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A Word from a Supporter

By Marike Lildreth

Your dreams really do matter. And if you're not satisfied with the ones you have, you will need to figure out what you really want. The secret is within yourself. The process of self-discover can open up an entirely new world of possibilities. It is a world founded on the greatest knowledge of mankind-designed to challenge and change your outlook. Apply these nine points to bring your dreams into focus each day.

1. Your thoughts control your life.
2. What you believe...creates who you are.
3. Success is a journey not a destination.
4. You improve your life when you improve yourself.
5. Knowledge is an unending journey of discovery.
6. Always do what you say you will do.
7. Don't start a day until you have finished it.
8. Give more than you are asked to give.
9. Your growth as a leader starts right now.

REMINDER: The SCS Renewal Application Opens in June!

In Summer of 2009, we announced that there would be changes in the renewal application process for current scholars. Here is a review of those changes, and what is expected:

To be submitted online through the [SCS website](#)

- 1) Scholarship Renewal Application
- 2) Progress Report for the previous year (2009-2010 school year)
- 3) Undergrad Scholar Survey for the previous year (2009-2010 school year)

To be submitted by email, fax, or mail to [Meredith](#)

- 4) Submit transcript for previous year (2009-2010 school year)
- 5) Submit financial aid award for upcoming year (2010-2011 school year)
- 6) Submit 4 journal entries

You can find examples of these journal entries on our website at:
http://www.southcentralscholars.org/scholar_center

The sooner you send your journal entries, the easier it will be for you later when you go through finals.

The deadline for these journal entries is June 30, 2010.
The deadline for the full completed renewal application is July 16, 2010.

If you need assistance with any of the journal entries, please contact Meredith at meredith@southcentralscholars.org.

Again, plan in advance to get the necessary materials, like your transcript and financial aid letter. Let your financial aid office know IN ADVANCE that you have a deadline. Happy Renewing!

To kick off our series and start the conversation, here are [5 Essential Tips To Healthy Living on Campus](#). Let us know what you think!



LOOKING Good means FEELING Good!

Contributed by volunteer Zelda Harrison.

1. Get some rest. It might be hard to get the recommended 8 hours' sleep at night when you're juggling school, a part-time job and a social life. Just remember that sleep does matter: when you sleep, your body produces certain proteins, which repairs, reorganizes and forms new connections in the brain. Insufficient sleep means these proteins are not produced, which is why you get irritated about silly things after a bad night's sleep. Consequently, lack of sleep makes you unfocused, unable to concentrate and leaves you with a low energy level.

2. Back off on the Energy drinks, high-sugar content beverages/foods and large quantities of caffeine. Though energy drinks often contain Ginseng, Vitamin B, and natural herbs, they also contain guarana, rich in caffeine. Some energy drinks contain up to 360mg of caffeine, which some doctors feel may cause heart problems. In fact, some energy drinks have been banned in France after a couple of teenagers died from heart failure. Insomnia, anxiety, and sometimes muscle twitching are also by-products of high caffeine consumption. Consider too, the use of energy drinks as a mixer with alcohol. The combination of alcohol (a downer) and an energy drink (an upper) will inevitably cause dehydration and a desire to drink even more. Be aware and take care of yourself; your liver will thank you later.

3. Keep moving: exercise. Get your blood flowing to release tension. The constant pressures of studying and information overload can lead to stress. Do you have a clenched jaw? Lump in your throat? Chronic back and neck pain? These can all be manifestations of stress in your body. You can release physical tension and clear these emotional blockages with regular exercise, massage therapy, yoga, tai chi or any activity that gets your energy flowing. Practice five minutes of deep breathing during exercise. While exercising, deliberately slow down your breath by counting to ten for each inhalation. When you exhale, blow out and let go of worries and negativity. After five minutes, you should immediately experience a deeper state of relaxation. **Take breaks from the computer.** Long hours crouching over the computer is detrimental to your posture, cuts your breathing, and typically causes back pain which over time will weaken your skeletal structure, cause bone loss or a displaced disk. Research shows that exercise early in life builds bone mass and strengthens the skeletal structure, helping to prevent injury down the road. The gym is a great place to network and socialize, exercising both your mind and body. No time for the time for the gym? Get a second-hand bike and pedal your way to class or take out an extra 15 minutes to walk.

4. Watch what you eat. You probably learnt in Biology 101 that our digestive system is made up of numerous organs all working together to break down, absorb, and process all of the nutrients in the food you eat. Without healthy digestion, you can become malnourished and toxins will build up in your body, leading to degenerative diseases and rapid aging as well as excess weight, which could be difficult to lose. Indigestion is caused and made worse by overeating--especially rich, fatty, spicy foods, alcohol, coffee, and acidic foods. If you think you have a problem with food or feel overweight, consider contacting your doctor or your SCS mentor to help you find counseling. **Remember, combating weight gain is about eating right, not eating less.** That means snacking is okay.

5. Socialize, don't medicate. Even though you might look better and sound funnier when you're drunk, your liver -- one of the hardest working organs in your body -- will never forgive you if you treat it badly. Remember alcohol dehydrates your system, so drinking plenty of water will help combat a hangover, rehydrate your body, and flush out toxins. Balance alcohol consumption with a few glasses of room temperature, preferably filtered, water. At the end of the day as in all things, moderation is the key.... strive for balance and listen to your body and mind. Stop drinking when your body's had enough. Take good care of yourself and you'll be thankful a few years from now. Needless to say, if you are under the legal drinking age, save this advice for when you turn 21.

Scholarly Insight: The Art of Internship Hunting

By Melva Quintanilla, Cornell University '12

I have a confession to make.

I was this close to being an English major.

