

Sac City MESA

SPRING '24 RECAP & SUMMER SESSION

ENJOY YOUR SUMMER BREAK!

Staff Addition for 2024-2025

Welcome Mayra Hernandez



Hello! I am the new Student Support Specialist in the MESA Center. I am very excited to be joining the team! A little about me...I was born and raised in Los Angeles, California (go Dodgers!). I attended Chico State, where I majored in Political Science. Upon graduation, I moved to San Diego where I earned a master's degree in Public Administration at San Diego State. Since then, I have remained involved in higher education. I am passionate about helping students achieve their academic and career goals. During my free time, I enjoy exploring Sacramento and finding good local coffee shops. I also enjoy spending time with family and friends, going to the movie theater, spending time outdoors and catching a nice sunset, listening to music and podcasts, and cooking.

SUMMER HOURS

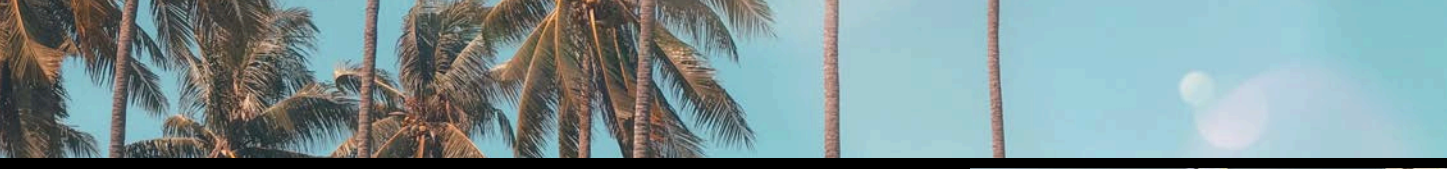
MESA IN-PERSON CENTER: RODDA HALL SOUTH ROOM RHS 122

Monday through Thursday

8 am to 5 pm

Friday through Sunday

CLOSED



Looking for Lorena?

She is off until spring break in March of 2025.

Exciting news! MESA Coordinator, Lorena Jauregui is expecting a baby boy mid July of 2024. If you wondered why you have not seen her, she has been working remotely for the last few months. In the middle of July, she will officially be on maternity leave.

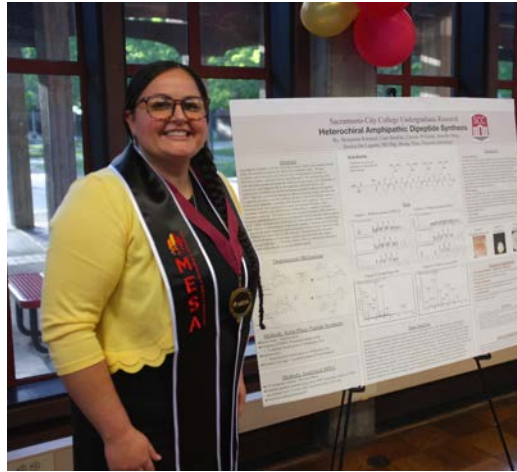


MORE STAFF UPDATES!

WHAT TO EXPECT DURING THE SUMMER AND FALL SEMESTER

The center is open during the summer and tutoring is available to students. Our tutors' schedules are ever-changing, but the new hours will be Monday through Thursday moving forward.

Instructional Assistants (tutors) and support staff schedules are subject to change from the summer to the fall semester. Be on the look out via Canvas/email for updates



MESA CLUBS

FOR INFO VISIT:
SCC.LOSRIOS.EDU/CAMPUS-LIFE/CLUBS-AND-STUDENT-LEADERSHIP

- American Medical Student Association (AMSA)
- Diversity in Medicine Club
- Multicultural Engineering Coalition (MEC)

- SCC Math Club
- STEM Club
- Sustainability and Environmental Club

FOLLOW US ON INSTAGRAM



Medical School Highlight

THEY GOT ACCEPTED TO MEDICAL SCHOOL



GREG GURROLA

gurrolg@scc.losrios.edu

My path to medical school was long, and what really helped me was having a support system. That support came from family, friends, co-workers, and people I met who had a similar path (and ended up becoming friends). I struggled with the MCAT as I took a couple of gaps a year after undergrad to work at a health clinic. This delayed my content review for the MCAT, but through trial and error, I found what worked for me in approaching the MCAT. I participated in a post-baccalaureate program, which helped so much by assisting me in paying for MCAT study materials, content review, mentors, and

UCDAVIS HEALTH | **MEDICAL CENTER**

providing a community. Another thing that helped me was being in the MESA center and having that sense of community—a community of learners who are finding ways to work through problems. I am excited to start medical school, meet new people, and start this next chapter in my life.

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Medical School Highlight

THEY GOT ACCEPTED TO MEDICAL SCHOOL



HAISAM ALEMI
mfaridalemi@gmail.com

I arrived in the US six years ago and discovered my home in Sacramento. After beginning my journey at Sacramento City College and graduating from UC Davis with a degree in Biological Sciences. I got accepted to Arkansas College of Osteopathic Medicine and will begin medical school in the fall of 2024—now on the path to becoming a physician! As an alumnus of Sacramento City College MESA, I've spent the past year working as an Instructional Assistant for MESA at Sacramento City College, dedicated to supporting community college students in achieving their goals.



