

The Poly Pulse

Cal Poly Pomona's Student Magazine

SINCE
2025

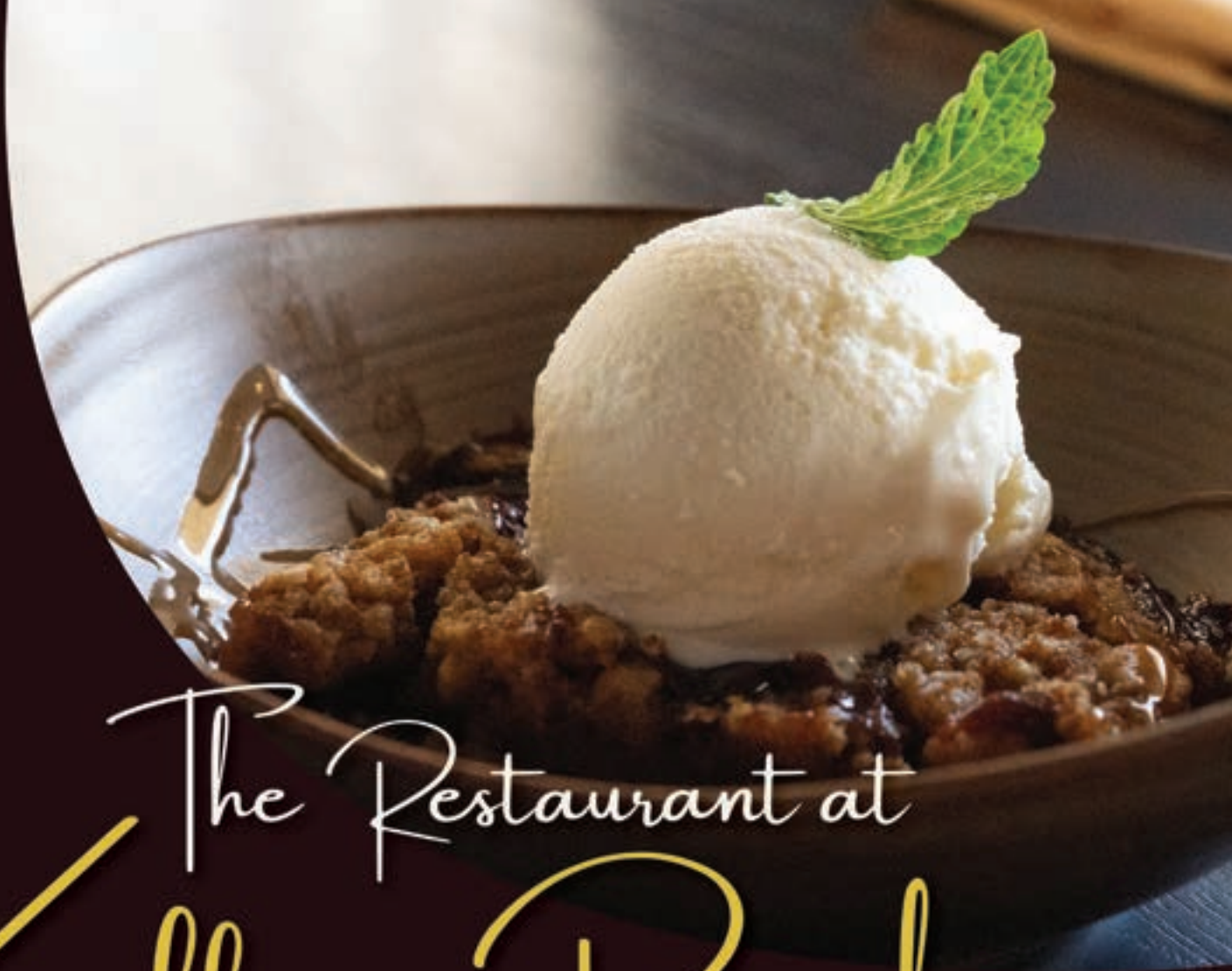




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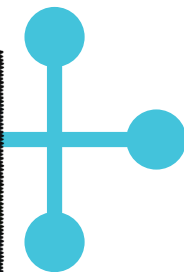
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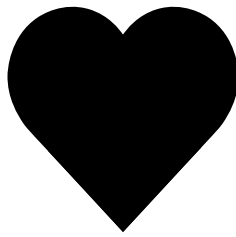


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MEET THE TEAM



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LETTER FROM THE *Editor*

Dear my wonderful readers,

I am over the moon to have you join us at Cal Poly Pomona. Whether you are new here or a seasoned veteran of CPP, this magazine will have something for you at every turn. I am Bia Machain, the editor-in-chief of the Poly Pulse.

Some of you may already recognize my face. You may have seen me around campus serving as the ASI vice president or working at the Black Resource Center as a community empowerment ambassador. No matter which role you know me as, I hope you will enjoy every page of this magazine, as it has been meticulously crafted for lovely readers like yourself.

For much of my life, magazines were a sore spot on my spirit. They were the tools that people used to mercilessly rip women apart, shame people of color and push Eurocentric beauty standards. I knew the words in those magazines were just ink on paper, but they molded me in a way I have never forgotten. The stories contained within these pages encapsulate how vital our diverse identities on campus are. In a time when our communities are under attack at the hands of the Trump administration, highlighting all campus communities was the only choice. Whether it be International Student Athletes, Pomona's skaters, or Women in the SAE program our magazine has it all.

The physical work in this magazine was contributed by so many lovely humans; they deserve all the flowers. I want to thank the many incredible writers who worked on this magazine, my lovely team of designers, our copy editors, everyone who gave an interview, our adviser Lauren Furey and those who cheered me on along the way. The Poly Pulse could not exist without the relentless work that everyone has put in.

In this edition of The Poly Pulse, you can learn about our vibrant Cal Poly Pomona communities, as well as get advice on how to navigate the newest chapter of your life. My hope is this magazine will breathe life into yours and help you realize this campus is truly where you are meant to be. Your life is incredibly valued, you shining star. I hope you enjoy the second edition of The Poly Pulse magazine, courtesy of me and my team.

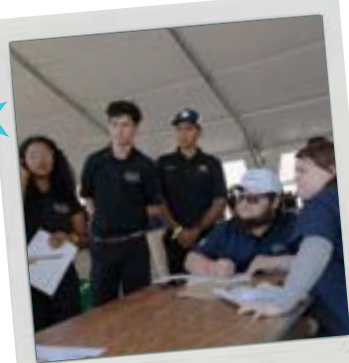
From my heart to yours,

Bia Sofia★

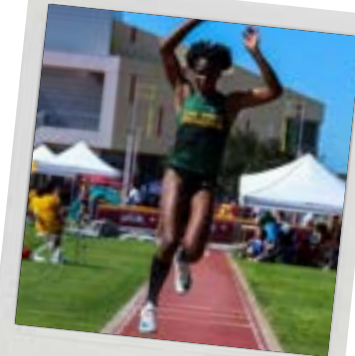
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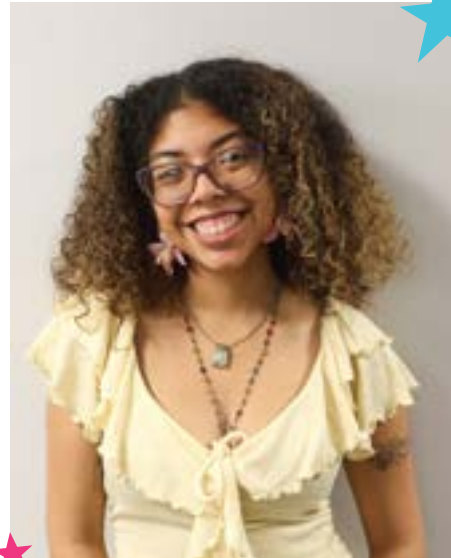
Pomona's skaters



Women in the SAE program



International Student Athletes



editor's top stories!

ACADEMIC ENGAGEMENT & SUCCESS

We are here to support your transition into Cal Poly Pomona. Learn about the programs and services we offer to foster your academic success!



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www.cpp.edu/commonread



I Am First

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www.cpp.edu/iamfirst • @iamfirstcpp



Learning Resource Center

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www.cpp.edu/lrc • @cpplrc



Reading, Advising, & Mentoring Program

A TRIO Student Support Services program that provides reading tutoring, supplemental advising, peer mentoring, and additional support services for low-income, first-generation college students, and students with disabilities
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PolyTransfer

A first-year experience program that supports transfer students in navigating campus resources and fosters a transfer-receptive culture to empower them to achieve their personal, academic, and professional goals
www.cpp.edu/polytransfer • @polytransfer

WHY CPP?

The story behind the decision

by BIA MACHAIN

From a shaky hand opening that final letter to the screaming excitement of finally getting into your dream school, admissions can bring about a rollercoaster of emotions. Whether Cal Poly Pomona was your first choice or last, here are some stories of those who have made the best of the experience.

For Elom Attipoe, a civil engineering student, CPP was not his first choice. He had a long list of universities across the country he wanted to attend, many being Historically Black Colleges and Universities, but the cost of attendance among other factors pushed him here instead.

Attipoe described beginning of his journey at CPP as difficult at first, being away from home and feeling lost without a community to support him. But now, four years later, he said attending CPP is 100% worth it and has brought him success and opportunity, including a Disney internship.

He began by building connections at the Black Resource Center on campus, through the Black Achievement Success and Engagement in Science



Scholars, and individual mentorships were his lifeline in a time where he felt lost.

Attipoe since dedicated himself to being the lifeline for other students through his various campus commitments, including resident advising for three years, being a community empowerment ambassador for the Black Resource Center, regional secretary for the National Society of Black Engineers and vice polemarch for Kappa Alpha Psi Fraternity.

Attipoe said being in a space where everyone can shine without competition, only support, is important. He noted his community has helped uplift and support him, and he looks forward to their futures beyond the classroom.

"The people I have met here are going to be very successful in life and I'm ready to see it."

While some people make CPP their dream, others adore the school before even attending. For example, Chuck Bennett's journey at CPP began before he could even say the word "university" because his father attended Cal Poly Pomona.

When it was his turn to apply to college, Bennett took a shot on the campus he had an eye on since childhood, and he has been here since.



Photos by MEGAN SANDERS

Bennett, now a lecturer of computer information systems at CPP, teaches on the campus that he once attended for both his undergraduate and graduate degrees. As a professor for 12 years, Bennett has taught thousands of students to teach these students. He had to master the craft of the professors who came before him.

To provide the best experience to his students, Bennett mimics the teaching styles that resonated with him, noting students remember the fun aspects. Hands-on learning and fun are the core of his work at CPP, he said, because as a student those were the classes that were most memorable to him.

"I don't believe in failure," Bennett said. "I believe in learning opportunities, but some of them are uglier than others."

Thierry Brusselle, a business administration professor, was Bennett's inspiration for his own time here at CPP. He remembers how he went to Chaffey College to retake the same class, not because he needed to, but because he genuinely enjoyed it.

He explained he loved knowing the professors who taught him were also former students who had taken the same courses and understood what it was like to be a student.

Now, Bennett uses his own time at CPP to relate to his students and reminds them he once sat in their seats. Bennett has committed to not only fun in the classroom but modeling the **"Become by Doing"** philosophy CPP works to uplift.

Aaron Afful, a mechanical engineering student, said the "Become by Doing" model was the magnetic appeal of CPP for him.

Afful only applied to two schools, including University of Southern California and CPP, but he gravitated toward CPP because of the hands-on work, while USC appealed because of prestige. When the rejection from USC came, Afful was unphased because it reaffirmed CPP was where he belonged.

Afful feels CPP lived up to the expectations he had of continuous hands-on work and connection building. He said he fully dedicates himself to in-class projects because they were the reason he wanted to attend the university. Afful added having professors who not only understand the field but also the students is a vital component of learning.

Connection building is another feature Afful feels is unique to CPP. As a member of the National Society of Black Engineers and a member of Phi Beta Sigma Fraternity Inc., he said attending events like the Fall Regional Conference helps him network, and going to nationals this year will provide even more opportunities.

To love a university takes a lot of work. Whether CPP was your first choice or last, the experience is only worth what you make it. There are passionate professors like Bennett, eager students like Attipoe and Afful, and there are billions of ways to be a bronco. ♥



The Fading Designation

Where HSI's stand across the country

by BIA MACHAIN

The U.S. Department of Education announced Sept. 10, 2025, it would end discretionary funding to minority serving institution grant programs on the basis these grant programs were discriminatory and exclusionary.

For students, faculty and staff at Hispanic-Serving Institutions like Cal Poly Pomona, this cut feels deeply personal.

"Nothing could be further from the truth," said CPP Provost and Vice President for Academic Affairs Terri Gomez. "The data bears it out."

Hispanic-Serving Institutions are defined as "not-for-profit colleges and universities where at least 25% of the full-time equivalent undergraduate enrollment is Hispanic," according to the Higher Education Act. As an HSI for more than 30 years, CPP doubles that with more than 54% of enrolled students identifying as Hispanic.

Because of CPP's HSI designation, the university qualified for HSI Title V grants totaling more than \$12 million in the last three years.

These grants were used for campus-wide development, some of which include equipment for labs, collaborative research in physics education, STEM student transformation projects and opportunities for graduate research. These grants have also brought about projects like the Bronco Scholars Program that provides academic support to first-year students.

Gomez said projects like these that support Hispanic and Latino students outside the classroom are vital, but beyond that, she emphasized the importance of getting to know students and their stories.

"You cannot serve your students if you don't know who they are," Gomez said.



photo courtesy of XAVIER ROBLES



photo by GEORGIA VALDES



photo courtesy of LAMBDA THETA PHI
LATIN FRATERNITY, LAMBDA THETA
ALPHA LATIN SORORITY AND MASA



Miranda Rendon, a computer science student, said the campus's large Hispanic population makes her feel at home. Reflecting on a Día de Los Muertos event she attended, Rendon said she loved watching campus organizations come together to make ofrendas (altars) to honor their loved ones.

“It reminded me of when my family would do that.” – Miranda Rendon

said the space is inclusive and welcoming to all students, regardless of their ethnicity and provides resources for students as well.

Rendon acknowledged the campaigns for first-generation students and undocumented students as a great way to serve the population as well but said she wished there were more university-led events and initiatives that focused on Hispanic students.

Hernandez noted when it comes to Latino organizations, they are proud to have that label. However, he feels the university does not have the same level of pride.

“It’s an achievement,” Hernandez said. “They should be more prideful in that.”

He also mentioned the now is the time for the university to provide proper support to students with the current political climate.

Due to Immigration and Customs Enforcement raids in Pomona, the university has implemented SB-98, a Senate bill that requires universities to alert students if immigration enforcement officers are on campus. This action followed a resolution drafted by Associated Students Inc., calling on the university to collaborate with Undocumented Student Services, educate staff and faculty, and provide training to campus partners regarding ICE activities. ♥

For Alfred Hernandez Jr., a hospitality management student, joining the Latin fraternity Lambda Theta Phi Fraternity Inc. has given him his second home on campus. As the treasurer of the Lambda Theta Phi Fraternity, Hernandez said he and his brothers are attempting to push cultural awareness at CPP.

Hernandez said the Mexican American Student Association is another great example of utilizing a platform and creating a safe space on campus. Hernandez

THE CARE CENTER

is the first-stop for students who are of concern or in distress. The Center connects students to resources needed to succeed both on and off campus, as well as support them through crisis, provide advocacy, and offer basic needs services.

RESOURCES AVAILABLE

HOUSING

- Short-Term Emergency Housing
- Referral to Community-based Organizations

FOOD

- Assistance with the CalFresh Application Process
- Grocery Planning and Education

FINANCIAL

- Basic Needs Grant of Up to \$500 for Unforeseen Emergencies and Crises

CLOTHES CLOSET

- Free, professional and casual clothing for students
- Students can take 10 items of clothing per semester
- Styling advice is also available

CASE MANAGEMENT

- Support Navigating the University and Connecting with Resources On and Off Campus

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POWER YOUR FUTURE WITH POLYX CLASSES

by LORELIE IBARRA

History students lean over laptops and stacks of archival records as they narrate family histories into podcasts, while kittens purr as pre-vet students administer their vaccines and newlyadmitted transfer students stand in front of their research posters, pointing to charts and colorful graphs.

Signature Polytechnic Experience, or PolyX, courses at Cal Poly Pomona go beyond the classroom and turn learning into a hands-on experience. From researching family history for podcasts and documentaries to providing veterinary care and showcasing transfer student research, experiences like these bring CPP's "become-by-doing" motto to life.

Digital History & Family and Genealogical History

Historic photographs and faded documents fill the tables as history students piece together family stories and narrate them for their documentary projects.

In Digital History and Family and Genealogical History, CPP students gain the opportunity to turn archival research into short documentaries that are presented to the class in a screening at the end of the semester.

Some uncover the stories of families whose experiences shaped broader moments in U.S. history, while others trace their own ancestry.

"I honestly think that some of the students have used this as an excuse to access treasured memories and

aspects from their families," said Rachel Van, a professor of Early American History. "Their whole families are kind of getting together."

"I honestly think that some of the students have used this as an excuse to access treasured memories and aspects from their families," said Rachel Van, a professor of Early American History. "Their whole families are kind of getting together."

Students often pick a topic that is personally important to them. One of Van's students created a documentary centered on tamaladas, the ritual tamale making.

"Her family switched it over from Christmas to Thanksgiving, so she could do a lot of filming and interviewing," Van said.

The process of documentary making involves technical skills, like navigating databases, video editing and storytelling. This creative approach also offers students an alternative format for presenting their historical research, according to Van.

