

OAOA:
November 2023 Newsletter

NOVEMBER 2023

@OAOA_IC_

@HCUEVAS@ITHACA.EDU

OAOA

WHAT'S THE WORD?

Hello 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

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

UPCOMING EVENTS

Winter TDF (Dec.8)
Finals Week

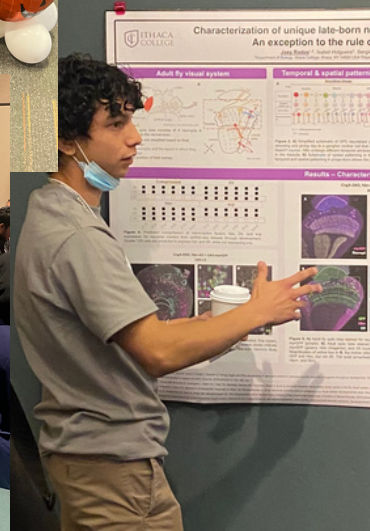
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FALL '23 IN OAOA

Candids recap of the semester events!
Including: 4YF, LSAMP SYMPOSIUM, SOAR,
and TDF



WHAT ARE OAOA STUDENTS MOST THANKFUL FOR?

**“Touch Down Fridays”
“PM Events”**



This past fall break we asked OAOA students via our instagram what about OAOA are they most thankful for and they said:

“The love and support”



“The red couch in the lounge”

“Naps in the office”



**“The Staff”
“Denise”
“Colleen”**

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OUTSIDE OF OAOA'S OFFICE

Here are some pictures of our OAOA students outside of the office!



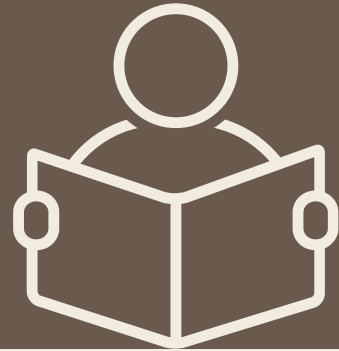
OAOA'S SURVIVING FINALS STUDY GUIDE



Finals week begins the week of December 10th. Here are some tips to help you be successful during finals week!

1. Make a list of all the assignments you need to get done.
2. Break them up into smaller tasks. That can help with being overwhelmed by the amount of assignments you have and allows you to reward yourself for little tasks that get done first!
3. Utilize study spaces! Find a place that works for you whether it be OAOA or the library.
4. If you can and it helps you, find a study group! Study groups help by keeping each other accountable doing work and also motivating each other to do work.
5. If study groups aren't for you, find a space where you feel best working alone.

OAOA'S SURVIVING FINALS STUDY GUIDE



Finals week begins the week of December 10th. Here are some tips to help you be successful during finals week!

6. Go to your Professors, TA's, Peer Mentors and Peer Tutors if you need additional help studying.

7. Remember to **TAKE BREAKS**: go on a walk, watch some tiktok's, or eat a granola bar, just to be able to reset your mind. Cramming a lot of information in your brain with no breaks can harm your performance on finals.

8. Lastly just try your absolute best; when it is all said and done, that is the one thing you can do and give your all.

OAOA

WHAT'S THE WORD?

Words of Wisdom from Heaven Bandzzz

Good luck on your finals.
Try your absolute best
this upcoming finals
week and give it your all!
Deep breaths, much
forgiveness and
patience for yourself.
If nobody has told you
they are proud of you
this semester...
HEAVEN IS VERY PROUD
OF YOU.



UPCOMING EVENTS

Winter TDF (Dec.8)

Finals Week

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 SEMESTER!

OAOA:
October 2023 Newsletter



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BEE FEST



Eddie Santos (HEOP/LSAMP) '24, works at the South Hill Apiary right on Campus. October 8th was Bee Fest, where the apiary offers tours of the bee hives and the garden, and they sell honey along with some other goodies! Eddie gave us a tour and showed how they extract the honey and the role the bees play in the hive.



