



Faculty Fellow

MENTORSHIP HANDBOOK

***Building connection
and collaboration***

2023/2024

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Welcome Message

Welcome to Cuesta College Corps and our Faculty Fellow Mentorship! We are excited to introduce this brand-new component of Cuesta College Corps in our 23-24 Grant Year. We are thrilled to have the opportunity to develop and help shape your College Corps experience at Cuesta College.

This mentorship component was brought to you by the Cuesta College Corps team in an effort to better support and maintain the success of each College Corps Fellow.

Faculty Fellow mentorship offers students an opportunity to be paired with a Cuesta

College Faculty member for the year of their fellowship. We are encouraged by the success of other colleges that have offered this opportunity that emphasizes social and emotional support along with professional and educational guidance through mentorship.

Throughout the year, Fellows and Mentors will engage in monthly one-to-one mentoring sessions to get to know one another and build a strong rapport. Mentors will also offer office hours or other opportunities to meet as needed. Other opportunities will also be scheduled throughout the year to participate in events and trainings. We look forward to working together this year on your journey with College Corps!



Darlene Azevedo

College Corps Lead

Our Team



Darlene Azevedo
College Corps Lead



Belen Diaz Infante
Coordinator, Special
Projects



Christopher Acevedo
Financial Aid Specialist



Estella Vazquez
Monarch Dream Center
Coordinator



Mathew Green, Susan Kline, and Lexi Bell

About the Program

#CaliforniansForAll College Corps

#CaliforniansForAll College Corps (College Corps) is a Governor's Initiative administered by California Volunteers in partnership with California colleges and universities with a strong commitment to civic and community engagement. College Corps helps students from diverse backgrounds graduate college on time and with less debt. The program is building the next generation of civic leaders by engaging students in meaningful community service that builds leadership skills, while providing them with a path toward reducing college debt. Fellows will support the work of community-based organizations focused on key local priorities K-12 Education, Food Insecurity, Climate Action, and other locally identified areas.

California Volunteers

California Volunteers, Office of the Governor is led by California Chief Service Officer Josh Fryday and engages Californians in service, volunteering, and civic action to tackle California's most pressing challenges while mobilizing all Californians to volunteer and serve in their communities. California Volunteers leverages public and private funding to support #CaliforniansForAll College Corps, AmeriCorps, California Climate Action Corps, #CaliforniansForAll Youth Jobs Corps, and the deployment of thousands of individual service members. These members provide important service to organizations across the state including schools, nonprofits, public agencies, and community centers.



College Corps Focus Areas

Communities will benefit from the support of College Corps Fellows at a pivotal juncture in the state's quest to build back stronger from the COVID pandemic. Fellows will serve in nonprofit and governmental organizations in three primary focus areas identified by California Volunteers:

- K-12 Education
- Climate Action
- Food Insecurity
- Community Support (specific to Cuesta College. For those placed at SLO Noor, a local medical clinic for those that for under or uninsured).

Fellow Financial Benefits

All Fellows who complete their 450-hour term of service will receive a total maximum financial benefit of \$10,000, paid in the form of a living allowance during service, plus an educational award upon completion of required service hours.

Living Allowance

Each Fellow will receive a living allowance to cover living expenses throughout their term of service. The living allowance is not an hourly wage and will not fluctuate based on the number of hours served. The Partner Campus will pay each Fellow a living allowance in regular increments, Cuesta College disburses once a month for the previous month served on the first Tuesday of the month. The living allowance can be held if Fellows are not serving hours or submitting approved timesheets and will cease when the Fellow completes or is released from their term of service.

Education Reward

All Fellows will receive an education award upon completion of the College Corps program. This requires completing 450 hours by June 30th, 2024.

Role of the Community Host Partner

- Plays an integral role in the quality of the Fellows experience.
- Collaborates with Partner Campuses to clearly define each Fellow's roles and responsibilities with a focus on direct service and interaction with community members.
- Develop a check-in schedule with Fellow's (weekly) and Partner Campus (at least monthly) to facilitate ongoing communication toward continuous program improvement.
- Identifies a site supervisor to manage the Fellow's day-to-day service and provide ongoing mentoring and support.
- Works to create a consistent schedule that supports Fellows in completing the required 450 hours of service over the course of one academic year.
- Approves and submits Fellow's timesheets in America Learns platform in a timely manner to ensure Fellows receive their living allowance and education awards.

