

OAOA:  
August 2023 Newsletter

August 31, 2023

# OAOA What's the Word?

Summer  
Institute  
&  
Summer  
Bridge



## Summer Edition!

This past summer OAOA welcomed our new incoming first year students! Our HEOP first years participated in a five week Summer Institute, while our LSAMP/CSTEP students participated in a one week Summer Bridge.



Contact Us



[hcuevas@ithaca.edu](mailto:hcuevas@ithaca.edu)



[@oaoa\\_ic\\_](https://www.instagram.com/oaoa_ic_)

August 31, 2023

# OAOA What's the Word?

## Self Defense Class



During SI one of the activities our students participated in was a self-defense class with OPS!



August 31, 2023

# OAOA What's the Word?

## Weekend Activities



## Colloquium 2023

During Colloquium our students presented on what they learned and shared their experiences throughout Summer Institute.



August 31, 2023

# OAOA What's the Word?

## Making Ice Cream!

Summer Bridge students gathered in CNS to make ice cream using liquid nitrogen!



## Getting In Touch with Nature.

Our Summer Bridge students collected samples of benthic macroinvertebrates, and took detailed field notes on the sampling site with the Community Science Institute.

LSAMP Summer Scholars (Eddie Santos and Adriana Sulca) taught students about honey bee hive health at the South Hill Apiary.



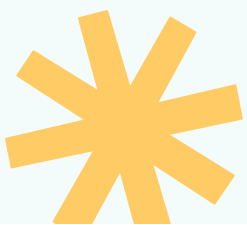
August 31, 2023

# OAOA What's the Word?

## Observatory Trip



Summer Bridge students visited an observatory on IC's Campus to look at the constellations.



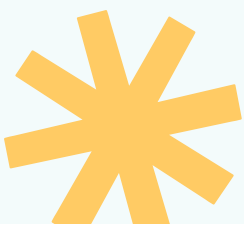
August 31, 2023

# OAOA What's the Word?

## Dinner with The President



Our Summer Institute and Summer Bridge students were invited to have a BBQ dinner at Dr. La Jerne Cornish's house.



August 31, 2023

# OAOA What's the Word?



Summer Institute '23

## Words of Wisdom from Heaven Bandzzz!

Be gentle & kind to yourself. You are your biggest supporter. I hope everyone has a great Fall semester!



Summer Bridge '23

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. See you next month!

### Contact Us

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 @oaoa\_ic\_



OAOA:  
April 2023 Newsletter

April 30, 2023



# OAOA WHAT'S THE WORD?

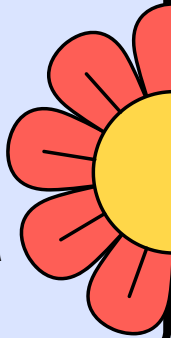
SENIOR  
EDITION!

Office Hours :

**MON-  
THURS :** • 8:30AM-8PM

**FRI:** • 8:30AM-7PM

**SUN:** • 12:00PM-8PM



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!



**Class of 2023**

Throwback to HEOP  
Summer Institute  
2019!

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# OAOA WHAT'S THE WORD?

SENIOR  
EDITION!

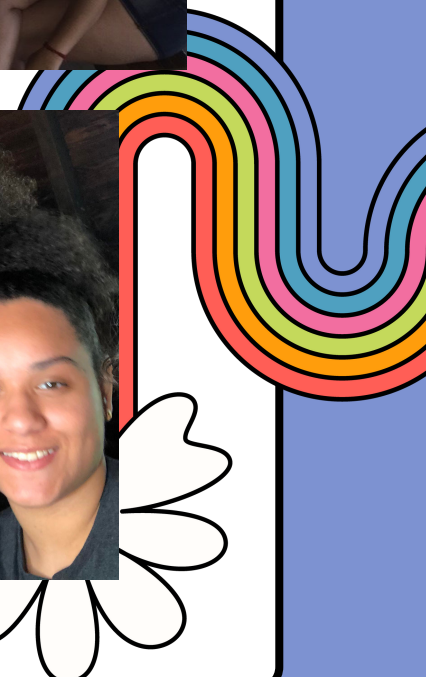
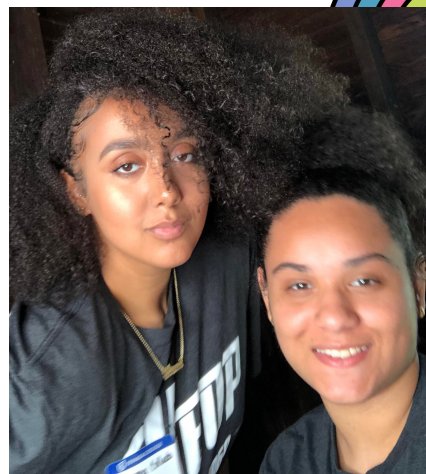
HEOP meet up in NYC before summer institute began.



