



## Call for Fall 2025 Puentistas!



**Are you interested in joining  
Puente next school year?  
Complete our interest form today!**

## Spring 2025



The spring semester has been busy for our Puentistas! They have been learning about the transfer process and scholarship opportunities. They have also been connecting with their mentors and attending other campus events along the way.



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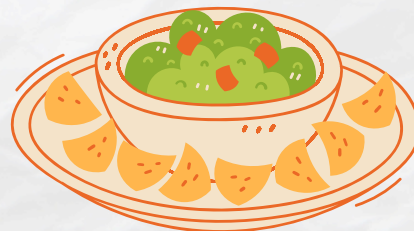
## Visit from UC Berkeley!

Our Puentistas had the opportunity to hear from a current student at UC Berkeley this semester! She shared about her experiences as a first-generation student and programs on campus that have helped her succeed. She also gave our Puentistas practical advice on life away from home. Her visit was a powerful reminder that our Puentistas have bright futures ahead—and that college dreams are not only possible but within their reach!



## Scholarship Workshop

In March, we held a scholarship workshop to give our Puentistas a space to work on their scholarship applications. They were able to ask questions and support each other while enjoying some tasty nachos! With the power of hard work and nachos, we're sure our Puentistas will call themselves scholarship winners soon!





### Top 5 Wellness Tips:

1. Move! Dance or practice yoga.
2. Go for an outdoor walk
3. Express gratitude
4. Read or listen to music.
5. Prioritize sleep.



## Let's Taco 'Bout Wellness!

The Puente Program and Dream Resource Center on campus collaborated to facilitate a wellness workshop for our students. After a brief presentation on the importance of emotional wellness, students had the opportunity to practice self-care through creativity. They made friendship bracelets, stress balls, and painted mini canvases while enjoying some delicious tacos!



#### Location:

General Classroom 105

#### Contact:

[dreamers@lahc.edu](mailto:dreamers@lahc.edu)  
(310)233-4299







## Our Mentors are Amazing!

This semester our Puentistas have been mentored by outstanding professionals in our community who have volunteered their time to support our students! We have held monthly mixers on campus to give our students an opportunity to connect with their mentors and gain guidance in their academic and professional development. These mixers are lively events filled with positive connections, games, and the occasional cafe con pan.







## Puente Club!

The Puente Club President Dante, Vice President Nicole, and Secretary Nancy visited our counseling class to share their experiences as Phase 3 Puentistas. Each shared how they manage to keep up with their coursework and participate in the Puente Club. They all agreed it was the meaningful relationships they had formed in the Puente Club that they find most valuable.

“Los Angeles Harbor College taught me that family can be found anywhere so long as you’re willing to look. My name is Dante Villaroel, current president of the Puente Club, Marine Bio Major, and Honors student. We aim to help others learn about finding a familia alongside my club members and friends, who together all strive to create a unique environment through events for everyone on and off campus, regardless of their background and identity. We are currently building up towards a very special festival for just this purpose, and we need help! If you’d like to help bridge the LAHC community together, then please consider checking us out! We meet every other Thursday from 1-2pm at the NEA 201. We hope to welcome you into our familia!”  
-Dante Villaroel







## Puentistas visit Mt. SAC!



## Women of Color Action Network

On April 4, 2025 four of our Puentistas had the opportunity to attend the inaugural WOCAN conference at Mt. San Antonio College! It was an inspiring day focused on leadership, equity, and empowerment for women. Throughout the event, they engaged in thought-provoking workshops, networked with other women, and gained invaluable insights on how to lead with purpose and advocate for meaningful change.



Angela Aguirre, one of the keynote speakers, shared her own story through her beautiful and uplifting poetry. Seeds were definitely planted at WOCAN as our Puentistas walked away ready to harness their own Chingona Fires!





# Top 5 Reasons to Join Puente!

## **BECOME PART OF A FAMILIA**

1

You will have a network of support in your cohort. Puente students take courses together in their first year!

## **ACADEMIC GUIDANCE**

2

You will receive 1:1 support from your Puente Counselor and Puente English Instructor.

## **PATH TO 4-YEAR UNIVERSITY**

3

You will attend a FREE Puente Transfer Motivational Conference and other FREE trips to visit university campuses!

## **MENTORSHIP/NETWORKING**

4

You will be matched with a mentor and access to professionals in your field of study!

## **CULTURAL EVENTS AND ACTIVITIES**

5

Puente emphasizes social justice and cultural identity. You will be invited to participate in culturally relevant events

## Upcoming Events

### Spring Break!



- April 7-13, 2025

### Final Mentor Mixer



- April 22, 2025
- 5:30-6:30PM

### Puente Festival



- April 25, 2025
- 5:00-9:00 PM

### UCSB Trip



- May 2, 2025

### End-of-Year Celebration



- May 27, 2025
- 5:30-7:00 PM