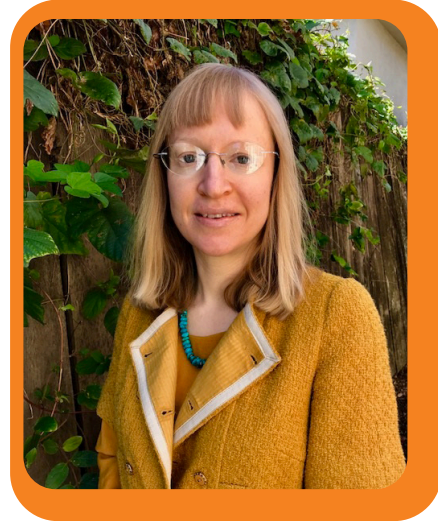
Role of Fellows

- Meets Community Host Partner expectations and makes a positive contribution to the work of their host organization.
- Develops and maintains a schedule that allows them to complete 450 service hours in one academic year, as per the Hours Completion Plan in the Fellow Service Agreement.
- Maintains full-time enrollment status at partner campus for full academic year.
- Communicates with their Partner Campus AND host site supervisor, in a timely manner, when facing challenges or if they will miss any of their shifts.
- Completes and submits timesheets regularly (bi-weekly or monthly based on Partner Campus schedule) to ensure living allowance payments and qualification for the Education Award.
- Participates in on-campus cohort-building, as well as statewide cohort-building events and opportunities.

Faculty Mentors



Gabirel Cuarenta-Gallengos
Mathematics
Instructor



Elisabeth Deswart
Culinary Arts
Instructor



Chirstopher Gilbert
Philosophy Instructor



Berto Marroquin
Promise Student
Counselor

Mentor Agreement

Mentor Name: _____

Mentee Name: _____

Preferred Meeting Times (10am, 2:30pm, etc):

Preferred Meeting Day (Monday - Friday):

Frequency of meetings (every week, biweekly, monthly, etc.):

We will generally meet for _____ minutes.

The best way to contact _____,

the mentor, is by _____ or

_____.

The best way to contact _____,

the mentee, is by _____ or

_____.

If unforeseen events arise and meeting time/day must be changed, we will give our mentoring partner at least

_____ hour(s) notice if possible.

Mentor Signature

Date

Mentee Signature

Date

Confidentiality Agreement

Mentor Name:

Mentee Name:

Trust must be a verb before it is a noun. You must trust and be trustworthy to be trusted. Mentoring pairs will share information about one another throughout the association. Partners must be very clear on the limits they want to place on the information shared. Establishing clear boundaries is a big step toward building trust. This sheet provides some statements to start your agreement. You may accept this agreement as it is, build upon it, or establish a new agreement.

Add other additional conditions you both manually agree to:

- _____
- _____
- _____
- _____

I have read and agree to the limits to this agreement.

Mentor Signature

Date

Mentee Signature

Date

Fellows Rules & Procedures

Maintaining Eligibility

To remain eligible for College Corps, Fellows are expected to maintain full-time enrollment (10-12 units) and be in good academic standing for the entire academic year. Fellows should continually progress toward completing their 450 hours of service by June 30, 2024 and no later than July 31, 2024 (on a case by case basis).

Resignation

A Fellow may choose to resign from the College Corps program for personal reasons. Resignations must always be in writing. When practicable, written notice of resignation should be given at least two weeks in advance to ensure that the departure will be minimally disruptive to the Community Host Partner. Fellows who intend to resign early from College Corps service should notify the appropriate staff at their Partner Campus, who will contact the Community Host Partner site supervisor. Please contact Darlene Azevedo darlene_azevedo@cuesta.edu

Issues and Complaint Process

The following process for issues and complaints has been shared with Fellows. The site supervisor may be the first person that a Fellow approaches with an issues or complaint. We encourage you to do your best to address the issue with the Fellow directly and work toward a solution. If that does not seem to be working, please advise the Partner Campus staff person so that they can support the Fellow in progressing though the steps below to reach a solution.

While Fellows may experience moments of challenge in this program, we anticipate that most will be able to resolve any problems they face. For some Fellows, these barriers will require assistance from campus staff, campus administrators, or possibly, the California Volunteers College Corps staff.

Before a Fellow brings an issue of complaint to the attention of the College Corps program staff, they should first start with the program staff at their campus and keep in mind the following points:

- Ensure they have contacted the appropriate campus staff to address issues and complete all the steps to give campus staff a chance to address the issue.
 - » Before contacting the campus staff, Fellows should have all the necessary information regarding the complaint, including, written documentation, a rough timeline of events, and the outcome or resolution they are seeking. Fellows will be asked to submit this information in writing.
- Resist the temptation to go “right to the top.”
 - » In large complex organizations, like colleges/universities/California Volunteers, elevating complaints right to the top may delay the response time, as the inquiry or complaint must be forwarded to the office/department/agency that can best address the issue and respond to the complexities and technicalities involved.
- Utilize the chain of communication or the chain of command, on campus to appeal an outcome.
 - » It is most efficient to initiate an inquiry or complaint at the level of the organization that has the appropriate expertise to resolve the situation.
- Advocate on their own behalf.
 - » It is not recommended to ask a parent, family member, or another individual to escalate a concern or question on the Fellow’s behalf.
 - » Federal privacy laws, known as FERPA, make it virtually impossible to share information about a Fellow’s participation in the College Corps program, unless the Fellow signs a written release.
 - » You have the answers we need to best understand your situation.

Fellowship Code of Conduct

Fellows are expected to comply with all policies and requirements outlined in the Fellow Service Agreement, the Program Handbook, and any additional requirements communicated by the Partner Campus and/or Community Host Partner.

Below is a non-exhaustive list of requirements, which if not followed, may result in coaching, discipline, and/or release from the program.

