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A TIME OF TRANSITION

The Counseling Center is challenged to maintain quality service in a time of transition. In June, we are losing two long-time employees due to retirements and two more will soon follow.

During this time of major change, we hope to continue all that we do including high school outreach, classroom

presentations, new-student orientations, appointments, walk-in counseling, specialized counseling for athletes and international students, personal counseling, service on committees, and more.

All this we do in the midst of an Accreditation Self-Study and a Counseling Program Review. Yes, the Counseling

Center is challenged, but we are committed to student success. It is an opportunity to try out new and innovative ideas. Our goal: improve student retention and success in a time of transition.



Message from Marjie Kallmeyer



Dear Cuyamaca College Colleagues:
In 1973 I was a young widow with two small children and no education. I knew my only hope of being able to provide for us was to go back to school. It took me months to get up the courage to drive out to Grossmont College and I didn't actually get out of the car and go in until the third trip. The counselor that I talked to that day changed my life forever. His name is Larry Coons, now retired. In the space of the
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Message from Ingrid Tarikas



The "times they are a changin'" can certainly be the slogan for the next year! As many of you already know, this will be my last semester as a contract employee. I am officially retiring as of June 30, 2006, though I will continue to work as an adjunct counselor during the busy months in the yearly cycle. Although I look forward to this change, anticipating lots more travel, music, leisure, etc. in my life, I am saddened to lose my place in the "family" at Cuyamaca. The friends I have
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ONLINE COUNSELING

Online counseling at Cuyamaca College is enjoying unprecedented popularity as each semester more students and potential students avail themselves of this service. Originally launched in the spring of 2005, online counseling has been successful in helping Cuyamaca

students to clarify their academic goals, select a major course of study, plan for a seamless university transfer, and/or pursue an associate degree and/or a certificate program.

Additionally, Cuyamaca's online counseling makes referrals to other

campus support services e.g. tutoring, financial aid, probation counseling etc. when a student's academic performance is at risk. Counseling's newest component is available at: www.cuyamaca.edu. From *Online Services* dropdown menu choose *Ask A Counselor*.

STUDENT ATHLETES

"Student Athlete." These words may conjure up many images. Some may picture a basketball player slamming home a dunk shot, which leaves the rim and backboard rattling. For another the picture may be of a runner with a grimace on their face as they strain to break the tape at the end of a grueling race. Others may see a fancy backhand across the tennis court as a student puts away their opponent and for yet another it may be the thrill and excitement of a dog pile and the yell of, GOOOOAL! after a slick pass results in the soccer ball being headed into the Back of the net through the out stretched hands of a desperate goal keeper. Yes, when we think of "Student Athlete," most of us think first of the "Athlete" portion of this name.

In reality, the "Student Athlete" is first of all a "Student."

Each semester all athletes are required to meet with a counselor, who helps them to identify their academic goal and jointly develop a student educational plan (SEP). This plan includes whether the student is pursuing a certificate, an associate degree or intends to transfer to a four year institution. The plan also includes the major and the institution to which they intend to transfer along with a listing of their proposed classes.

After the student enrolls, the counselor can certify that the student is, indeed, taking 12 units and that nine of these twelve units apply to the student's educational goal.

During the fall semester, the athletic counselor met with 102 athletes, developed SEPs and certified those who met requirements while during the spring semester 120 athletes were provided the same services.

Since many athletes intend to participate at four-year institutions upon completion of their time at the community college, the counselor must also be aware of the various requirements for NCAA Division I, II, or III or NAIA; all of which are different.

Perhaps, the next time you hear the term "Student Athlete" **your** picture will be of someone hitting the books in the library rather than hitting the golf ball 300 yards down the middle of the fairway.

EOPS AND CARE PROGRAMS

EOPS and CARE are state funded programs to assist in the recruitment, orientation and retention of full time students (12 units) who are both low income and meet one of the following criteria: be underrepresented on campus, be a first generation college student;

have a parent who's first language is other than English, or who may have placed below college level math or English on their assessment test.

Services that may be offered to the EOPS student include:

work-study, book voucher, financial grant, priority registration, field trips to local universities, and counselors and peer advisors who work with the students to

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MESSAGE FROM MARJIE (Continued from Page I)

Next half hour, I not only knew that I could go back to college, but I knew that I wanted to be able to impact people's lives the way Larry Coons had impacted mine.

By 1975 I had an Associate Degree from Grossmont College and was on my way to SDSU. After earning a Bachelor of Arts degree in 1977, then came the Master's degree in Counseling from University of San Diego. As I was finishing that degree in 1978, I heard about a new college in Rancho San Diego called Cuyamaca College. Phyllis Wiedman, the original Dean of Counseling, agreed to take me on as an intern. When my internship was over, I was offered a part-time position to start a Career Center for Cuyamaca College. I jumped on it! I had fallen in love with the new college in Rancho San Diego. The number of students was about 2,000. The 1978-1979 catalog lists 16 faculty members. We had one common goal, to get a new

college off the ground and up and running. It was great to be part of that.