Flip  
through  
memory  
lane

## HEOP S.I.

Class of 2023 during their summer institute. They came to IC for the summer to meet their fellow cohort and engage in outdoor bonding activities as well as academic courses for a few weeks of the summer to help with the transition of starting college!

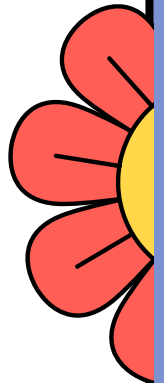




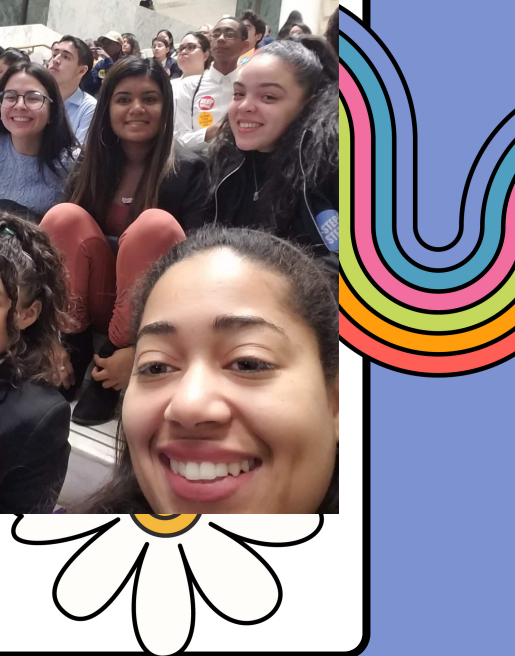
# OAOA WHAT'S THE WORD?

SENIOR  
EDITION!

Denise P., Isaac P.,  
and Déontae G.  
supporting Caleb at  
his track meet.



**Advocacy Day 2019**  
Students went to Albany to speak with public  
officials about funding for HEOP, CSTEP, & TAP  
programs.



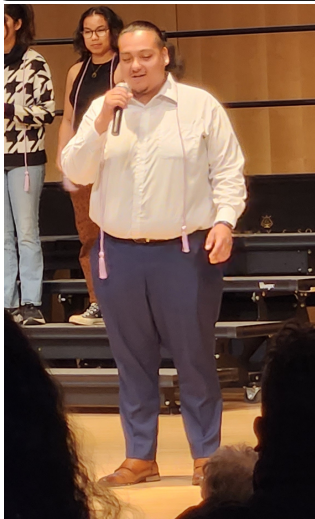
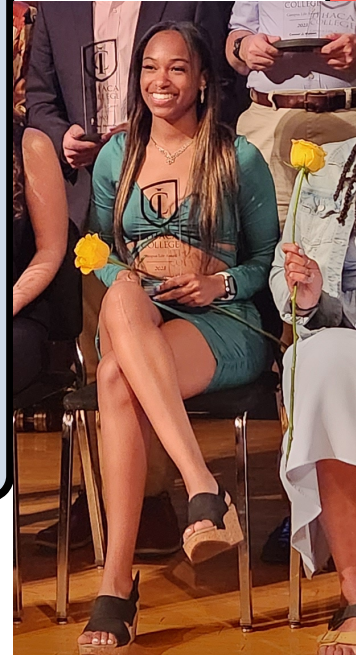


# OAOA WHAT'S THE WORD?

SENIOR  
EDITION!

## Seniors of Color Awards

Every year during Senior Week, a ceremony is held by the Center of IDEAS to award Seniors of color. These awards are given out based on students' involvement, academic excellence, and service. Here are some of OAOA's seniors receiving awards!





# OAOA WHAT'S THE WORD?

SENIOR  
EDITION!



Senior Splash!



April 30, 2023



# OAOA WHAT'S THE WORD?

SENIOR  
EDITION!

A letter to our Seniors



Dear OAOA's Class of 2023,  
First and foremost congratulations! We cannot express how proud we are of you all. We are excited and eager to see what is it that you all will do next.

The world is yours!

Once again CONGRATULATIONS!!!

With love, OAOA



April 30, 2023



# OAOA WHAT'S THE WORD?

SENIOR  
EDITION!



## For returning students:

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 Fall!