Fellows are expected to:

- Arrive on time for scheduled trainings, meetings, and shifts at their service site, and should be ready to meet the expectations outlined in their Fellow Service Agreement. Use appropriate language, wear professional clothing and act in a manner consistent with the expectations of the College Corps Program.
- Have a full understanding of their Community Host Partner's workplace policies and procedures and act in accordance with these policies at all times.
- Consistently serve hours as detailed on their Service Hours Completion Plan.
- Communicate with the service site supervisor, in a timely manner, if they will be late or miss a scheduled shift.
- Treat all College Corps staff and partners with respect and not act in a manner that could physically or emotionally harm any other Fellows or program partners.
- Abstain from consuming or being in possession of drugs or alcohol during their service hours.
- Be truthful in all conversations and on all records and documents, including but not limited to eligibility criteria, program documentation, criminal history, and professional communications.
- Notify the Community Host Partner and Partner Campus immediately should any of the following occur during the term of service:
 - » Criminal charge of any kind.
 - » Detainment of any kind.
 - » Arrest of any kind.
 - » Conviction of any crime.

Host Site Supervisors

FOOD INSECURITY

EL CAMINO HOMELESS ORG

Stephanie Potter

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CAPLSO

Cecil Hale

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CLIMATE ACTION

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SLO CLIMATE COALITION

Lexi Head

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SLO NOOR

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K-12

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SLCUSD

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loconnor@slcusd.org

PEOPLE'S SELF-HELP HOUSING

Raylene Logez

(559) 312-4730

raylenel@pshhc.org



Academic Calendar 2023-24

FALL SEMESTER 2023

August 2023							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4	5
	6	7	8	9	10	11	12
1	13	14	15	16	17	18	19
2	20	21	22	23	24	25	26
3	27	28	29	30	31		
September 2023							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
						1	2
4	3	4	5	6	7	8	9
5	10	11	12	13	14	15	16
6	17	18	19	20	21	22	23
7	24	25	26	27	28	29	30
October 2023							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
8	1	2	3	4	5	6	7
9	8	9	10	11	12	13	14
10	15	16	17	18	19	20	21
11	22	23	24	25	26	27	28
12	29	30	31				
November 2023							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3	4
13	5	6	7	8	9	10	11
14	12	13	14	15	16	17	18
15	19	20	21	22	23	24	25
16	26	27	28	29	30		
December 2023							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
						1	2
17	3	4	5	6	7	8	9
18	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31						

SPRING SEMESTER 2024

January 2024							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5	6
	7	8	9	10	11	12	13
1	14	15	16	17	18	19	20
2	21	22	23	24	25	26	27
3	28	29	30	31			
February 2024							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
					1	2	3
4	4	5	6	7	8	9	10
5	11	12	13	14	15	16	17
6	18	19	20	21	22	23	24
7	25	26	27	28	29		
March 2024							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
8	3	4	5	6	7	8	9
9	10	11	12	13	14	15	16
10	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
11	31						
April 2024							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5	6
12	7	8	9	10	11	12	13
13	14	15	16	17	18	19	20
14	21	22	23	24	25	26	27
15	28	29	30				
May 2024							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3	4
16	5	6	7	8	9	10	11
17	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	

SUMMER SESSION 2024

June 2024							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
							1
	2	3	4	5	6	7	8
1	9	10	11	12	13	14	15
2	16	17	18	19	20	21	22
3	23	24	25	26	27	28	29
4	30						
July 2024							
Wk	Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5	6
5	7	8	9	10	11	12	13
6	14	15	16	17	18	19	20
7	21	22	23	24	25	26	27
8	28	29	30	31			

LEGEND

- Timesheet Due
- Connection Fridays
- Campus Closed/Holidays
- Mandatory College Corps Events
- Spring Break
- Finals
- First Day of Term

- Fellows can **work up to 40 hours/week** during Winter and Spring break
- **Last Thursday of every month**
Fellows must send that month's time sheets to Darlene Azevedo
- **Days of Service** are dedicated days
Fellows have the opportunity to collect service hours at special events
- By **January**, Fellows should be halfway through, around 200 hours.
- Total Hours from **Connection Friday**: 16 Training hours

FALL SEMESTER 2023
August 14 – December 15

Pre Service Orientation: August 7-8
Welcome Orientation: August 18
Connection Friday: September 1
Labor Day: September 4
Goal Setting Training: September 16
Launch Party: September 22
Connection Friday: November 3
Veterans Day: November 10
Thanksgiving Break: November 23-25
Connection Friday: December 1
Finals: December 11-15
Winter Break: December 18- January 12

SPRING SEMESTER 2024
January 16 – May 17

MLK Day of Service: January 13
Martin Luther King: January 15
Mid-Year Leadership Conference: January 20
Connection Friday: February 2
Lincoln Day: February 16
Washington Day: February 19
Connection Friday: March 3
Spring Break: March 25-29
Cesar Chavez Day of Service: March 30
Connection Friday: April 5
End of Year Celebration: May 17
College Corps End of Year Event: May TBD
Memorial Day: May 27