From the time I learned to read to today, a book has always rested comfortably on my nightstand. They change every few days, but the point is I have always loved to read. Whenever I thought about college, I assumed I would study literature. It seemed obvious: I loved to read, therefore I would be an English major. Case closed, see you at graduation.



It was not until I started to think about careers that my perspective changed. What exactly could one do with an English major? More importantly, what could I do with an English major? I didn't want to work in publishing or journalism, or anything else having to do with the written word. I just wanted to read Gravity's Rainbow until I had committed it to memory. So I did some research. I researched my list of college-possibles and looked into the programs they offered, and what sort of careers graduates ended up leading. I e-mailed directors, advisers, and even then-current students for their input. Eventually, I settled on China & Asia-Pacific Studies (CAPS) at Cornell. It wasn't an easy process, but I realize now that I made the best possible choice for myself. I never once imagined that I would be learning Chinese and devoting my time to Sino-American relations - it's a pretty far cry from spending my days with Henry James, you see. The opportunities that have opened up as a result are amazing, and while I haven't set my sights on a specific career, I'm certainly getting there.

I'm not advocating that anyone sacrifice their interests, just that they broaden them. College is amazing because of all of the possibilities: there are so many new areas of study that we haven't been exposed to, and to limit ourselves is to do ourselves a huge disservice. When I got to Cornell, I discovered that the CAPS major wasn't the only academic siren's song beckoning me: I soon declared a second major in Art History.

Ultimately, my advice is to keep an open mind with consideration to the future. I'm still set on memorizing Pynchon, but for now, Mandarin comes first.

Riordan Fellows Program

Thinking about a **MBA? Apply to become Riordan Fellow!**

The Riordan Fellows Program provides young professionals leadership, management training and motivates participants to competitively apply and succeed in a top graduate program.

Application Deadline:

The Riordan Fellows application deadline is **June 28, 2010**

<http://www.anderson.ucla.edu/x2326.xml>

The Riordan Programs information session for Riordan Fellow Applicants will be held:

May 4, 2010 - ESPN Zone: Downtown Los Angeles

May 19, 2010 - Twitter Online Session @riordanprograms

Go to http://ucla.qualtrics.com/SE/?SID=SV_6iedM3LGDmPwwcs&SVID=Prod to register!

JOBS & INTERNSHIPS

Ionic Media

Are you interested in learning about marketing by actually *doing it*? IonicMedia is an award-winning media agency with offices in Encino, CA and New York. IonicMedia is a fast moving, creative environment and they apply a highly analytical, rigorous, business-based approach to search engine marketing. To apply, send an email to meredith@southcentralscholars.org.

The deadline to apply is May 14, 2010.

American Red Cross of Greater Los Angeles Internship Opportunities

The American Red Cross has several internship opportunities available year-round and during the summer. Opportunities available are:

Wordpress Designer, Template Designer
Grant Writer
Chapter Videographer, Video Editors
Prospect Researcher
Health & Safety Coordinator
Health & Safety Fulfillment Specialist
Gift Acknowledgement Coordinator
Salesforce Programmer
Public Relations
Community Outreach Associate
Instructor Role
Chapter Support
Youth Advisor

For further details and to apply, send an email to meredith@southcentralscholars.org.

The deadline to apply is May 14, 2010.

Regional Council of Rural Counties

They are seeking an Office Assistant/Receptionist with strong computer skills to provide administrative support. Legislative experience is preferred and excellent benefits are provided. Salary depends on experience. Fax a resume and cover letter to (916) 448-3154 or email it to jobs@rcrcnet.org.

The Institute for College Access & Success (TICAS)

They are seeking a Research and Policy Associate/Analyst AND a Research Intern to conduct research, policy and data analysis, and advocacy to improve college access, affordability, and success for California college students, particularly at the community colleges. For more information and to apply, go to <http://ticas.org/jobs.vp.html>.

Bicker, Castillo & Fairbanks

They are seeking an intern, preferably with experience, to work full-time on statewide ballot initiative campaign conducting coalition building calls, managing databases, and other campaign/administrative duties. Salary depends on experience. To apply, email a resume and cover letter to mcaygill@bcfpublicaffairs.com.

Young People For (YP4)

They are seeking a Fellowship Associate to develop quarterly, annual, and individual goals, manage fellowship interns, work closely with fellowship staff, and supports fellows' social just work. To apply, email a resume and cover letter to hr@pfaw.org.

FINANCIAL AID EVENTS & DEADLINES

Scholarship Contest: "I'm One in a Million!"

The Campaign for College Opportunity is hosting this contest which invites all currently enrolled college students in California to: Tell California leaders why you and your peers are one in a million and why they should support college opportunity to help you reach your college dream. A minimum of 20 scholarships ranging from \$500 to \$1,000 will be awarded throughout California. Submissions can be in the form of written word, a poster, or a TV ad. Click the link above for more information on the prompt and eligibility. **The deadline to apply is June 30, 2010.** Print out a flyer at <http://ucregentlive.files.wordpress.com/2010/03/one-in-a-million-flyer.pdf>.

South Central Scholars 2010 Application!

The application **deadline to apply is May 7, 2010.** Visit the Scholarship 2010 page on our website at http://www.southcentralscholars.org/scholar_center. Make sure your siblings, and other high school senior contacts are applying!

To stay IN THE LOOP, go to

www.southcentralscholars.org/scholar_center

MAY 2010 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3	4	5	6	7 New Scholarship Application Closes	8
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	29
31 Registration for Conference Opens					

JUNE 2010 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Renewal Application Opens	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26
28	29	30 Journal Entries are DUE!!			

To stay IN THE LOOP about upcoming events in the following months, go to

www.southcentralscholars.org/Get_Involved-Calendar_of_Events!!