

EWU C.A.M.P.



Pictured: Ashley Ramirez Castro created a tribute to her mother's past and present self for the Northwest CAMP Consortium art contest held in February 2022.

NORTHWEST CAMP CONSORTIUM CELEBRATES CULTURAL STRENGTHS

The yearly event of the Northwest CAMP consortium is held over two days with 14 different CAMP programs from Washington, Idaho and Oregon. The energy from the students radiated through Zoom thanks to the Coolspeak hosts with inspiring speakers, activities for prizes and a DJ who was a CAMP alum. Learn about the celebration of community from the shared experience of Ashley a current CAMP student who attended and shared her cultural strengths with over 300 other first generation, migrant students.

ASHLEY RAMIREZ CASTRO: EYES ON THE ART PRIZE

Ashley was able to participate in the Northwest CAMP Consortium art contest after the CAMP Retention specialist alerted her to the opportunity. The contest was called *Juntos: Discovering Cultural Strengths*, and her piece is a representation of her mother's past and present. Ashley painted her mother as a

young girl in Guatemala and the woman she is now in Washington state reflecting on what she has done so far and how much she has accomplished. Ashley's mom embraces the saying she repeated to the family, "no matter where you come from, you don't give up on your dreams" which was manifested in her mother's life as she worked hard to own a home and achieved this goal. The contest proved difficult at first because she was pressed for time and only had two days to brainstorm concepts for the piece and see it to completion before the deadline.

Ashley was successful portraying her inspirations in her artwork: her mom, her cultural representation, and her future as an achievable goal thanks to her mother's example. She was surprised she won the contest and it took her awhile to accept her fortunate turn. Ashley shared how grateful she was to do what she loves and share her work with the 300 participants in the consortium.

Continued on Page 2.

CAMP Consortium Continued from Page 1.

Ashley met many students, faculty, staff, and speakers at the CAMP consortium and found the experience very engaging. Ashley added, “Thank you to the CAMP director and staff for making my freshman year fun and comfortable. I appreciate everything they have done.”



Pictured: Ashley Ramirez Castro sharing her winning smile.

Getting to know Ashley: Ashley Ramirez Castro is an EWU CAMP student from Prosser, Washington, who first learned about CAMP from her sister who attended Washington State University. **Outside of classes and life at EWU, Ashley spends her time with her hobbies; painting, reading, cooking, photography, and spending time with dogs and family. She is majoring in Business Entrepreneurship.**

STUDENT SPOTLIGHT ON BRANDON VALDOVINOS: LIFE IS A SURPRISE

My name is Brandon Valdovinos, and I am a first-year student here at EWU. Growing up in Bridgeport, I knew that I wanted to go to college but was not going to have many options considering my financial situation. Instead of applying to schools, I was busy working with my family and did not have much time. After considering a gap year weighed against my mother’s perspective about the importance of attending college, EWU was the university I focused

on and was then accepted. The CAMP Director Rocio Rangel called me that August and convinced me to apply to the program. Now that we are about to finish our second quarter, EWU feels joyful and like home.

One of my favorite parts about my CAMP experience has been the Northwest CAMP Consortium because it felt like I was participating in an event made for people just like me and it was motivating, musical, and moving.

My favorite Zoom breakout room was led by Joaquin Zihuatanejo who is a world champion poet. He said that he was an English teacher who loved poetry and growing up he always wanted to win the *Copa Mundial*. He mentioned how his favorite uncle told him that he was terrible, so he needed to focus on something else, which honestly, hit home for me on a whole other level. He mentioned his struggles of having an absentee father who he constantly thought about and how this inspired him to write a touching poem about the feeling of loss.

I never thought that a poet at the CAMP Consortium would change the way I viewed life but life is a surprise.

We were in a small group in our Zoom room, and I felt like he was talking to each of us personally. This breakout room experience was amazing and if someone asked me how to summarize it in three words, I would say, “accepting, motivating, and clever.” Joaquin taught me that you need to bet on yourself because no matter what you’ve done in the past or where you come from, you can achieve your goals. Yet sometimes a fear of failure holds us back and he mentioned that he had to be pushed to achieve his goals. This really inspired me to alter how I viewed my goals and life.

Previously, I viewed my circumstances as a disadvantage holding me back. But the quote, “people always want to list your flaws and failures, but you got to use those things to make yourself better. That’s because sometimes your greatest weakness can become your greatest strengths,” reminded me of Joaquin’s words.



Pictured: Marissa Jenks-Barajas greeting students in her office.

LET'S TALK TO MARISSA JENKS-BARAJAS

Marissa Jenks-Barajas is a first-generation student who received her Bachelor of Social Work in May of 2020 from Lewis-Clark State College. From there, she moved to Spokane and attended EWU, graduating with a Masters in Social Work in June 2021. She looks forward to seeing campus active as she spent her time as a virtual student mainly online due to the COVID-19 pandemic.