Hour Tracking Sheeting

How to Use The Tracker

NOTE: All fields you will need to edit are highlighted in yellow

1. Enter the Fellow's name in the box labeled Fellow Name
2. Edit the Fellow's Start Date in the box labeled Start Date (cell B6)
3. Edit the Fellow's End Date (if applicable) in the box labeled End Date (cell D6)
4. Enter the number of weeks that the Fellow will be unavailable during the academic year (holidays, spring break, vacations, etc.) in the box labeled Number of weeks off for break (cell B7). Different Fellows may have different schedules You can always update this later!
5. Enter weekly service hours (estimated or actual) in the columns labeled Hours at Primary Host Site (column C) and Extra Service Hours (column D). Also be sure to enter the Extra Service Location (column E) if applicable
6. Enter weekly training hours (estimated or actual) in the column labeled Training Hours (column G)

Fellow Hours Tracker										
			Fellow Name		Test					
Start Date	8/1/2023		End Date	6/1/2024						
Number of weeks off for break	0									
This section automatically calculates					This section automatically calculates					
Hours Logged To Date			Hours Remaining		Progress					
Total (approved + Pending)	0		Total	450		Total number of hours needed to reach 450	450		Total weeks in service term:	44
Service	0		Service	360		Average hours per week needed to reach 450:	10		Average hours needed per timesheet period:	21
Training	0		Training	90						
Enter data in this section					Enter data in this section					
Timesheet Period		Service Hours			Automatically calculates	Training Hours		Automatically calculates		
Start	End	Hours at Primary Host Site	Extra Service Hours	Extra Service Location	Total Service Hours	Training hours	Training Details	Timesheet Total		
7/17/2023	7/30/2023				0			0		
7/31/2023	8/13/2023				0			0		
8/14/2023	8/27/2023				0			0		
8/28/2023	9/10/2023				0			0		
9/11/2023	9/24/2023				0			0		
9/25/2023	10/8/2023				0			0		
10/9/2023	10/22/2023				0			0		
10/23/2023	11/5/2023				0			0		
11/6/2023	11/19/2023				0			0		

MOTIVATION MONDAY NEWSLETTER



T O D O CHECKLIST

BACKGROUND CHECK

In order to move forward in the onboarding process you must do a background check. You can set up an appointment for a LIVESCAN with the Cuesta Police Department

MIRO BOARD

Check your email for a link to the Miro Board to check out the different positions for each host site.

HOST SITE INTERVIEW

An interview will be set up to meet with your host site to introduce you to the tasks and the supervisor

ORIENTATION

In August there will be three orientations to get you ready for the year, explaining different parts of your fellowship and introduce you to your cohort and team!


WELCOME TO COLLEGE CORPS!

This newsletter will be sent out monthly throughout the school year to keep you in the loop by highlighting different events happening at College Corps.


MEET OUR TEAM

ANY QUESTIONS OR CONCERNS?

CONTACT DARLENE AZEVEDO

 (805) 592-9231

 collegecorps@cuesta.edu

 Scan QR Code
Book a meeting



DARLENE AZEVEDO
Cuesta College Corps Lead
darlene_azevedo@cuesta.edu



BELEN DIAZ INFANTE
Coordinator, Speical Projects
belem_diazinfante@cuesta.edu



ESTELLA VAZQUEZ
Monarch Center Coordinator
evazquez@cuesta.edu

NEWS AND UPDATES

ARE YOU DOING K-12? HERE ARE THINGS TO KNOW

- This all will be *done in July* after you have interviewed with your host site and have confirmed your fellowship is located there.
- In addition to a background check you must do a *Tuberculous (TB) test*. This can be set up with the Cuesta Health Center.
- Send your *results* to the host site supervisor and to College Corps.
- You will have to *fill out a volunteer application* which your host site will send to you.

COLLEGE CORPS CALENDAR

- JUNE 12 PRELIMINARY FORM DUE**
Have your LIVESCAN done to submit your preliminary form by June 12th.
- JUNE 19 INTERVIEW WITH HOST SITE**
Between the dates of June 19th-30th your top choice host site will reach out to set up an interview
- AUG 01 SERVICE START DATE**
If all requirements have been fulfilled, service/training hours can be started.
- AUG 07 PRE-SERVICE ORIENTATION**
Will talk about the logistics, how to submit timecards and mileage, the e-grants portal and future meetings.
- AUG 08 PROFESSIONAL DEVELOPMENT**
Training hours will be earned. Learning about time management, conflict resolution, and healthy stress management skills.
- AUG 18 WELCOME ORIENTATION**
Welcoming you into the program, meet your cohort and the College Corps team. Will do team buildings and other fun activities!
- SEPT 16 PROFESSIONAL DEVELOPMENT**
Training hours will be earned. Fellows will learn about goal setting!

KNOW YOUR HOST SITE SUPERVISOR

ATASUSD

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(805) 462-4215

BIG BROTHERS BIG SISTERS

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CONNECT WITH YOUR COHORT!

Scan QR code to join the groupme!

F

Is the living stipend and Educational Award taxable income?

