

PUENTE PROJECT NEWSLETTER



THE MONTHLY NEWSLETTER OF PUENTE

MAY 2020, ISSUE 8

Written by Mr. Cedillos

MEET A FEW OF THE 2019-20 PUENTISTAS!

As the 2019-20 Academic Year ends, Puente is excited to share some of our Puentistas who will be completing the program and moving onto phase 3. In phase 3 Puentistas will be preparing to transfer. Professor Carillo and Mr. Cedillos will continue to provide support until transfer is achieved. Below, students were asked a series of questions about their experience with Puente. How was your Puente experience? How Puente helped you as a student? What does Puente mean to you?



"Being part of the LAHC Puente Program has inspired me to be more impulsive, taught me the importance of transferring into a 4-year university and guided me to know my campus more as an incoming freshman. Whether it be from reading a poem during Chicano Read-in or singing in front of my peer's family during Noche de Familia, this program gave me the opportunity to get out of my comfort zone. Not only did this wondrous program teach me so much, it also taught me that no matter where I come from, I should not let it stop me from reaching my academic dream in becoming a Registered Nurse. Once a Puentista, always a Puentista." - **Citlalli Niebla, Nursing Major. Planning to transfer to CSU Long Beach.**

The Puente program provided such a welcoming and advantageous entrance into college. It established a sense of community unique to itself that I feel will benefit us all for the years to come.

- **Jessie Escobar, Kinesiology. Planning to transfer to CSU Long Beach**





My Puente experience was delightful. I learned so much about myself, my culture, and how I define "family." Puente has exposed me to opportunities that help guide me through my journey of higher education by assigning me a STEM mentor, Milinda Thompson, a Biology Professor, to whom I have developed a great relationship with. Professor Thompson has been very helpful in teaching me ways to find STEM, internships, sharing her own journey to plan a way to help me through my own, being an outlet to help reduce my anxiety during these unprecedented times of COVID-19, ways to communicate with my family to have a better understanding of our different stresses to help one another, and much more. The Puente Program has also aided in my self-esteem, to believing that I can achieve my academic and career goals through a Motivational Conference that I was able to attend last semester. I learned that Puente means "family", we have helped, encouraged, invigorated, and stood by each other's side even through social distancing. Both Professor Cedillos and Professor Carrillo have been very understanding and have tried their absolute best to be there for us in regard to not only our assignments, but if we need any emotional or financial support. Thank the Puente program for always encouraging us and demonstrating that "Si Se Puede!"

- Yaritza Robles, Neuro Science. Planning to transfer to the UC Santa Barbara or UC Irvine. Future Doctor of Medicine

Deciding to be a member of the Puente program was one of the best decisions I could have made starting my college journey. I wanted the support and resources to help guide me in the right direction and Puente has done a great job at keeping me on track of my success and ambitions. I have been able to grow out of my comfort zone and become a much more responsible leader as compared to my high school experience, thanks to the amazing opportunities Puente offers. The Puente program has become a significant landmark in my life, not only academically but personally as well. Puente is more than a group of students with shared interests and goals; we're a united Latino family.

-Gabriela Solis Garcia, Kinesiology. Planning to transfer to CSU Long Beach



I have been in the Puente Project because here I met "Mi Familia", and thanks to them I did not feel the impostor's symptoms, now I feel more sure of myself and my abilities. My teacher is excellent and inspires me to follow her example that a strong woman is the best and my counselor is always there to answer any questions. For this reason, I also wanted to be President of the Puente Club, even knowing that it would not be easy in these circumstances to get together and do things for social distancing is challenging. My specialty is being a civil engineer at UCLA and specializing in emergency management and disaster risk reduction, I always liked working on humanitarian aid and climate change, this is very important today when we face COVID 19 and analyze those affected because we can learn from this to improve the public health system in the communities where it is most needed and see why they are most affected and what are the possible solutions to save lives. All this would only be an illusion of a single mother if it were not for the Puente Project, but I am a creator and this is "Mi Familia".

