

@OAOA_IC_

OAOA WHAT'S THE WORD?

Hey Everyone! Welcome to OAOA's monthly newsletter. This newsletter is dedicated to all who are reading and we'll be coming to you every month with love, bringing you recaps of events and the latest tea (info) with the office!



MARCH 27, 2024 EDITION

OFFICE HOURS

Monday: 8:30am-7pm
Tuesday: 8:30am-7pm
Wednesday: 8:30am-7pm
Thursday: 8:30am-7pm
Friday: 8:30am-5pm
No weekend hours this semester

EVENTS THIS MONTH

-OAOA Awards Banquet
UPCOMING EVENTS
Cook-out and Hoops
April 13th, 2024

FEATURES THIS MONTH!

Serenity Angrand
Eddie Santos
Shaunté Gregoire

CONTACT US 

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PRESENTING OAOA'S ANNUAL BANQUET



Every spring semester, the Office of Access, Opportunity, and Achievement hosts the Awards Banquet to celebrate the students of OAOA. This year's theme was Summer in Italy. Awards were presented to students that had exemplary academic performance and to student staff in the office, along with faculty who support our OAOA community!



MORE FROM OAOA'S BANQUET



STUDENT SUBMISSIONS

SERENITY
AN GRAND

COMMUNICATIONS
HEOP '27



Allow yourself By Serenity Angrand

Loving is the art of allowing
Allowing yourself to be vulnerable, to feel
deeply, and to give without expecting
anything in return

It is the ultimate act of courage and
strength, a beautiful dance of trust and
surrender

May you open up to me and feel no danger
For in my arms you will find a sanctuary
where your heart can rest and your soul can
soar

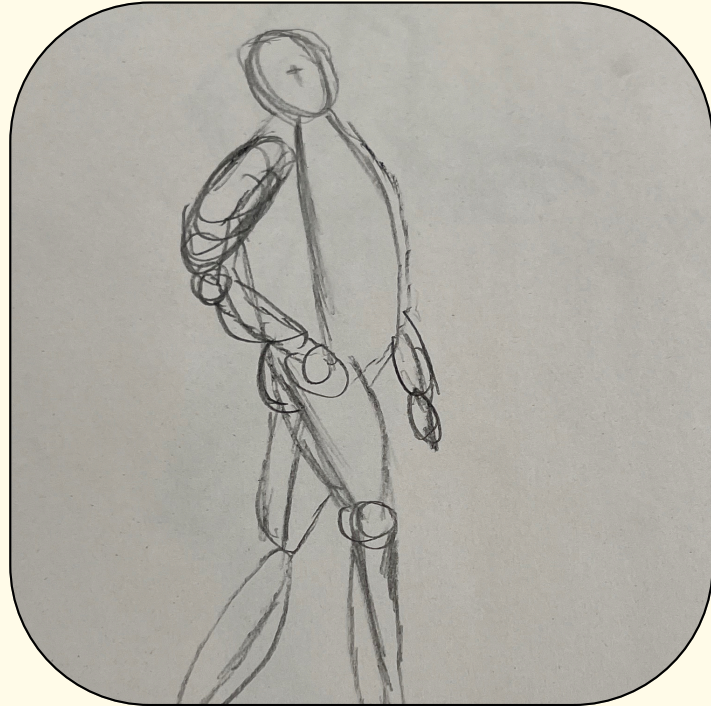
Together we will navigate the storms of life,
hand in hand
Fear no more