Yes. speak with a tax professional and financial aid office to learn more.

A

College Corps Canvas

Near the beginning of the fall semester, you will be receiving an invitation to join our College Corps Canvas. Please join this as you will find all pertinent information and communication for the months to come!

Q

How many hours a week should I serve?

In order to be on track and not fall behind, we suggest doing 10-15 hours/week.

Is there a specific course I need to enroll for College Corps?

Yes. You need to enroll in the 1 unit Goal Setting class for both Fall 2023 and Spring of 2024.

What if I quit the program early?

If for whatever reason a fellow joined the program, and then was unable to continue at some point, we would support and strategize the best next steps for them. There will still be a great deal you can gain from what you were able to accomplish in the time you served.

Consequences to consider in leaving early are:

- No longer receiving a monthly stipend
- Potentially losing eligibility to participate in future AmeriCorps programs
- Missing out on the full educational award.

What should I expect day-to-day?

A day in the life of a college corps fellow varies by site assignment. Some examples are leading after-school sports programs for K-12 students, gardening and tending farm animals, stocking and organizing food pantry supplies

How will I get my monthly living stipend?

If you have set up direct deposit through your myCuesta portal, you will receive direct deposit, otherwise checks will be mailed each month to the address on file through your myCuesta portal. Your monthly stipend will start in August and go through June. You will receive \$700/month as long as you serve a minimum of 40 hours/month.

How many hours do I need to complete?

450 hours is required to be completely finished and to be granted all of the awards for the program. If you reach 300 hours, you are considered graduated, however this does not mean you reached the hours needed for the Educational Award.

What exactly is the Education Award?

Awarded after completing 450 hour, \$ will be given to go towards your college expenses. If you are planning on graduating in 2024, it will still be awarded and can be used towards future education such as a masters, payment of loans, pursuit of a professional license or certification or as a gift to a family member's education.

What kind of a commitment will my Community Host Site require?

Think of this as a part time job with shifts you commit to attend. Your sites rely on your service and contribution each week. There will be opportunities to start service in August, serve back home over breaks and through the month of July too!

Introductory Meeting

During your first discussion, consider the following questions with your mentee/mentor.

- Where did you grow up? What kind of family are you from?
- What significant experiences did you have that shaped their life?
- What is your educational background?
- How did you discover your professional/educational experiences?
- What significant events shaped the life of your life?
- What are you passionate about?
- What would you most like to be known for in life?
- What else have you learned about your mentee(s)/mentor that is interesting to you?

Before completing your meeting, make sure to establish your next meeting (date, time & place) and choose a topic of discussion.

Leadership Styles

1 Servant Leadership

Servant leadership is a style that emphasizes the strengths and perspectives of your teammates. Servant leaders consistently support others to accomplish their goals and work together. This style focuses more on mentorship, relationship-building, and process than achieving results.

2 Transformational Leadership

Transformational leadership emphasizes the energy and momentum of change to inspire and motivate. Leaders using this style bring out passion and a sense of possibility in their approach. Transformation requires a balance of helping each individual, as well as recognizing the role of organizations and groups.

3 Identity Leadership

Identity leadership is an approach that centers self-development and preparation for leadership. Using this style means being reflective and self-aware, as well as modeling this behavior for others. Identity-based leaders help others see the value in their own approach and style.

4 Democratic Leadership

Leading with a democratic style means valuing transparency, openness, and participation of all involved individuals to reach a shared decision. Democratic leaders make sure that everyone is heard and work to find solutions that are based on consensus and compromise.

5 Laissez-Faire Leadership

The laissez-faire leadership style prioritizes giving others support as needed and holding space for them to make their own decisions and solve problems. These leaders maintain accountability for others, but encourage independent activity and creative techniques.

6 Coaching Leadership

Coaching leadership helps others to see a balanced view of their strengths and weakness, with a continued emphasis on growth and development. They also encourage teamwork and collaboration so that individuals can learn to work with others.

Student Government

ASCC

Associated Students of Cuesta College (ASCC) is here to promote the general welfare of Cuesta College students; to guarantee equality of opportunity among students; to offer an experience in the practice of the American democratic government; and to encourage student participation in, planning for, and involvement in a comprehensive program of student activities.

Meeting & Events

The Student Senate Meetings are open to all and are held on Thursdays from 11:00 AM - 12:30 PM on Zoom. You can view the schedule, agendas, minutes and Zoom information online at:

<https://www.cuesta.edu/student/campuslifestugovernment/SGagendas.html>

Raising Your Voice

To get involved and learn more, you can contact studentlife@cuesta.edu or call (805) 546-3192. If you would like to propose an item for an upcoming ASCC meeting, you can complete this form:

<https://form.jotformcom/202085659855062>

Campus Resources

Cuesta College is here to support you in your educational journey, both in and outside of the classroom.

There are many more resources available at Cuesta to help with your academic journey, including tutors, coaches, Library support, technology resources, and counselors.



You can also get help with navigating college life, including Health, Financial Aid, Career and Transfer support, and oncampus and local community building. For a helpful list of links on the Cuesta website, scan the QR code to the left, or look through the list of different resources below.