Marissa came to the conclusion that she wanted to continue to work in higher education after working in the admissions office during her time as an undergraduate. She found herself missing the feeling of being a part of higher education, so she checked online for opportunities. Marissa found this position available and fought against her imposter syndrome with a determination that this was the perfect fit for her and submitting her application.

Her official title at EWU is as a Psychological Counselor. She states that, "Every day is different, and each counselor has their own style, but our daily responsibilities include meeting with students for 1:1 counseling sessions." Outreach, presentations, and assisting student connections are some examples of the tasks of the Counseling and Wellness Office. She writes that, "oftentimes the students we meet just need a non-judgmental person to listen to them and

hear their concerns. The top presenting problems we see in Counseling & Wellness Services are anxiety and stress, depression, self-esteem/self-worth, loneliness/self-isolation, and academic concerns."

Marissa is bringing *Let's Talk* into the CAMP office space on Thursdays from 3:15-4:15 P.M. She writes that, "*Let's Talk* is a confidential space. It is a time dedicated for students to come and express themselves in a safe environment." The counselors are there to listen, provide support, different perspectives, and resources. One of the main benefits to this program is that there is no appointment required. While it is not considered counseling, Marissa explains; "it's beneficial for students because it allows them to meet someone from our office in an informal setting. For many people coming to counseling can be terrifying so *Let's Talk* allows you to express your concerns and then get feedback on possible solutions without having to make an appointment and fill out paperwork."

Connect with with EWU Counseling and Wellness Services in multiple ways:

website: <https://inside.ewu.edu/bewell/#>

phone: 509.359.2366

email: cws@ewu.edu

location: 225 Martin Hall

Wellness Office: 201 URC

NATIONAL STATISTICS:

Latinx communities show similar vulnerability to mental illness as the general population, but they face disparities in both access to and quality of treatment. More than half of Latinx young adults ages 18-25 with serious mental illness may not receive treatment. This inequality puts these communities at a higher risk for more severe and persistent forms of mental health conditions, because without treatment, mental health conditions often worsen.

Approximately 34% of Latinx adults with mental illness receive treatment each year compared to the U.S. average of 45%.

(Source: National Alliance Mental Illness.)

NEW CAMP STAFF: MEET JANE RATZER

Jane Ratzer originated from Cincinnati, OH claimed San Diego, CA and then the Denver, CO area for 20 years as home. She is happy to be back in Spokane since she previously attended Gonzaga University. In her spare time she enjoys reading, learning, traveling, languages (especialmente español), history, art, live music, theater, film, hiking, swimming, yoga, Pilates, gardening, being outside, and spending time with friends and family.



Pictured: Jane Ratzer who recently joined the EWU CAMP family.

Jane previously worked in international business with a focus on Mexico and Latin America. She then completed her Masters in Spanish from University of Colorado, Denver with a goal to serve the Spanish speaking community within higher education or nonprofits. She returned to the Spokane area and learned of the EWU CAMP program and was hired on as Program Assistant. Currently she is working on coordinating the Dare to Dream Academy (Hero's Journey and Math Academy) for migrant high school students. She strives to support migrant students, the CAMP team, and collaborate with community members with the goal to create more opportunities for the students served by our program.

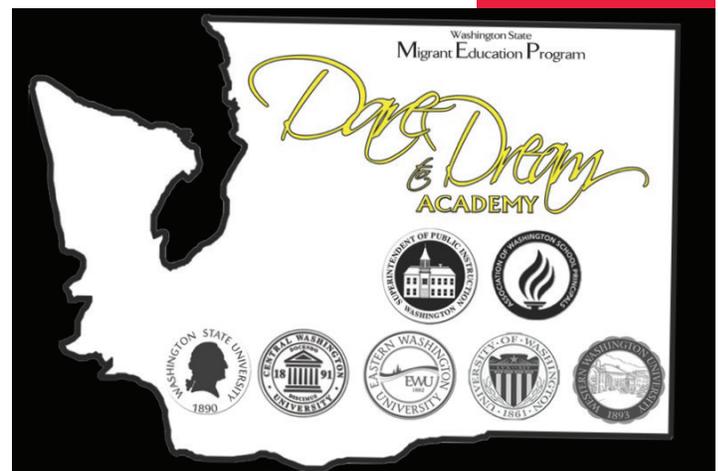
Getting to know Jane: She has visited more of the (32) Mexican states than the (50) U.S. states, comparatively and she would like to visit all (82) states combined! She also has an identical twin.

DARE TO DREAM ACADEMY 2022: PREPARING FOR A FUTURE BEYOND HIGH SCHOOL

High school migrant students will virtually participate in the Dare to Dream Academies Math and and Explore Your Future from June 20-July 8 this summer. The purpose of the academies is to grow the academic identity of migrant students. The Dare to Dream Academies are sponsored by the Migrant Education Program (MEP) of the Office of Superintendent of Public Instructions (OSPI) in partnership with the College Assistance Migrant Program (CAMP) on each university campus and the Association of Washington School Principals (AWSP).

