



First-Generation@Scripps

Scripps College

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Edition 1, Volume 5

A Letter from the Editors

Dear Readers,

We don't know about you all, but our rooms are a mess. There's laundry everywhere (clean laundry!), papers scattered all over, and tumble weeds of cords blowing through our living rooms. Last semester, we were like tornadoes; coming through and leaving trails of chaos behind. We were working on thesis, preparing for graduation, and of course, working towards building the First-Gen community. There was no time to fold shirts, file notes, or untangle chargers.

This semester however, we have no excuse. Thesis is done, the future is bright, and new connections are being made between our students, faculty, and staff every day. We can't hold it off any longer. Let the spring cleaning begin!

For us, negligence is one of the biggest forms of clutter. As busy students, we sometimes forget to pay attention to the things around us. Our friends, hobbies,

and selves suffer when we spend too much time stressing over homework, papers, and exams. This month, we invite everyone to de-clutter with us as we clear up space for the awesome things to come.

Cleaning can mean a lot of things. For some, it literally means picking things up off the floor and putting them back where they belong. For others, it can take on a more abstract connotation. When was the last time you cleared the cobwebs out of your head? A deep cleaning of the mind is just as important as the physical cleaning of the space around you.

You'd be surprised how much space is occupied by things that we can't actually see. Things like stress, anxiety, and negativity take up a lot of breathing room. And we like breathing room! That's why we've decided to take it back. We challenge ourselves and all of you to set out time to dust and organize, whatever that means. Be

intentional about the things that you keep and the things that you throw out. Treasure what you have accumulated thus far, but also make room for new things to come. There's only so much that you can cram into your life before your load becomes too heavy to bear.

We believe that messy rooms lead to messy heads. Clean rooms, however, promote clearer thoughts, decisions, and insights. This semester, we have committed ourselves to minding our kettles by staying sharp, focused, and alert. So we're going to go clean our rooms. And then have tea.

As always,

Shane and Maria



Shane Zackery '14
Maria Ceja Rodriguez '14
Program Co-Interns

Cleaning Isn't Just for Spring:

Jasmine Russell

I don't like the term "spring cleaning." As someone who empties out, disinfects, and reorganizes every single drawer, closet, and countertop in the entire house once every two days, I find it kind of odd that others only do this once a year. What do people let build up in there? Do Scripps squirrels get trapped in there sometimes? Perhaps you could call me a little intense, but I'm just a person who likes organization.



Jasmine Russell, '17

So it's a new semester, and spring is finally coming (hello, Scripps pool). Although I don't necessarily "spring clean", a new semester is definitely a good time to look back on the last one and reflect. What can I do better? How can I be more efficient with my time? What should I be doing more of right now to get me to where I want to be in the future? Introspection and grasping the "big picture" of how what you do now affects your future opportunities is really important--at least in my life.

What's holding us back? I know that I personally had a really difficult time transitioning to Scripps last semester. College? Responsibility? Adulthood? What? I was pretty out of my element for some time while I was trying to adjust to life here. Holding me back was my negativity and my lack of willingness to change. I'd had a few bad experiences, but with the dawn of a new spring, I'll be cleaning out the negativity I carried with me last semester. Gone will be my homesickness of yesterday, and arriving will be some really great, positive, long-lasting friendships I've already started working towards.

Even though the warmer weather brings closer the departure of all my favorite seniors (shout out to Shane, Maria, and Brianne), who have been a vital part in my successful transition to Scripps, I'm optimistic about my next three and a half years. I can assure you they're going to be chock-full of lists, and probably a few newly-freed squirrels, too.

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We Want to Hear From You!

To inspire our readers and recognize your accomplishments, we would like to feature your story in one of our upcoming newsletters. Please send us a personal article or poem depicting your experience as a first-gener to: firstgeneration@scrippscollege.edu

What Does Spring Cleaning Mean to You?

Tell us about how you de-clutter your life and you might be featured in our next newsletter!