Financial Aid	Financial aid programs are available to help students who might otherwise be unable to complete their education. Students may apply for financial aid in the form of grants, fee waivers, student loans, work study and scholarships.
Career Connections	Want to start searching for work? All Cuesta students have access to a free JobSpeaker account using their Cuesta username and password. You can also view jobs or internships for students around the county.

<p>Monarch Center</p>	<ul style="list-style-type: none"> • DACA Renewals • Naturalization Process • Family Petitions • Adjustment Status • Visas (U, T, Special Immigrant Juvenile) • Immigration Consultations and more!
<p>Student Health Services</p>	<p><u>In person services</u></p> <ul style="list-style-type: none"> • Nursing Consultation • Mental Health Therapy • Free over-the-counter medications (MediBin) • Health screenings • Crisis Intervention • COVID testing • Reproductive & Sexual Healthcare <p><u>Telehealth-Online Services</u></p> <ul style="list-style-type: none"> • Nursing Consultation-Telehealth • Mental Health Therapy-Telehealth • Virtual Lobby (by request) • Campus Well (wellness APP and magazine) • Wellness Central on Canvas • MindWise (Screening for mental health concerns) • Relaxing Room
<p>Counseling</p>	<ul style="list-style-type: none"> • Academic success strategies <ul style="list-style-type: none"> » Development of a Student Education Plan • Academic probation and dismissal concerns <ul style="list-style-type: none"> » Graduation requirements & evaluation • Career planning and exploration <ul style="list-style-type: none"> » Student resource referrals (i.e. CaFE, DSPS, Academic Success Coaches etc.) • Course selection/Class planning <ul style="list-style-type: none"> » University transfer planning/application help

Bilingual Staff Directory

ESL, GED, Emeritus, High School Enrichment, & Adults w/ Disabilities

Name	Title	Contact Information
Ana Flores-Rodriguez	Bilingual Support Assistant	591-6273; NCC Room N1109 ana_floresrodriguez@cuesta.edu
Gladis Villalpando	Bilingual Academic Success Coach	546-3941; SLO Room 3133B gladis_villapando@cuesta.edu
Everardo Vences-Gonzalez	Bilingual Enrollment Success Specialist	546-3942; SLO Room 3133B everardo_vencesgonza@cuesta.edu
Gabriela Rangel		592-9627;
Maria Elena Ramirez	Bilingual Testing Proctor	592-9627; NCC Room 1109D mruiz@cuesta.edu

Financial Aid

Name	Title	Contact Information
Martha Davis	Specialist	592-9449; SLO Room 3126 madavis@cuesta.edu

Student Success Center

Name	Title	Contact Information
TBD	TBD	TBH

Public Safety

Name	Title	Contact Information
Guadalupe Lopez	Campus Police Officer	592-9055; SLO Room 6600 glopqez@cuesta.edu

Counseling

Name	Title	Contact Information
Glenda Moscoso	TEACH	546-3138; SLO Room 3131D gmoscoso@cuesta.edu
Magdalena (Maggie) Muñoz	caFE	592-9215;
Lisa Curtis	DSPS	592-9953; SLO lcurtis@cuesta.edu
Lisa Weara	LIBT Noncredit ESL/ GED	591-6222; NCC Room N1122 lisa_weara@cuesta.edu
Nolberto Marroquin	PROMISE	592-9292; SLO Room 3142 nolberto_marroquin@cuesta.edu

Enrollment Support

Name	Title	Contact Information
Margarita Ramirez Morales	Bilingual Success Specialist	592-9210; SCC AGHS Room 913 guadalupe_alvarado@cuesta.edu
Sandra Contreras	Bilingual Success Specialist	592-9943; NCC Room N1118 sandra_contreras@cuesta.edu
Sonia Mendoza	Bilingual Success Specialist	592-9974; SCC AGHS Room 913 sonia_mendoza@cuesta.edu

Monarch Center

Name	Title	Contact Information
Estalla Vasquez	Coordinator	592-9582; SLO Room 3111 evazquez@cuesta.edu

Student Health Center

Name	Title	Contact Information
Andrea Echeverri Betancur	Program Specialist	592-9392; SLO Room 3150 andrea_echeverribeta@cuesta.edu