"All of our students do a senior thesis, so more often they are stuck in texts, which is fun, but there's something kind of cool about being able to get your creative juices flowing," Van said.

photo courtesy of CPP News

PolyPet Spa Day and Vaccine Clinic

At the W.K. Arabian Horse Center, the occasional bark or meow mixes into conversations as pre-veterinarian students move between tables while checking vaccination records and lab results.

Twice a year at The PolyPet Spa Day and Vaccine Clinic, CPP students from lower and upper division animal health science courses work alongside each other to provide low-cost vaccines, feline leukemia and AIDS testing, heartworm testing for dogs, nail trims and anal gland expressions.

Senior students are responsible for advanced procedures, such as drawing blood and learning animal restraint skills. Because the event brings in pet owners from surrounding communities, it also gives students exposure to a wide range of dog and cat breeds.

"The main goal is to give our students more hands-on experience and to make them feel more confident in their program and their skills," said Joanne Sohn, a professor of animal and veterinary sciences in the Huntley College of Agriculture.

Students apply critical thinking to curate individualized vaccine schedules and treatment based on each animal's age, medical history and lifestyle information provided by their owner.

"Vaccination protocols are different for every animal, so the students are supposed to come up with a vaccination protocol," Sohn said. "And then the veterinarian agrees or doesn't agree."

PolyTransfer Summer Transition Program

Over the course of three days in the summer before their first semester, newly admitted transfer students get a taste of life at CPP through the PolyTransfer Summer Transition Program.

Students stay in the dorms and join small peer mentor groups led by current CPP transfer students who share their major, academic college or same community college. These mentors guide transfer students between sessions, answer questions about CPP tools and resources, and introduce them to campus life.

Another central part of the experience is the PolyX project. In groups of three to five, students identify a solution to a problem within their direct field, their direct major or regarding their community around them. The project process includes brainstorming as a team, dividing responsibilities and preparing a presentation for the showcase on the final day of the program.

"By allowing them to do it in the transition program, we feel like it allows them to feel like they haven't missed out on anything," said PolyTransfer Summer Transition Program Assistant Coordinator Atiana Seyed. "It's also a cool opportunity because at CCs we don't

really get that research opportunity until we are in our upper division courses."

Each group presents their PolyX project to peer mentors, faculty and program staff during the final afternoon.

The showcase highlights the work students have completed during their three-day program, while giving them an early chance to practice communication, presentation skills and collaboration in an academic setting.

FYE Showcase

While transfer students begin their CPP journey with a PolyX project, first-year students equally share the opportunity to experience their own introduction to hands-on learning each fall semester through the FYE Showcase.

First-year students who enroll in the designated FYE course work on a semester-long research assignment and participate in the FYE Showcase, which is a collaborative event between the PolyX and First Year Experience program, where students display their PolyX research projects on large posters and present to faculty, staff and other spectators.

Students from different majors come together in the FYE Showcase and collaborate on projects that solve real-world challenges relating to their academic field.

photos by TOM ZADZINSKI





"Despite the fact that they are being offered at different colleges, they have one common goal, which is having students have a successful transition at Cal Poly," said Preeti Wadhwa, the PolyX committee chair.

In the FYE Showcase, students prepare and exhibit research posters that sum up the work they have completed during the semester.

Participation in the showcase demonstrates that their work combines classroom learning with hands-on learning in a public setting.

"One of the things we do really well here is that we don't just learn from books," said Dora Lee, an FYE committee chair member. "We take what we learn from books and apply it to everyday scenarios and experiences." ♥



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WOMEN IGNITE IN FORMULA SAE

Paving wave in male-dominated industry

by A. GABRIELA GARCIA

As she entered Building 9, Faith Forcucci-Morris spotted a display area next to a piano that stopped her in her tracks. There was a race car sitting in the middle of the engineering hallway with worn Hoosier tires, names of sponsors printed on all sides and precisely painted stripes in classic Cal Poly Pomona green along the body, glowing under the fluorescent lights.

The race car was built by students, every wire, bolt and screw carefully placed to create a near-perfect vehicle for competition. A sudden need for speed took over, sparking the ignition to try something new, something completely different from what she already knew. That was the moment Forcucci-Morris decided to join the CPP Formula Society of Automotive Engineers program in 2014.

Students in this program pour their time, heart and soul into building a formula-style race car, with a single seat, open wheel and open cockpit, from the ground up every year. But for Forcucci-Morris and other women on the team, their journey is not just about the countless hours they spend in the shop. It is about navigating the challenges of being in a male-dominated industry and finding a sense of community that extends beyond graduation.

CPP's FSAE program has brought together students of all majors who are passionate and united in their love for motorsports and the automotive industry since 1988. Each year the program teaches students the importance of hands-on learning, high stakes competition and intense collaboration. The program has multiple sectors that allow students to participate in several ways, including powertrain, aerodynamics, business and recruitment, electrical and vehicle dynamics.

In recent years, several women have broken through barriers in this program, despite joining a male dominated industry. Nationally, women make up roughly 24% of the automotive manufacturing workforce, and despite the uptick in women entering the automotive industry, they still never broke 28%, according to an executive briefing on trade from the U.S. International Trade Commission in September 2020.

For the women who have gone through this program, overcoming their struggles to break through were what gave them the confidence to step into the work force.

Forcucci-Morris, who grew up dancing her whole life, said stepping into a room full of male peers was difficult to navigate.

"I came from the dance world where you're lucky if there is one guy in your ballet class that can do lifts," Forcucci-Morris said.

Even though she grew up in that primarily female atmosphere, she never considered herself a "traditional female," who played with Barbie dolls and got the female role in a dance production. This led to her being drawn into engineering since she loved math and science.

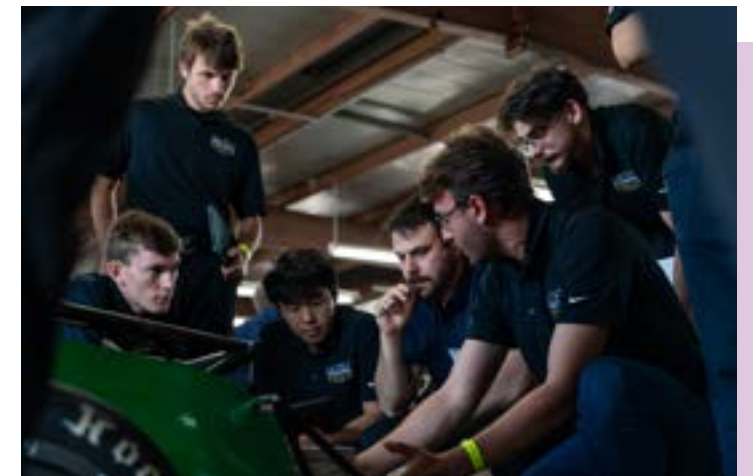
Her attitude toward the "traditional female" identity shifted when she realized she could do the same things dominated by males. This was only amplified when she joined the program.

"We're all just learning together. We're not that different." — Forcucci-Morris

"I was just seen as another one of the guys, a member of the team."

Although her skills were not always on the technical side, she had some knowledge of the trade. That gap was difficult to overcome, but she found comfort with the people in the program who were also at the same knowledge level.

Forcucci-Morris emphasized she was always encouraged to ask questions and actively learn more about the process, while also being recognized for having soft skills that are equally as



photos COURTESY CPP FSAE

valuable to the team as building the car.

Forcucci-Morris's confidence in her skills led to changes in efficiency and more productivity in team meetings that allowed for increased organization, which ultimately allowed the team to finish and test the car for two weeks before the competition. Her dedication to improving the team's dynamics and her

presentation of the team's cost report led to her getting voted as club president during her second year in the program.

This bled into her confidence to stand up for herself in the workplace after graduation. At her first internship, she faced increased misogyny from people who held authoritative positions, and it made her feel like there was nothing she could do to change the culture. After that

experience, she was determined to stand up for herself and other women, as well as encourage her male counterparts in these environments to do the same.

"I would constantly challenge the guys on the team and was very loud-mouthed when saying, 'That's not OK to say,'" Forcucci-Morris said.

For alumna Sarah Ramlaoui of the 2019 team and an older student, her struggles did not mirror those of her past and younger female peers. Since her decision to join the program came after she took time away from school and then returned as an engineering

major, she began her journey at CPP with more life experiences that allowed her to be the support system for her peers instead.

She often encouraged her younger female peers to step up.

"I just tried to be a sounding board," Ramlaoui said. "... Being there for each other is really the key."

Ramlaoui said the obstacles she faced in the program during design, reviews and manufacturing served as leverage during the transition into the workforce.

"You go into these companies understanding the big picture versus just a snippet," she said.

The design experience she gained through the FSAE program made her a standout candidate for future roles she applied to after graduation because she understood the entire process of building the component rather than just the design.

During her interview for an internship position, she was asked what the most challenging aspect of manufacturing her component for the car was, and she described struggling the most with the tolerance stack ups.

"They told me after I got the internship that they all looked at each other and said, 'Oh my God, she knows what tolerance stack ups are,'" Ramlaoui said.

For Megan Gibson, a member of the 2015 team, the passion for engineering and being in a shop environment started in her grandfather's woodshop. Tinkering with different items in there sparked a passion for those work environments. When she heard about the FSAE program, she stopped by the shop and saw everyone working on their components.

"It was exciting," Gibson said.

Gibson's experience with her male peers was not one she felt was any different from the limited female peers. She credited the program for being inclusive and encouraging collaboration through

understanding there was a common goal to be reached as a team.

"Everyone was very open to hearing different ideas, even if it was different from theirs," Gibson said.

The consensus among the alumni is the program fosters deep collaboration, profound relationships and active learning, making it a program that takes CPP's model of "become by doing" to the highest level.

The program has a rigorous application process for joining and progressing. Students begin with smaller projects, work up to the role of interns, where they shadow students who are already members, and then become a member after displaying their dedication to the program.

Montserrat Diaz, a marketing student, joined the program in fall 2025.

The program's social media platforms piqued her interest in the competition aspect of the team. After researching, she found the club has a business team that was perfect for her major.

"I would say (the process) is extensive enough to where everybody on the team is a serious member," Diaz said, "but not overwhelming."

Diaz and the alumni of the program agreed the hands-on teaching method and intense collaboration are the most important parts of the club.

They must follow strict guidelines and ensure the work gets done before deadlines, that way they can test the components before adding them to the car.

They also boasted about the relationships that form outside of the meetings as they have gone beyond classroom time and graduation.

"I kind of joke that it was like my fraternity," Forcucci-Morris said, "because it was male-dominated,



“There are so many things to learn, so it drew me in that way.”

– Megan Gibson



but it created a lot of great relationships and friendships. I married someone who was on the team."

Each member, past and present, emphasized the team was not just about building the car or science but about the importance of standing up for themselves as a female member, stepping out of their comfort zone and being willing to get shot down.

Building relationships with the people in the program is the only way to get anywhere past the meetings. The program is not just for engineering majors; it is for anyone looking for a way to build long-lasting friendships and fuel their passion whether they know anything about motorsports. ♥





photo courtesy of TASHIANA BRYANT

CULTURE AND COMMUNITY

INSIDE CPP's CULTURAL CENTERS

by ASHLY LOPEZ

On a large campus like Cal Poly Pomona, it's easy to feel like just another student rushing from lecture to lecture.

In a sea of students, staff and faculty, finding a sense of belonging can feel hard. Cultural centers on campus provide spaces where identity is supported, community is built and shared, and academic success is nurtured beyond the classroom setting.

Senior Coordinator of Student Success & Connections Derick Prince said cultural centers on campus are important to the campus community as they create a sense of belonging and support.

"At Cal Poly Pomona, our centers are grounded in the belief that when students feel seen, valued and supported, they are better positioned to thrive academically and personally," Prince said. "This commitment closely aligns with the CSU's Student Success Framework, which emphasizes experiential learning, holistic support and cultivating intentional environments where every student has the opportunity to succeed."

There are six cultural centers on campus that are part of the Centers for Transformation, Retention, Equity, and Empowerment. T.R.E.E. helps students build community and grow both in school and in their personal lives, Prince said.

Many of these centers are located in Building 95, near the Career Center and Campus Center Marketplace. Others are located at University Plaza in Building 26.

The Black Resource Center

The Black Resource Center has been around for more than 30 years. It was once known as the African American Student Center before being renamed the Black Resource Center in 2003.

According to CPP's centers for T.R.E.E website, The BRC is all about empowering

students, promoting respect and encouraging responsibility, while also helping everyone learn more about the history and culture of the Black Diaspora. At its core, the BRC creates a sense of community, especially those from historically underrepresented backgrounds.

The center includes a lounge, study areas and a library filled with books, films and media focused on Black experiences.

Stephanie Osayamwen, a business management student, said she attended a predominantly Hispanic high school where she often felt isolated and struggled to find people she could fully relate to. She was frequently in environments where Black students were scarce.

As a freshman at CPP, she wanted to change that experience and actively searched for a space where she did not have to change her identity to fit in. In that search for community, Osayamwen began spending time in the BRC lounge, where she felt seen, understood and welcomed. For the first time in a long while, she no longer felt the need to code-switch and instead felt free to be herself, Osayamwen said.

"(The BRC) helps me feel supported," Osayamwen Said. "Without the center I would be less social for sure, and a lot less willing to break out of my shell."

Osayamwen said she feels these spaces serve as sacred places for Black students to validate their lived experiences and develop positive racial identities without fear of judgment, all of which can directly impact student well-being and their ability to succeed academically.

For students like Osayamwen, there is power in community and in seeing other individuals who resemble your walk of life come together to succeed.

Additionally, if students are unsure of how to navigate their academic year, the BRC offers academic advising, leadership programs and networking opportunities. At the end of the academic year, Black Graduation also

celebrates graduates, Black history, identity, and cultural tradition.

While its mission centers on supporting Black students, the BRC's doors are open to all. It stands as an inclusive space where anyone, regardless of background, can come to learn, connect and engage with community and culture. **Stay updated on upcoming events by following the BRC on Instagram @cpp_brc.**

The Pride Center

The Pride Center supports students, faculty and staff on campus who are part of the LGBTQIA+ community. According to the Pride Center's mission statement, as outlined in the T.R.E.E Centers website, The Pride Center is open to all, no matter how you identify, and encourages people to learn, connect and feel comfortable being themselves.

According to the "Signature Events" section of the Pride Center website, events such as Pride Formal and Lavender Graduation recognize identities and achievements often overlooked in traditional campus spaces, while also creating a space where people can freely express themselves and celebrate together. In addition, the section highlights programs like Queer Chats provide a safe open discourse where students, faculty and staff can talk about LGBTQIA+ issues and concerns.

As outlined under the "Services and Initiatives" section of the Pride Center website, the center, in partnership with the Disability Resource Center and Womxn's Resource Center, advocates for gender-inclusive restrooms, ensuring all individuals have access to safe and comfortable facilities. In addition, the website highlights the center's goal is to create a campus where people respect each other and understand the importance of using someone's correct name and pronouns.

Students interested in the Pride Center can stay in the loop by signing up for its newsletter and following The Pride Center on Instagram @cpp.pridecenter.

César E. Chávez Center for Higher Education

According to the "Nuestra Historia" section of CPP's César E. Chávez Center for Higher Education website, CECCHÉ began through student activism where more than 100 students protested for representation and resources for Chicana and Latinx students on campus.

CECCHÉ's Mission statement, highlighted via the CECCHÉ website, states the center focuses its mission on outreach, retention and graduation of Latinx students while promoting cultural pride and leadership development.

The website also emphasizes that CECCHÉ helps students navigate college through academic support and resources, noting that places like CECCHÉ matter on a campus like CPP, where a large portion of the student population identifies as Latinx.

Programs such as Café con CECCHÉ host open dialogue events surrounding issues affecting students and their communities over café and pan dulce. Workshops like, "Know Your Rights" have also helped students unpack their worries, ask questions and become empowered during heightened times of immigration targeting and racial discrimination.

As outlined under the "Programs and Events" section of the website, events like Raza Graduation highlight something traditional ceremonies often miss: the importance of family, culture and collective achievement.

"Being part of Raza Graduation was a really big deal to me," said Ritchie Samayoa, a teaching credential student. "My dad and my son got to be part of my graduation ceremony and walk the stage, something regular commencement doesn't allow."

Samayoa said the experience was deeply emotional for him, noting that walking the stage alongside his father and son was a meaningful moment that honored his father's sacrifice in immigrating to the United States in search of a better life and greater opportunities for his family.

Spaces like CECCHÉ recognize student success isn't just academic; it's cultural, emotional and communal, and that kind of support is truly valuable.

¡No tengas miedo! Stay connected by following CECCHÉ on Instagram @cpp_cecche for the latest updates on center hours, events and programming.

The Asian & Pacific Islander Student Center

The Asian & Pacific Islander Student Center, through education and community engagement, uplifts and celebrates the rich diversity within the Asian and Pacific Islander diaspora on campus.

According to WBU Labs, there has been growing recognition of the unique challenges faced by Asian and Pacific Islander students

in higher education. Despite the "model minority" myth that suggests all AAPISC students achieve academic success, the website's research shows the importance of AAPISC cultural centers on campus, as they provide support, representation, and resources that address diverse student experiences and needs.

CPP's AAPISC Centers website highlights their mission statement, indicating the center promotes social justice, equity, and student success through education and community engagement, affirming and celebrating cultural identities within the Asian, Pacific Islander, and Desi diaspora.

