



College Reach-Out Program

Barry University



Summer 2009 Newsletter

Learn, Reflect, Serve

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Editors:

Hector Mañón, Barbara
Goleman Senior High
School Student

Silvia Reyes, College
Reach-Out Program
Director

The **College Reach-Out Program** (CROP) was established in 1983 by the Florida Department of Education. Its goal is to motivate and prepare academically and economically disadvantaged students in grades 6 through 12 to pursue and successfully complete a college education.

The **College Reach-Out Program** at **Barry University** is the first and only program to offer individual, family, and group therapeutic counseling services to its participants in addition to academic, mentoring, and outreach services. Our goal is to nurture students' resiliencies to facilitate academic and personal success. **Twenty-six years later, the program continues to be successful!**



- ✚ **College Reach-Out Program** students are less likely to be suspended from school than those who are not participants of the CROP program.
- ✚ During the 2006-2007 academic school year, 88% of **College Reach-Out Program** students in grades 6 through 11 were academically promoted to the next grade, compared to 79% of the non-CROP students.
- ✚ 83% of **College Reach-Out Program** 12th graders, compared to 60% of non-CROP seniors, received a standard diploma in 2007.
- ✚ In 2006-2007, **College Reach-Out Program** students in grades 9 through 12 had a higher Grade Point Average (GPA) than non-CROP students.
- ✚ The average number of absences for **College Reach-Out Program** students in grades 6 through 12 declined from the previous year and the students were absent fewer days in 2006-2007 than non-CROP students.

Meet the Staff

Dr. Jim Rudes, Barry Family Enrichment Center Supervisor

Jim is from Brooklyn, New York and loves it because “It’s a place where people tell it like it is.” He however, considers Miami, Florida to be home. His favorite food is chicken soup because it reminds him of his mother’s caring ways, especially when he was sick as a child. Yoga, sports, and music are his hobbies.

Silvia Reyes, College Reach-Out Program Director

Silvia was born in Ecuador but considers Miami, Florida to be home. She finds the water to be relaxing and inspiring. Her favorite cuisine is Italian but she loves French fries! She enjoys writing poetry, photography, karate, and most of all being a mom to Marcus, her 7 year-old son.

Gabriela Mañón, College Reach-Out Program Coordinator

Gaby is of Mexican descent but was born right here in Miami, Florida. A busy mom of two teenagers, she enjoys being creative by writing poetry, doodling and sketching, and cooking. Her favorite foods are homemade tacos with salsa and she enjoys anything with chocolate, especially her son’s baked goods.

Giovanna Angulo, College Reach-Out Program Counselor

Giovanna was born in Uruguay but considers this wonderful country to be home. Being Hispanic and Italian, she enjoys swimming and shopping for vintage items. When it comes to her favorite foods, she cannot choose because she simply likes them all!

Pi Ying Chen, College Reach-Out Program Counselor

Pi was born and raised in Taiwan but does not consider any specific place to be home. Instead, anywhere in the world could be home, as long as she is spending time with those she loves. She enjoys singing, cooking, photography, and watching movies. Some of her favorites are spicy foods, sticky rice, Thai curry, and fries.

Susie Novoa, College Reach-Out Program Counselor

Susie has Cuban parents but was born and raised in the USA. She considers home to be anywhere her family gathers. She enjoys sports, adventures, and taking pictures. Here ideal meal is steak with a loaded bake potato, she loves meat!



(L-R) Dr. Jim Rudes, Gabriela Mañón, Silvia Reyes, Giovanna Angulo, Pi Ying Chen, and Susie Novoa are proud and passionate about their work.

“I put all my genius into my life; I put only my talent into my works.”

-Oscar Wilde

“Your work is to discover your world and then with all your heart give yourself to it.”

-Siddhartha Gautama

On Barry Campus!

Women's Soccer Game

“Individually, we are one drop. Together, we are an ocean.”