S.M.A.R.T. Goals Worksheet

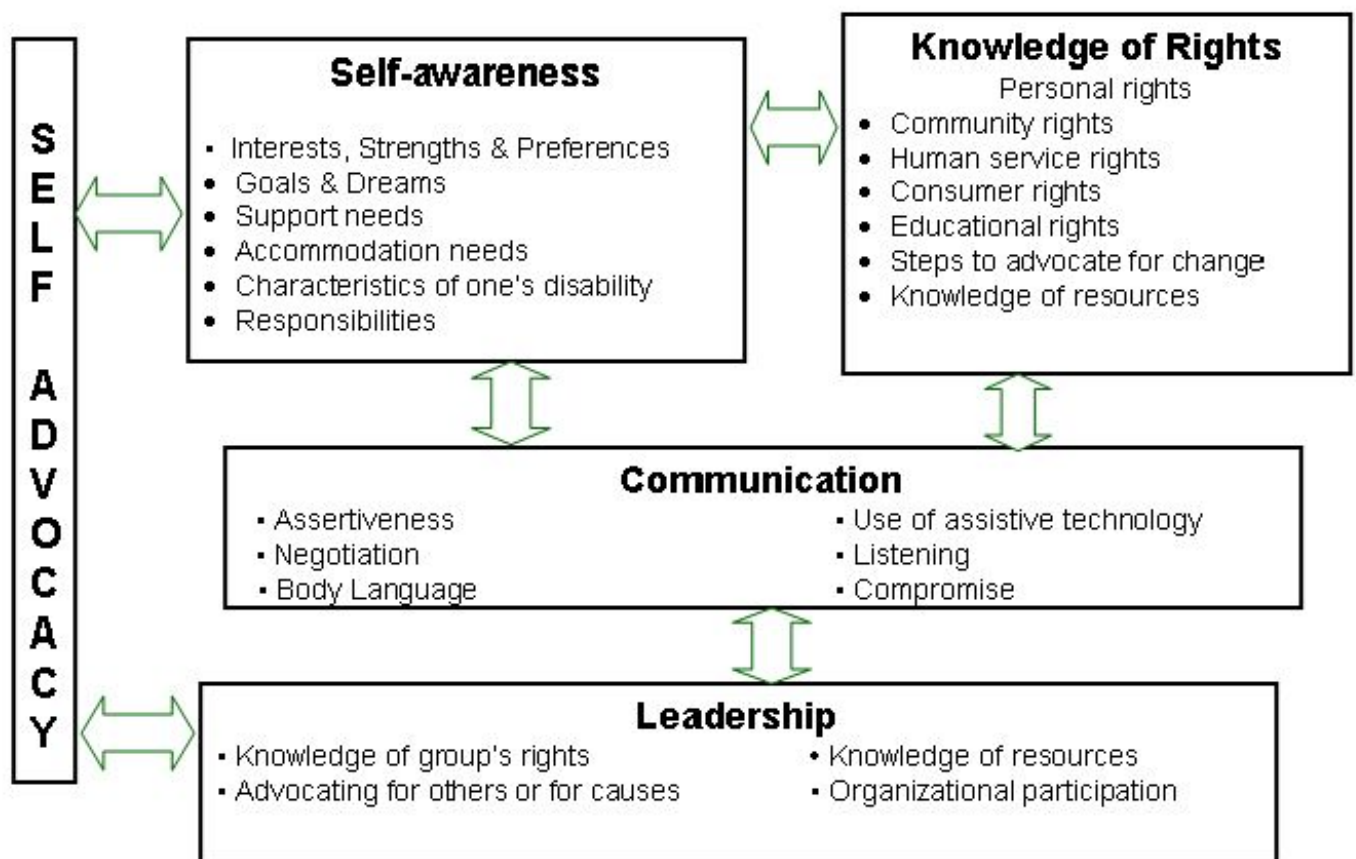
Draft Goal:

Specific <ul style="list-style-type: none">• What is the desired result? (who, what, when, why, how)	
Measurable <ul style="list-style-type: none">• How can you quantify (numerically or descriptively) completion?• How can you measure progress or success?	
Attainable <ul style="list-style-type: none">• What skills are needed?• What resources are necessary?• How does the environment impact goal achievement?• Does the goal require the right amount of effort? Does it stretch you, yet remains realistic?	
Relevant <ul style="list-style-type: none">• Is the goal important enough to you to be willing to work hard to achieve it?• Is it in alignment with organizational goals/your job description?	
Time-bound <ul style="list-style-type: none">• What is the deadline?• Is the deadline realistic?	

Final Goal:



Self-Advocacy Characteristics



Cuesta College Student ID Card Discounts

Automotive

Matt's Smog and Car Care

- 834 Paso Robles St, Paso Robles, Phone: 805-237-2601
- discount: 5% discount for repair work and \$5 off smog check

Napa Auto Parts

- 2901 Riverside Ave., Paso Robles, Phone: 805-238-0592
- discount: cash only with up to 10% discount on select items

San Luis Auto Parts/NAPA

- 380 Marsh St., SLO, Phone: 805-543-7287
- discount: Save up to 50% off select items

Sunset North Car Wash & Detail Centers

- 709 9th St, Paso Robles, Phone: 805-238-7099
- discount: \$1 off when ID is shown

Villa Auto

- 34 South St., SLO, Phone: 805-781-3925
- discount: 10% off parts and labor up to \$50 max

Wrona's Quality Auto Repair

- 109 South Street, SLO, Phone: 805-543-3180
- discount: \$10 off per labor hour \$10 off smog or any repairs not oil

Personal Care

Sport Clips Haircuts

- 481-C Madonna Rd. , SLO, Phone: 805-544-2264
- discount: \$2 off any haircut

Books and Music

Boo Boo Records

- 978 Monterey St., SLO, Phone: 805-541-0657
- •discount: Buy 2 used cd's and get the 3rd one FREE (3rd cd must be of equal or lesser value)