A couple of months into that first semester, Marsha Fralick told me about grants that were available from the State to fund programs for "Displaced Homemakers." We put together a program for re-entry women to earn degrees in non-traditional areas such as Drafting Electronics Technology, Computer Technology, Technical Illustration, Engineering Technology and other majors at Cuyamaca offered. With Brad Tiffany's help, (he was the grant writer for the district at the time) we were successful in getting that program funded. It was a dream come true for me. Now I had the opportunity to help women who were in the same position I had been in just a few years before.

Two years later, just as my

"Displaced Homemakers" program was ending, I was hired as a full-time tenure-track counselor. In the twenty-six years since that time, I have had opportunities to take other assignments including Marketing and Public Relations and Community Learning. Each assignment has had its own rewards. The variety of experiences is one of the beauties of working here.

We have come a long way since that first semester in 1978. The 2005-06 catalog lists 87 faculty members, and I am told the current student head count is 7330. I would say we did a great job of getting that new college off the ground and up and running!

Cuyamaca College has been a big part of my life, and I shall remember each and every one of you with great fondness.

Sincerely,
Marjie Kallmeyer

MESSAGE FROM INGRID TARIKAS (Continued from Page I)

made, relationships forged over the past twenty-seven years, have been very important to me and have served as anchors in my life. I am grateful for and to them. I am grateful also to the students with whom I have worked, for allowing me to become a part of their lives, in helping them to identify goals, creating a plan to meet those goals and being a support team along the way. It has been more rewarding than I ever expected it to be. The transformation from incoming freshman to mature transfer junior in a few years still amazes me. It's been a joy to watch.

One of the more special aspects of having had my "home" at Cuyamaca, was that I could experiment and work in different positions with the district. Many people don't know that I started as a part-time employee in 1978, originally hired to set up our Health Services program. After ten years of interesting work in that area, I started looking for additional challenges and accepted a position in Counseling, a sabbatical leave temporary replacement. Those six months extended into ten years. When it became necessary to hire a full-time Transfer Center Coordinator,

I again was given the opportunity to stretch my wings and then remained in that position for five years. Each change in job description provided me the opportunity to grow and remain stimulated by my profession and my colleagues. As I leave the safety and security of Cuyamaca, I again embark on a new challenge, filled with uncertainty of what lies ahead, but confident that it will be the direction to which I needed to go. Thanks to you all, it's been a good ride!
Ingrid

EOPS & CARE PROGRAMS (Continued from Page 2)

assist in their retention, selection of classes and their college major and monitoring of their academic progress each semester.

CARE is under the umbrella of EOPS. It provides EOPS students, who are also single parents and

receiving CalWORKs, assistance with additional services that may include funding for childcare during study time.

If you have students in your classes who may meet this eligibility criteria refer them to the

EOPS/CARE office in the One Stop Center (next to financial aid), call us at 619-660-4204, or visit our website at www.cuyamaca.edu/eops/.

PERSONAL COUNSELING

With the development of the discipline of psychology and the emphasis on human behavior, personal counseling has become the vehicle to unfold the deepest mysteries of our behavior and reach the darkest recesses of our being. We may ask: why is it so important for us to know the truth of our being? Many of us deal with issues. We all have issues. Some of us are aware of our issues, and others have no clue that their behavior is dysfunctional.

That's why it is imperative to cultivate our emotional garden. Human beings are by nature called to be "experts in relationships." If we are going to be in a healthy and authentic relationship with others, it behooves us to peel any layers of illusions about ourselves. The goal is to become transparent and, as much as possible, with less emotional baggage from the past.

Monitoring our attitude and reactions are the keys to our personal

success. As faculty, staff, and members of the college community, let's encourage our students to take advantage of the counseling services that are available on campus to address the emotional issues that impinge upon their academic and personal success. Through personal counseling, students can acquire a new language of relating to others as well as learning about themselves.

CalWORKs PROGRAM

The Cuyamaca College CalWORKs (California Work Opportunities and Responsibility to Kids) program helps students who receive family cash assistance fulfill their Welfare-to-Work program requirements and provides additional support services. CalWORKs assists eligible students arrange subsidized child care, obtain necessary textbooks and supplies, and provides on-campus, paid work study.

Our CalWORKs counselors, Nada Grigsby and Jaymie Gonzaga, work with each student to develop an education plan that leads to self-sufficiency and meets Welfare-to-work requirements. In addition to providing intensive counseling services, our CalWORKs counselors help students access campus and community resources.

If you are working with a student who is on family cash assistance, or who could benefit from family cash aid, please refer your student to our CalWORKs office. We are located in the Student Services One-Stop Center, next to General Counseling. For more information, call 619-660-4344. You can also learn more about our campus CalWORKs program through the following website: <http://www.cuyamaca.edu/calworks/>