-Ryunosuke Satoro



In October of 2008, Barry University took on St. Thomas University in a women's soccer game at home on the Buccaneer field. With a final score of 3 to 1 in Barry's favor, not even oppressive weather stood in their way. Participants of the **College Reach-Out Program** were in attendance in order to see and get a feel for what college athletics are all about. **College Reach-Out Program** participants can look up to women like Buccaneer goal keeper Danielle Rezendez because, while she is a college senior about to graduate, she can still have fun by doing what she loves, for example, making three saves in a scoreless first half.

“The nice thing about teamwork is that you always have others on your side.”

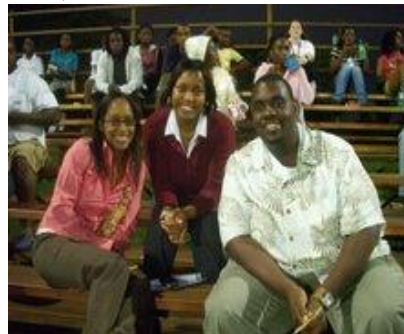
-Margaret Carty



Soccer Coach Chris Rich of **Barry University** speaks with **College Reach-Out Program** participants on the importance of fitness, proper nutrition, academics, and social development by learning such things as teamwork, self-discipline, group dynamics, and adherence to rules and regulations.

“When a team outgrows individual performance and learns team confidence, excellence becomes a reality.”

-Joe Paterno



(L) Kimberly Duhon, Shamona McFadden, and Derek Negron; **Barry University College Reach-Out Program** mentor and counselors join in on the fun (R) **College Reach-Out Program** parent receives embrace from “Bucky” the mascot.



University Community Fest!

November 13th, 2008 was a big day for **Barry University**! Founder's Day and Pride Day combined to create a great big community festival which highlighted the transformational nature of the university community. There was a bounce slide, bed races took place and even better, there was carnival food! Joining in on the fun were professors, students and of course, **College Reach-Out Program** participants.



Students from Hialeah-Miami Lakes Senior High, Thomas Jefferson Middle School, and Jann Mann School along with **College Reach-Out Program** Counselors gather for a photo op.



(L) **College Reach-Out Program** participants gather for a dance off. (R) MPACT Success Program Community Liaisons and supporters of the **College Reach-Out Program** join the fun.



Shamona McFadden, **College Reach-Out Program** Counselor and Mentor, joins in

on the fun.

“Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

-Margaret Mead

“Come out of the circle of time
And into the circle of love.”

-Rumi

“A community is like a ship; everyone ought to be prepared to take the helm.”

-Henrik Ibsen

University Community Fest!

CROP Participant Feedback

Take a look at what **CROP** participants from Hialeah-Miami Lakes Senior High School had to say about **Barry University's Community Festival!** ↓

Nathalie Galban, Grade 11

“The best part was getting to meet and talk to new people from a lot of different schools. It is great how students and professors came together and had a great time. Afterwards, it felt amazing to be part of it, I loved every moment I was there. I am motivated to continue my participation in the CROP program and to give it my all.”

Mary Pinero, Grade 10

“The best part of the festival was watching the bed races and the interaction between the college students and professors, and the good connection between them. It felt exhilarating to be part of a college campus event and it made me want to go to college.”

Latisha Williams, Grade 11

“The best parts were the games and the food, and it was fun to see the professors and the students interact with each other by playing games and competing against one another. This made me feel proud and if those students put forth the effort to get where they are, I can do the same.”



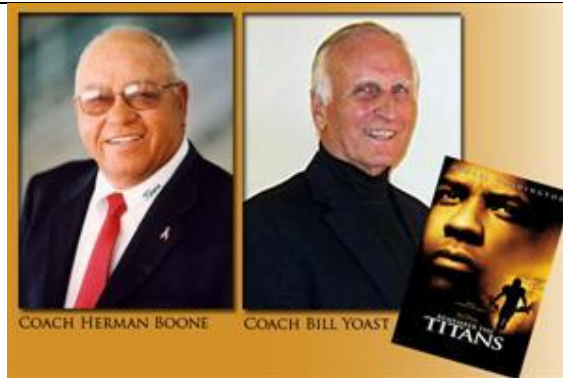
**GOOD
FUN**

“Let's create an integrated global community where we have shared benefits and responsibilities, and we don't fight because of our differences.”