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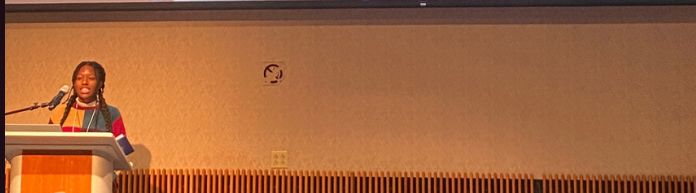
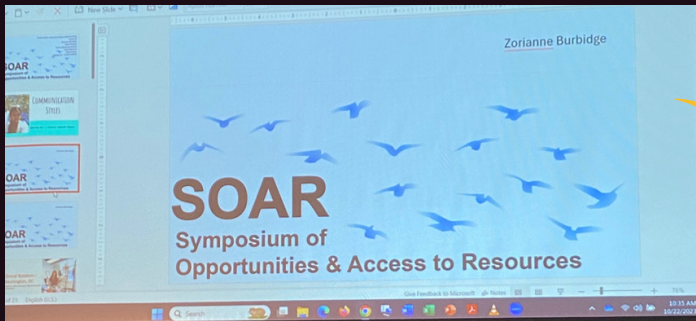


SOAR

October 21st and 22nd was OAOA's annual SOAR Conference, where student presenters shared the research they've worked on this past year, as well as prep strategies for graduate school. Tune into the IG recap for more!



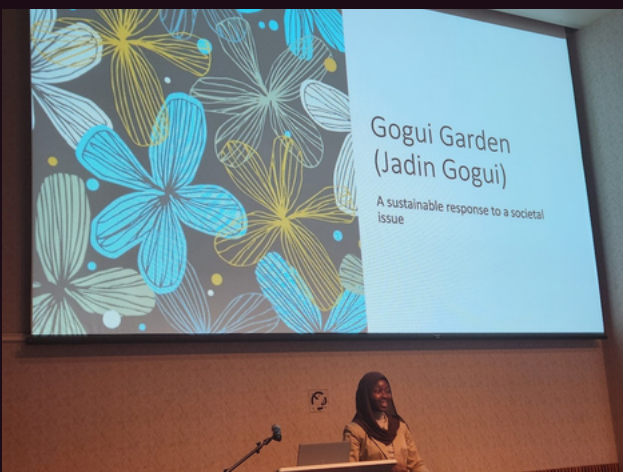
Selina Ali '24



Zorianne Burbidge '24



Sarah Poingue '24



Sarake Dembele '24

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SOAR

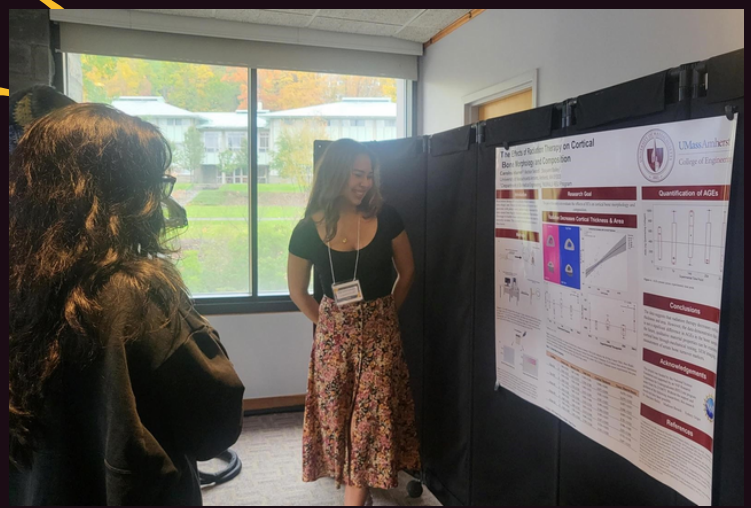
OAOA Alumni and current grad students presented at the SOAR Conference on the graduate school application process and their current experiences in their graduate programs. Also included is the poster session.



