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South Central Scholars proudly announces new grants for 2010!

In Fall of 2009, SCS was awarded with grants from the following foundations:

The Rosalinde & Arthur Gilbert Foundation
The Mayer & Morris Kaplan Family Foundation

Both of these grants are to be used to promote the growth and development of our mentorship programs and projects that will be coordinated and implemented by the South Central Scholars Alumni Association in 2010.

In Winter of 2010, SCS was awarded additional grants from the following foundations:

The Cedar Foundation
The Frieda C. Fox Foundation

Both grants will contribute to our scholarship program and to outreach activities scheduled for 2010 and 2011.

Congratulations to the South Central Scholars and Alumni Association!!

Sponsors for Educational Opportunity (SEO): Career Programs

SEO's Internship Program provides career development opportunities for students interested in pursuing careers in the following areas:

Accounting/Finance
Asset Management
Banking (Investment Research, Investment Banking, Sales & Trading, or Transaction Services)
Corporate Law
Global Corporate Leadership (Finance & Management Fast Track)
Information Technology
Philanthropy/TFA
SEO-U (Freshman & Sophomore Training)

Students that participate in these programs receive a comprehensive internship experience with exposure to top executives of SEO partners. In addition, interns are supported through an extensive mentoring program.

Every program has its own eligibility requirements. To find out the requirements for the specific program you are interested in, go to www.seo-usa.org/CareerEligibilityInfo.

The FINAL round of applications for all programs EXCEPT Corporate Law is January 31, 2010.

The FINAL round of applications for the Corporate Law program is February 15, 2010.

For more information and/or to apply, go to www.seo-usa.org/Career.

The Old Year has gone... The New Year has taken possession of the clock of time. All hail the duties and possibilities of the coming twelve months!

— Edward Payson Powell

REMINDER!!

Time to make plans for the summer! Think INTERNSHIP.

In the December 2009 issue, we sent a reminder to start thinking about internships. The tips shared in that issue on how to get involved can be found online at:

http://www.southcentralscholars.org/scholar_center-career_resources.

As a reminder, don't forget to start reaching out to South Central Scholars for advice, tips, and leads to accessing internships for the summer. The later you turn in your request for help, the harder it will be to get you the help that you need! So again...

Look Into On-Campus Resources

There are resources and departments provided by your school to help you with internships and career placement. Do not overlook these programs as they are both free and targeted for you and your peers! To get started:

- 1) Visit your Career Center, EOP office, and/or other campus groups that work with students to provide job opportunities.
- 2) Make sure you submit your updated resume to them and give them a list of opportunities you are interested in.
- 3) FOLLOW UP.

These same rules apply for South Central Scholars assistance.

And lastly, **have your resume and cover letter ready to go!** You never know when an opportunity might present itself!

HEALTH & FITNESS

By Meredith Curry

With the stress and frustrations of midterms, projects, and finals, it is easy to take your nutrition for granted and to make excuses to not engage in physical exercise. While you might think that the short-term benefits are worth it, take it from me, it won't be so great in the long-term.

The strategies that you can create now will help you manage your time while also managing your health, if you can make it work and if you are motivated enough. Provided by the Young Women's Health Organization, here are some tips to help you get on the path to healthy living while in school.

Make Substitutions

For instance, instead of Fried Foods, go for Grilled or Baked foods. Instead of Whole Milk, try Low-fat or Soy Milk. And since hydration is key, try Water or Seltzers instead of Sweetened Drinks.

Stay Well Stocked

Sometimes you are your worst enemy, and it's the foods you keep (or don't keep) in the room that are the difference between fast food or fasting while you study. Tasty, low-cost snacks to keep around include animal crackers, fresh fruit, granola bars, nuts, and popcorn.

And two key tips: 1) Make time for your meals and 2) Stay hydrated!!

<http://www.youngwomenshealth.org/college101.html>

Scholarly Insight: A Piece on Networking

By Arianne Eason, Yale University '12

Having one more friend or mentor can never hurt. However, there is something that is innately difficult about meeting new people, especially when it comes to people who are significantly older than you. However, I have come to realize that the process of networking becomes much more difficult when you are told to just go into a room full of strangers. But the way I see it is that it is the same process as talking to an old friend, you talk about something that you know—and in the case of networking what you know best is yourself.



Networking stretches past forming a relationship with people older than you, because it also means forming relationships with people of your own age and even those younger than you. The goal of networking for me is not to see what people can do for me but it is to create a supporting web of people and to integrate myself into this web so that I can be a resource for them as well. Through these webs there is a flow of ideas back and forth, which allows for personal growth as well as a sense of collective well being. The creation and *upkeep* of these webs hold so much power. They have the power to create long lasting friendships with people who you may not have automatically talked to and been drawn to. They have the power to keep you going because you know you have many people who believe in you, depend on you, and who will help you reach your goal. They have the power to bring new perspectives to the table. They have the power to let you *in*.

