

# THE CARDINAL CHRONICLE

*A weekly college & career newsletter-Nº2*

## LETTER FROM THE EDITOR:



### MR. MERCADO SCHOOL COUNSELING INTERN

**Pronouns:**  
He/His/Him

**Site Schedule:**  
Monday: 9am-3pm  
Wednesday: 9am-3pm

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IG-counselorabel

#### **A Note About This Letter:**

The Cardinal Chronicle is a bi-weekly letter that will highlight different majors, schools, job tips, funding opportunities, and many other things. This is a resource for you and will be archived so that you can easily find information. Please feel free to reach out me at [amercado3@sandi.net](mailto:amercado3@sandi.net) if you have any questions on the content provided.

## RESOURCE SPOTLIGHT:

### **UrbanLife:**

UrbanLife, a City Heights non-profit, is an organization devoted to youth development.

UCAN's primary purpose is to encourage students in City Heights to strive for a better tomorrow through academic excellence and focuses on college-prep, after-school tutoring/mentoring activities and provides ESL support to youth in City Heights.

UrbanLife is providing a Learning Hub. The Learning Hub is a quiet, safe space in which students can attend their classes, do their homework, and get help from tutors. The Hub is open to all students in City Heights.

Please contact Kenia Rendon - Director of UrbanLife College Achievement Network (UCAN) if - If you have any questions or concerns.

[Kenia@urbanlifesd.org](mailto:Kenia@urbanlifesd.org)  
(619) 340-6181



**YOU ARE INVITED TO ATTEND UCAN LEARNING HUB**  
STARTING SEPTEMBER 21ST  
EVERY MONDAY- THURSDAY  
FROM 9:00 TO 3:00 PM  
DOORS OPEN AT 8:45AM  
LOCATION: 5202 ORANGE AVE, SAN DIEGO, CA 92115



FOR MORE DETAILED INFORMATION AND CONCERNS PLEASE  
CALL KENIA RENDON AT (619) 340-6181 OR [KENIA@URBANLIFE.ORG](mailto:KENIA@URBANLIFE.ORG)

PERMISSION SLIPS WILL BE PROVIDED UPON ARRIVAL



# MAJOR SPOTLIGHT:

## *Anthropology*

### *What is Anthropology?*

-Anthropology is the study of humans and other primates (such as chimps). As an anthropology major, you'll study how groups live with each other and how their bodies and cultures have changed over time. Anthropology is a very broad field of study, learn more about it on the [American Anthropological Association page](#).

### *What do you learn as an anthropology major?*

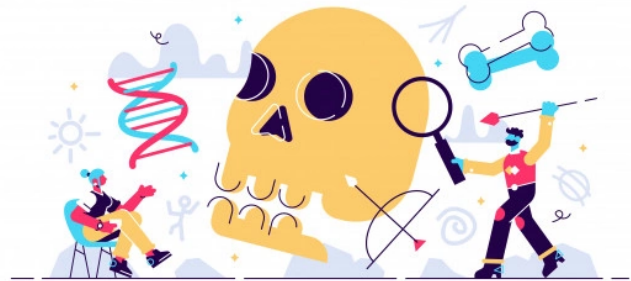
- According to [CollegeBoard](#), you'll explore all kinds of mysteries about people and primates. You might, for example, study how ancient societies protected their people against disease -- or how public-health policy affects modern city dwellers. As an undergrad, you might specialize, focusing on culture, biology, archaeology, or language.

### *What careers can I find as an anthropology major?*

- [Forensic Anthropology](#)
- [Medical Anthropology](#)
- [Museum Curation](#)
- [Refugee Services Administrator](#)

### *Similar majors:*

- [American Indian Studies](#)
- [Classics](#)
- [Geography](#)



# COLLEGE OF THE WEEK:

## *California State University - Monterey Bay*

On October 9th, 2020 at 2 pm, Hoover High will be hosting CSU Monterey Bay via Zoom! This a great opportunity to learn about one of the CSU campuses, and their admissions process.

Please join us via Zoom using this link:

<https://csumb.zoom.us/j/82006945869>

Established: August 29th, 1994 ; 26 years ago

Type: Public - California State University system (1 out of 23 CSU campuses)

Location: Central Coast California

Motto: "Doing What Matters"

Popular Majors: Business, Management, Marketing, and Related Support Services; Liberal Arts and Sciences, General Studies and Humanities; Psychology; Computer and Information Sciences and Support Services; and Parks, Recreation

Acceptance Rate: 75%

Learn more at: <https://csumb.edu/>



# MONEY MATTERS:

## ***FASFA/Dream Act:***

Happy October! The **Free Application for Federal Student Aid (FAFSA®)** and the **CA DREAM Act (CADAA)** has opened up! You can create an account now and start the application:

- **FAFSA:** <https://studentaid.gov/h/apply-for-aid/fafsa>
- **Dream Act:** <https://dream.csac.ca.gov/>

You should only complete one of the applications (not both), according to the citizenship requirements below:

- You are eligible to complete the FAFSA at if you are a:
  - U.S Citizen
  - Permanent Resident
  - Eligible non-citizen
  - T Visa holder
- You are eligible to complete the CADAA if you are:
  - Undocumented
  - Have a valid or expired DACA
  - U Visa holders
  - Have Temporary Protected Status (TPS)
  - Meet the non-resident exemption requirements under Ab540

## ***Dream Act:***

NEED HELP WITH THE CA DREAM ACT APPLICATION?