The partners behind the academies make the purpose a reality by creating a space for students to participate in a course structure during the morning or evening depending on their schedules. Migrant Student Data Recruitment and Support Team (MSDRS) recruit and register all students for the academies. The time commitment for the course includes eight modules for individual learning, six communication check-ins with their educators, and eighteen team time sessions for group meetings. The end result culminates in students better equipped to navigate life after high school with tools such as FAFSA support, career planning and an academic plan.

CAMP students are typically hired as college mentors as support for the high school students and they will be beneficial to the success of students attending EWU or other area universities with their insight and experiences about college life.





Pictured: Heleena Horrер looking ahead to her Master's degree.

CAMP GSA SPOTLIGHT: MEET HELEENA HERRER

My name is Heleena Horrер and I am from Arlington, WA. I am a second-year graduate student graduating this spring with my Master's in Communication Studies emphasizing on Cultural Communication. I graduated in 2020 from EWU with my Bachelor's degree double majoring in Africana Studies and Race and Culture Studies. I previously served as Vice President of the Native American Student Association (NASA), worked as a Student Ambassador for the American Indian Studies Program, mentored with the Native American Youth Leadership in Education conference and with Eagle F.A.M. and participated in the 1,000 Miles Civil Rights Tour with Africana Studies.

I chose EWU because my older brother was already living and going to school in Cheney. As first-generation students, we originally didn't think university would be possible but my brother paved the path and aided my transition. While he was involved with Greek life, I chose to get involved at EWU by becoming an active member of NASA. This student organization offered me opportunities and a family away from home.

My advice to undergraduates is to use your voice, take advantage of the many opportunities that will come your way and get involved! My future plans include enrolling in another master's program focusing on educational leadership. I would love to work within public education with an emphasis on diversity and inclusion. My experiences with CAMP will help me achieve this goal.

FACULTY CORNER: COLLEGE OF STEM LISTENING SESSIONS

Beginning in winter quarter students across EWU were asked to submit a survey to participate in listening sessions aimed at hearing from students from underrepresented/historically excluded populations about how they choose their majors. Confidential notes from participating students in these sessions would be used to assist the College of Science, Technology, Engineering and Mathematics in improving the design and delivery of their majors. According to the email sent to students, "part of our motivation is to try to understand why degree programs in the College of STEM (Biology, Chemistry, Geosciences, Mathematics, Physics, Computer Science, Design, and Engineering) are not as successful as other EWU programs are at attracting and supporting students from diverse backgrounds."

The EWU CAMP director Rocío Rangel, saw an opportunity to take a more direct roll in this research. The CAMP grant has a STEM focus and a vested interest in the question being asked. This led her to be a part of the process as a listening session facilitator and encouraged CAMP students to participate in these anonymous listening sessions. This is an ongoing study and results will be shared with CAMP at the end of Spring Quarter 2022.

STEM EVENTS AT EWU: CAMP STUDENT YURI'S GEOSCIENCE REFLECTION

CAMP students were challenged to attend a STEM event during fall or winter quarter and write a brief summary Here is Yuri's account of her learning experience hosted by EWU Geoscience.

"I attended the zoom event for Mt. Hood Fault Zone and Cascading Geohazards with Dr. Scott E.K Bennett. Everything was new to me but one thing that stood out was how Hollywood films about the San Andreas Fault and high magnitude earthquakes are not factual. For example, Hollywood overexaggerates earthquakes with a magnitude of 10. The study of earthquakes is very time consuming and very meticulous. Another fact that resonated with me was how the *Lake of the Gods* was formed due to a landslide/flooding."

NATIONAL FARMWORKER AWARENESS WEEK EVENTS**LONG SLEEVE SHIRT DRIVE**

MARCH 21-APRIL 5 - DONATION BIN LOCATED IN THE PUB
- 1ST FLOOR NEAR PANDA EXPRESS

Drop off gently used long sleeve shirts to help protect farmworkers from pesticide exposure and heat-related illnesses.

NATIONAL FARMWORKER AWARENESS DISPLAY

APRIL 1-12 - JFK LIBRARY

FILM SCREENING HARVEST OF LONELINESS

APRIL 7 - 5:30-6:30 PM - TAWANKA HALL 215B

Watch a documentary about the historical account of the US Bracero Program, a guest worker program that recruited men from Mexico to work in the fields from 1942–1964.

CESAR CHAVEZ BLOOD DRIVE

APRIL 14 - 10:00 AM-3:00 PM

Sign up for a time slot with American Red Cross here:

<https://rcblood.org/3JOjsup>

EWU College Assistance Migrant Program
Eastern Washington University
Monroe Hall 305
Cheney, WA 99004

HAVE QUESTIONS? CONTACT CAMP STAFF

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