Coalesce Bookstore & Garden Chapel

- 845 Main St., Morro Bay, Phone: 805-772-2880
- •discount: 10% discount on all store merchandise

Electronics

Coast Electronics

- 510 Quintana Road, Morro Bay, Phone: 805-772-1265
- 1336 Madonna Rd, SLO, Phone: 805-544-5400
- 1171 Creston Road, Paso Robles, Phone: 805-369-2811
- discount: 10% off electrical component and repair service

Shopping

Ambrosia

- 9473 El Camino Real, Atascadero, Phone: 805-464-2828
- •discount: 10% for students when ID is shown

Bijou

- 815 12th Street, Paso Robles, Phone: 805-296-3833
- • discount: 10% when ID is shown

Banana Republic

- 990 Higuera St., SLO, Phone: 805-541-2318
- discount: 15% off full price

The Educated Gardener

- 22210 El Camino Real, Santa Margarita Phone: 805-438-5240
- discount: 10% discount off all purchases (except vermicompost or consignment items)

Funky Wonderland Vintage

- 829 10th St, Paso Robles, Phone: 805-541-2318
- discount: 15% off full price

Hemp Shak

- 778 Higuera, SLO, Phone: 805-543-0760
- discount: 10% off any regular priced items

Siegel's Jewelry

- 739 12th Street, Paso Robles, Phone: 805-239-4367
- discount: 10% off watch repair. Additional 10% off or \$100 off price of wedding or engagement ring.

Sugar Boutique

- 1244 Pine St Ste 106A, Paso Robles
- discount: 10% off purchases

Upscale Resale

- 590 So. Main St. , Templeton, Phone: 805-434-9898
- discount: 15% off all non-sale items

Food

Cracked Crab

- 751 Price Street, Pismo Beach Phone: (805) 773-2722
- discount: 15% off all food purchases, lunch & dinner (excluding other promotional items); 10% off all Banquet bookings

El Pollo Loco

- 2351 Theatre Dr., Paso Robles, Phone: 805-237-1350
- discount: Buy 1 get 1 50% off any entree. (Excluding family meals)

Fatte's Pizza

- 5735 El Camino Real "D", Atascadero, Phone: 805-466-6666
- 155 Niblick Rd., Paso Robles, Phone: 805-237-7779
- 2161 Broad St. , SLO, Phone: 805-543-2457
- discount: 10% off entire order

Woodstock's Pizza

- 1000 Higuera St., SLO, Phone: 543-0722
- discount 20% off extra large one topping pizza

G Brothers Smokehouse

- 885 E. Foothill Blvd., SLO, Phone: 544-6465
- discount: 15% off entire order

Good 01' Burgers

- 1145 24th Street, PR, Phone: 238-0655
- discount: Free small fry with a purchase over \$10.00

Guest House Grill

- 8783 El Camino Real, Atascadero, Phone: 460-0193
- discount: 10% off (Offer excludes specials, happy hour and alcohol)

Round Table Pizza

- 6915 El Camino Real, Atascadero, Phone: 238-1851
- discount: 10% off purchase at regular menu price. (Not valid with any other coupon, discount or lunch buffet)

SLO Brew

- 736 Higuera Street, SLO, Phone: 543-1843
- discount: 10% off any food purchase during restaurant hours (excludes daily and nightly specials)

SLO Sweets

- 840 11 th St, Paso Robles, Phone: 805- 239-1544
- 1020 Court St, SLO Phone: 543-7933
- discount: 10% of total purchase

Sylvester's Burgers

- 6455 El Camino Real, Atascadero Phone:
- 1099 Santa Ynez Ave, Los Osos Phone:
- discount: Choice of free drink or free fry with purchase and valid student id

Entertainment

Cal Poly

- One Grand Avenue., SLO, Phone: 756-7188
- discount: Game Tickets: \$2-\$5 off depending on the sport

Cal Poly Performing Arts Center

- One Grand Avenue, SLO Phone: 756-4849
- •discount: \$10 discount tickets available at the door for Student Rush designated shows. Must show Cuesta ID.
- One ticket per student. (At door rush ticket availability not guaranteed for any show at any time)

Charles Paddock Zoo

- 9305 Pismo Ave, Atascadero Phone: 470-3184
- discount: Annual membership is \$25

Downtown Centre Cinema

- 888 Marsh St, SLO Phone: 546-8600
- discount: College General Admission. Shows on Sundays, Wednesdays and Thursdays only \$8.50 (with some restrictions)

Festival Mozaic

- 265 South Street, Ste G, SLO, Phone: 805-781-3009
- •discount: Free tickets to chamber music concerts. Must show ID. (Subject to availability)

Fremont Theater

- 1035 Monterey Street, SLO, Phone: 541-2141
- discount: College General Admission. All shows on Sundays and Wednesdays only \$7.50

The Great American Melodrama & Vaudeville

- 1863 Front St, Oceano Phone: 489-2499
- discount: \$2 discount off adult price for students through the season (except during Holidays when it is \$1 off)