- Arlette Irrazabal, Civil Engineering. Planning to transfer to UCLA





My Puente experience has been the best so far in my college career. I am grateful that I became part of such a great program where I had learned a lot, academically and intellectually. Puente for me means family and support. I feel that I belong not just to a college program, but to a family where we all work together and support each other for the same goal of successfully transferring to a four-year university.

- Guillermo Rodriguez, Business Administration. Planning to transfer to UC Berkeley or USC. Future Healthcare Administrator

Puente has helped me in multiple ways, for example it has helped me develop good interview skills, study skills and most importantly it has helped me connect with culture and has taught me to be proud to be Mexican. Puente to me means Familia, a family where I have educational, and emotional support. **- Michelle Delgado, Psychology, Planning to transfer to CSU Long Beach. Future Behavioral Therapist**



My Puente experience has motivated me to keep going on with school and it has also made me feel like I have a lot of support from my professor and counselor. Puente to me means family. **- Stephanie Carranza, Child Development, Planning to transfer to CSU Long Beach. Future Pre-K Teacher.**





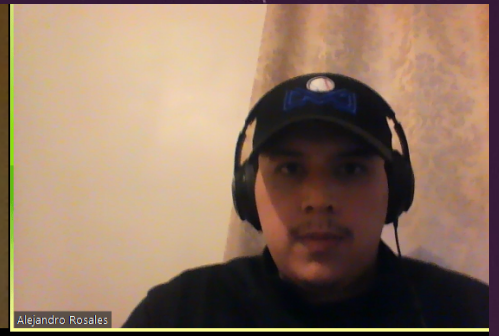
Puente has been an interesting experience for me because I was with the same people for two semesters due to the Puente classes and it has allowed me to adjust to college because I was not used to seeing so many different people for all of my classes. Even though I did not talk a lot to my classmates it helped me ease into and become a little more comfortable with seeing so many people that I did not know in my classes. Puente to me means the opportunity to have something to help you with the transition into college. It means having the opportunity to meet other people which I would not have done by myself even if I did not talk to them often and due to that Puente has made the transition into college easier for me. **-Yesenia Vargas Galindo, Math. Planning to transfer to CSU Long Beach or CSU Dominguez Hills**

My Puente experience was amazing and it has helped me so much to get through my first year of college. I went into this educational journey blinded and thanks to the help of Professor Cedillos and Professor Carrillo they have made it easier and very much fun. Throughout the school year I have received extra help and whenever I needed the help it was brought to their attention immediately. What Puente means to me is familia, something that gives me confidence and makes me an extra proud hispanic.

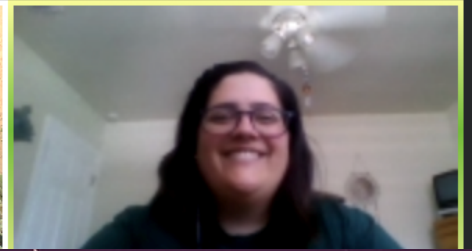
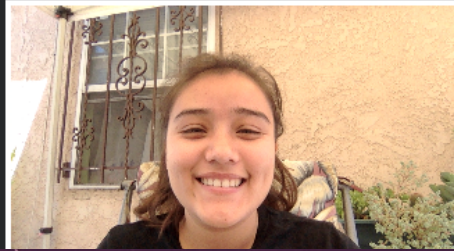
-Rosalba Castellanos, Speech Pathology Planning to transfer to CSU Long Beach



My Puente experience at the beginning felt like I didn't fit in program but then everything changed and it became an amazing experience. It's help me become a better person, outgoing, and to be stronger than ever. It has allowed me to meet amazing people that are now consider family to me. I got the best professors ever, ones who did not judge me and always helped me with anything that I needed. Thank you for everything Professor Carrillo and Mr. Cedillos. Puente means to me a family that has never judged each other and always there for one each other. **-Alejandra Sanchez , Child Development, Planning to transfer to the CSU Long Beach or CSU Dominguez**