Networking has so much power that once you get past the first few formal minutes, punctuated silences or awkward hour, there is nowhere to go but up. The thoughts of how should I insert myself into a conversation fall away. And the more that you try to engage people on your own the easier it is to engage in the act of networking and the stronger you are at finding communalities between you and other people. Start by going out of your comfort zone, talk to that person that you always see in class but never say hello to. Start with that other South Central Scholar on your campus that you casually wave at. Start with the TA who teaches a class you love. Start with that professor who seems so interesting because of all the things they have done. Find out about them, how they got to where they are, who they are, and they will inevitably find out about you and then the whole process is well on its way. In reality we network every day, it is just about honing the skills and making it natural, even when the situation is not.

You have brains in your head.
 You have feet in your shoes.
 You can steer yourself in any direction you choose.
 You're on your own.
 And you know what you know.
 You are the [one] who'll decide where to go.

~ Dr. Seuss

JOBS

La Plaza de Cultura y Artes Museum

There are a number of job openings at this new and emerging cultural center dedicated to Mexican and Mexican American history, art, and culture. It is situated in a recently renovated historic site in the heart of Downtown Los Angeles at Main and Olvera Streets. Current job openings include: Administrative Assistant, Registrar, Curator of Education, Curator of History, Head Preparator, and Head Graphic Designer & Publications Manager. To read the job posts and apply, go to www.lapca.org.

INTERNSHIPS

Beckman Coulter Summer Intern Program

Beckman Coulter, Inc.'s World Headquarters in Brea, CA hosts two "Intern Preview" days scheduled for the end of February 2010. The address is Beckman Coulter, Inc., 250 S. Kraemer Blvd., Brea, CA 92821.

Corp Staff Majors (legal, HR, investor relations, communication, accounting/finance): **February 26, 2010 9:00-11:00am.**

Science & Engineering Majors: **February 26, 2010 1:00-3:00pm.**

To access the College Relations portal, go to www.beckmancoulter.com/hr/employment/collegerelations/default.asp. To RSVP for "Intern Preview" day, contact Meredith at meredith@southcentralscholars.org.

Technion Science Camp (college Freshmen ONLY)

Sci-Tech is a four-week intensive scientific research program at Technion scheduled this coming year from July 25, 2010 - August 20, 2010. Students who are selected for the program work one-on-one with faculty and PhD students at Technion. They are assigned to a specific research project based on their general fields of interest, and will be conducting university level research as part of a team with their faculty mentor once in Israel. Most universities in the United States provide credit for this summer program, and many students publish their research in peer-reviewed journals and elsewhere upon completion.

The deadline to apply is March 30, 2010.

For more information, go to www.scitech.technion.ac.il/.

To state your interest in being considered for this program, contact Meredith at meredith@southcentralscholars.org.

Emilia Lechuga-Bass Civil Rights Internship

Litt, Estuar, Harrison & Kitson, LLP, a private civil rights law firm, offers its annual internship to recent college graduates. The internship is intended to provide 1 year of experience working in a civil rights/public interest law firm before attending law school. Compensation is set at \$16.50 p/hr and the internship is from July 1 to June 30, 2011. Apply at <https://mail.google.com/a/southcentralscholars.org/?ui=2&view=bsp&ver=1qygpcgurkovy>.

The deadline to apply is March 1, 2010.

FINANCIAL AID EVENTS & DEADLINES

Free Application for Federal Student Aid (FAFSA)

The online application opens up on January 1, 2010 and is **due on March 2, 2010**. To get a head start on filling it out and getting the checklist, go to www.fafa.ed.gov.

To stay IN THE LOOP, go to

www.southcentralscholars.org/scholar_center

FEBRUARY 2010 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17 6p 2010 SCS Benefit	18	19	20
22	23	24	25	26	27

Other events TBA:

- UC Los Angeles Luncheon
- UC Irvine Luncheon
- Career Planning & Job Placement Panel
- Loyola Marymount Luncheon

MARCH 2010 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27
28	29	30	31		

Other events TBA:

Announcements of 2010-2011 New Scholarship Application will be sent in the end of March.

To stay **IN THE LOOP** about upcoming events in the following months, go to [www.southcentralscholars.org/Get Involved-Calendar of Events!!](http://www.southcentralscholars.org/Get_Involved-Calendar_of_Events!!)