## Words of Wisdom from Heaven Bandzzz

Let your ambition  
carry you!  
( & Have a great  
summer break ! )

## Contact Us At →



oaoa\_ic\_



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OAOA:  
March 2023 Newsletter

March 31, 2023

# OAOA

W h a t s t h e w o r d ?

**TDF**



**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!**

## OFFICE HOURS

Mon-Thurs: 8:30am-8pm

Fri: 8:30am-7pm

Sun: 12pm-8pm

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# MARCH EVENTS

## Karaoke at the Student Lounge!



On March 5th, Peer mentors Mayerling Lantigua (HEOP '24), and Tylik Griffin (HEOP '24) hosted a karaoke event in the Student Lounge. Students showed up at 2 PM, enjoyed some food and began singing the classics such as Obsessed by Mariah Carey, When I See U Fantasia, and an NYC classic, Timeless by A Boogie with the Hoodie. The event was a success and if you want to see some of the performances they are up on Instagram!



# MARCH EVENTS

## SUNDAY SUNDAES!



4 flavors of Ice Cream,  
Rainbow Sprinkles, Cherries,  
Chocolate Syrup etc.

Sunday, March 26th, was  
the perfect day for Sundaes!

OAOA students came  
through to enjoy some ice  
cream and mingle creating  
their own sundaes.



# OAOA ALUMNI

## W h a t s t h e w o r d ?

New section alert! We want to appreciate all students including Alumni. This section will be highlighting the post-graduate experiences our students are currently going through!



### INTRODUCING...

Nathasha Rodriguez (*She/Her*)  
HEOP Scholar Class of 2022  
Bachelors of Arts in Sociology

### Q: Share any challenges or successes

"I was diagnosed with MS at the start of my senior year of undergrad and it has given me a lot of issues.

Particularly when I get very stressed, that will result in a MS flareup which affects my eyesight. Along with that, I learned to re-walk and have slowly but surely been getting stronger as time goes by. Another success that I wanted to highlight is that in late April, I started my first big girl job at BronxWorks as a Case Manager. I specifically work at home base where we help those who are facing eviction or also have been directly impacted by the housing crisis here in NYC. "

### Q: How has post graduate life been treating you?

"Post grad life has been a roller coaster. A few days before graduating IC, I broke my leg and a week after graduation, I needed surgery for my leg. The summer was filled with recovering while being in a cast. Before breaking my leg, I was supposed to start working at a Methadone clinic near my apartment in the Bronx but clearly that didn't happen. What did happen was 2 surgeries and relearning to walk while also starting a masters program."

### Q: How was navigating graduate school for you?

"I currently attend Simmons University online Master in Social Work program. When it came to picking a school or whether to do it in person or zoom university, I eventually decided on online because during the first few months of my senior year, I was diagnosed with Multiple Sclerosis, also known as MS. "

"When I started my first term back in September, imposter syndrome really did a number on my self esteem. The other students in the program were not only older but they were already either at the start of their careers or have been working in the field for 20 to 30 years now. I on the other hand went into this masters program with a clean slate and no experience at all and that really intimidated me. But something that I didn't take into account is that Social Work is a profession where one is constantly learning new things everyday and if you're not then you aren't doing your job. Once I realized that, that was when my imposter syndrome improved. I still experience times where I don't feel as smart as everyone else or as experienced as everyone else in the class and that's normal! I'm starting out in my career and so are all of ya!"

# OAOA ALUMNI

W h a t s t h e w o r d ?



## INTRODUCING...

Gisela Rosa (*She/They/Ella*)  
HEOP Scholar Class of 2022  
Bachelors of Arts in Sociology

**Q: How was navigating post grad life for you?**

Navigating life post-grad, after IC, has been an interesting yet terrifying thing. I say interesting because it's sort of one of those things where you're kinda just going with the different flows of life. But terrifying because with navigating and thinking about life post-grad so many emotions come up and slap you in the face. It's like a painting with so many different colors just splattered all over the canvas. There's blue, green, yellow, orange, pink, red, brown, black, purple (each color can be labeled a different emotion, experience, friendship, relationship, job, etc) and they're just splattered or mixing with one another but despite the mess you feel like you're making on the canvas, the piece is beautiful. It's a masterpiece. It's your masterpiece.

I was just going through the flows and phases of life at my own pace and my own time. In the midst of this all, I had to remind myself that my 20s are MY time. Me time. A time to take risks, learn how to move on and let go, explore, be selfish. I feel lonely, I feel excited. I feel lost. I feel okay. I learned that no matter what I choose to do, school is always going to be there. This is my first time ever taking a break from school since I started pre-k as a 4 year old. So all of this feels new and weird and strange.