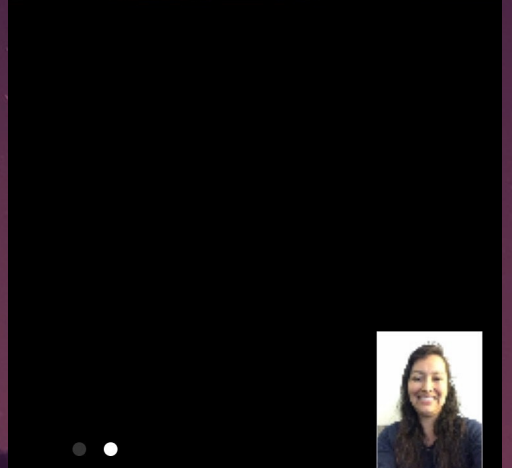
Zoom Meeting



gaby solis



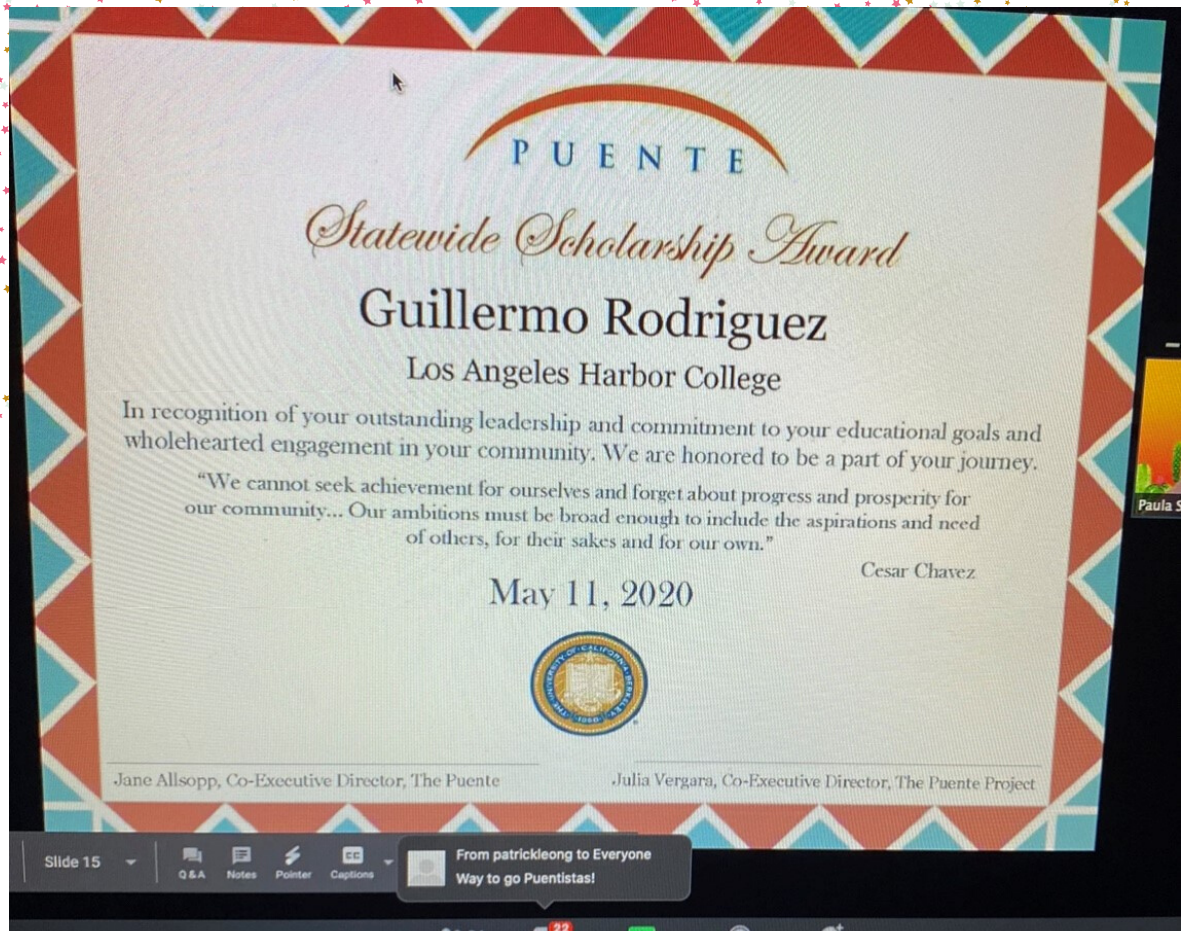
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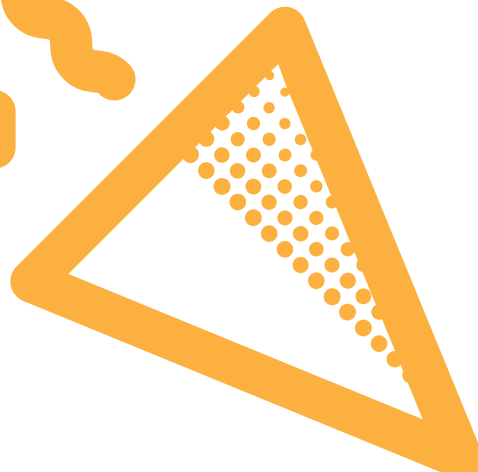
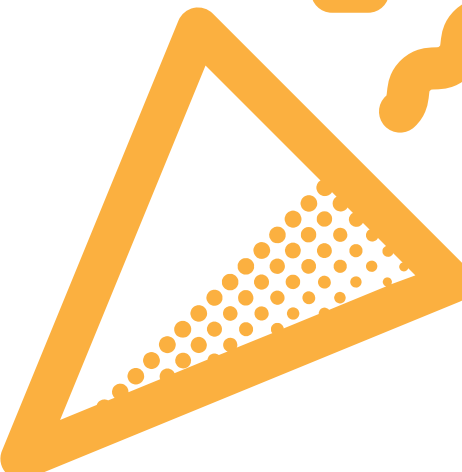
Mentee & Mentors