Throughout the year, AAPISC hosts programming that reflects both cultural celebration and community-building. Events such as AAPIDA Heritage Month in April highlight the depth of Asian and Pacific Islander cultures and histories, while gatherings like Lunar New Year celebrations center joy, tradition and cultural continuity. AAPIDA Graduation recognizes students' academic achievements alongside their cultural identities and lived journeys through college.

According to AAPISC's Instagram, the center also focuses on everyday student support and care. Initiatives like wellness resource distribution and community discussions such as "Meet Our Village" allow students to come together, share experiences and build lasting connections.

To learn more, Check out AAPISC's Instagram @cppapisc.

The Womxn's Resource Center

Highlighted on CPP's Women's Resource Center website, The WXRC is centered around five key pillars: community, support, education, resources and identity development, creating a place where students can seek refuge when life and school start pulling in different directions.

Throughout the year, the center brings those values to life through programming like Womxn Wednesday Workshops, a monthly space where students talk through current issues and lived experiences through a gender-conscious lens. There's also the Womxn's Leadership Institute, a full-day on-campus event that focuses on leadership, mentorship and connection.

The website also highlights resources available for students navigating pregnancy, breastfeeding, childcare logistics, and identity shifts. The WXRC recognizes these experiences as part of the student academic journey.

Annaly Vera, a CPP alumna, said without the WXRC assistance, she could not have completed her undergrad as a first-time mom. She said the community and support made all the difference for her.

"My first year here as a transfer student, I

was also a first-time mom," Vera said. "It was a place where I didn't feel ostracized for being a college student and a mom."

Vera said she wasn't aware CPP had breastfeeding rooms, and support services specific to women and mothers. She noted she saw this by happenstance via a WXRC Instagram post.

For Vera, the WXRC feels like a correction to a system that often doesn't consider student parents in mind. It helps create a reality where students can pursue education without having to downplay womxnhood and motherhood.

All students are welcome to stop by the WRC and receive support, regardless of gender identity. **For updates on programs, events and resources, you can also follow its Instagram @cpp_wrc.**

photo by GUSTAVO CASTILLO



The Native American Resource Center

Under “Land Acknowledgements” on CPP’s Native American Student Resource Center website, the center highlights that CPP is located on Tongva land, which gives added meaning and responsibility to the Native American Resource Center.

At a university like CPP, the center serves as both a reminder of the land’s original caretakers and a commitment to honoring that history. The website’s “Land Acknowledgements” section further emphasizes efforts to ensure Indigenous identity is not erased but is actively acknowledged and respected.

According to the website’s mission statement, the center offers practical and academic support, like mentorship, outreach, advising and scholarship connections, which directly help with enrollment, retention and graduation. But just as important, it provides a home for students where they can connect with their native communities and traditions.

The center also benefits the wider campus community by offering education about Indigenous cultures, histories and contemporary issues. Highlighted under the websites “Programs and Events”, Events like the Native American Graduation Celebration reinforce the importance of honoring student achievement in cultural meaningful ways.

Follow its Instagram @cpp_nasc to stay updated on events, programs and the ongoing work of building Indigenous community and visibility across campus.♥

“Our centers are grounded in the belief that when students feel seen, valued and supported, they are better positioned to thrive academically and personally.”

- Derick Prince



photo by AADI MEHTA



photo by GUSTAVO CASTILLO



photo by CYNTHIA HARO



Technology Resources for Students

Find the technology resources you need to succeed at Cal Poly Pomona, from Canvas and Microsoft 365 to campus Wi-Fi, academic software, cybersecurity tips, and AI tools. All in one place.



cpp.edu/it/students



BLACK PROFESSORS SHAPE MINDS AND SHIFT CULTURE

by KHALIL REED

Between classes at Cal Poly Pomona, crowds of people fill walkways and hallways across campus. Among them, Black faculty represent only a few. This lack of diversity becomes even more visible in classrooms, where Black faculty and staff continue to represent a small percentage of the community on campus.

According to university data, Black faculty make up only 4% of CPP's staff population. Black students only make up 3%. For faculty, this lack of representation is not new.

"I'm really disappointed that the percentage of Black students on campus in my 33 years here has not changed. That's an area where we need to do better at Cal Poly, in recruiting and retaining Black students."

- Lori Barker, psychology professor

Lori Barker has worked at CPP for more than 30 years and said her overall experience has been positive. She additionally praised the university's mission statement of diversity and inclusion, along with the presence of other Black faculty when she first arrived, which helped her feel supported early in her career.

When Barker joined CPP, she claimed seeing other Black women working on campus made a significant difference in her experience.

"I saw another Black woman that was here, and I was like 'Yay, I've got support,'" Barker said. "Having people here already and knowing that I wasn't the only one also made life easier for me." Still, Barker added that support and inclusion have not always been a consistent feature of the institution. Following the murder of George Floyd in 2020, Barker said she was disappointed by the administration's limited response to the concerns of Black students.

"Black students were feeling very unseen, unheard and unsupported in dealing with all of that," Barker said. "We also had some incidents a few years ago where campus police were having negative interactions with some of the Black students on campus, and again, I'm very disappointed with how the administration failed to step up and support."

Although she acknowledged existing campus resources, such as the Black Resource Center, Pan-African graduation and the Black Faculty and Staff Association, Barker stated CPP has a lot to work on in terms of representation.



LORI BARKER

This concern was furthermore echoed by Ocena Corbin, a department coordinator in the psychology department who has worked at CPP since 2020. Within her role, Corbin assists with faculty hiring, course scheduling, budgeting, orientation planning and issues permission numbers for course enrollment.

She said she enjoys working at CPP and values the support she has received from fellow Black faculty and staff, but she said she wishes that was more outreach to Black communities beyond the immediate campus area.

"I wish that the advisors would go out to the Black neighborhoods and talk to some of the students."

- Ocena Corbin, department coordinator



OCENA CORBIN

photos by CONNOR HAMPTON

For some faculty, the challenge of being one of very few Black professors within a department also shapes their daily experience.

"We still have faculty who don't understand what racist pedagogy is and why it's necessary. I feel there needs to be more action in terms of Black student recruitment and retention."

- Michelle DeJohnette, assistant professor

That desire is furthermore reflected through personal experiences on campus. Specifically, during a student orientation, a parent approached Michelle DeJohnette, the only Black person in the room, to challenge a social justice presentation that was not even hers, and the encounter ended with her filing a formal report.

To add, a student in DeJohnette's Afro Futurism Initiative discovered a Martin Luther King Jr. plaque outside her office, buried under leaves and flush against the ground. The student made it her project to have it raised onto a pedestal, but experiences like this fuel what DeJohnette describes as the "erasure of blackness" on campus.

MICHELLE DEJOHNETTE



Michael Kachingwe, an adjunct theater lecturer, said he never had a Black teacher or professor throughout his education.

"The only first one I saw in a classroom was myself," he said, recalling his early teaching days at the University of Kentucky.

Growing up in Illinois and Iowa, he said most of his instructors were white, and that shaped what he initially understood authority in education to look like.

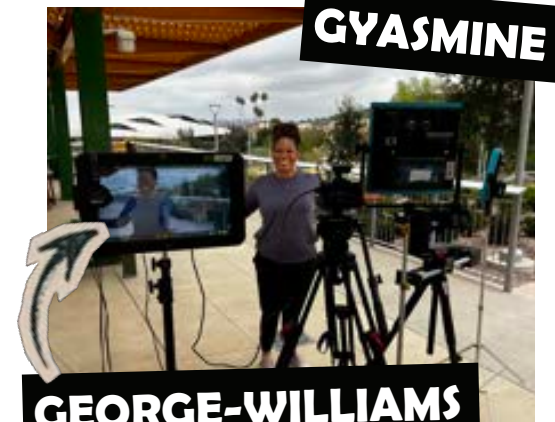
He also described the complexity of teaching students who may not fully engage with his lessons because of his identity and how that shapes students' expectations and perceptions of him.

"When I have Black students and they try to coast, I wonder, 'Would you coast class with someone else?' 'Would you take it less seriously if it was someone else?' And that's the hardest thing."

- Michael Kachingwe, theater lecturer

Kachingwe emphasized that he tries to remain authentic in how he shows up as an educator and wants students to understand the importance of showing up fully in their own lives.

GYASMINE



GEORGE-WILLIAMS

Gyasmine George-Williams, assistant professor of race, sports, and social justice, said she is one of only two Black professors in the College of Science. She described her department as supportive of her work in social justice kinesiology but said the process of getting her course on race and resistance in sports approved was more difficult than it needed to be.

"I fought for it. I took the necessary measures and filed the necessary things. I'm here to say that activism works. Challenging systems work."

- Gyasmine George-Williams, assistant professor

She also highlighted the importance of visibility for students navigating campus life and resolved that students cannot become what they do not see.

To help address the issue, George-Williams created Black Faculty Forward, a mentoring initiative separate from CPP that helps students identify and connect with Black faculty mentors. Despite differences in their experiences, each faculty member emphasized the same point, visibility.

Without representation, it becomes harder for students to imagine themselves in important roles, making the presence of Black faculty not just meaningful, but necessary, George-Williams said. ♥



MICHAEL KACHINGWE

PIMP YOUR RIDE

Try out these different modes of transportation around campus

by ROBIN STEINRUCK

photo by MATTHEW BECERRA

CPP saw 20 motor vehicle thefts in 2023 and 39 in 2024, according to CPP's 2024 crime report. This rise came after CPP started counting e-scooters and other motorized devices, such as bikes and skateboards, under the motor vehicle category for motor vehicle thefts for the first time in 2023.

From dawn to dusk, the campus hums with activity as college students whizz past each other holding iced coffees on electric scooters, skateboards and the intermittent one-wheel.

With classes half a mile apart and California's unpredictable weather, it is becoming increasingly popular for students to use some kind of transportation on campus at Cal Poly Pomona. Some of them are small and portable, while others are heavy and need to be locked outside.

Budget wise, skateboards can be as cheap as \$20, but other vehicles breach a few thousand dollars. Let us scoot on over and get an insider

look on the realities of commuting between classes:

“I keep that thang on me.”

— Brian Tran

Skateboards

Azul Del Pino, like many other skateboarders at CPP, grew up in the scene.

“I got my first board when I was a kid,” said Azul Del Pino, a first-year student. “It was a gift.”

Del Pino skates all throughout the day. For him, it isn't just a way to get between classes. Without a driver's license, Del Pino relies on his board to get around the town. “I don't skate for style,” he said. “I just do it.”

He has also found community through skateboarding both on and off campus. For him, they don't feel any different.

As Del Pino talked about his injuries, his gaze followed his buddy who just fell after trying to land a jump down some stairs. He gestured to several scars on his

elbows and other healing wounds.

“Falling is like a right of passage,” Del Pino said.

Del Pino doesn't wear a helmet because he said they look dumb. Safety isn't a concern for him when there's tricks to land.

One-Wheel

That weird futuristic hoverboard device students use to glide around on campus is called a One Wheel.

A specific brand called One Wheel makes them all and unless you find one second-hand, most users pay about \$3,000, according to Tran.

“I don't skate for style. I just do it.”
— Del Pino

Originating on Kickstarter in 2014, One Wheel exceeded its goal of \$100,000 by raising more than \$630,000. With One Wheel's growing popularity, there are certainly some perks that come with the price tag.

Tran said it saves a lot of time and energy. His personal favorite perk is “you don't go to class sweaty.” Plus, they are relatively portable, weighing about 20 pounds.

“I can take it wherever I go,” Tran said. “I keep that thang on me.”

Electric Scooter

The college-student-fan-favorite electric scooter can be found parked outside of every building.

Biotechnology student Allison Chin uses her electric scooter to get from her dorm off campus

to all of her classes in only 10 minutes.

“My dad got this for me,” Chin said. “He said it was like 35 bucks on AliExpress.”

The most strenuous part of using the scooter is having to take it into her classes since Chin worries about theft. CPP saw 20 thefts in 2023 and 39 accounts, in 2024, according to CPP's 2024 crime report.

“At the

stoplight across from the village, there was a guy in front of me,” Chin said. “He started braking right after he crossed the street on his bike. I didn't realize he was braking, and I saw him slow down and I was like ‘Shit I'm going too fast.’ I started squeezing my brakes, but I guess I squeezed them too fast and I tipped over.” Chin was not wearing a helmet but got away with only a few scrapes and bruises.

JAMA Network published research in 2019 by medical professionals detailing injury rates in electric scooter riders. Out of the 249 patients with injuries, only 4.4% of them were wearing a helmet and 40.2% resulted in head trauma.

Longboard

“I personally believe a lot of people that ride an electric skateboard don't know how to push on a regular skateboard,”

said engineering student Eaden Haresco.

Longboards are like the chill older sibling of the skateboard. They are easier to ride, quieter, smoother over bumps, and great for cruising. For Haresco, longboarding is his campus commuter, while trick skateboarding is a hobby during free time.

“Longboards are more stable, so it's easier to ride with heavier weight on your back and you're more stable going down hills,” Haresco said.

Haresco tries to keep his speed low, dragging his foot on the ground to both slow down and make enough noise to be heard by those around him. As a longboard user, he feels like it is safer than its electric counterparts since they don't go so fast and can be held easier.

Bike

The oldest mode of transportation on campus is the bicycle, but given the theft rate, students are more concerned about their bicycles or scooters being stolen.

“I used to ride a bike, and it got stolen, and so, I never wanted to leave my vehicle unattended again,” said Brian Tran, a marketing student.

However, there is a system on campus where owners can register bikes with the campus police. Registering not only makes it difficult for thieves to sell bikes; it also helps the police find and return the missing vehicle much faster.

Another advantage of registering is being able to prove ownership, which allows students to call for assistance if they lost a lock key or forgot the combination.

Keep in mind the campus will impound any vehicle parked or locked in unauthorized areas such as hallways, lobbies or stairwells. ♥

photo by MATTHEW BECERRA

Asher “Shaka” Webb was granted the last section in the CPP Skate Club's “Club Tapes 3” video, which is typically the most important part of the video, according to Shaka.

CHECK THIS OUT!

What federal, university cuts mean for libraries near you

by LINDSEY LAM

For English and literary studies student Erick Durango, libraries are more than just a place to check out books. The Santa Monica Public Library was shelter during the rain as he waited to get picked up in middle school, a volunteering venture where he could help connect people to free resources during high school and an employment opportunity during his time at Cal Poly Pomona. Yet, as federal funding for public libraries declines, resources and opportunities found

in those spaces are pulled back, too, impacting patrons like Durango as to where they will be able to help and find their community.

So, What's Going on With Libraries?

A 2025 executive order reduced the Institute of Museum and Library Services, leading the Department of Government Efficiency to cut existing grants, according to the Associated Press. As a result, libraries across the nation have been affected. In Maine, the state closed its state library and laid off a fifth of the workers after not receiving the rest of the expected funding in 2025.

In Mississippi, the libraries have stopped offering e-book services.

In California, the federal government alerted the state library that \$3 million of its grant had been pulled back, leaving the state with \$12 million. In the Golden State, libraries use its fundings for summer youth reading campaigns, community gardens, telehealth privacy

Pods, databases for lawmakers and programs for young adults to achieve their high school diploma through local libraries, according to the California State Library. With federal funding pulled back, these resources will be impacted, too.

While Durango worked at the Santa Monica Library, he recalled families and people of all backgrounds coming in to utilize the library. He helped a patron apply for a job, guided another through the process of looking for an apartment to rent and entertained young children during story time.

Durango personally listens to e-books and audiobooks provided by his library, usually on his commute or during his free time. He recommends registering for a library card to get access to computers, free Wi-Fi, study rooms, discounted museum passes, language learning classes and more.

"Everything is at a price these days, so just knowing that everything at the library is free, adds that layer of accessibility," Durango said.

What About CPP's Library?

CPP's University Library isn't just a study spot; it also has resources for students besides books and study rooms. It houses the Learning Resource Center, CPP's Special Collections and Archives, Reflection Room, 24/7 Computer Lab, The Maker Studio, Bronco Family Space and more. The University Library is open every day except Saturday, after the 2024 university budget cuts limited the operating hours.

Durango spends most of his free time on campus at the library, as it is considered a third space, meaning a social space for people to find community outside of their homes and work. For students like Durango, third spaces on campus are crucial for students to meet peers, hold community events and utilize resources.

"Third spaces are kind of dwindling; it's all just homes and businesses," Durango said. "It's hard to find places where you could connect with like people within your group, as well as other folks in general. So, I really like the library. It brings a certain energy for me personally."

Computer science student Tanya Patel also frequents the University Library, visiting almost every other day, locking down for hours to code and to do other class assignments. For Patel, working in

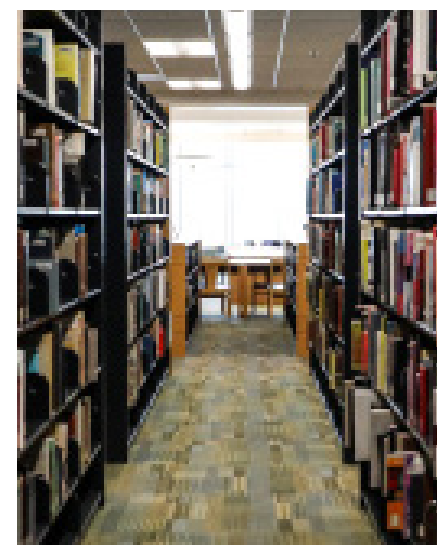


PHOTO BY MEGAN SANDERS

The University Library is a quiet place for students to study with six floors of tables, cubbies and study rooms.

a space that isn't her room helps her focus, stay on-track and get motivated.

"I like to work on the collaborative floors because of the background noise," Patel said, "But it's also nice that there are floors that are 100% quiet. It's good for everyone."

