About us:

Student Service Operation for Success aims to provide a full range of academic support services, counseling and cultural activities to promote success for Asian American and Pacific Islander students in college and career readiness at California State University, East Bay.

Happy Lunar New Year!

SSOS Open House 2015
Dear SSOS mentees,

The Student Service Operation for Success (SSOS) wishes you a Happy New Year and a successful and productive Winter quarter. We hope you will study hard and take advantage of all the services we provide for you. Our SSOS Peer Mentors and Tutors are ready to assist you. We have academic counseling available if you are in academic difficulty. Please take advantage of what we provide at SSOS for you so you can succeed in your classes.

Also, several SSOS students were awarded scholarships from APIASF last Fall. These scholarships were awarded to Asian and Pacific Islander students from schools designated as AANAPISIs and fourteen students were from CSU East Bay! Congratulations!

This February, we are participating in multiple celebrations of Lunar New Year at CSU East Bay February 16-20, 2015. We hope you will join us.

Finally, don't forget the deadline to submit your FAFSA is March 2.

Best Wishes,
Kim Geron, Co-Director
SSOS Program
SSOS TUTORS

♦ Amiel Gladys Cuevas
Subject(s): Chem 1101, 1102, 1601
Office Hours: Wed and Fri 10:30-12:30pm or by apt

♦ Kolyne De Jesus
Subject(s): Stat 1000, Bio 2010/2011, 2020/2021
Office Hours: Mon and Wed 4-5pm or by apt

♦ Gao Her
Subject(s): Writing
Office Hours: Mon 11am-1pm, Tues 10am-12pm or by apt

♦ My Huynh
Subject(s): Math 800, 900, 950, 1130, 1300, 1304, 3121, 3122, 3331
Office Hours: Mon 11-1pm, Wed 10-12pm or by apt

♦ Kristy Niskikawa
Subject(s): Bio 1401, 1402, 1403, 3151, 3121, 3405
Office Hours: Tues and Thurs 12-2pm or by apt

♦ Taishi Yamagata
Subject(s): Japanese
Office Hours: By appointment only

ACADEMIC TUTORING

Amiel Gladys Cuevas
My name is Amiel-Gladys Cuevas. Major: Biological Sciences Option in Microbiology, Minor in Chemistry Class level: Senior. I'm tutoring Chem 1610, Gen Chem 1101 and 1102. I joined the SSOS program in Fall 2014 and I recently just became a secretary in the Alchemist Club. Aside from English, I also speak Tagalog because I grew up in the Philippines. I'll be graduating by Spring 2015 and I'll be the first to graduate college amongst my siblings. I also love snowboarding and traveling to different places, particularly beaches.

Kolyne De Jesus
I'm Kolyne. I mentor and I also tutor Biology 2010 and 2020 and Stat 1000 for the SSOS program on campus. My family is from the Philippines. I've traveled to the Philippines, Japan, and hopefully more countries in the future.

Gao Her
SSOS Writing Tutor
2nd year Graduate Student: Master's in Social Work
Something interesting about me: I have a passion for working with the API community, particularly in educational advancement and social justice. I am currently an SSOS Writing Tutor and the chair of the Asian and Pacific Islander Social Work Association here on campus, while finishing up my Master's in Social Work degree. On my free time, I like to spend time with my family, friends, and enjoy going outdoors.

My Huynh
I'm a Mathematics Major (for teaching). I'm in the first year of my Master's in Math. I enjoy sleeping; no matter how much I sleep, I still feel it's not enough. :) I love helping people, especially in Math. My manners go by, "Everything is hard if you don't try hard," and I also believe, no one is good in everything, but if you try hard to learn something, you will become an expert in future.

Kristy Niskikawa
My major is Biology.
I am a Senior.
I used to take Capoeira.

Taishi Yamagata
Majoring in International Studies.
Senior.
Love the Bay Area sports teams (A's, Raiders, Warriors, and Sharks!) My hobby is visiting ballparks. I have been to 14 ballparks in the U.S., in the duration of 4 years.
MENTORS

Cassandra Cabotaje

My name is Cassandra Cabotaje and I was born and raised in Union City, CA. I am currently in the CSUEB nursing program. I am part of the East Bay Student Nurses Association (EBSNA) as an NSNA Representative. My role in SSOS is being a mentor and helping students out as much as I can with school and other responsibilities. I have a passion for helping others and I enjoy making a difference. I always look forward to my meetings with my mentees and it’s such a great feeling to know that I helped. Being part of SSOS has allowed me to learn more about myself and others and has helped develop my skills in therapeutic communication, which is key in the Nursing program.