Navigating life after IC has been so interesting for me because I have learned so much about myself, I finally started pouring back into myself after being left empty. I started to take myself seriously in doing the things I always dreamed of. (Like starting my podcast) And bring light to conversations like this. I finally started to believe in myself. I am in therapy, where I am Grieving, Growing, and Glowing old and new experiences.'

I learned that not landing a role after graduating, did not mean one didn't do enough nor was it a reflection of oneself, and one's work ethic but reminding myself that some jobs just don't have positions available, hiring freezes exist and the timing is not right. Post-grad depression is real. Those feelings you feel are real. Do not let anyone tell you otherwise. A reminder that it is okay for things to not be set in stone, to graduate and have no idea what your next move is, your whole life does not need to be planned out. What is meant for you, will always be for you. And progress is progress no matter how slow or fast. As I'm navigating life after IC, and despite the post-grad blues, I am still doing the work as a youth organizer and facilitator, aiming to engage youth in creating the world they want to see.

# STUDENT ACCOMPLISHMENTS



Caleb Rojas has been accepted to the Masters of Public Health program at Cornell University.



Steven Ramos will be starting his position as a Staff Accountant at Condon O'Meara McGinty & Donnelly LLP post graduation.



Shaunte Gregoire won the Peggy Ryan Williams award for Academic and Community Leadership.

March 31, 2023

# OAOA

W h a t s t h e w o r d ?



## WORDS OF WISDOM FROM HEAVEN BANDZZZ

Do not be afraid to ask for help,  
asking for help is 90% of the  
work!

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!

Contact Us At



@oaoa\_ic\_



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OAOA:  
February 2023 Newsletter

# OAOA

## What's the Word?



TDF

Hello Everyone!  
Welcome to OAOA's first 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!



HEOP '24

### Office Hours

- Monday-Thursday 8:30am-8pm
- Friday: 8:30am-7pm
- Sunday: 12pm-8pm

Contact Us At ———>

 @oaoa\_ic\_

 hcuevas@ithaca.edu

# February Events

## Advocacy Day

On February 14th, 2023, Heaven Cuevas, Joey Rodas, Grisel Olivares, Jesus Noriega and Shay Featherstone traveled to Albany, NY for Advocacy Day to talk with legislators about increasing funding for programs such as HEOP, CSTEP, and TAP.



## Intercultural Career Connections Panel (ICCP) February 2nd, 2023



ICCP ft. OAOA's Alumni  
Omar Stoute '18  
Jhonny Perez '18

The Center for Career Exploration and Development, the Center for IDEAS, and the Office of Access, Opportunity, and Achievement all came together to host this year's Intercultural Career Connections Panel (ICCP). Recent Alumni came together to share their professional and personal journeys navigating life after IC. Following a networking session to speak closely with Alumni!

# February Events

## Symposium of Opportunities & Access to Resources (SOAR)

On Saturday February 25th, 2023 OAOA's SOAR event took place in Emerson Suites,

The event consisted of student presentations, prep for grad school, as well as a BIPOC at PWI talk. Tune into the Recap on our IG!



## Peer Mentor Events

- Bracelet Making

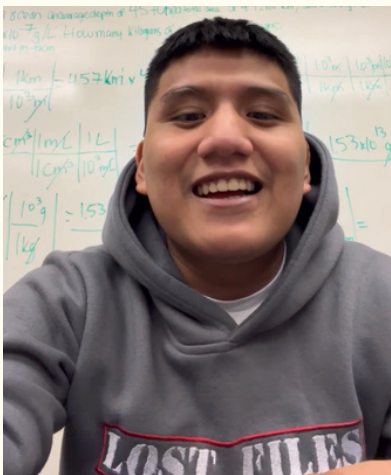


- Paint N Sip



# Newest Additions to OAOA

Meet The New Staff!



**Yerry Benitez**  
Communication  
Specialist



**Alexis Arias**  
Admission  
Ambassador



**Inkaira Ramos**  
Office  
Assistant



**Kevin Ramos**  
HEOP Counselor



**Ania Grodzinski**  
Admin  
Assistant



**Colleen Garcia**  
HEOP Counselor

# OAOA

## What's the Word?



## Upcoming Events

Words of Wisdom  
From  
Heaven Bandzzz

Remember to be patient with yourself and take everything day by day! Change can only happen if it is you who wants it to.

**April 2** Movie Night

**5pm-7pm**

**April 13** OAOA Awards

**5:30pm-7:30pm**

**April 16** Trail Walk

**11am-3pm**



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