Yet, the hours cut from the university limits Patel's opportunities to work in a public space. Her usual homework days are on Saturday, so the cuts in hours interrupt her workflow. She now relocates to the Bronco Student Center, the residential halls' study rooms or sometimes off-campus cafes to get work done.

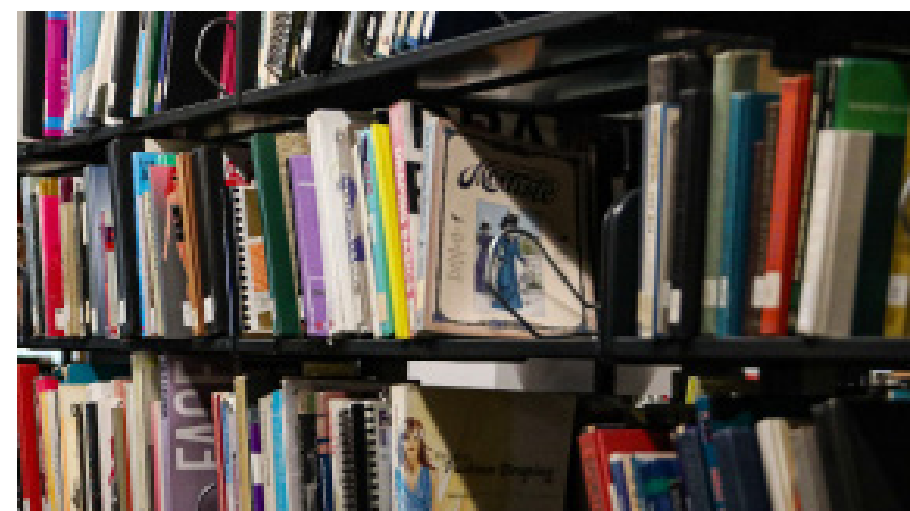


PHOTO BY MEGAN SANDERS

The Cal Poly Pomona University Library holds thousands of books, including special collections of rare and archival literature for research and documentation.

Patel doesn't only use the University Library for studying; she also utilizes the Maker Studio located on the second floor for her classes and projects.

In the past, she used the library's printers, study rooms and 24/7 Computer Lab. The 24/7 Computer Lab is a workspace with computers for studying when the library is closed. Students must swipe their Bronco ID to gain access to the room.

"The Maker Studio was really cool when I worked there for my class," Patel said. "The workers were really helpful and guided me through everything. They also help students fix their laptops, 3D-print items and even mend things for you."

The University Library also has a club that facilitates even more support for libraries and bonds

formed within a library: the CPP Library Club. The club aims to restore the love for libraries and reading. The club promotes reading with monthly book discussions, events supported by the University Library and other activities surrounding books and literature.

Civil engineering student Micaela Garcia is also an avid patron of libraries, reading competitively at a young age to win prizes and falling in love with worldbuilding and characters within books. She frequents the Hacienda Heights Public Library and browses books in her free time.

"I love the process of going through the library and all the content that they have," Garcia said. "And it's organized so well. It's also therapeutic."

Now co-president of the Library Club, Garcia joined the club during her freshman year at CPP to get a break from her engineering classes. Combining her love for crafts and reading, the club provided her with a community of like-minded people to befriend during her first year. As the club operates, it attempts to revive the love of reading. ❤️

Side Hustles

How to get a second income & land the job

by A. GABRIELA GARCIA

The screeching of espresso machines, splattering of coffee and clamor of students ordering took up every moment Bryan Juarez was not already using for studying. Juarez was working time-consuming and fast-paced shifts at Starbucks on campus, he said he felt like he was losing his grip on his creativity, and student life began to hold tighter. Juarez's creativity was losing grip as the nine to five, and student life began to hold tighter. Something was going to have to be cut, and it had to be the consistent flow of money.



photo courtesy of BRYAN JUAREZ
Two Cal Poly Pomona class of 2025 graduates got their graduation photos taken in May 2025.

Juarez is one of many students, including Dana Minawi and Crystal Duran, who have turned their personal hobbies into side hustles. They have built their small businesses from the ground up between labs, presentations and lectures to help fuel their creativity without losing sight of their educational goals.

Juarez is a mechanical engineering student who began taking portraits, headshots and event photography after his brother's investment in a



photo courtesy of BRYAN JUAREZ
A group of dancers from Play Hard Studios located in San Diego got their group headshots taken in October 2025.



photo courtesy of BRYAN JUAREZ
This photo was taken at the Cal Poly Pomona Fashion Society Fashion Show 2025.

professional camera influenced him.

"The Society of Human Engineers reached out to me to take photos for one of their events," Juarez said. "That's what really got me to take it more seriously."

That opportunity gave Juarez a chance to test his skills and determine what he could accomplish with photography, and since then he has improved his abilities. It also encouraged him to leave his part-time job at Starbucks to help him focus on his creativity and schoolwork.

Minawi, a biology student, began her journey with her small business crocheting, but it evolved into providing henna services for students on campus, events and private bookings. Her love for henna began early on in her childhood. Doing it now feels like a homage to her culture and takes her back home to Jordan whenever she does it.

"I was really young at the time, but I remember seeing people doing henna," Minawi said. "So, whenever I saw that, I wanted to learn how to do it. My parents encouraged it and got me my first henna cone."

She would practice on her friends and family to help improve her skills. Her continued improvement helped her gain confidence to begin charging her services.



photo courtesy of DANA MINAWI
From delicate patterns to fuller palm arrangements, the flow of these designs reflect the versatility of henna, carrying different expressions between minimal, traditional and modern styles, as they reflect the individuality of the wearer, according to artist Dana Minawi.



photo courtesy of DANA MINAWI
In this piece, the floral pieces meet detailed traditional sleeve work in one composition. The open areas create balance and contrast while the layered patterns showcase precision and patience. The artwork reflects how henna can move between modern and cultural beauty, according to artist Dana Minawi.

Duran, a mechanical engineering student, creates handmade polymer clay jewelry including beaded accessories and rings. She began this journey in 2020 after her sister-in-law encouraged her to try finding a way to pass time during lockdown.

She uses this business as an outlet from her mechanical engineering studies and her part-time job at the Rose Bowl, where she struggles to find creative freedom. This business has created a community for her to feel supported even when she has to take time away from it to focus on her courses.

"I did my last market at the beginning of October," Duran said. "After that, midterms just started kicking in and I told myself, 'I have to put this to the side so I can just lock in on my midterms.'"



photo courtesy of CRYSTAL DURAN
This handmade piece is titled "Spring Fairy Doors" and was inspired by the magic of nature and the beauty of the unknown, according to the artist Crystal Duran.



photo courtesy of CRYSTAL DURAN
"This handmade piece is titled "Monarcas." It is the artist, Crystal Duran's, way of paying homage to her family's roots in Mexico. The monarch butterfly represents the beauty of life and the grace in life after death.



photo courtesy of CRYSTAL DURAN
This handmade piece is titled "Monstra Leaves." These faux jade earrings are inspired by the colors of summer, according to artist Crystal Duran.

Each of these students started a side hustle or small business to escape from their classes and fuel their creativity. But they emphasized the need for time management skills, breaks and building community.

"Prioritize your studies first," Duran said. "That is the bigger investment."

She encouraged taking a few hours of free time to and investing it into a passion or hobby. Small progress is still progress, and being surrounded by an encouraging community is essential to success.

"This is something everyone should consider doing, even if it is for a little bit," Minawi said. "It doesn't have to be for their whole life."

She encouraged students who are looking into starting a business to ask questions and build community with other small business owners.

"You shouldn't try to figure it all out on your own," Minawi said.

Juarez encouraged balance. Finding that sweet spot where students can split their focus into both their studies and their small business is essential, but it is also important when to prioritize one over the other.

"I feel like the most important thing when it comes to school is finding a balance between your personal life, your school and your source of income," Juarez said.

Students are always busy, but finding a way to still prioritize their passions is necessary for creating a well-rounded school, work and life balance. Sometimes that means quitting that 9 to 5 and picking up the camera, henna cone or clay to fuel your creativity and fill the gaps in your pocket. ♥

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NEEDS FOR YOUR COLLEGE CLOSET

by LORELIE IBARRA

Cal Poly Pomona's campus wakes up in a rush as students walk to their morning classes. Half-awake students clutch their coffee and stroll by in leggings and hoodies, while others in perfectly curated outfits try to dodge the students zooming to class on their electric scooters wearing the pajamas they slept in the night before.

When the thrill of move-in day settles and the reality of 8 a.m. lectures and late-night study sessions set in, college students quickly realize picking out an outfit should not be the hardest part of their day. With limited dorm room closet space and an even more limited budget, finding the ideal clothing pieces that suit you can make getting dressed a whole lot easier.

Must-Have Clothing Items

Comfort remains the priority in a typical CPP closet, which is why clothing items like hoodies, leggings and sweatpants are overwhelmingly popular among students.

Students often reach for hoodies first thing in the morning before heading out the door. Layering is essential, especially with the chilly mornings and warm afternoons that define Pomona weather.

"I like my Cal Poly Pomona sweatshirt. It's really soft, and I can just slip it on whenever I go outside, and I don't think I could survive without it because it's just really comfortable."

-Breann Guzman, a sociology student.



CPP sweatshirts and hoodies not only keep students warm but also allow them to show off their Bronco pride.

Hoodies are worn to class, to dining hall dinners and even during long study sessions. They provide warmth in cold classrooms and cozy comfort through long study sessions.

Whether students are running to class, sitting through 2-hour lectures or trying to squeeze in a quick workout between classes, versatile bottoms are also considered a staple.

"You'll always catch me in leggings," said Lyzette Aldana, a nutrition and health student.

Leggings and sweatpants provide comfort during a busy day of classes but also provide flexibility for students on the go.

Casual loungewear can double as suitable outfits for trips to the BRIC, running quick errands or a casual hangout with friends.

Comfortable shoes are also considered an essential wardrobe basic in a CPP student's closet.

With the many hills on campus, shoes that are fashionable, comfortable and versatile are an everyday favorite. Running shoes, sneakers and slip-ons are favored because they allow students to walk long distances, climb stairs and still look presentable.

"I can't live without my Converse," said Betsabel Naranjo, an animal science student.

For students balancing busy schedules and unpredictable weather, these everyday basics are the backbone of student wardrobes. They are reliable pieces that make the school year and campus life manageable.



Go-To Going Out Outfits

While comfort is prioritized during the school day, CPP students trade their relaxed attire for more formal and casual clothing during campus events and weekend functions.

From dinner with friends to club events or concerts on campus, students opt for pieces that effortlessly dress up their everyday style.

"I have a fake leather jacket that I bought from TikTok Shop, and I wear that whenever I want to go out and look nice," Guzman said.

A jacket is essential for late night outings with friends, especially when the weather starts to get colder. Throwing on a denim, leather or bomber jacket over a simple outfit can instantly upgrade your look.



Jeans and pants also play a key role in nighttime fashion. Many students can rely on a few pairs that can be restyled throughout the school year.

"I wear pants always," said Nathaniel Cox, a mechanical engineering student. **"These pants are interchangeable, and I've got three pairs, and they are different colors. I really like that."**

Classic blue jeans are timeless and current popular styles, including wide leg and straight leg, that give students several options for creating multiple outfits.

Swapping a T-shirt for a blouse or button-down shirt can also instantly upgrade a look while sticking to a budget.

Where Students Shop On A Budget

Building a fashionable and practical wardrobe does not mean breaking the bank. For following trends while staying on a budget, some students turn to thrift stores.

"I just added this to my collection," Cox said, while pointing to the green CPP baseball sweatshirt he was wearing. **"I got this at a thrift shop for \$8."**

Thriftig makes every shopping experience unique and offers shoppers access to premium pieces at lower prices.

Retail and department stores also offer affordable basics, workout gear and formal clothing options for college students. A one-stop shop is an attractive option for students who need everything ranging from business attire for internships to cozy loungewear for relaxing after a long day of classes.

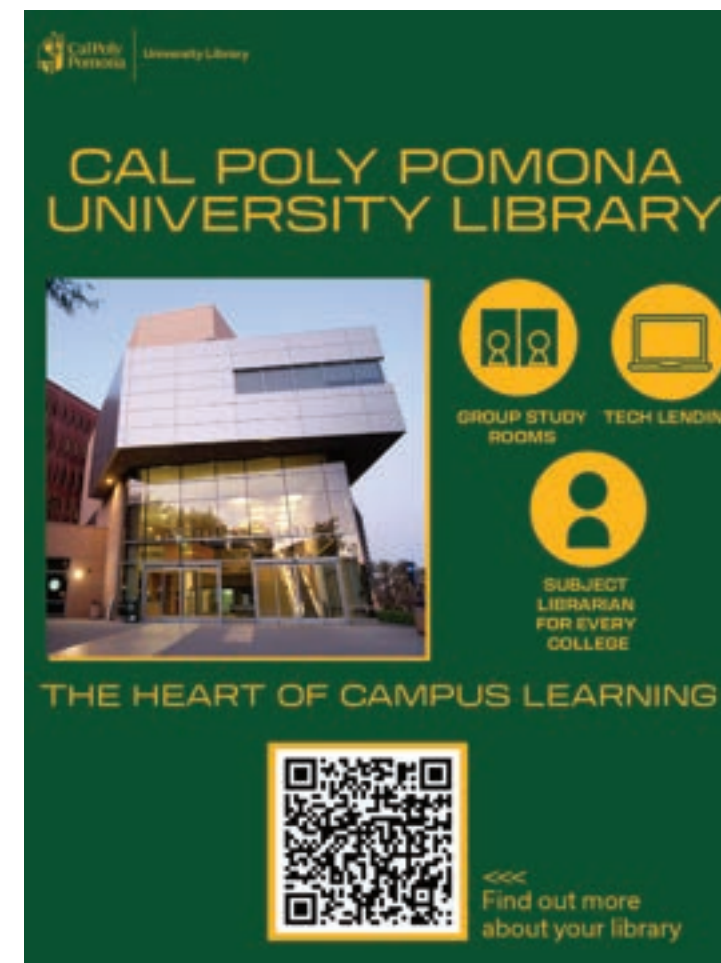
With constant rotating inventory, finding name-brand items at a discount can be easy.

"I really like Ross," Guzman said. **"They have a lot of variety."**

Online shopping is convenient, especially for students who are juggling classes, club activities and work. TikTok Shop, for example, gives students the advantage to buy products directly from promotional videos and livestreams.

Secondhand clothing apps, like **Depop**, **Poshmark** and **ThredUp**, also offer deals for students trying to stretch their budget.

Online retailers provide a variety of clothes, which helps students find unique pieces that suit their personal style. ❤️



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UNPACKING ESSENTIALS

by A. GABRIELA GARCIA

Backpacks hit against the floors, tables and chairs across campus every day at Cal Poly Pomona, spilling out small everyday essentials that support student life. From sketch books to hand sanitizers, the items students carry with them are essential to their success on campus.

Each bag, pencil and loose-leaf piece of paper has a purpose specific to a student's life, whether it involves their major, personality or habits. While each student has their own daily essentials, the consensus is everyone needs to carry a pencil, water and headphones.

Let's dig through the bags of three students to see what they rely on to make it through classes, commutes and everything in between:

JOEL AJIN-RIVERA

Public relations and vocal performance student Joel Ajin-Rivera's bubbly personality is reflected in the items he carries on campus. His preferred bag is a Coach Sullivan Portfolio Brief in pebble leather black because this bag is comfortable and large enough for all his essentials.

Specific to his vocal performance classes, Ajin-Rivera carries his choir folder that contains his sheet music he needs to perform every Monday and Wednesday for concert choir. "Each item is very specific and useful for each of the classes that I have," Ajin-Rivera said.

Out of each item in his bag he recommends to always carry a pencil and a water bottle.

"Especially with how campus is shaped, a water bottle is very necessary, but it also depends a lot on the weather," Ajin-Rivera said.

Choir Folder



Gum



Hand Cream

Apple MacBook



Wallet

Cosmetic Case



IRIS ROMERO

Finance, real estate and law student Iris Romero's dedication and commitment to her studies are seen through the items she carries with her on campus. Her classic black double pocket backpack suits her needs and provides comfortability during her daily routine.

As a finance real estate and law student, Romero values analog study tools. Her approach means utilizing her pencils, highlighters and notebook heavily in all her classes.

"It is a lot of math and prefer to do all my work on paper," Romero said. "My entire notebook is filled with all the work I have done in all the semesters I have been here."

Although she prefers analog style studying, Romero values her MacBook. This item has stuck by her since high school, personalized with her sticker collection that features CPP related stickers, Garfield the Cat and Dutch Bros. She plans to use it for the entirety of her educational career.

"It holds all my work," Romero said.

From all her items, Romero encourages always carrying a pencil and hand sanitizer. It is important to stay safe from germs and to not be the person asking everyone if they have an extra pencil to borrow.

“

It's basically my whole life.” – Iris Romero

ZOSIA GRUSZKA

For landscape architecture student Zosia Gruszka, letting her creativity flow into her projects and assignments requires carrying around plenty of pencils and paper. She achieves this with her trusty turquoise leather shoulder bag that carries her everyday essentials for treading through campus to design intricate sketches of outdoor spaces.

As a landscape architecture student, Gruszka is learning how to plan, design and manage outdoor spaces, all while balancing the needs of humans and the environment. To do this she needs a variety of supplies.

"I need my pencil case; I need it," Gruszka said. "It has pencils, pens, a glue stick, erasers and a sharpener. I also carry my architecture scale for when I have to do drawings, so I know what size everything is."