CONTACT INFORMATION: SANGRAND@ITHACA.EDU

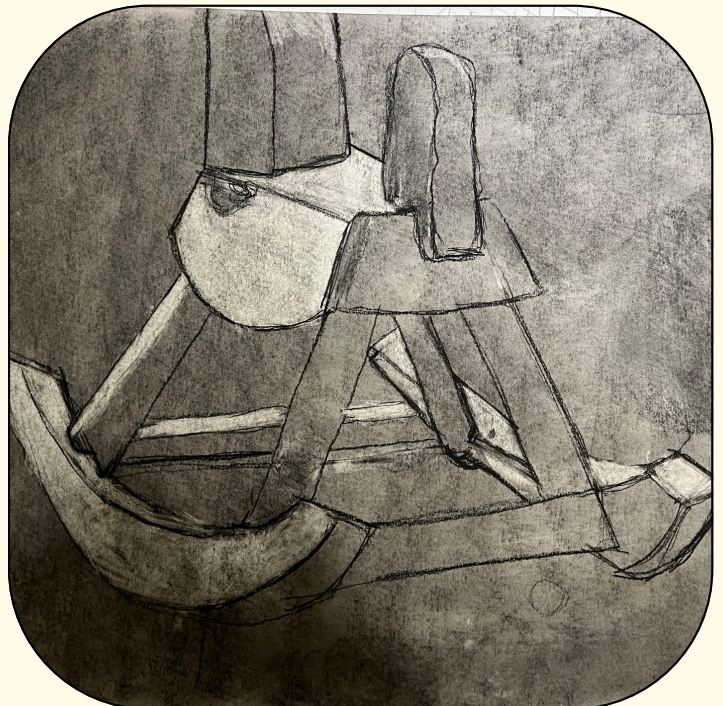
STUDENT SUBMISSIONS

EDDIE SANTOS

ENVIRONMENTAL
SCIENCE
HEOP/LSAMP '24



This semester, Eddie has been taking “Intro to Drawing Triple Eye” and has been exploring his artistic abilities!



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OAOA ALUMNI, WHAT'S THE WORD?

SHAUNTÉ GREGOIRE
CSTEP '23

MAJOR: CLINICAL HEALTH STUDIES
DEGREE: BACHELORS OF SCIENCE
PURSUING DEGREE: DOCTORATE OF
PHYSICAL THERAPY



Q: How has it been navigating graduate school?

NAVIGATING GRAD SCHOOL MEANS LOTS OF TIME MANAGEMENT. THE WORKLOAD CONSISTS OF A LOT MORE STUDYING, WHICH MEANS YOU REALLY HAVE TO STAY ON TOP OF THE MATERIAL AND NOT WAIT UNTIL THE LAST MINUTE TO REVIEW.

Q: Any challenges you have faced thus far?

I THINK ONE OF THE BIGGEST CHALLENGES IS FINDING A HEALTHY WORK-LIFE BALANCE. BEING A FULL-TIME STUDENT, WORKING PART-TIME WITH NUMEROUS JOBS, LEADING SEVERAL STUDENT ORGANIZATIONS, AND BEING AN APARTMENT ASSISTANT ALL WHILST TRYING TO HAVE A SOCIAL LIFE AND MAINTAIN AN ACTIVE LIFESTYLE IS DEFINITELY NOT EASY. I AM SLOWLY LEARNING HOW TO PRIORITIZE MYSELF AS WELL AS MY PRIORITIES. HAVING AMAZING COUNSELORS SUCH AS THOSE IN THE OAOA OFFICE AND A SMALL TIGHT-KNIT GROUP OF FRIENDS HAS DEFINITELY MADE THIS PROCESS A BIT EASIER. I ALSO LIVE BY A WRITTEN WEEKLY SCHEDULE AND I BELIEVE EVERYONE SHOULD BE USING SOME FORM OF A PLANNER/CALENDAR!

Q: Anything you'd like to add?

IN THESE FEW QUESTIONS I SHARED WITH YOU ALL THAT POST GRAD LIFE/GRAD SCHOOL HAS BEEN CHALLENGING; THIS IS TRUE. HOWEVER, IF IT WERE EASY, THEN EVERYONE WOULD DO IT. IF SACRIFICING SOME TIME AND FUN NOW MEANS I AM BETTER SET UP FOR MY FUTURE, I WOULD DO IT ALL OVER AGAIN.

Q: Any advice for undergraduate students?

ONE PIECE OF ADVICE I WOULD GIVE TO UNDERGRADUATE STUDENTS IS THAT "YOU BELONG". WHEN SCHOOL GETS CHALLENGING, IT IS SO EASY AND QUICK FOR US TO BELIEVE THAT WE DON'T BELONG AND WE'RE NOT MEANT TO BE HERE, BUT I WOULD TELL YOU THAT EACH AND EVERY ONE OF YOU BELONG. WHAT IS MEANT FOR YOU WILL BE FOR YOU. YOU HAVE NOT MADE IT THIS FAR TO STOP NOW. EVERY DOUBT OR CHALLENGE THAT MAY COME YOUR WAY IS JUST AN ATTEMPT TO PREVENT YOU FROM CONTINUING YOUR DREAM. YOUR STORY IS ALREADY WRITTEN.

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Words of Wisdom from Heaven Bandzzz

Sometimes in life you just need
to breathe.

Taking a second to breathe can
make all the difference in
anything you do!

SUBMISSION FOR THE NEWSLETTER

IF THERE IS ANYTHING YOU'D LIKE TO
SEE IN THE NEWSLETTER, OR ANY
FEEDBACK PLEASE FEEL FREE TO REACH
OUT! AND ALSO FOLLOW ALL OF OAOA'S
SOCIALS, AND SEE YOU NEXT MONTH!



SCAN ME

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