Email your details to:
firstgeneration@scrippscollege.edu

Creating Breathing Room:

Simple Steps to De-Cluttering Your Mind

You don't have to completely transform your routines in order to see great change. Below is a simple guide to transform the ways in which you cope with stressful situations, tasks, and assignments.

Step 1: Realize that you are being unproductive.

Trying to force productivity only makes it harder to focus. Admit that whatever you are doing is not working. It is not considered a failure when you intentionally take a step back to reassess.

Step 2: Take notice of your breathing.

When was the last time you thought about the way that you breathe? Is it shallow? Rushed? Breathing is a root reflex to which we don't often give much thought. Learning to take note of your breath and adjust is a small skill that leads to big payoff.

Step 3: Take a deep breath.

Did you breathe up or out? Most of us expand upward when trying to breathe deeply. While this may give the illusion that more air is being efficiently supplied to our lungs, this is not actually the most effective way to breathe deep.

Step 4: Take a deep breath *correctly*.

Put your hand on your stomach. You should feel your hand be pushed outward and your shoulders shouldn't rise.

Step 5: Repeat again and again and again...

Do this a few times until you get a feel for breathing in this new way. Notice that your lungs feel fuller in the right dimensions. You should not have to try so hard to feel that you are pulling air into the very base of your lungs.

Step 6: Look around you.

What is the condition of the location you are in? Is there paper everywhere? Is it easy to access the materials you need to be successful? Make a plan to organize your space in a way that you can understand.

Step 7: Put some music on, jam out, and "clean".

By music we mean something EPIC, like the score to your favorite action movie or some Journey. Don't stop believin! Continue this step until you feel like you can do ANYTHING.

Step 8: Accomplish the *seemingly* impossible.

By now, hopefully that task that seemed so far from completion in the beginning is starting to look a little more doable. The key to accomplishing a goal is actually *believing* that you can. Never forget that you are smart, skilled, and fabulous (and that we're rooting for you!).

Sometimes these steps won't work out in exactly the way that you want them to. That's okay! When your current space just isn't working for you, don't be afraid to physically change your location: get out of your bedroom, office, or the library. Go study at the café down the street, in your garden, or in the kitchen!

Our founder Ellen Browning Scripps believed that if you give people a beautiful place to study, they will produce beautiful things. Don't deny yourself an inspiring place to work—seek out those spaces and take advantage of them. Finally, remember to be patient. Healthy habits take time to stick. Give yourself time to reconceptualize your processes and adopt new, efficient ways of achieving excellence.

The Bigger Picture:

First-Generation News in Higher Education

It is vital that we frame the work done here at Scripps within the broader context of conversations surrounding first-generation issues, initiatives, and triumphs in higher-education. The following articles showcase the work being done in our community at universities all over the nation.



Large lecture hall at York Univ.
Image: Theonlysilentbob,
Wikimedia

[Discussing Social Class Narrows Achievement Gap in Higher Education](#)

**Northwestern University
Laboratory Equipment**

Americans don't like to talk about social class. But new research from Northwestern Univ. and Stanford universities suggests that, at least in college and university settings, they should do just that.



Huffingtonpost.com

[A Looming Challenge in Higher Education: Our Changing Student](#)

**Dr. Ricardo Azziz, President, Georgia Regents University
Huffington Post**

Higher education leaders and policy makers must adjust to serve the students of the (very near) future, or risk failing in the responsibility to produce an educated citizenry and workforce capable of success.



The Sacramento Observer

[Wells Fargo & First Generation Films Announce "Go College!" Initiative](#)

The Sacramento Observer

SAN FRANCISCO – Wells Fargo Education Financial Services and First Generation Films today kicked off the “Go College!” national community event initiative that will present 70 film screenings of the award-winning documentary First Generation to tens-of-thousands of high school students, parents, educators and civic and community leaders in 10 major cities across the United States throughout 2014.