Gruszka's sketchbook is also crucial to her major as she must constantly sketch plans and take notes. Having all these items with her allows her to be successful during lectures and labs.

Each of her items serves a purpose, but her most essential item is one she carries two packs with her everywhere. Her Trident Mint Bliss gum packs. Nothing is worse than finishing your lunch at Centerpointe and smelling like a cheeseburger and not having a piece of gum to remedy it, she said.

From a piece of sheet music to the tangled wired headphones stuck in the spirals of a beaten-up notebook, students are not only prepared for their courses, but they are also actively prepared for their life between lectures, labs and presentations. ♥

College Ruled Notebook



Pencil Case



Pencil



Airpods



Lip Liner



5 SNEAKY WAYS TO SHOW OFF YOUR STYLE

story and photos by MATTHEW BECERRA

For Hector Mackey, a Cal Poly Pomona assistant professor of kinesiology and health, walking around in his favorite pair of shoes feels like a walk through his past because they represent influences from the United Kingdom, such as famous footballers and bands like Blur.

Shoes can be a reminder what we wear isn't always about what is trending. It can be about personal style and identity. On a college campus like CPP, those stories show up everywhere, especially in the sneakers people wear every day.

Jordan 1 Lost & Found

For hospital-ity management student Angel Barcello, the Jordan 1 Lost & Found is a vivid blend of basketball heritage and street-wear appeal. The red-and-white tumble leather pays homage to the shoe's NBA origins with strict rules dictating how much color can be in a shoe. They represent a piece of sneaker history that warranted its own movie.

Though usually stiff and flat, Barcello added his own insoles to make them wearable for daily campus life.

"They weren't super comfortable at first, but they're breaking in now," Barcello said. Barcello's collection of shoes leans toward classic blacks and whites, but these stand out as his most colorful pair.

The weathered and cracked leather details give the sneakers a sense of nostalgia inherent in retro releases with these being modeled after Jordan's first signature color way. Barcello described the shoes as a way he can express his personal interest in the NBA with his style.

Clark Wallabees

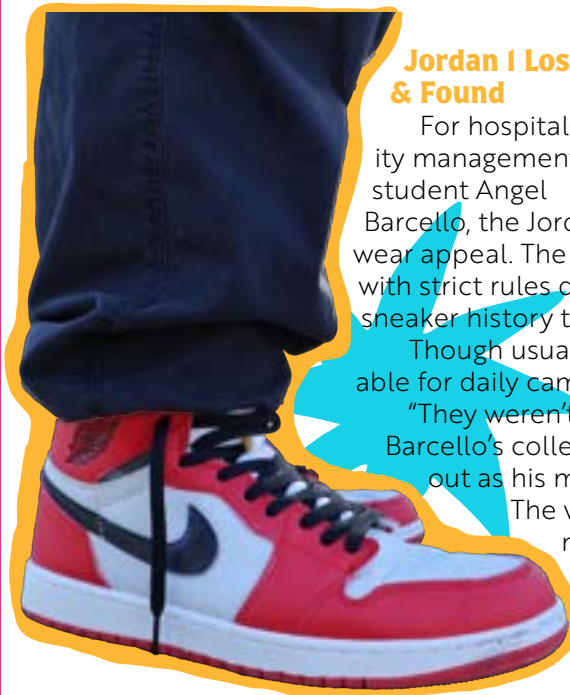
Mackey brings a different perspective to sneakers with the Clarks Wallabees, a shoe deeply tied to UK culture. From alternative rock band The Who to reggae bands to David Beckham, the Wallabees have threaded through decades of British style, and Mackey embraces this lineage.

"They're fresh, they're comfortable, and culturally, they're a big part of the music scene that I'm into," Mackey said.

Mackey also pointed out the revival of the shoe, noting Oasis on tour wearing them, as well as other newer brands creating their own versions of the Wallabees.

The low-profile suede and leather design makes the Wallabees versatile, equally suitable for a show or teaching a class in business casual.

For him, the Wallabees have become more than footwear; they've become a piece of his hometown culture he can take with him wherever he goes.



Vans Super Lowpro

Liberal studies student Karla De Los Rios wears the Vans Super Low Pro every day because it's a shoe that echoes the classic slim silhouette of shoes in the past.

According to De Los Rios, these shoes are versatile in a way that is a perfect fit her non-stop lifestyle.

"I use them for the gym sometimes, too," she said, highlighting their practicality alongside their style.

The Vans were a perfect alternative for her as she wanted sneakers from other brands with similar silhouettes and materials. However, she wasn't willing to pay the steep prices other brands ask for. De Los Rios said they provide the subtle flair of a designer shoe without the barrier of exclusivity.

Vans originally released the shoe under its premium line OTW as a retro style release with two colors before making them at a lower price point and placing them at full price stores and outlets.

Maison Miharas

Computer engineering student Alejandro Alba wears Maison Mihara Yasuhiro, a Japanese designer's twist on the classic Converse Chuck Taylor silhouette.

Baggy pants and large oversized proportions define his personal style, and the exaggerated shape of the shoes fits right in.

"I just like bigger shoes," Alba said.

He likes that they allow him to blend functionality and style with ease.

Though Alba said the shoe wasn't super comfortable because of the thin heel that offers minimal support, the visual impact outweighs any shortcomings for him.

These sneakers show his taste for bold statement pieces. He likes his sneakers to be the loudest part of his outfit with a collection of 50-plus shoes featuring different collabs, brands and eras of trends. However, the Miharas are a clear stylistic choice to lean into the avant-garde aesthetic of Japanese streetwear and blend it with his personal style, Alba said.

Nike SB Futura

Psychology student Gerardo Valdez has a taste for eccentric sneaker design, and his SB Futura collaboration shoes reflect that perfectly with a color scheme that shifts from teal to deep blue in a tie dye way, laces that change colors and other design features like alternative fonts for the Nike SB and Futura logos.

"I just really like the design, something unique that pops out." — Gerardo Valdez

Though Valdez isn't actively skateboarding anymore, these SBs still resonate with his past in skateboarding.

Comfortable and supportive because of the SB design that gives the shoe a padded tongue and heel as well as softer insoles to absorb impact, Valdez believes the shoe holds its own both visually and practically. ♥



10,000

steps a day

And how to walk them around campus

by LINDSEY LAM

Trends on TikTok come and go, from the whipped coffee in 2020 to the clean girl aesthetic in 2021. Yet, there has been a longer trend for the last three years: walking 10,000 steps a day.

While cardio is an essential part of our workout and daily routine, the number is daunting for the average person, let alone the common student taking 15 credits and working a part-time job.

Contrary to popular belief, the goal of walking 10,000 steps a day did not originate from TikTok. The origins of the number can be traced

back to the 1960s in Japan, when Japanese company Yamasa Clock released a device called "manpo-kei," which translates to "10,000 steps meter."

While there is no scientific proof exactly 10,000 steps should be an activity goal, the concept spread around the globe as a successful marketing technique, and the goal was established for decades to come. Professor of kinesiology and physical trainer Jose Rocha-Rangel witnesses the step goal trend in his Health and Well-Being class, where students must alter, change

or improve one behavior within themselves. Many students choose to change their physical activity and often implement a goal of walking 10,000 steps each day. However, Rocha-Rangel advises otherwise.

"If you actually look at the literature, you don't need 10,000 steps," Rocha-Rangel said. "But the literature mostly says that anywhere between 4,500 or 7,500

steps is good enough."

Rocha-Rangel stresses any type of physical activity is better than none, so while 10,000 steps might be a great goal for someone who doesn't work out at all, it might be unreasonable for someone who already does cardio but doesn't hit 10,000 steps.

More importantly, Rocha-Rangel emphasized step count is not the best way to measure physical activity on walks. Length, duration and intensity all surpass the importance of step count and are immeasurable with the latter variable. Overall, the College of

without being worn out, like longer high intensity walks.

Other examples of endurance training are swimming, hiking, cycling, dancing and rowing. Rocha-Rangel also recommended weight training to prevent muscle loss and increase bone strength.

"But the benefits that you can get from lifting weights and being more physically active," Rocha-Rangel said. "It will clear your mind. It has shown to be a way to manage stress."

So, while the 10,000-step goal may not be as illustrated, walking is still a very valid form of physical activity.

For accounting student Robin Yeh, walking 10,000 steps a day isn't just a trend; it's a habit that's been part of her life for the last seven years. After quitting competitive swimming at the beginning of her freshman year of high school, Yeh resorted to daily walks to stay active and clear her mind.

"It's the most accessible way of exercising for me," Yeh said. "And it felt so easy to just walk around my neighborhood after

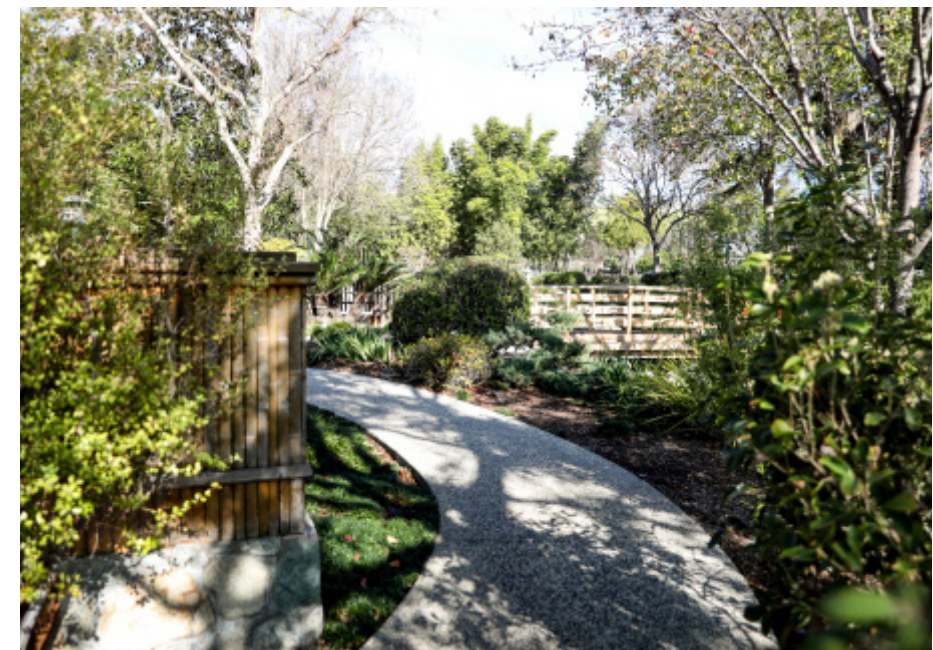


Photo by MEGAN SANDERS

The Aratani Japanese Garden provides a peaceful escape from campus, including a pond with koi fish and turtles, trickling waterfalls and occasional ducks and geese.

Sports Medicine recommends 150 minutes of physical activity a week.

To measure intensity on walks without heart monitors or a smart watch, Rocha-Rangel prescribes the "talk test."

"If you go outside for a walk and you're able to hold a full conversation with a friend, that is a light intensity walk," Rocha-Rangel said. "If you're unable to hold a full conversation, that would be considered a higher intensity walk."

While cardio has been the hot word on TikTok and word of mouth, Rocha-Rangel recommends focusing on endurance training, or training that aims to sustain longer episodes of physical activity

class."

Yeh's walks lasted for about 1-2 hours per day in high school, which automatically equated to about 10,000 to 15,000 steps a day. This set her goal in stone for her walks today and helps her maintain a clear mind amid her education.

Yeh also credits the walks for maintaining her mental health.

"It's the one hour of the day when I don't have to worry about anything," Yeh said.

Psychology student Adam Frederick also enjoys walking on campus. Starting his walking habit in high school, it easily transferred to our large campus, with hills and peaceful scenery that challenge

his walks.
Frederick usually hits 10,000 steps a day automatically from walking to and from class but goes out of his way once a week for a leisurely walk, sometimes walking for an hour at a time.

"I find a lot of benefits from walking in my mental space," Frederick said. "It allows me to brainstorm or gives me a break if I need it. While the physical benefits are great, I usually go on walks for my mental health."

Frederick also enjoys longboarding on campus. The hills give him a good challenge and an exhilarating slope to ride down.

He enjoys walking and skating along University Drive, which gives him a good view of the campus' beef unit and leads him to the top of The Collins College of Hospitality and Management, making it a nice place to look out.

"I like it because there's not too many people on it," Frederick said. "It's always so peaceful."

If you're like Yeh or Frederick and walking 10,000 steps (or fewer) is your preferred form of exercise or mental health release, there are many walking paths on campus with different lengths and difficulty levels.

The History of Cal Poly Pomona

Since CPP wasn't originally built as a university, our campus has tons of history dating back to the 1920s. With stops at the Old Stables, W.K Kellogg Arabian Horse Center and Engineering Annex, it is a fascinating way to compare where our campus started and where we are now.

- Old Stables
- Kellogg Arabian Horse Center
- Voorhis Park
- Engineering Annex
- Old Dorms
- Building 1
- University Quad

The Coolest of Cal Poly Pomona

With the Japanese Garden, BioTrek Learning Center and a view from the Collins College of Hospitality, this path will help you work out, and let you see all about the wonders of campus.

- Student Services Building
- Japanese Garden
- Rose Garden
- College of Business
- The Collins College of Hospitality Management
- Rainbird BioTrek Learning Center



photo by MEGAN SANDERS
The Aratani Japanese Garden pond is maintained by campus facilities and features native Asian flora such as bamboo and bonsai pine.



photo by MEGAN SANDERS
The 24-Hour Computer Lab is located on the Southeast side of the University Library and has 78 computers, study tables and a black & white printer. Students must swipe their Bronco ID to gain access to the facility.

Essential Resources of Cal Poly Pomona

If you're an incoming Bronco, this path will give you a guide to where all the on-campus essential resources are located.

- University Library
- 24-Hour Computer Lab
- Student Services Building
- Bronco Bookstore
- Bronco Commons/BRIC
- University Plaza
- Bronco Student Center
- Marketplace/Care Center
- University Quad
- Student Health Services Center



photo by MEGAN SANDERS
The Old Stables, the original W.K Kellogg Arabian Horse Center built in 1925, is now a symbol of the university.

Nature at Cal Poly Pomona

This guide takes you through the natural world of campus, including the Japanese Garden, Mesozoic Gardens and the Rainbird BioTrek, which will help you experience campus and increase physical activity.

- Japanese Garden
- Rose Garden
- Rainbird BioTrek Learning Center
- Mesozoic Gardens

Outskirts and Exports

If you want a more strenuous path or to learn about the campus' exports and visit the outskirts of campus, this path is for you. This guide takes you on an adventure to the Innovation BrewWorks, Lyle Center of Regenerative Studies, Centerpointe and the Collins College, which is a great way to see how students make a bigger impact on the environment.

- Innovation Brew Works
- Kellogg Farm Store
- Lyle Center of Regenerative Studies
- CPP Letters
- Centerpointe ♥



photo by MEGAN SANDERS
The Old Stables host several campus clubs and their events, including the Undocumented Student Services, Fraternity & Sorority Life, Pride Center and more.



PHOTO by MEGAN SANDERS
The grand door to the Old Stables is a common graduation photo spot and provides a great view of the south-east parts of campus, including the Student Services Building.

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WHICH FREEWAY ARE YOU?

by ANDREW SANCHEZ

Bumper to bumper traffic to get somewhere only five miles away is something Southern California drivers are all too familiar with. Students get it too, especially since Cal Poly Pomona is primarily a commuter campus. Just like people have a variety of personality traits, each freeway that leads to and from CPP has its own unique characteristics. Have you ever wondered which freeway you're most like? Does your personality match your normal commuting route? Take this quiz to find out.



How do you handle stress?

- A. I acknowledge it, whine about it and then do what I need to do.
- B. I try to stay calm, but I can be unpredictable.
- C. I turn up the music, stay positive and try to make the best of it.
- D. I spend a lot of time thinking about it, but I get through it in the end.
- E. I plan for the future and keep it simple.

What's your perfect weekend look like?

- A. Relaxing at home
- B. Going on drives or checking out new places
- C. Going to Disneyland or the beach
- D. Trying new food spots and shopping
- E. Hiking or going to the park

How's your daily routine?

- A. Chaotic but it works
- B. Random depending on the day
- C. A mix of free time and tasks
- D. Busy
- E. Simple and smooth

What kind of driver are you?

- A. Patient yet easily frustrated
- B. Alert and adaptable
- C. Upbeat and singing
- D. Focused and multitasking
- E. Calm and Consistent

How do you feel when plans change?

- A. I complain but adjust.
- B. I roll with it.
- C. I use it as a chance to do something else.
- D. I make a new plan and try to be efficient.
- E. I need a minute to process, but then I'm good.

What's your vibe during group work?

- A. The leader and dependable person
- B. The creative mind
- C. The energetic person who keeps everyone engaged
- D. The organizer who does the writing
- E. The quiet one who does the bare minimum

How do you like your surroundings?

- A. Familiar and reliable
- B. Changing
- C. Energetic
- D. Balanced
- E. Peaceful

How's your time management?

- A. Always running late
- B. Time blind
- C. Flexible
- D. Efficient
- E. Punctual

If your friends described you, they'd say:

- A. Unlucky
- B. Knowledgeable
- C. Fun
- D. Dedicated
- E. Calm

Which quote defines you?

- A. "Those who are patient, succeed."
- B. "Sometimes it's smooth. Sometimes it's crazy."
- C. "It's empty one second and packed the next."
- D. "Cross roads keeps me entertained."
- E. "With time, you'll be fine."