-Bill Clinton

“What do we live for, if it is not to make life less difficult for each other?”

-George Eliot



“We learned to celebrate our difference rather than make them a problem to be solved because we had a job to do,” Coach Boone said. “Remember the Titans is not about football ‘it’s about a group of young men in Alexandria, Virginia who found it necessary to accept the soul of an individual rather than reject that soul based on the color of their skin.”

On Wednesday, January 28, 2009, **College Reach-Out Program** participants from Thomas Jefferson Middle School and Jann Mann School, joined university students, staff, and faculty for a cultural and motivational conference. Coaches Herman Boone and Bill Yoast’s story was made possible when, in 1971, as racial tensions ran high in Alexandria, Va., Boone (an African-American) beat out Yoast (a Caucasian) for the head coaching position of TC Williams High School’s football team. The two coaches worked together to unify the new racially mixed team, and went on to capture the state championship that year against all odds.



College Reach-Out Program Participants listen to coaches speak about topics related to civility, teamwork, respect, and leadership.



Excitement builds up during dinner at McDonald’s while **College Reach-Out Program** participants wait to see Coach Yoast and Coach Boone.

“By talking to each other, you get a chance to understand each other. By understanding each other you get a chance to respect each other, and respect is the emotional glue that holds our communities together” Coach Boone said.

“I’m a winner. I’m going to win.”

-Remember the Titans

“Sometimes life is hard for no reason at all.”

-Remember the Titans

“The object of teaching a child is to enable him to get along without a teacher.”

-Elbert Hubbard

“The principal goal of education is to create men who are capable of doing new things, not simply of repeating what other generations have done.”

-Jean Piaget

For information on scholarships and financial aid visit FastWeb.com; FAFSA web; Scholarship.com; Collegeboard.com



Miami, Florida welcomed the 2009 National College Fair on Sunday, February 22nd. Students and parents met with representatives from more than 150 colleges and universities. Present, were participants of the **College Reach-Out Program**.



College Reach-Out Program participants from Miami Jackson Senior High School, Barbara Goleman Senior High School, and Hialeah-Miami Lakes Senior High School gather outside of the college fair.



Luis Orellano and Daniela Diaz, Miami Jackson Senior High School students, reflect on their day at the 2009 National College Fair.

The National College Fair allowed students to get a lot of their questions answered. Additionally, information sessions on financial aid, college planning, admission, and testing requirements were offered. Select sessions were presented in Spanish and Haitian-Creole as well. Counseling and computer centers allowed students to access career interest surveys and information about college preparation, admissions, and scholarships.

Wassup Yo? Y U B Stressin'?

Test Anxiety Management Workshop

February 24th and March 3rd, 2009 were stress free days for **College Reach Out Program** participants from American Senior High School and Hialeah-Miami Lakes Senior High School. Mr. Rickey Thomas, CROP guest speaker, conducted an interactive workshop where students learned how to emotionally, psychologically, and physiologically prepare for tests such as the FCAT, SAT, and the ACT.



College Reach-Out Program participants explore the effects of stress which include headaches, low self-esteem, lack of confidence in oneself, poor focus, and sleeping problems.



College Reach-Out Program participants at Hialeah Miami Lakes Senior High School share factors that cause stress, which in turn affects their focus in classrooms, such as violence in school and neighborhoods, teenage pregnancy, living in single caregiver homes, and having to take on jobs to help out at home.

Mr. Thomas provides CROP participants with helpful hints on how to manage stress such as breathing deeply, taking a walk, leaving a stressful place, or being active.

“Anxiety is the essential condition of intellectual and artistic creation”

-Charles Frankel

“Neither comprehension nor learning can take place in an atmosphere of anxiety.”