Calendar of Events

March

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	<p style="text-align: center;">3</p> <ul style="list-style-type: none"> ❖ Maria's Office Hours 9:00-10:00am 	<p style="text-align: center;">4</p> <ul style="list-style-type: none"> ❖ Messing with the Masters: Perry Bard, 4:15pm, Benson Auditorium, Pitzer ❖ Off Campus Study Country Chat: English Speaking Countries, 7:00-8:00pm, GJW Living Room ❖ QRC Dialogue Series: Kink, 5:30-6:30pm, QRC 	<p style="text-align: center;">5</p> <ul style="list-style-type: none"> ❖ Shane's Office Hours 10:00-11:00am ❖ CP&R Presents: Women in International Politics, 12:00-1:00pm, CP&R Conference Room, RSVP on Claremont Connect ❖ Alternative Housing Info Session, 6:00-7:00pm, SCORE Living Room 	<p style="text-align: center;">6</p> <ul style="list-style-type: none"> ❖ "Fidel Does the UN", Prof. Peter Rose, 12:00pm, Hampton Room ❖ "Putting Class Back Into Classics", Prof. Peter Rose, 4:15pm, Hampton Room ❖ "Writing Since Childhood", Prof. Louis-Phillippe Dalember, 4:15pm, Hum Auditorium ❖ Commencement Student Speaker Auditions, 6:30pm, SU ❖ "The Invention of 'Chinese Food' Within and Outside China", Charles Hayford, 4:15pm, Hahn 101, Pomona 	<p style="text-align: center;">7</p> <ul style="list-style-type: none"> ❖ Our Sound: Submission Deadline ❖ Real World Trip: Office of Foreign Missions, 8:30am-2:00pm, CP&R, RSVP on Claremont Connect, Trans. Provided ❖ Off Campus Study Info Session, 2:00pm, Hum 119 ❖ QRC Film Series: "Kaboom", 8:00pm, QRC 	8
9	<p style="text-align: center;">10</p> <ul style="list-style-type: none"> ❖ Off Campus Study Info Session, 4:15pm, Hum 119 ❖ Arabic Film Festival: "The Dupes", 8:30pm, Oldenborg ❖ Scripps College Academy Application Deadline 	<p style="text-align: center;">11</p> <ul style="list-style-type: none"> ❖ "Eldrige Cleaver Visits Pyongyang, Hanoi and Peking: Afro-Asian Internationalism, Radical Orientalism, and Global Feminism", Judy Tzu-Chun Wu, 7:30pm, Garrison Theatre 	<p style="text-align: center;">12</p> <ul style="list-style-type: none"> ❖ Shane's Office Hours 10:00-11:00am 	13	14	15
16	17 S P	18 R I N	19 G B R	20 E A K	21	22
23	<p style="text-align: center;">24</p> <ul style="list-style-type: none"> ❖ Maria's Office Hours 9:00-10:00am 	<p style="text-align: center;">25</p> <ul style="list-style-type: none"> ❖ QRC Dialogue Series: Class, 5:30-6:30pm, QRC 	<p style="text-align: center;">26</p> <ul style="list-style-type: none"> ❖ Shane's Office Hours 10:00-11:00am ❖ QRC Film Series: "Looking for Langston", 8:00pm, QRC 	<p style="text-align: center;">27</p> <ul style="list-style-type: none"> ❖ Spring 2014 Asian Film Series: "Memories of Murder", 7:00pm, Mason Hall Fireside Lounge 220, Pomona ❖ "Korean Cuisine and the Forces of History", Kataryzna Cwiertka, 4:15pm, Hahn 101, Pomona 	28	29
<p style="text-align: center;">30</p> <ul style="list-style-type: none"> ❖ Scripps College Journal Submission Deadline 	<p style="text-align: center;">31</p> <ul style="list-style-type: none"> ❖ César Chávez Day ❖ Arabic Film Festival: "Amreeka", 8:30pm, Oldenborg 					

*First-Gen Approved Events

Parting Words

IT'S SHANE'S BIRTHDAY MONTH!!!



Maria wants to write about other important things but honestly I can't think of anything.

Spring Break ain't got nothin on me.

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