Turn the page to see your results



RESULTS

Mostly A's = You're the 10.

I-10 characteristics: Congested, bumpy, essential, slow, older, frustrating and reliable.

"I learned how to be patient by sitting in the 10 traffic."

-Teesa Pulgar

The 10, also known as the Santa Monica Freeway/San Bernardino Freeway is the main east to west freeway connecting Downtown LA and Santa Monica. The 10 goes from east of LA all the way through Phoenix, Houston and New Orleans to Jacksonville, Florida. The 10 goes to the Santa Monica Pier, Koreatown, The Arts District, Cal State LA, Cal Poly Pomona and the Pomona Fairplex.

"My daily drive on the 10 is longer than a lot of my friend relationships."

-Alexis Wright

If you got this freeway, you're reliable, resilient and useful. Life might get rough sometimes, but you always figure it out in the end.

"For the most part, the 10 is horrible, but when it's empty, it makes up for all the bad days."

-Wyatt Castello

Mostly B's = You're the 210.

I-210 characteristics: Ideal, artistic, rush hour hell, unpredictable and damaging.

"The 210 is hit or miss," Jonathan Rabadi said. "Sometimes it's super smooth, but the smallest accident will back the drive up for an hour."

The 210, also known as the Foothill Freeway, is an interstate that runs southeast from the 5 in the Valley and connects with the 134 in Pasadena. It then turns east toward Glendora, where it becomes SR-210 and ends at the 10 in Redlands. The 210 can lead to the Pasadena Playhouse, Cal Poly Pomona, the L.A. County Arboretum and Raging Waters.

"I take the 210 every day, and I feel like I've mastered the art of getting through there without

hitting bumps and changing lanes at the perfect time." Castello said.

If you got this freeway, you're unpredictable, adaptable and evolving. You thrive with change, even if it's unexpected. People love you for your calmness within the chaos.

"I try to carpool with friends because it helps the slow crawl go faster, but when I'm alone, it feels like it takes years to move two miles."

-Alexis Wright

Mostly C's = You're the 57.

SR-57 characteristics: Magical, fun, touristy, full of volume and scenic.

"It's weird how the 57 is packed around 9 a.m., but by 11 a.m., it's a ghost town."

-Wyatt Castello

SR-57, known as the Orange Freeway, connects Orange County to the Inland Empire and San Gabriel Valley. The 57 can take you to Disneyland, Old Towne Orange, Cal Poly Pomona and El Camino Real Park.

"I only go on the 57 when I drive to OC and when I go to Disneyland," Wright said.

If you got this freeway, you're the life of the party and always a social butterfly. You love excitement and connecting to people, and you keep your inner child alive.

"The 57 connects to everything, so it's very useful and clutch to avoid traffic."

-Jonathon Rabadi



Mostly D's = You're the 60.

SR-60 characteristics: Diverse, complex, high quality, historic and spacious

"The Pomona freeway feels like playing Crossy Road, but you're the chicken and all the cars are semi-trucks."

-Wyatt Castello

The 60, also known as the Pomona Freeway, is a major east-west freeway in SoCal, serving as a major link for both commuters, workers and freight between the Los Angeles metro area and the Inland Empire. It is a crucial route that gives an alternative to the 10 and connects the Los Angeles Basin with the Pomona and San Gabriel Valleys. The freeway is also known for its heavy traffic and its role in transporting

goods from the ports of Los Angeles and Long Beach. It can take you to the original In-N-Out, The Donut Hole, Cal Poly Pomona, Watts Towers and the Jurupa Mountains Discovery Center.

"I feel like the 60 is smooth and easy as long as you're alert for all the trucks and everyone merging to avoid the next exit," Rabadi said.

If you got this freeway, you're complicated, hardworking and relaxed. You deal with a lot but continue your path. You may go unnoticed until people are forced to notice you.

"The amount of times I've been done with a long day of school and couldn't wait to go home but then I sit in an hour of traffic is unreal," Wright said.



Mostly E's = You're the 71.

SR-71 characteristics: Simple, effective, smooth and tough.

"I just started taking the 71, but I feel like there's not enough lanes to handle the traffic jams."

-Jonathon Rabadi

SR-71 connects Los Angeles and Riverside counties, serving as a crucial freeway for commuters, workers and freight. It is currently under construction for a large-scale expressway to freeway conversion project, which will add lanes and eliminate intersections to improve traffic flow and safety. The project also includes creating a continuous carpool lane network and addressing environmental concerns like wildlife movement. It can lead to Cal Poly Pomona,

Chino Hills State Park, Old Pomona Road Bridge and the Prado Dam.

"I think with the new construction going on it'll be the best freeway around campus," Castello said.

If you got this freeway, you're simple, steady and young. You like your peace and being organized, but you are confident and cool under pressure.

"I feel like as long as you give yourself extra time between leaving and your classes, you'll always be OK because the Corona freeway is simple."

-Alexis Wright ♥



7 MUST-TRY BOBA PLACES

WITHIN 10 MILES OF CAMPUS

story and photos by LINDSEY LAM

Growing up as an East and Southeast Asian, boba and milk tea were introduced to my diet at a young age. I've seen the rise and fall of popular boba chains, some taking their industry secrets to the grave with them.

As I grew older and acquired my own money and developed my tastebuds, I began my journey of finding the best boba and tea places in Southern California. From specialized tea studios to anything-you-could-want stores, my tastebuds have witnessed excellence and artisanship in this field.

With the rise in popularity in boba and teas, Cal Poly Pomona students are fortunate to find themselves close to several boba places in Southern California. Ranging from brands created in Southern California to ones originating from the United Kingdom and Taiwan, CPP's location makes it easy for any student to grab a quick tea or boba drink. If you're looking for amazing tea quality or boba chewiness, here are seven boba/tea places around campus that are a must-try:



ALittle Tea / Yi Dian Dian



Walking into the ALittle Tea, the bustling atmosphere and lines indicated this boba shop is popular and well-loved. Located 9.3 miles from campus, the drive takes you right into the heart of Rowland Heights, where almost every plaza has delicious Asian food.

The biggest selling point of ALittle Tea is its pricing. Most boba drinks, including toppings, can be anywhere from \$7-\$9 a cup, but at ALittle Tea, a large cup of milk tea and boba will only cost you \$6.

One of the most popular drinks is the **Mango Green Milk Tea**, which I ordered with boba and a half sugar level. The first sip of the drink greets your

tongue with the freshness of mango mixed with the creaminess of their house milk and green tea blend. Swallowing the sip feels almost like a waste, since the mango melts into your tastebuds and makes you crave more.

Using actual fruit in their drinks, the blend of milk, tea, and fruit is seamless and natural. Additionally, the boba added the right amount of sweetness to the drink, adding a splash of flavor to the already rich and deep milk tea. The pearls were warm and chewy, and the establishment gave a generous amount of boba pearls for a large.

Soon enough, I found myself digging between the ice cubes to try to get any last sip of the tea I could get.

7.5

TEA QUALITY

8

BOBA QUALITY

9

TEA + BOBA HARMONY

📍

Rowland Heights

⚠️

Tight parking.
Confusing kiosk.

★

7/10



BobaLand



I stumbled across BobaLand at 11 p.m. last fall when I wanted a late-night boba drink and popcorn chicken. I didn't have any expectations. I just wanted boba and popcorn chicken.

Since that night, I have returned to that little store in West Covina multiple times a month, not just because it's open late but because of the tea and boba quality. Just 7.9 miles from campus, this boba place can be a quick pick-me-up if you frequent the 10 freeway.

BobaLand has a large variety of special drinks, including its "Swirl" series: milky slushies with a fruit pairing mixed with green tea. My go-to is a **Strawberry Swirl** with caramel boba, at 75% sugar and less ice.

If I'm hungry, I'll order popcorn chicken too, which always comes out warm, fresh and in a small box in case you must take it on the go.

When drinking this \$8 concoction, it's important to remember it's a slushie. The coldness will meet

your tongue first, followed by the creaminess of the house milk, then the dual tangy and sweetness of the strawberry flavoring. The creme foam, if mixed in, will make its way to your tastebuds, adding a slightly savory flavor to the sweet delight. The boba, as on par with all the other locations on this list, is chewy and always warm, no matter how late you show up.

Chemical engineering student Serenity Mejia also stumbled on BobaLand late at night after a concert and recalled her satisfying experience with the establishment.

"I was hoping to get a snack before going back to my place," Mejia said. "I got their Creme Brulee Thai Milk Tea, and it was super good and super sweet, which I liked."

7

TEA QUALITY

9

BOBA QUALITY

8

TEA + BOBA HARMONY

📍

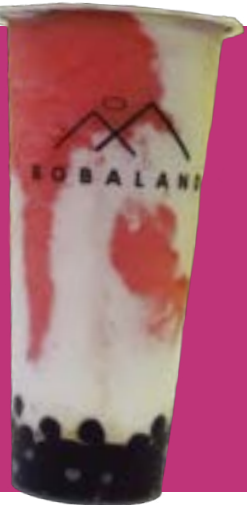
West Covina

⚠️

Possible language barrier.
Tight establishment.
Tap/card only.

★

7/10



Chayan



Located in another bustling plaza in Rowland Heights, CHAYAN is a small but notable establishment. When you walk in, the floral aromas fill your lungs, most notably jasmine: its specialty.

Located 6.6 miles from campus, CHAYAN brings Chinese tea with English influence to Southern California. The establishment is surrounded by other delicious foods in the plaza, making this stop a two-in-one-deal. What's notable about CHAYAN is its lack of traditional toppings. By limiting the topping options to candied pecans and whipped cream, the establishment is able to focus more on the brewing and creation process of the tea. Additionally, it

explores different types of creations, such as frappes and unique tea strains not usually seen in boba stores, such as Pu Er and Da Hong Pao.

While CHAYAN's menu is still expanding, I ordered the specialty drink that launched CHAYAN into popularity: **Jasmine Green Milk Tea**. Ordering it with less sugar and less ice, I was able to truly taste the quality of the tea for just \$7.

If I could use one word to describe this drink, it would be "floral." The sweet innocence of the jasmine mixes well with the smooth creaminess of CHAYAN's house milk, creating a sweet, addicting concoction I would best describe as a jasmine nectar.

9

TEA QUALITY

-

BOBA QUALITY

-

TEA + BOBA HARMONY

📍

Industry

⚠️

Possible language barrier.
Tap/card only.

★

8.5/10



BeGong's Tea



One of the most highly anticipated boba places from China is just 1.8 miles from campus, right across the street from the Mt. SAC campus. BenGong's Tea is a new boba shop that has a large variety of authentic teas and milk teas.

Once again, this establishment is surrounded by tons of other food options, a gas station and a grocery store, making it a one-stop for all things a college student may need.

BenGong's Tea's selling point is its lack of compromise on quality, despite the wide variety of tea strains and toppings. While most boba places may have weak points in certain strains or areas of its creations, BenGong's Tea has little to none.

I ordered a **Burnt Brown Sugar Tea**, which is one of its top six drinks. I've had burnt teas before, but never was I able to experience the nutty, warm flavor BenGong's Tea exemplifies. The milk, while sweet and creamy, mixes well with the burnt flavor and the boba pearls, which are warm and chewy. The sweetness of the pearls chases the tea down, making it a satisfying, hearty experience for just \$8.

Psychology student Kuuipo Kalipi discovered BenGong's Tea after looking at Yelp and finding it was close to campus and highly rated.

"I like going there because there's usually no line and there's lots of places to sit," said Kuuipo Kalipi, who frequents BenGong's Tea. "I usually order their Ube Milk Tea with Taro Pudding, and I feel like it's the best one in this area."

8

TEA QUALITY

9.5

BOBA QUALITY

8.5

TEA + BOBA HARMONY

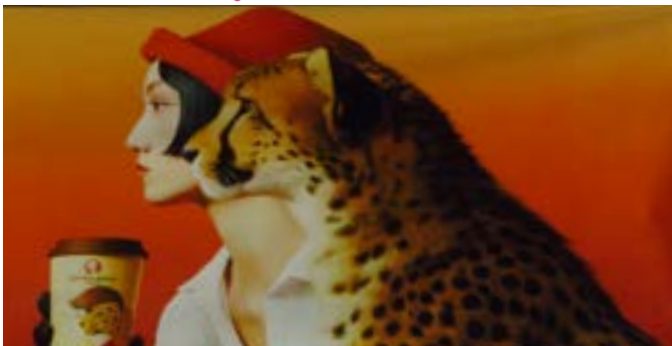
📍

Walnut

★

8/10

Auntea Jenny



Auntea Jenny's branding could be described in one word: posh.

Hailing from China, the brand has been one of the most highly anticipated to arrive in the United States. Each product features a lady wearing a cloche hat alongside a sleek cheetah, instantly creating a sense of elegance and royalty.

Located 9.1 miles from campus, Auntea Jenny's main selling points are its one-of-a-kind drink combinations. With options such as Orchid Tie Guan Yin Tea Latte, Mango Green Milk Tea Daifuku and Grape Crystal Green Tea Punch, the uniqueness of these drinks draws customers in and leaves them satisfied.

While the aforementioned drinks piqued my curiosity, I ordered the \$6 **Premium Jasmine Green Tea Latte** to get an unbiased taste of the brand.

Auntea Jenny's jasmine flavoring overpowers every other jasmine drink on this list. I instantly woke up as soon as the jasmine met my tongue, and the creaminess of the drink pooled in my stomach.

The boba was warm and chewy, though I wished they had added more. The blend of milk tea and boba pearls was addictive.

This establishment is easily home to one of the best jasmine green milk teas in Southern California and is a must-try for jasmine lovers like me.

9

TEA QUALITY

7.5

BOBA QUALITY

8

TEA + BOBA HARMONY

📍

Rowland Heights

⚠️

Tap/card only.
Tight parking.
Small establishment.
Little/no seating.

★

8.5/10

3Catea



Located in the same plaza as Auntea Jenny, 3Catea has stood out from other boba brands from China, making its name with smooth blends of matcha, unique fruity drinks and its use of mochi. Also located 6.5 miles from campus, 3Catea is a popular stop in the plaza, surrounded by delicious foods and a weekly convention in the next plaza.

3Catea's main appeal is its unique toppings, ranging from handcrafted rice mochi to mashed purple yam to barley popping boba. While these toppings may be unique to Americans, they are popular in China and provide a taste of home for those who miss it.

At 3Catea, I order their **Icy Peachy** in the summer and **Mochi Mango** when the Icy Peachy is unavailable. The Icy Peachy is a refreshing white peach drink with peach bits and cream to blend the ice with the peach flavors. It is a foolproof, light summer drink that cools you down, from the inside out.

The Mochi Mango is a much more filling drink, filled with milk, mochi and mango. The milk reaches your taste buds first, followed by the tangy mango and finally the chewy, melty mochi. These triple lashings to your tongue will only make you want them more and will leave you sipping the bottom of the \$7 drink faster than you think.

8

TEA QUALITY

-

BOBA QUALITY

-

TEA + BOBA HARMONY

📍

Industry

⚠️

Tap/card only.
Tight parking.
Long lines.

★

7.5/10

CHICHA San Chen

At the very top of my list is CHICHA San Chen: the Michelin-star-equivalent-awarded boba spot hailing from Taiwan. Broncos can get a taste of authentic Taiwanese tea and boba quality just 5.8 miles from campus. This boba store is also located in the middle of a bustling plaza of various cuisines, including a Boiling Crab and Bakejeong.

CHICHA San Chen's specialty is the Bubble Milk Tea, winning an award from the International Taste Institute, which is considered an equivalent to three Michelin stars. They also adorn a highly customizable menu, where customers can add whichever toppings they like, to whatever tea base they desire. Despite all the combinations customers can make, there is no wrong or foul-tasting combination. There is zero compromise of quality from CHICHA San Chen.

"At first, I didn't know what to get because the menu was so different from what I'm used to," Kalipi said. "But I got the High Mountain Milk Tea, and it was such a unique, deep taste. I can't describe it, but it was so good."

The **Bubble Milk Tea** brings a nostalgic feeling to my tastebuds, as it reminds me of the tea quality and strain I used to drink in my childhood. The boba pearl quality is also soft and chewy and adds a pinch of sweetness to the tea.

However, despite loving its Bubble Milk Tea and the nostalgic taste it brings, I recommend another

drink: a **Peach Green Tea with Peach Bits**. I was not expecting much when I first ordered it in 2023, since the shop's most well-regarded drink is the Bubble Milk Tea. However, my first sip of the Peach Green Tea was life changing.

The peach in the tea was mixed seamlessly, creating a perfect balance of white peach and green tea, it was the most refreshing drink I've ever had. It felt like I was drinking peach nectar, and the peach bits at the bottom only solidified that feeling even more, creating chewiness in a boba-less drink.

I find myself craving this \$10 drink, and every time I go back to get it, it leaves me wanting even more. ❤️

10

TEA QUALITY

9

BOBA QUALITY

9.5

TEA + BOBA HARMONY

📍

Rowland Heights

⚠️

Tap/card only.
Tight parking.
Long lines.

★

7/10

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DIAL IT DOWN, PARTY ANIMAL

HOW TO PARTY SAFELY

by ROBIN STEINRUCK

More than 1,500 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including car crashes every year, according to a study published by epidemiologists at the National Library of Medicine in 2017.

When it comes to the party crowd, newcomers and veterans alike should practice safety for themselves and friends. The situation can get out of hand fast, so it is important to know some golden rules to have a great time.

Know Your Addy

In case of an emergency, always know where you are. Having an address makes a world of a difference when first responders need to get to the scene.