-Rose F. Kennedy

“The source of anxiety lies in the future. If you can keep the future out of mind, you can forget your worries.”

-Milan Kundera

MEN TOR

Week: April 6th-10th, 2009

“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.”

-Hellen Keller

All young people have the potential to succeed in life and contribute to society. However, not all children get the support they need to thrive. By all estimates, an astounding 17.6 million young people – nearly half the population of young people between 10 and 18 years of age – live in situations that put them at risk of not living up to their potential. Without immediate intervention by caring people, they could make choices that not only undermine their futures, but ultimately, the economic and social well-being of our nation. Mentoring is the presence of caring people offering support, advice, friendship, reinforcement and constructive examples. This has proven to be a powerful tool for helping young people reach their full potential.

During April 6-10, 2009, Miami-Dade County Public Schools had Spring Break and **College Reach-Out Program** participants came onto the **Barry University** Campus to be mentored by college students.



(L to R) Silvia Reyes, CROP Director; Hector Mañon, Barbara Goleman Senior High School Student; Lincoln Pettaway, PhD student; Vanni Mañon, Barbara Goleman Senior High School Student; Gabriela Mañon, CROP Coordinator smile for the camera.

“You really *can* change the world if you care enough.”

-Marion Wright Edelman

MEN TOR

Week: April 6th-10th, 2009

(continued)

"Mentoring is a brain to pick, an ear to listen, and a push in the right direction."

-John Crosby



(L) Soccer Coach Chris Rich takes a picture with Jamie Reyes-Arellano
(R) Anthony Ghalloub, mentor and Exercise Science major, joins Kadeem Roberts, 11th-grader from North Miami Beach Senior High School.

"Be like a postage stamp. Stick to something until you get there."

-Josh Billings



Rickey Angulo, 10th-grader from Mater Lakes Academy, gathers with Daniel Marks, mentor and Exercise Science major.



(L) Joel Joseph, 12th grader from Hialeah-Miami Lakes Senior High School, and Catherine Ekwe, mentor & PhD Counseling Student, visit Mr. Lincoln Pettaway, Assistant to the Dean.

(R) Kevin Diaz, 11th grader from Hialeah-Miami Lakes Senior High School, poses with Talia Monson, mentor and counseling graduate student.

"Knowledge speaks, but wisdom listens."

-Jimi Hendrix

MENTORING:

- Improves young people's attitudes towards their parents, teachers, and peers
- Encourages students to stay motivated and focused on their education
- Helps young people face daily challenges

College Reach Out Program Participants Give Back to the Community

"If we lose the battle against tobacco, we will lose the war against cancer."

-John Arradondo

Teens Against Tobacco Use (TATU) is a peer-education program of the American Lung Association, in which middle and high school students are trained to teach elementary school students about the hazards of tobacco use.

Throughout the year **College Reach-Out Program** participants meet their high school community service requirements along with CROP civic engagement opportunities through a variety of experiences.

Such an experience was realized on May 07, 2009 when **College Reach-Out Program** High School students from Miami Jackson Senior High School conducted interactive classroom presentations for Robert Ingram Elementary School students. The presentations focused on increasing awareness about the dangers of tobacco use and its effects on the body.



(L to R) Lumumba Flenory, Janie Bodden, Shenice Johnson, Deante Williams are excited about classroom presentations for elementary school students on the effects of tobacco use.



"The only 'safer' cigarette is your last one."

-Duane Alan Hahn

College Reach Out Program Participants

Give Back to the Community

(continued)

College Reach-Out Program participants were trained by the American Lung Association's peer-education program-Teens Against Tobacco Use (TATU). The presentations provided elementary school students an opportunity to learn about the consequences of using tobacco. In addition, high school students practiced effective communication, teamwork, and leadership skills, all of which are essential for success in college.

What does the teen TATU facilitators' training involve?

