROCIO FRANCO – CLASS OF '22**

**Major:** Business Management Information Systems

**Minor:** Spanish

**Why be a mentor?** I want to help students explore the opportunities available to advance their professional goals.

**ROSARIO CASTRO – CLASS OF '22**

**Major:** Mathematics Education (Elementary, Middle Level)

**Minor:** Spanish

**Why be a mentor?** This is my second year as a mentor and it means a lot to me. The first year at university takes effort but we are here to make it less stressful.

**AMERICA SIMENTAL – CLASS OF '23**

**Major:** Business & Marketing Education  
**Minor:** Spanish & ESL

**Why be a mentor?** I want to be there for students to remind them to keep going when it gets difficult, and they experience culture shock.

**CHRIS CUEVAS – CLASS OF '24**

**Major:** Social Work  
**Minor:** Spanish

**Why be a mentor?** Last year I was a part of CAMP and it was a fun experience. We met some cool people and speakers. CAMP gave me a place to feel I belonged.

**ANTHONY HUERTA – CLASS OF '23**

**Major:** Business Administration  
**Minor:** Spanish

**Why be a mentor?** I was proud of my previous mentee who took on the role of mentor for CAMP last quarter and it renewed my interest in giving back as a mentor one more time.

**CAMP'S GOT TALENT:** Our cohort currently consists of a custom shoe designer/artist | certified dog trainer | horse trainer | guitar, piano and clarinet players | sign language interpreter | motocross racer | parent | all-American cheerleader | several competitive wrestlers | collectors of Funko Pop dolls, stickers, sports statistics| and a fan of color coding and organizational systems.

**Sea Mar Internships Continued from Page 2.**

This realization only reconnected her and reinforced her goals. She was now more energized to pursue her degree and eventually research and serve as a counselor to young children and adults in the Latina/o/x community. She saw the need for Latina/o/x professionals in mental health care and now feels closer to understanding her career goals.

That energy is what Rebecca found to be the biggest reason anyone should pursue this kind of internship. She now has a plan, and a sense of purpose in pursuing that plan. When asked what advice she would give students who want to pursue the same or similar career focused internships, Rebecca explained that during the internship process she found it useful to talk about the community she came from. Rebecca shared that in her application, she wrote about “family and how they inspired me to think about mental health and the importance of mental health.” She also wrote about “friends and how sometimes they weren’t the best influences. I saw them give up and I couldn’t do that. We fall into a pattern where mental illness isn’t seen.” Her ability to give those reading her application an understanding of her background and making a connection to what she could gain experience in, is what allowed them to place her within the internship in something she had a passion for. Her other bit of advice: Apply! Even if you don’t think you’re going to get it or if you’re considering but are unsure of a career in healthcare. Our CAMP staff could not agree more!



For more information on the Sea Mar internship and other related opportunities, please reach out to CAMP staff or visit <https://www.seamar.org/>.

**CAMP STAFF GROWS WITH TWO EWU GRADUATE SERVICE APPOINTMENTS****Meet Jocelyn Ruiz – Class of '21 | '23**

My name is Jocelyn Ruiz, I am a social work major currently in the advanced standing for the master’s program in social work. I recently graduated with my bachelor’s degree in Social Work this past June 2021. I am originally from Tri Cities and transferred from Columbia Basin College where I graduated with my AA in 2019.

I first became part of the CAMP family during my first year at CBC on 2017-2018 because I knew that it would be beneficial for my future. I learned new things and CAMP encouraged me to finish college. During my first year at CAMP, I experienced many amazing memories from going to university visits to fun trips. I also got to meet amazing people during that year that I am close to now.

I chose EWU because I always knew that this school was a good fit for me. I researched about the social work program here at EWU and saw positive outcomes within the program.

My advice for undergraduates is to make connections with professors and get involved and this will help you when you get to graduate school because you will have references once you apply.

My plans for the future after I graduate with my master’s degree is to work at a school or with the homeless population.

## Meet Juan Zetina – Class of '21 | '23



My Name is Juan D. Zetina, and I came to EWU from a small town in Washington named Quincy. I am a first-year graduate student studying Communication Studies with a focus on Organizational Communication. I recently graduated with a bachelor's degree in General Business & Entrepreneurship this past June. I'm currently pursuing my master's degree in Communication Studies to get myself out of my comfort zone. I realized that I was too comfortable in the business world and acknowledged that communication is an area that I needed some improvement as for professional resource.

Why did I choose EWU? One primary reason for coming to EWU was that it was affordable compared to another university in Washington.

My advice to undergraduates is always to take a well-earned break from school. We need to let our minds decompress from all the learning we do all year round. My plan for my future is to get my doctorate degree in either Business Management or Leadership once I finish my master's degree.

## FACULTY CORNER

Thank you to the EWU faculty who participated in our progress report campaign earlier this quarter.

Because of your feedback CAMP worked as an early alert support system with our four CAMP-specific advisors Carolyn Byrd, Devin Biviano, Natalie Cifuentes and Claire Randall. Together we developed action plans with campus tutoring programs, attendance and student communication with faculty about class-related issues. The glowing comments about students that faculty shared with us all also made our day.

We appreciate your engagement with CAMP and we look forward to the rest of the year.

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**CAMP FACTS:** Our current cohort are 98% bilingual English/Spanish and 2% are bilingual English/ASL.