Despite the pandemic, the Puente Mentors continue to meet with the Puentistas via Zoom. Mentors are providing support and advice to the Puentistas in many ways during this unprecedented time. Puentistas are thrilled to continue building their rapport with their mentors. The Puente program is fortunate to have dedicated mentors! Si Se Puede! Si Se Puente!



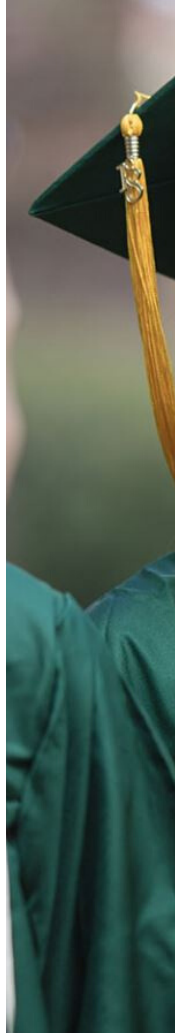


CONGRATULATIONS TO GUILLERMO RODRIGUEZ FOR RECEIVING THE PUEENTE STATEWIDE SCHOLARSHIP! OVER 200 STUDENTS APPLIED FROM MANY COMMUNITY COLLEGES. GUILLERMO WAS 1 OF THE 22 RECIPIENTS. IT WAS HONORED ON MAY, 12, 2020 VIA ZOOM. PLEASE HELP ME IN CONGRATULATING GUILLERMO! FELICIDADES! SI SE PUEENTE!



The Time has arrived!

PUENTE IS ACCEPTING STUDENTS FOR THE 2020-21 ACADEMIC YEAR



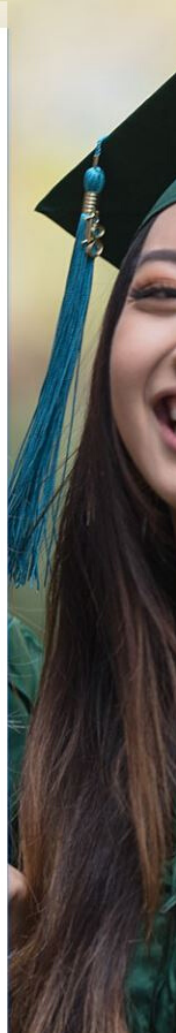
Questions Responses

PUENTE

PUENTE Student Information Form

Join PUENTE! A nationally recognized program that supports students to transfer to 4-year institutions. The PUENTE Program is open to all students and is actively seeking to fill 30 positions to join our program for the 2020-2021 academic year. Please complete each of the items below. Your information will remain confidential.