Using hands on activities and plenty of interaction with the other teens, this training is fun, busy and exciting. It prepares youth to create their own tobacco prevention presentation for elementary school children. They get to be as creative as they want - posters, raps, skits, videos, game shows, etc.!



(L to R) Janie Bodden, Shenice Johnson, and Ms. Heather Richards prepare for an interactive classroom presentation.

"Sometimes a cigar is just a cigar."
- Sigmund Freud

"Some things are better eschewed than chewed; tobacco is one of them."
- George Dennison Prentice

"Neither do thou lust after that tawny weed tobacco."

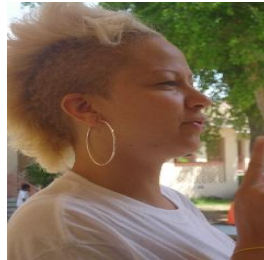
-Ben Jonson

(L to R) Ms. Heather Richards, Maritza Sanchez and Baron Cochran head off to another classroom presentation.



Counselor Interviews!

Ever wonder what school counselors think of the **Barry University-College Reach-Out Program**? Counselors from Hialeah-Miami Lakes Senior High School, Miami Jackson Senior High School, and Thomas Jefferson Middle School were interviewed, take a look! ↓



(L to R) Odalys Acosta, Trust Counselor-Hialeah Miami Lakes Senior High School, Heather Richards, Trust Counselor-Miami Jackson Senior High School, Luis Chiles, Guidance Counselor-Thomas Jefferson Middle School

Interviewer: What is the most significant part of having the College Reach-Out Program at your school?

Mrs. Acosta: The opportunity it provides to truly assist, support and affect positive change for the students.

Ms. Richards: The most significant part of having this program at my school was because it allowed the students to have another avenue for discussion along the lines of college readiness. The CROP has offered insight for the students that thought that they may not attend college.

Mr. Chiles: Middle school students, by nature, are highly susceptible to peer influence. Our goal to educate and prepare students for the world of work often becomes obstructed by these peer influences. Barry University's CROP counseling component provides a venue for students to obtain valuable life skills information in a group setting. Additionally, the exposure that it provides by taking students to a college campus and activities associated with post secondary education, enhances the possibility for students to aspire towards a college education.

I am not fully dressed until I adorn myself with a smile."

-Unknown

"Our most profitable lessons are learned from failure, not success."

-Frank Davidson

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www.justreadflorida.com

Counselor Interviews!

Counselor Interviews!

(continued)

Interviewer: How do you believe the College Reach-Out Program-Barry University contributes to the personal and academic success of the students?

Mrs. Acosta: It does so in individual ways by helping each student address the important emotional needs which prevent them from achieving academically. It also brings together students which creates an atmosphere that allows them to find support that is much needed. Additionally, both the community and school are able to forge an alliance that serves our children well. The examples are many -- from a young Haitian boy who barely spoke English who currently is applying to college as a successful and honored high school student, to an African-American young lady who will be graduating having participated in cheerleading, peer counseling, and sports and achieved academically all the while living in a 2 bedroom apartment with 10 family members. The students stories are countless and filled with great acts of personal courage but I truly believe that the College Reach-Out Program was instrumental in nurturing these children's resiliencies.

Ms. Richards: I believe that this program lends a hand to the college process, and just getting students into the mindset of even going to college. Once the students have connected with the College Reach-Out Program staff they begin to trust what they have to offer. After they establish that trust, the students begin to develop academically and personally after receiving the basic knowledge foundation.

Mr. Chiles: Most people, kids included, feel a need to belong and to be heard. Through the group sessions, our students have felt this sense of belonging as they look forward to Tuesdays to meet with their counselor. Being part of College Reach-Out Program is a distinction for them that influence their friends in wanting to join CROP. When students are having more demanding concerns, they are provided with individual and if necessary, family counseling.

Interviewer: How do you think a student's experience in the College Reach-Out Program-Barry University prepares them to access college as well as be successful in college?