ARKANSAS COLLEGE OF
OSTEOPATHIC MEDICINE

The road to medical school is challenging, especially for first-generation college students. It's crucial to utilize resources like MESA and other programs that can make a significant difference in your journey.

 @_frd_a

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Semester Recap

IT WAS A BUSY SEMESTER FOR MESA SCHOLARS & THE TEAM

2/3 SUMMA Conference

MESA Scholars attended the 33rd Stanford University Minority Medical Alliance (SUMMA) Conference in person. They listened to inspiring speakers, participated in interactive workshops held by national experts and Stanford faculty and students, and met with iconic exhibitors. The conference provided perspective on how they will increase diversity in the health profession to better care for people of color.



2/8 Industry Event

We networked with industry professionals: MESA students from LRCCD came to speak on a panel to industry representatives and talk about their experiences and why companies should partner with us and provide students insight into what their job entails, mentorship opportunities, and even internships. Also had visitors from other colleges to see how to best suit transferring students.



3/16 WiE Conference

The 2024 Silicon Valley Women in Engineering Conference was a jampacked day for MESA students. Keynote speakers from major companies like Synopsys and Altera gave inspiring talks. Students attended workshops covering topics in emerging technology such as Semiconductors – Empower AI, Future Trends in Robotics and Human Interaction, Generative AI – ChatGPT, and Beyond Air and Space Technologies.

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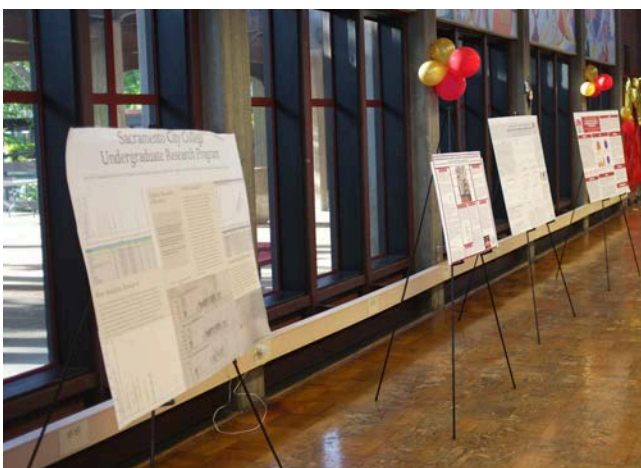
3/13 UC Berkeley Visit

MESA students toured the campus and visited the CAL-NERDS center for lunch. They also took a lab tour of the Scott Research Lab, a material science laboratory where high-resolution electron microscopes are used to relate the structure and function of various materials. Additionally, students went to Campbell Hall to tour the astronomy, astrophysics, and experimental physics departments.



4/12 Integration Bee

The Integration Bee is an annual event hosted by the math department at Sacramento City College. It is similar to a spelling bee but with integrals, an important concept in calculus. This year it was held at Sacramento City College in the Natural Sciences building, with many contestants and enticing prizes such as gift cards and an Apple iPad with Apple pen as well.



Research 101 (3/21, 3/29, 4/19)

MESA student ambassador Jessica DeLaguna held a series of workshops on how to do poster presentations, putting together the poster, having a motivational speaker come speak to students, and lastly, an opportunity to present their posters at the MESA End of Year Celebration.

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Semester Recap

IT WAS A BUSY SEMESTER FOR MESA SCHOLARS & THE TEAM



5/1 End-of-Year Celebration

This year's end-of-year celebration featured research from the SCC undergraduate research program on synthesizing peptides, wine, Alzheimer's, and some findings from research that the beacon-pal program conducted on what tutoring times yielded the best outcomes. As well as dinner and a lovely celebration of all of our scholars in attendance with a specific focus on those who are transferring by this upcoming Fall.

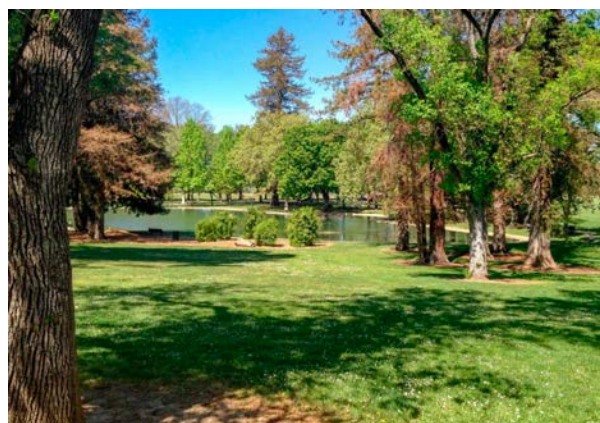


5/10 Six Flags Discovery Kingdom

MESA students and staff headed to Six Flags in Vallejo for a fun-filled day of rides and sun, before the start of finals week. Students were able to destress while attending this event by riding rides and getting out those pre-final jitters.

5/16 MESA Field Day

Lunch was held in William Land Park across the street from the SCC campus, where students gathered together to socialize, eat pizza, and play sports, and card games before the start of their summer plans.



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