Kolyne De Jesus

Hi, I’m Kolyne and I’m a 3rd year Biological Sciences major with an option in Forensics. I’m also a double minor in Chemistry and American Sign Language. I like to play badminton, tennis, racquetball, table tennis, or the guitar in my spare time.

Asma Gowher

My name is Asma Gowher, a junior at CSU East Bay, pursuing a Bachelor’s degree in Speech Pathology & Audiology. I was born and raised in Hyderabad, India. After living in the U.S. for almost 8 years, I have integrated within the American culture, which allowed me to aspire to become a Speech Language Pathologist. Women in India, although educated, rarely go on to pursue careers, most often they get married and remain as housewives. Coming from a traditional ethnic background, I appreciate the diverse cultures in America; it has also allowed me to be more open-minded. I plan on helping other students in similar situations achieve their goals, and which is why I chose to work with SSOS as a peer mentor.

Karishma Goundar

My name is Karishma Goundar and I am a SSOS Mentor. I am a Junior, majoring in Health Science. Something about me: I was born in Fiji Islands and moved to America at the age of 4. I have been a part of the SSOS for 3 years, however, this is my first year working as a SSOS Mentor. I love meeting new people, and guiding them to resources that are available for them. I am the oldest child in my family, and the language that I speak is Hindi. I love shopping, travelling, and spending time with my family.

Peter Lee

I am in the M.S. Social Work program at CSU, East Bay. I'm currently a 2nd year/final year. Something interesting about me is that I'm currently taking courses emphasizing clinical social work and mental health.

Minh Ly

1. My name is Minh Ly.
2. I’m majoring in Hospitality and Tourism Management.
3. I’m a Senior this year.
4. Something interesting about me is that I had studied abroad in Beijing China for one year.
SSOS NEWSLETTER WINTER 2015

SSOS MENTORS

- Cassandra Cabotaje
- Kolyne De Jesus
- Asma Gowher
- Karishma Goundar
- Peter Lee
- Minh Ly
- Komal Rana
- A Chiam Saelee
- Manpreet Singh
- Kimanh Tran
- Camille Toroba
- An Vu

MENTORS

Komal Rana

Name: Komal Rana
Major: Ecology and Conservation Biology
Class Level: Junior
Something interesting about me: I love astrophysics.

A Chiam Saelee

Hello, my name is A Saelee. I am a transfer student from American River College in Sacramento and I am a Political Science major with an emphasis in Pre-Law. I intend to travel the world when I graduate. I am currently planning on traveling to Korea and Japan this summer when I graduate. When I get back from my travels, I hope to go into the non-profit sector and give back to my community.

Manpreet Singh

Hi my name is Manpreet, which means kind-hearted and loving in the Punjabi language. I was born and raised in Southern California until my educational pursuits brought me to Bay Area. I graduated from California State University, East Bay with Bachelors in Psychology and a minor in Political Science. I decided to stay at CSUEB to pursue my Masters in Social Work. As a Punjabi female, first generation American, I can relate to the students I work with and their struggle, lack of guidance, and feelings of being lost in college. I enjoy working with SSOS because it is a wonderful experience seeing students succeed and achieving their dreams with the guidance, support and assistance that are provided in this program.

Kimanh Tran

Nursing Major
Level 2
I ran the half-marathon last year.
"Life is a song - sing it. Life is a game - play it. Life is a challenge - meet it. Life is a dream - realize it. Life is a sacrifice - offer it. Life is love - enjoy it" by Sai Baba

Camille Toroba

1. Senior
2. Health Science, Pre-Nursing/Health Administration
3. Born and raised in the Philippines. I came to the United States when I was 12 years old. I can speak Tagalog fluently.
4. My goal in life is not to be rich, I would like to work in a field where I am constantly around people, who I am able to help. I think just knowing that I am making a difference in a person's life, little or big, is a reward and something that money cannot buy.