"Make sure you know your location, as in your address or the biggest, best description you can get because if you have an emergency and you have to call the police, they're going to want to know exactly where you're at," said campus police officer Lt. Jose Plasencia.

Plasencia also stressed the importance of telling your friends where you are going if you have to separate yourself, like going to the restroom. If possible, it is always safer to travel in numbers.



Buddy System

There is safety in a crowd of trusted friends. Staying with at least one buddy at all times is crucial to keep the fun going.

"I went to this one party, and there was a girl who was quite intoxicated," said computer science student Jennifer Garcia. "And she was there alone, ... which was one of the times I was like, 'Oh no, baby. You shouldn't be here by yourself.' She ended up calling friends and being with a group."

Garcia and her friends stuck around with the girl until her friends swooped in later, but that is not always the case. Especially when alcohol is involved, nobody should be alone.

Not only should you be with friends, but phones should always be charged and on hand as well. A charged phone is another way to connect with police, trusted friends and a ride home.

A former Tau Kappa Epsilon member and current computer information systems student, who wanted to be identified as Ace, shared some frat members have positions at parties to keep the peace. He said there is even security stationed around to keep an eye out for problems. If an uncomfortable situation occurs, those are the people to talk to.



photos by MATTHEW BECERRA

Watch Your Drinks

Not everyone has good intentions. It is not the worst thing to refuse a drink from someone you don't know well or trust. At the end of the day, you and your friends' safety is more important than people-pleasing.

"Just be very careful with what you're drinking," Plasencia said. "Never drink something that someone has given you that you do not trust, right?"

Plasencia emphasized never leaving your drink unattended as well.

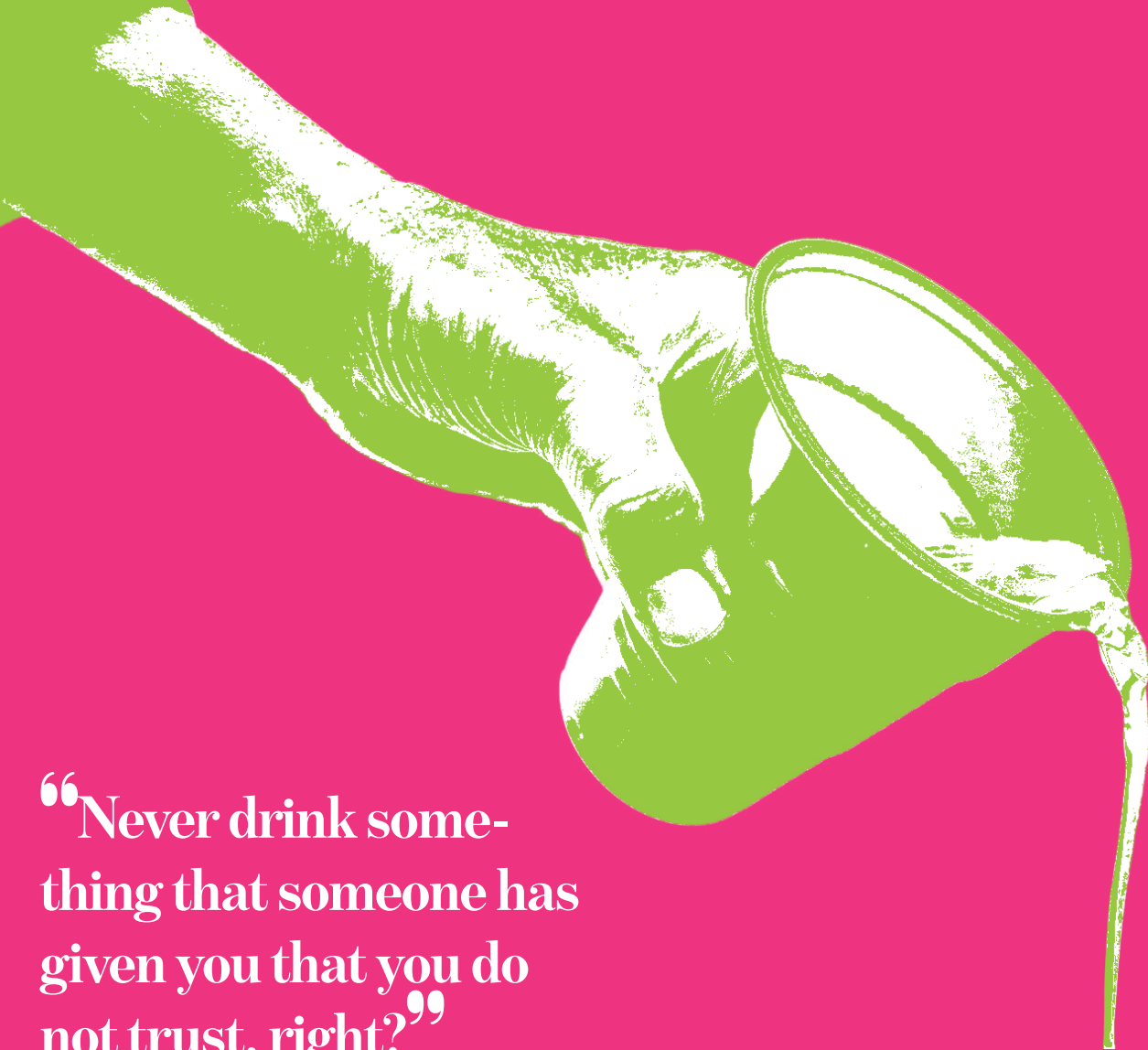
Just because someone seems chill while sober, you never know who they are under the influence. Keep an eye out and watch for odd behavior.

A study published in 2002 by the National Institutes of Health found at least half of all sexual assaults in colleges were associated with alcohol use. If alcohol is non-negotiable, then so is watching your drink like a hawk.

"If something feels off, it probably is," Garcia said. Instincts are a powerful asset. It isn't called a gut feeling for nothing.

"Make sure you know your location, as in your address or the biggest, best description you can get because if you have an emergency and you have to call the police, they're going to want to know exactly where you're at."

- Lt. Jose Plasencia



“Never drink something that someone has given you that you do not trust, right?”

- Lt. Jose Plasencia

See Something? Say Something

The campus police are available every day of the year at all hours. Even outside of a party or event, if there’s something fishy going on, call campus police. “Calling 911 on campus from your cell phone will just extend or delay the response because the call will get sent out to either the sheriff’s department, (California Highway Patrol) or Pomona’s Police Department, and then they will have to reroute it to us,” Plasencia said. Plasencia recommended everyone on campus to have CPP’s police number saved on their phones, as it is the most reliable and quickest way to get help. That number is (909)-869-3070.

Keep It Off Campus

Without written approval from the building’s residence life coordinator, gatherings in residential suites should be 10 people or fewer. For residence hall rooms, that number goes down to six or fewer, according to CPP’s housing policies and regulations. But the guidelines do not stop there. Alcohol is also prohibited on campus outside of student residential spots and to anyone under 21, per CPP’s policy. Unless the function is a little kickback, take the fun off campus for safe and legal partying. And remember, safety is a shared responsibility. ❤️

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HOW TO LIVE IN SHARED SPACES

by MATTHEW BECERRA

ETIQUETTE GUIDE



Aiden Holly remembers his first night living alone, his new roommate snoring, the smell of Panda Express from his first on campus meal and the feeling of independence hitting him for the first time now having the freedom to live how he wanted.

For students, moving out for the first time can feel both thrilling and nerve-racking, but the mix of responsibility and self-discovery is where most students find their rhythm. Through conversations with college students who've learned to navigate the easiest and hardest parts about living alone, here are their top five pieces of advice:

Eat Healthy

Many students don't realize how easily they can develop bad eating habits by relying on fast food every day or even skipping meals because they got too busy. For Ricky Montano, an aerospace engineering student at Cal Poly Pomona, learning to cook was the first thing he did when he got to campus.

"Food is the biggest thing," Montano said. "Once your mom isn't cooking you dinner every night or buying all of your groceries, it becomes a whole other world."

Learning to cook for yourself doesn't mean becoming a world class chef overnight. It's about planning for the future.

Aiden Holly, another aerospace engineering student, said the goal is to find a cheap meal you enjoy and stock up on it, so you will save both time and money. An example he gave was pasta because it's cheap, simple to make and filling.



photos by BREN BELMONTE

Karina Shah, a science, technology, and society student who lived on campus for three years before moving to an apartment off campus, said food was her biggest struggle without a meal plan, and she described herself as a bad cook and lazy when it comes to food prep. However, she said good quality frozen meals from Trader Joe's and similar stores have saved her.

"You have to go buy your leafy greens and all that stuff, and make sure you're not eating the same thing every day," Holly said. "If you go a week without having a vegetable, it'll really hurt your health."

Communicate With Your Roommates

Living away from home doesn't always mean you're living by yourself. Communication with your new roommates is what can make or break your experience.

Shah has lived with a different set of roommates every year and said everybody lives differently. Disagreements are inevitable, especially when people who have different habits or standards of living move in together, but avoiding conflict will only make it worse.

"The best thing that you can do is communicate as directly as possible," Shah said. "If you give other people who you're living with the space of mind to control you with their actions, that's what makes it more stressful."

She gave an example where her and a roommate had a falling out and still had to live together for the remainder of the year. What got her through it was direct communication about household chores and talking about conflicts before they got bigger.

Holly and Montano shared the same opinion about honest and direct communication.

"Some people's version of clean may not be my version of clean," Holly said. "Just keep a standard and try to hold everyone to it in the most non-aggressive way possible."

Learn How To Manage Time

Time can disappear fast when you have more responsibilities, especially when there's no one to remind you of due dates or that you're lacking with personal responsibilities.

Montano compared being in college to having a job. Most of his days are longer than 9-5 and tiring. After getting home late, he doesn't feel like doing anything other than going to sleep.

The best way to avoid ignoring your responsibilities is by setting a day to focus on what needs to get done, according to Holly. You have to treat your responsibilities with the same level of importance as school.

"Build a day into your schedule to do laundry, to

meal prep, clean, all that stuff," Holly said.

Stay Organized And Clean

For Holly and Montano, keeping their apartment clean was one way they managed to improve their mental health by feeling productive during stressful times like finals week.

Holly explained staying on top of his chores and doing all the stuff his mom would have done for him has helped him in ways he didn't expect, saying his cleaning routine has kept him from going insane.

"You don't have to be like a neat freak or nothing, but if you just have clutter, you're just going to feel, terrible," Holly said. "If you have a way to organize everything is going to be a lot easier."

Shah found cleaning her dorm and apartment surprisingly easy once she established her own system.

She said it comes easy if you stay consistent with a system that works for you. From the week you move in, you should continuously follow what makes cleaning the easiest for you.

Decorating your space can help, too. Holly and Montano said one of the best parts about living alone is making a place your own, which they did by putting up their own LEGO creations, art they enjoy and going shopping for furniture together.



Learn To Enjoy Your Own Company

Once the initial emotions of moving into your new space goes away, many students find themselves feeling lonely. But living alone doesn't have to be bad.

Shah said it's important to have time to yourself. She believes it goes unappreciated that when you move out, you have a space to grow comfortable with your independence.

Some days, it means studying alone all day. Other days, it means taking yourself out for a treat or to the movies. Either way, she said it's important to not rely on others to have fun or be productive.

"Having that joy and positivity of being by yourself is really freeing and independent," Shah said. "Especially since most of us just came from living with family, it's really nice just to be alone." ♥

The Club is Calling

by LORELIE IBARRA



photo courtesy of ADDIE HASSON

The sounds of flashes going off fill Room 1218 every Tuesday, as the Photography Club holds its weekly meeting. Down the hall, the Compost Club turns its soil into science by discussing new ways the community can live sustainably. Across campus, near Kellogg Stadium, frisbees soar in the sky, almost pulling the members of the Ultimate Frisbee Club after them.

At Cal Poly Pomona, clubs like Photography, Compost and Ultimate Frisbee offer more than extracurricular fun. They foster community, promote leadership and build friendships. Whether it is through artistic expression, sustainable initiatives or team sports, these are a few of the clubs that help students build connections outside of the classroom and help them find their place on campus:

Poly Lens

PolyLens, a photography club that welcomes students of all majors and skill levels, is driven by passion and builds community engagement with people who are interested in photography but may not want to pursue it professionally. It offers a relaxed and creative space for anyone to learn, practice and share the art of photography.

"I like it because it's a mixed pot of people," said Peter Gonzalez, a manufacturing engineering student.

Regardless of gear or experience, PolyLens is open for anyone to join. A large, professional camera is not even necessary. Phone photography is encouraged, as it is the most accessible and portable way of taking pictures on the go.

"We don't really pressure anybody to have a camera," said Bryan Juarez, a mechanical engineering student. "We just try to get people out to take photos and to practice."

Through weekly meetings, photo walks and monthly club trips, PolyLens has created a community of photographers and people alike who share similar passions and can view the world through each other's lenses.

Workshops are offered on a regular basis to further expand members' horizons and curiosity.

On occasion, equipment is also provided, giving everyone an opportunity to try out something new.

"It's a very low-pressure environment where you get to do your hobby," said club scheduler and computer engineering student Ryan Ikeda. "You do your hobby for fun, and this club is naturally fun."

The club exhibits its members' work in a binder, which is displayed at every Club Fair, contributes to a monthly showcase where members' photos are publicly posted on the club's Instagram account at the end of every month and even sells photographs taken by its members.

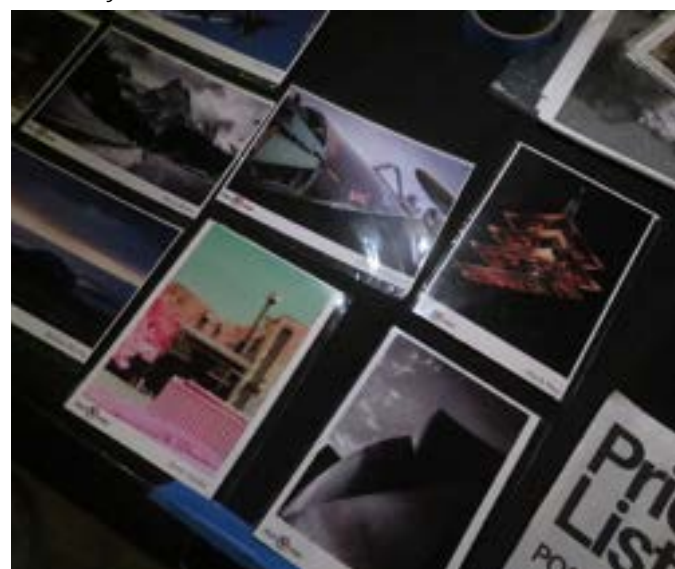


photo by LINDSEY LAM

PolyLens also organizes off campus trips at least once a month, where carpooling is prioritized. These outings often last all day long, giving members the opportunity to form close bonds with each other.

"We make that effort to try to get everyone to communicate with someone else, and I think that is what's really kept our momentum," Juarez said, "because people know each other and there aren't any cliques."

Compost Club

The Compost Club is a hub for anyone with a passion for environmental responsibility and sustainability. Its club president and civil engineering student Ezequiel Hernandez called the club as a tightly knit, yet diverse group with one shared interest: sustainable living.

"I thought composting seemed like something that was pretty interesting, but also it's so out of left field from my normal engineering stuff," Hernandez said. "I felt like branching out into something more nature oriented would be good for me."

Several members described being a part of this club has not only given them an outlet from school but also given them a stronger sense of belonging at CPP, specifically a community with shared interests that serves to build friendships, network and feel more connected to campus.

"It's like a break from schoolwork," said Ares Downing, an agriculture science student and compost infrastructure coordinator. "This is such an escape from the 19 units that I'm taking right now."

The club's largely takes matters into their own hands, literally. They have previously hosted workshops demonstrating how vital worms are to the food decomposition process.

Aside from working on campus with the Micro Farm, where the club emphasizes teamwork while contributing to the school's sustainable farming methods, they also take their efforts off campus. Once a month, they go to a community garden to help with their compost.

According to Addie Hasson, a mechanical engineering student and treasurer of the club, strong communication plays an important role for maintaining teamwork, a positive atmosphere and overall club success.

"I think it's more of a general mindset," Hasson said. "If you're here, you're always welcome to be here. There are no stupid questions, and we are always happy to have you."

As the club welcomes any majors with any knowledge of composting and sustainable living or

anyone with a passion for nature, it is easy to feel comfortable in this space, said visual communication design student Isabelle Woo.

It also provides opportunities for collaboration and broadening a support system.

"I'm not used to hanging out with people outside of my major, so I was a little bit worried about how I would talk to everyone," Woo said. "Right off the bat, everyone is just so friendly, and I already feel like we have so much in common even though we are all studying totally different things."



photo courtesy of ISABELLE WOO

Ultimate Frisbee Club

On the field, Ultimate Frisbee is more than a sport, they are a team. The Ultimate Frisbee club is a diverse group of tightly knit individuals who are here to have fun.

"My friend was telling me about the Running Club and Ultimate Frisbee Club," said Tayte "Sox" Olsen, a mathematics student and treasurer of the Ultimate Frisbee Club. "I told him we should go to ultimate frisbee because I did cross-country, so running isn't new to me, but ultimate frisbee was. We went and we loved it."

A large component to college is the social aspect. By taking the initiative to join a club, like Ultimate Frisbee, making connections is not difficult. Team communication is important to strive in a non-contact sport. Building chemistry off the field will boost a supportive atmosphere on the field.