1. First Name *
2. Last Name *
3. Preferred Pronoun
4. Please specify your ethnicity *
 Hispanic or Latino
 White
 Black or African American
 Asian / Pacific Islander
 Native American or American Indian
 Other
5. LAHC ID # *
6. Email address *
7. Cell Phone # - Business use only *
8. Name of high school attended *



PUENTE

A NATIONALLY RECOGNIZED PROGRAM IS ACCEPTING STUDENTS FOR 2019-20 SCHOOL YEAR

Information Sessions

COMING SOON

For more information, contact:

Prof. Carmen Carrillo
Puente English Instructor
310.233.4259
carrilc@laccd.edu

Or

Mr. Mauricio Cedillos
Puente Counselor
310.233.4246
cedillma@laccd.edu

Students who are interested can visit the Puente webpage to complete the form

Puente Information Session will be coming soon!

Online

Live Chat

Mauricio Cedillos

Puente Counselor, Instructor & Co-Coordinator

Schedule an appointment here

cedillma@faculty.laccd.edu

click to read bio

SEND OFFLINE MESSAGE

SCHEDULE MEETING

ConexED Card plugin

<https://lahc.craniumcafe.com/mauriciocedillos>

**Cranium Cafe is now active.
Mr. Cedillos would like to be
accessible to all students.
Any student who is seeking
counseling, please the link
above and have the student
follow the steps for an online
counseling meeting.**



THE PUENTE CLUB IS REBORN!

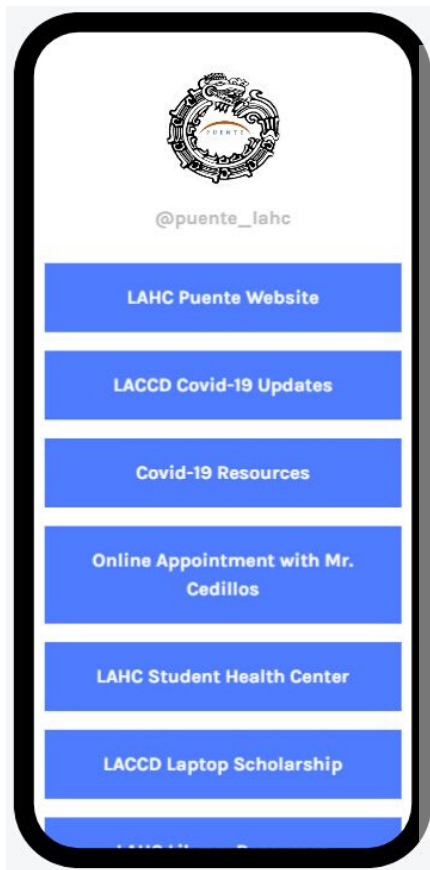
PUENTE CLUB IS OFFICIALLY CHARTERED!

Follow via Instagram or inquire about joining
[@puente_club_lahc](https://www.instagram.com/puente_club_lahc)





The Puente Shell on Canvas has gone live! Students who are on phase 3 (post-Puente) have been added to Canvas. Puente Canvas will be utilized to support students virtually



To make this transition easier for students. Puente LAHC has created a LinkTree to access resources and services via Instagram. Resources and services include online counseling, LACCD COVID-19 updates, LAHC Student Health Center, and more. Please visit [puente_lahc](#) on Instagram and click the bio page to discover the LinkTree. The LinkTree is updated weekly.

The Puente Project thanks you for your continued support

Please follow us via Instagram @ [puente_lahc](#) to receive daily LAHC Puente news and activity.



If you have any questions please contact:
Professor Carrillo: carrilc@laccd.edu or
Counselor Cedillos: cedillma@laccd.edu