An Vu

-My major is Microbiology/ Clinical Laboratory Science.
-Senior
-My hair has been 8 different colors.
-And I've lived in 5 different countries.
LUNAR NEW YEAR
(Celebrated by My-Lan, CSUEB Orientation Coordinator)

My-Lan originally comes from an Asian American/Vietnamese American Southern California background. She participates in the Lunar New Year every year with many traditions and cultural values. This year, the Lunar year is around the year of the goat. The Vietnamese Lunar New Year (also recognized as Têt) is the first day of the Lunar calendar. She celebrates Lunar New Year in her culture with Vietnamese food, cultural dresses, and celebrating it will her close family and friends. Some of the traditions that My-Lan participates every year is to go to Orange County, where she is originally born. Although My-Lan was born in Southern California, she has gone to Vietnam (not for Têt) but usually celebrates the Lunar New Year in Southern California.

Other traditions that My-Lan does during the Lunar New Year are to go shopping for products (used during the Lunar New Year), such as going to flower markets, and giving gifts. Some of the rituals that take place during this event are to have a family dinner and wishing everyone a happy new year, a long life, and good tidings. Other traditions include wearing “aodais” which is a Vietnamese national dress. “Ao” is an item that is classified as a piece of clothing for the upper body while “Dai” means long. Also, another tradition during the Lunar New Year is to make sure to clean the house for the upcoming New Year. It is important for people to go to temples and pay respect to their ancestors.
LUNAR NEW YEAR CONTINUED..

My-Lan spends time with her family during the Lunar New Year. One of the favorite foods that My-Lan loves to eat is rice cakes. There is a story behind the shapes of rice cakes which are square and round. The two different shapes lead to a story of a king that had a food contest where the rice was grown in his land. The square rice cake represents the “earth” while the circle rice cake represents the “heaven.” All the ingredients that the king used were fresh and steamed in banana leaves. Some of the other foods that are used during this time are preserved fruits such as dried coconuts and radishes. Food is presented to the ancestors first to show token of their deep gratitude.

Also, in the Vietnamese Lunar New Year, some rituals that take place are wishes that represent good luck which are distributed by relatives through red envelopes containing money. However, if a person is married then the couple should be giving back to other children, and not the one receiving it. In addition, the money needs to be brand new, “ironed-out” which means crisp from the bank. There are 12 symbols that are involved in the Lunar New Year. The twelve symbols include: rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, and pig. During the Lunar New Year, the same activities take place, however, the dates differ every year according to the moon. Some things that My-Lan loves about the Lunar New Year is that she is able to celebrate the same ties that her ancestors have followed for generations. Finally, the Lunar New Year makes My-Lan proud of her identity because she is able to connect with her ancestors.

By: Karishma Goundar
The 2015 Education Summit was held on Saturday, January 31st at CSU East Bay. It focuses on first generation underrepresented students who plan to attend college. The SSOS staff, mentors and tutors hosted informational workshops to prospective CSUEB students and show them how SSOS helps API students in the university through resources that include, but are not limited to: academic tutoring, mentors, IP-10 workshops, events, scholarship opportunities and more.
CULTURE CORNER

Hmong Culture  By: Gao Her

The Hmong people are an ethnic group from the mountainous regions of China, Vietnam, Laos, and Thailand. They are a sub-group of the Miao ethnicity in Southern China.

The Hmong people celebrate New Year in what is called "Noj Peb Caug". The traditional Hmong New Year starts on the 30th of December on the lunar calendar and lasts until the 3rd of January. As the Hmong have immigrated to many places in America, modern Hmong society has added many new activities and sports to their traditional New Year celebration. The Hmong New Year, as celebrated today, still maintains the cultural roots and serves as a reminder to the youth of their history and traditions as Hmong people. It usually starts in early October towards the end of December and events are held in different cities across the United States. In addition to the Hmong New Year festival, many individual families also hold a ritual at home in which they call on the family member’s souls, household spirits, and ancestor spirits to attend the ceremony. The ritual is a soul calling ceremony performed by a shaman.

While the New Year is rooted in culture, it is also a time for entertainment and courtship among the youth. At the celebration, Hmong people gather to play a game using a top-like object, sing Hmong folksong, and play a courting game of ball tossing. Ball Tossing is a common courting ritual during the New Year that goes on every day during the celebration. They play catch with a homemade fabric ball that is about the size of an American softball. The game becomes a way for the boys and girls to talk and interact, and it serves as a vehicle for starting a courtship or for cementing one that has already started.
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See us on the web at
http://www20.csueastbay.edu/academic/
academic-support/ssos-aanapisi/

Or scan the QR code to the right

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