Caitlyn O'Dell '26



Ashly Cabrera '23, Adrian Rosario Beato '23, Sarah Poingue '22, Simeon Alvarez '22, Portia Mckoy '21, Nathasha Rodriguez '22



Carolina Iribarren '24



Dan Holohan (Guest Speaker)

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TOUCH DOWN FRIDAY

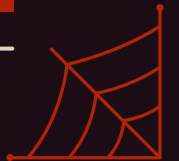
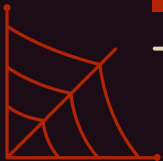


For October's last TDF, OAOA decided to throw a Halloween themed celebration for students to come and enjoy spooky festivities. Students enjoyed food, classic Halloween music, and even had candy as a little treat!



OAOA Halloween decorations put together by HEOP student, Josh Decamps '27!

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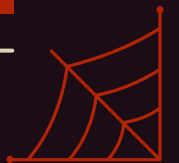
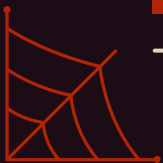


HALLOWEEN AT THE OFFICE

Check out some of OAOA's halloween costumes in the office !



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OAOA, WHAT'S THE WORD?

WORDS OF WISDOM FROM HEAVEN BANDZZZ

We are at the halfway mark! School is stressful but there many resources available to you, use them - even if it's just to go reset and take a nice little break. Happy Halloween!



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!

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OAOA:
September 2023 Newsletter

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SEPTEMBER EVENTS!

4 YEAR FAMILY (4YF)

On September 16th, HEOP hosted our Fall Semester Four Year Family event. This year, the format has changed to be a one day conference style event per semester. We were joined by all 4 current HEOP cohorts, for a day of fun and learning. We started off by separating each of the cohorts to attend cohort specific sessions led by the OAOA staff and campus partners. We closed out the day with all cohorts participating in the final competition to see who was the best HEOP cohort in OAOA!



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SEPTEMBER EVENTS!

**WINNERS OF JEOPARDY!
HEOP '24
BCOAT**

(BEST COHORT OF ALL TIME)



**2nd Place
HEOP '27**



**3rd Place
HEOP '26**



**4th Place
HEOP '25**



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SEPTEMBER EVENTS!

LSAMP SYMPOSIUM SEPT.30.2023

On September 30th, LSAMP hosted its annual symposium. Every year our LSAMP program invites other schools to share their summer research experiences among other STEM based sessions. After presentations we were joined by our guest speakers for a Q&A panel! The schools invited include: SUNY Cortland, Hobart and William Smith Colleges, SUNY ESF, Herkimer County Community College, Tompkins Cortland Community College, and Utica College.