WE'VE GOT YOU COVERED!!

Sign up for a Dream Act Zoom (DAZ) with Dream Act expert and immigration attorney, Amic Scully of Students Without Limits.

Sign up here! <https://bit.ly/3iucTyH>

Join the private safe space for SD undocumented students

@swolremote on IG



# VOCATIONAL OPPORTUNITIES:

## ***San Diego Continuing Education - Culinary Arts***

Learn the basic principles of cooking, theory, food prep, safe food handling, and even how to make perfect pastry.

Enrolling in the culinary arts program can help you start your career a baker, get a job within the food industry, or even give you the training you need to start your own food based business.

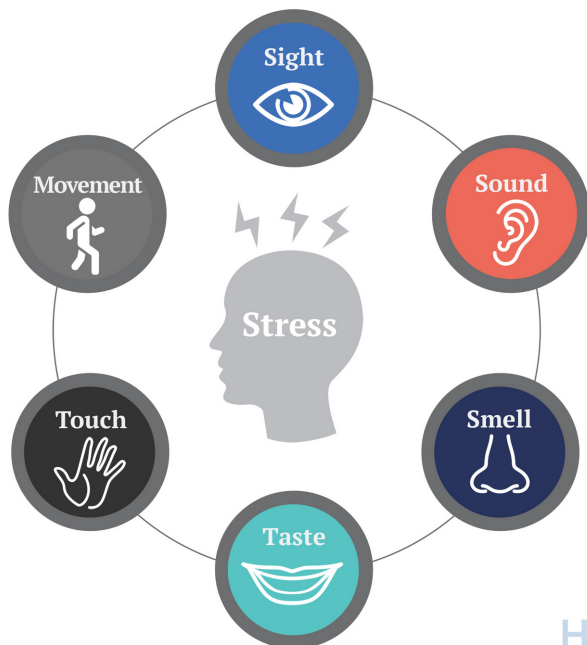
The program takes about 900 hours or 36 weeks to complete.

If you are interested in pursuing a career Culinary Arts, please visit the [San Diego Continuing Education page](#) and click on Hospitality and Culinary arts.



# SELF-CARE:

## *Using Your Senses:*



Things can be pretty tough right now. On top of balancing school, social life, family, working, figuring out your post-graduation plans, and a global pandemic, it can get really easy for stress to invade our lives. What can we do to destress and help us cope with this crazy time?

Well, [Helpguide.org](https://www.helpguide.org) just released an article highlighting different tips that we can follow to help us cope with our every day stress.

One tip explains that we can use our different senses to see what can help us unwind and relax. Try some of these examples and see what works for you.

- **Sight** - Use a plant/flower to uplift your physical space
- **Sound** - Listen to your favorite artist or explore instrumental music
- **Smell** - Light a scented candle or use some essential oils
- **Taste** - Chew on a piece of gum or grab some fresh fruit
- **Touch** - Hug a loved one or massage your temples
- **Movement** - have a dance party or go for a walk

As you employ different senses, note how quickly your stress levels drop.

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Push yourself beyond those examples and try to find what works of you.

**Remember self-care is important so make the time and the effort to take care of yourself!**

# UPCOMING EVENTS:

***Come Learn About Different Universities, Talk to Admission Representatives, Ask Questions and Learn About Different College Options.***

## **October 2020**

- **10/9 at 2:00pm: CSU Monterey Bay** - <https://csumb.zoom.us/j/82006945869>
- **10/13 at 1:30pm: Cal Baptist University** - <https://us02web.zoom.us/j/88297260290>
- **10/13 at 1:30pm: CSU San Francisco** - <https://sfsu.zoom.us/meeting/register/tJUvdeqgqjMuHd1dahU1Jur61-pXgUK9I5K> Passcode: 492280
- **10/20 at 1:00pm: CSU Humboldt** - <https://humboldtstate.zoom.us/j/95007448329?pwd=eWNqRzNqUDlacGN1UzNZNUE0SUxtZz09>
- **10/21 at 2:00pm: Hope International University** - <https://hiu.zoom.us/j/97223267241>
- **10/26 at 1:30pm: UC Berkeley** - <https://apply.berkeley.edu/register/?id=bff7cd40-b743-4163-8229-5cdaa9c6c356>

*\*Please copy and paste links*