Mrs. Acosta: All experiences serve a purpose but the College Reach-Out Program experience provided them the necessary understanding of what it means to be successful personally and practically.

Ms. Richards: The 11th grade students at Miami Jackson Senior High were offered a week summer residential program at Nova University or University of Miami so that they could have some basic hands on knowledge of what college has to offer. I believe that this real life experience will help them be successful as well as prepare them for college.

Mr. Chiles: Field trips to universities and awareness on how to prepare for college are some of the topics that are discussed on a weekly basis.

"Happiness is not a station you arrive at, but a manner of traveling."

-Margaret B. Runbeck

"Good advice is always certain to be ignored, but that's no reason not to give it."

-Agatha Christie

"Advice is one of those things it is far more blessed to give than to receive."

-Carolyn Wells

BARRY FAMILY ENRICHMENT CENTER

The Counseling Department of Barry University recognizes that the family is an integral part of a student's development, whether academic, personal or career. The **Barry Family Enrichment Center** within the **Counseling Department at Barry University** offers **free counseling services** for **College Reach-Out Program** students and their families. Counseling services focus on enhancing students' strength and resources while addressing factors outside of school that impact the students' abilities to pursue a college education.



Mission:

Barry Family Enrichment Center provides high-quality counseling services and student training within the supportive atmosphere of a caring community. The Center affirms the dignity and worth of all clients and students and respects diversity in all its forms.

Operations:

Barry Family Enrichment Center is a component of the Barry University Counseling Department. The Center is staffed by students completing a master's or doctoral degree in counseling under faculty supervision.

Service Limitations:

Barry Family Enrichment Center does not provide: a) emergency services; b) drug detoxification counseling; or c) care for those with acute mental illnesses. Those requiring these critical care services are referred to the appropriate facilities in the area.

Emergencies:

In the event that emergency care is needed (suicidal threats, domestic violence, abuse or neglect), please contact 911 or go to the nearest hospital emergency room. Persons in a crisis situation, who live in the vicinity of Barry University are urged to contact one of the following agencies:

Miami Shores Campus	
North Shore Medical Center	305-835-6122
The Switchboard of Miami	305-358-HELP
Bayview Crisis Unit	305-691-4357
Abuse Registry	1-800-96-ABUSE
Other Resources	
211 Children's Trust Helpline	211
National Suicide Prevention Hotline	1- 800- SUICIDE
Abuse Registry	1-800-96-ABUSE

Services offered from preschool through late adulthood

Services include individual, family, marital, and couple counseling

Barry Family Enrichment Center
Hours of Operation:
Monday- Thursday
3:00pm- 10:00pm

Barry Family Enrichment Center:
Office:
305- 899-3726

Fax:
305- 899-4793

For more information visit our website

www.barry.edu/counselingms/

An original poem
by Vanni Mañon,
about her
mentoring
experience

For more
information about
College Reach-Out
Program at Barry
University please
contact

Gabriela Mañon
CROP Coordinator

Office:
305-899-3614

Fax:
305-899-4793

And We're Off!

Original poem by Vanni Mañon
12th grader from Barbara Goleman Senior High School

Faculty, school and work-oh my!
People with pleasant hello's-how nice!
Meetings and greetings all day-hooray!
It's time to be on my way-let's play!

My mentor was cool and sharp,
his office was filled with art-
He knew when to play, yet knew when to say,
"Okay we have to start"-

Coffee runs, printing, and skills,
pretty much sums up the deal-
Reading and revising was sometimes surprising,
'Cause I was the one keeping it real-

Comfortable chair and fragrance in air,
made all my tasks easy to bear-
But don't get me wrong, brain power was strong,
since part of the deal,
was working hard for my meal-

A break here and there,
a stretch now and then-
But I kept the focus,
and worked hard 'till the end-

But hey that's okay,
since it was such a blast,
I mean seriously, he was playing Outkast!



Lincoln Pettaway, mentor, with Vanni Mañon, mentee and CROP participant.