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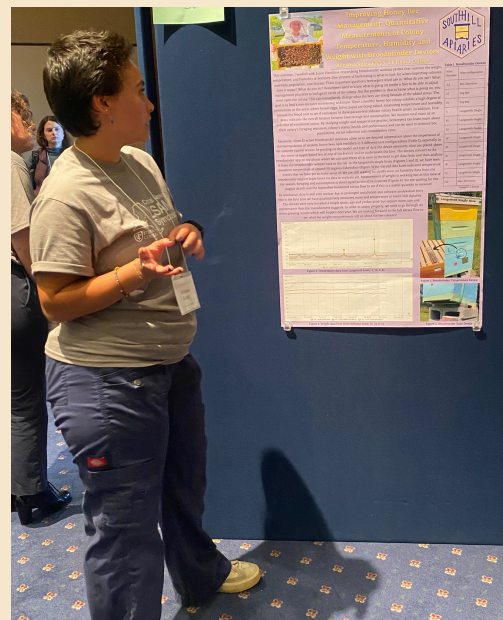
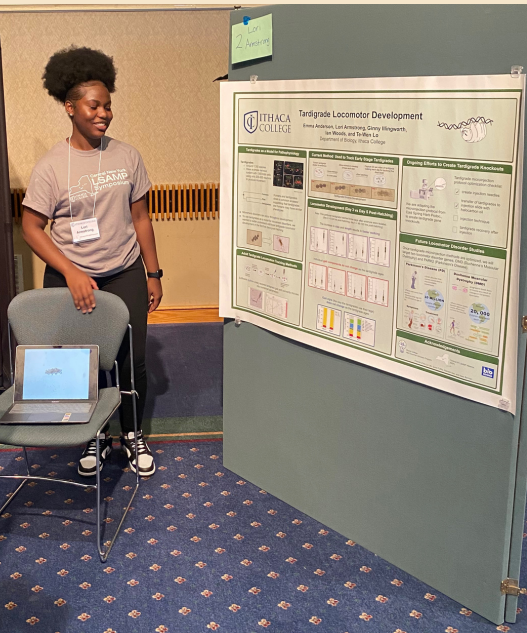
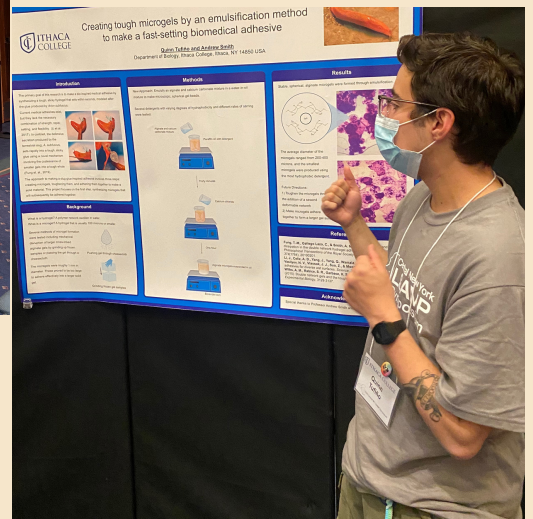
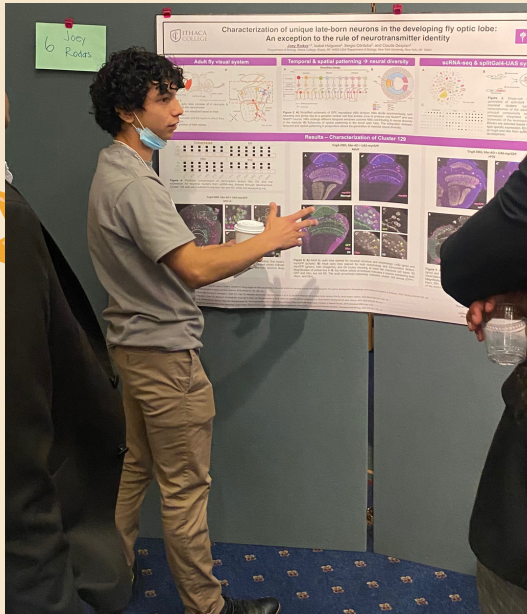
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SEPTEMBER EVENTS!

STUDENT PRESENTERS

Joey Rodas '24
Eddie Santos '24
Quinn Tufiño '24
Lori Armstrong '26
Adriana Sulca '24
Sarake Dembele '24



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STUDENT ACCOMPLISHMENTS

HEAVEN CUEVAS '24

Heaven presented her final portfolio from Black Sexualities to IC's Planned Parenthood program



Jeremy Figuereo '27

Earned himself a starting position on the club baseball team

Stella Win '26

Positions & Awards: H&S Scholar Dean's list, Leadership Scholar, Resident Assistant (RA), Secretary of Red Cross, Treasurer of Island Fusion, & Cheerleading Team



Andy Ruiz '27

Earned the Intern position at the Office of Public Safety. Will have the opportunity to work alongside the Assistant Director of the Clery Act and Prevention Education

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Everything will fall into place the way it needs to, when it needs to.

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