"Coming into college, you don't really know that many people and being in a club is kind of like getting an automatic group," Olsen said. "It's not like we're all on the ultimate team, and that's why we're friends. We're friends, and we're a part of the ultimate team."♥



MORE THAN SOCIALIZING

photo by MICAH MOOIE
Alpha Kappa Alpha Sorority Inc's Spring 2026 new member presentation, The Seven Pearls of Perpetuity.

MULTICULTURAL GREEK ORGANIZATIONS CHALLENGE STEREOTYPES

by A. GABRIELA GARCIA



The hustle of people rushing to their gates and departures being announced over loudspeakers filled the air. She sat at her gate waiting with the other students who were also going to Sacramento's Juneteenth Symposium.

"Hi Soror," was all she heard the woman say before immediately looking up and knowing she found a sister. Her only identifier was her Alpha Kappa Alpha Inc. Crocs.

"Hi Soror," Julianna Hooks, president of AKA Inc. Sigma Rho Chapter, said.

That was one of the moments that solidified her decision to join the AKA Sigma Rho Chapter at Cal Poly Pomona because it wasn't just about joining Greek life anymore; it was about finding a community.

Greek life at CPP has been at the forefront for students looking for belonging and guidance on campus. Greek life is built on four main principles: philanthropy and service, academic excellence, leadership and community.

Each chapter on CPP's campus follows these principles in all their work. These groups focus on creating community and belonging, which ultimately makes them attractive to students.

Greek life is often depicted as a mostly white social construct in entertainment. Films like "Neighbors" and "22 Jump Street" reinforce Greek life stereotypes like going to parties, skipping class and being made up of predominantly white groups.

CPP has a diverse student body, but that doesn't always mean students feel represented or like they belong in spaces where they are the only person of color. This can cause a disconnect for students when they begin their journey as a Bronco.

With 54% of its student body identifying as Hispanic/Latino, CPP is recognized as a Hispanic-Serving institution. But that representation in numbers doesn't always translate to creating connections with each other, especially as a commuter school.

For the members of Latino-based Greek organizations, that space can be filled through shared language, culture and lived experiences.

Currently CPP has six active Hispanic/Latino Greek organizations on campus, Gamma Zeta Alpha Fraternity Inc., Lambda Theta Phi Latin Fraternity Inc., Sigma Lambda Beta International Fraternity Inc., Lambda Theta Alpha Latin Sorority Inc., Sigma Delta Alpha Sorority Inc. and Phi Lambda Rho Sorority, Inc. They all emphasize not only brotherhood and sisterhood but also representation for students who may not see themselves in stereotypical Greek life.

"It's hard at a commuter school to make friends in the dorms, in GEs, and people don't really talk to each other," said Uma Armien Funk, a member of APS Inc. **"Then I found out that multicultural sororities were a thing, and that opened a door for me because I realized that I could find my community within those people."**

For Alejandro De Leon, scheduler for Lambda Theta Phi, brotherhood was something he knew he wanted to find on campus. After researching his options, De Leon chose Lambda Theta Phi because of the effort the group made to welcome him.

Their consistency to invite him to events and bonding experiences even when he wasn't a member yet solidified his choice to join the brotherhood.

"It felt like somewhere I could truly be accepted in, somewhere that truly felt like home for me," De Leon said.



photo by BIA MACHAIN
Delta Sigma Theta Sorority Inc members Oro-bosa Aghahowa and River Crowder strolling at an Alpha Phi Alpha Fraternity Inc probate.





photo by JULIANNA HOOKS
Sigma Rho celebrated 21 years of making an impact at Cal Poly Pomona, Cal State Fullerton and the University of La Verne in December 2025.

The Black community makes up only 3% of the student body, making it difficult to find people who understand them. At CPP, the Black Greek letter organizations bring together like-minded individuals who are all working toward building their network, skills and creating lasting relationships within their groups.

"We all want the same thing," said Orobosa Aghahowa, vice president of Delta Sigma Theta Sorority Inc. "So over time, you kind of develop these relationships with people because you're so closely connected with them due to working on the same initiatives together."

Aghahowa further emphasized that Greek life is not just about being social; it's about working with people who all share values, seek to help each other and support the communities around them. This brings students together culturally and creates a sense of purpose, while also supporting them academically and emotionally.

"I think (more) oftentimes than not, people find themselves wandering or losing themselves, especially during college," said Davyn Roberts, a member of Kappa Alpha Psi.

"Getting back around these like-minded individuals put me back on the straight track that I needed to be on."

CPP has several Black Greek letter organizations on campus. These fall under the National Pan-Hellenic Council and are known as the Divine Nine.

The current active organizations at CPP include Alpha Kappa Alpha Sorority Inc., Delta Sigma Theta Sorority Inc., Zeta Phi Beta Sorority Inc., Sigma Gamma Rho Sorority Inc. and Alpha Phi Alpha Fraternity Inc., Kappa Alpha Psi Fraternity Inc., Omega Psi Phi Fraternity Inc., Phi Beta Sigma Fraternity Inc. and Iota Phi Theta Fraternity Inc.

These organizations advocate for their members and represent community, culture and a support system that follows them far beyond college and their professional careers.

It's about understanding their responsibility to each other, the communities they serve and the upholding of the organization's values.

Every organization is different, and finding the right organization takes time, research and dedication, according to Hooks. Once that sisterhood or brotherhood is established, it'll be found everywhere, even on a random day in the airport.

"All she saw were my shoes and we knew that we were sorority sisters," Hooks said. ❤️

"All she saw were my shoes, and we knew that we were sorority sisters." - Julianna Hooks



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INTERNATIONAL STUDENT ATHLETES LEAVE HOME

by MEGAN SANDERS

The thing Cal Poly Pomona's Aleksandar Somov misses the most about Bulgaria is how close everything is. He said it was a culture shock coming to California and having to drive for a long time to reach your destination. Like Somov, other CPP international student athletes experienced major change moving to California for their sport.

Cal Poly Pomona is home to 22 international student athletes, 12 of whom are men and the other 10 being women. There are only four athletic teams at CPP

without international athletes; the rest have two or more. Men's soccer has the most with seven players born out of the country. Most of these students are away from their families and are chasing their passions of making it to the highest level they can in their sport.

Aleksandar Somov – Men's Soccer, Sofia, Bulgaria

Aleksandar Somov was just 17 years old when he was sitting alone on a flight from Bulgaria to California, wondering if he had just made the right decision to leave his family and friends back home for the chance of chasing his dreams of someday playing professional soccer.

Now a 19-year-old midfielder and business administration student, he is working toward establishing himself as a leader on the men's soccer team at CPP.

According to Somov, he was inspired at the age of

16 to play soccer in America by his older brother Kaloyan, who is a forward on the team at Saint Peter's University in Jersey City, New Jersey.

"I don't think if he wasn't playing in the States, I would have come," Somov said. "The process of being an international (student athlete) is pretty complicated, so (Kaloyan) already doing the steps for me was just very easy from that point."

Somov committed to playing at CPP without knowing anyone in California and before he even saw what the campus looked like.

One of the reasons why CPP stood out to him was the location. According to him, a lot of the other Division II schools are in the middle of nowhere, so it is nice to have the ability to drive to the beach or to the

center of Los Angeles to spend time with friends.

While the team is in season, it is harder for him to find free time though, so he spends his time working in the athletes building and training on campus.

During his time so far with the Broncos, Somov scored the 16th hat trick in school history, earned the CCAA All-Academic Award and was the CCAA Offensive Player of the Week for Sept. 8-14, 2025.

Somov described the biggest difference between playing at CPP and in Bulgaria has been increased tactically and intensity.

The thing he misses the most about Bulgaria is how close everything was. He said it was definitely a culture shock coming to California and having to drive a long time to reach your destination.

Communication between him and his family is limited due to a nine-hour time difference, which makes phone calls difficult to schedule.

His family has tried to plan trips to California to visit him,

but they haven't been able to visit yet, so Somov only gets to see them during winter and summer breaks.

Somov said his biggest inspiration in life is his mother, Mariana, and his father, Dobromir, because of all the good life values they raised him with.

Ehinomen Eghobar – Women's Track and Field, Brampton, Ontario

At 14 years old, Ehinomen Eghobar was just starting her career as a triple and long jumper in Brampton, Ontario, not realizing where that journey would take her.

Following the advice of her high school and club track coach, she decided to take the biggest jump of her life and move to California and join the track team at CPP. Her friends back home, who were also moving out of the country, were another big influence on her decision to attend college outside of Canada.

She committed to the team on a partial scholarship, which was her main reason for choosing CPP over other schools.

As a business administration student, Eghobar now hopes to work in game-day operations for the NBA or WNBA some day, which grew from her family's interest in basketball.

After her commitment to CPP, Eghobar found out a friend from her club team in Canada, Kayesha Alleyne-Adams, was also joining her at CPP.

According to Eghobar, having a friend from home with her was especially helpful since she joined the team during the second semester, so everyone had already made their friend groups.

During her initial flight to California, her mom joined her, as she was filled with excitement and nervousness

photo courtesy of BRONCO
ATHLETICS

Aleksandar Somov's favorite
movie is "The Maze Runner."

moving out of her parents' house for the first time.

She said her mom loves to make random trips out to California to visit, so they try to plan trips during track season, so her mom gets to see Eghobor in her element.

According to Eghobor, being so far away from her family has been a big adjustment since she holds such a close bond with her loved ones back home. She tries to call her family, including her mom, dad, and an older and younger brother, a couple of times throughout the week.

When she has free time, she likes to go to the beach with her roommates, watch basketball and go to concerts with her friends in Los Angeles.

According to Eghobor, she has zero regrets in her decision to move to California.

"I'm in California," Eghobor said. "I'm living the best life. There's no snow, and I love it."

Looking into the future, her long-term goal of jumping is to touch at least 13 meters, and she feels like she can get there, especially with the coaches she has.

Since joining the team at CPP, she has earned personal records in the long jump at 5.26-meters and in triple jump at 11.62-meters. She also earned the 2024-2025 CCAA All-Academic Award.

According to Eghobor, anyone thinking about moving away from home should just do it.

"Honestly, it's a once-in-a-lifetime experience, and you don't want to have four years pass and you're like, 'Damn, I should have moved to do whatever I want to, whether it's school or work or just to move out of the country,'" Eghobor said. "It's definitely an experience, and if you don't like it, you can always go back home."

Charlotte Koerber – Women's Volleyball, Brampton, Germany

After graduating high school and taking a gap year, 18-year-old Charlotte Koerber's parents proposed the idea of her studying abroad and playing volleyball.

Koerber, an outside hitter, moved from Germany to America at 19, where she played one season at Daemen University in New York and then transferred to CPP on a partial scholarship after a CPP coach contacted her.

The physics student said she had always wanted to go to California, so she was excited to join the team after meeting some of her now teammates and liking the campus on her visit just a week before officially committing.

Koerber said volleyball and college athletics are a different environment in America than in Germany. She said back home there aren't college athletics or at least they aren't as important or at the same level, so it means a lot to have people show up to the games at CPP.

According to Koerber, having other teammates who are from a different country or even just out of state brings her comfort, knowing there are others who are also away from their families.

"I think now that we have three international players in total," Koerber said. "We kind of stick together, and we know how the other feels, and that definitely helps a lot."

Koerber's favorite memory since coming to CPP has been all the team bonding events such as Friendsgiving and a team baking contest before the 2025 season.

During the off season, Koerber's favorite things to do are spending time with her friends and teammates and talking to her family over FaceTime.

Koerber typically gets to spend time with her family face-to-face

three times a year. She flies back home during summer and winter breaks, and her family tries to visit her for about a week during the semester.

After graduating from CPP, Koerber plans to move back to Germany and continue to play volleyball. She also said she would like to get her master's degree in biomedical engineering.

According to Koerber, she regrets nothing, as she has been able to meet so many new people and learn about different cultures.

"I think it's a great way to grow and mature as a person, and going abroad is always fun," Koerber said. ♥

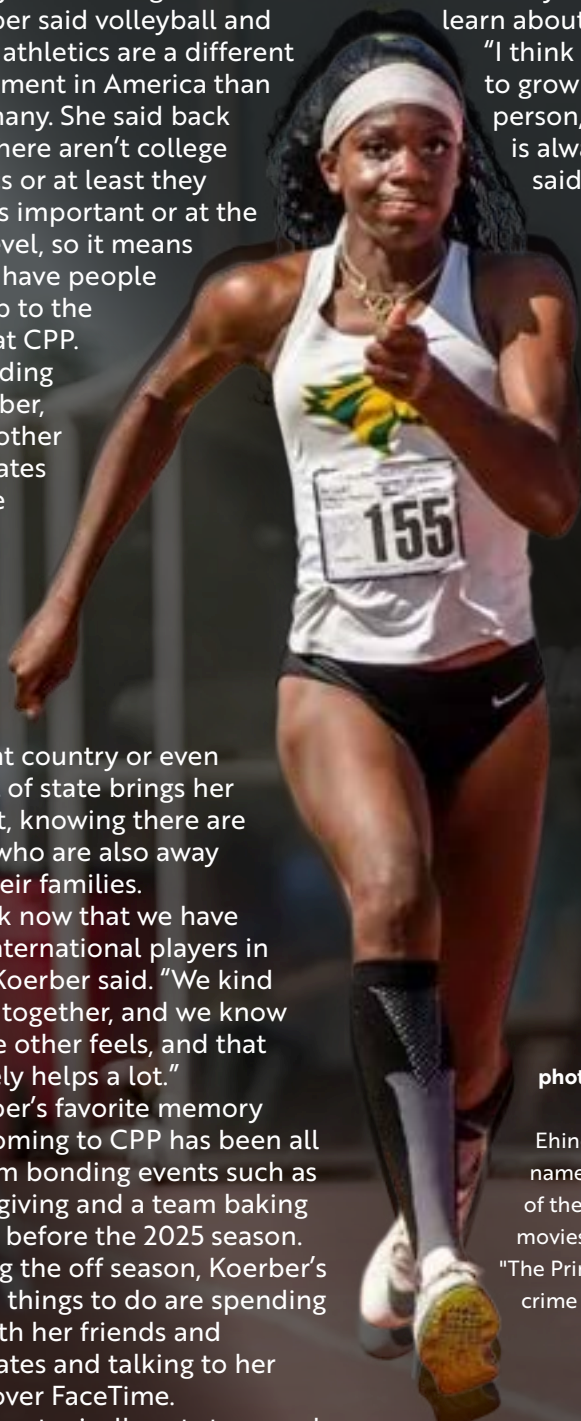


photo courtesy of BRONCO ATHLETICS

Ehinomen Eghobor was named CCAA field athlete of the week. Her favorite movies are "Black Panther," "The Princess and the Frog" and crime documentaries.



photo courtesy of BRONCO ATHLETICS

Charlotte Koerber has three sisters named Anna, Theresa, and Elisabeth.



photo courtesy of BRONCO ATHLETICS

Ehinomen Eghobor was named CCAA field athlete of the week. Her favorite movies are Black Panther, The Princess and the Frog, and Crime Documentaries.



photo courtesy of BRONCO ATHLETICS

Charlotte Koerber, an outside hitter, said "Grey's Anatomy" is her favorite TV show, and "Top Gun" is her favorite movie.

Pomona skate culture

Unpacking the relationship between skaters, community

by Matthew Becerra

When Aaron Pangilinan first got to Cal Poly Pomona, he barely considered himself a skater. Coming from San Diego, he didn't know anyone on campus and wasn't sure how he would make friends.

That changed the day he wandered over to a Pomona skatepark.

"Skating just kind of gave me something to do, and a community to join," Pangilinan said.

There he met Ryan Paja and Kyle Young, other students who were starting a skate club. What began as a small group chat of skaters quickly grew into a way for students to connect, skate and build friendships.

Pangilinan said the Pomona skate scene is welcoming and gave him a place to progress faster than he would have alone. It became a way to find belonging, identity and community in a city he barely knew.

What started out as small meetups and conversations turned into a network, connecting CPP to nearby DIY parks, the Lopez

Urban Farm and Pawnshop Skate Co. Together, these places bring people together and the line between college and community blurs almost completely.

Campus is often the first place where students will realize skateboarding is a big part of Pomona's culture, with people skating between classes, trying tricks on famous spots around campus and skaters sitting with boards next to their backpacks.

Brandon "Bogie" Bocanegra, the current skate club president, remembers how direct the welcome was when he first got to campus and met other skaters, who accepted him without hesitation.

According to Bocanegra, friendliness shapes the entire tone of campus skating. Skill doesn't matter, and style doesn't matter. Just having a board is enough to be welcomed, he said.

Asher Webb, a music student who skates under the name Shaka, showed up to Pomona expecting the same cold, locals-only attitude he'd dealt with in Seattle and Santa Cruz.

"I was expecting it because it's kind of a small town," Webb said. "It seems like a place people would be kind of mean to me because I'm not a local."

But Webb said he was proven wrong quickly. During his first week in Pomona, he wandered into a Pawnshop Skate Co. for a video premiere, but after he was introduced to the owner of the shop, Webb made several new friends, both from the community and the CPP skate club, which he said is something that would have taken years to do in his hometown.

Pawnshop Skate Co. is the strongest connection between CPP and the wider Pomona skate scene. Students and locals stop by for parts, advice or just to talk. Pro skaters also pass through.

Pawnshop's influence comes from the people who carry the scene's history, according to Gabe Herrera, a Pawnshop employee.

"When people who've been here forever share the roots of everything, it gives people like me and anyone new a real sense of belonging when they embrace people," Herrera said.

Webb and Christian Cordova, a business student, shared similar experiences. Both are sponsored by and have been influenced by the pro skaters and local riders who are also on Pawnshop's team but also have been able to get in contact with larger sponsors like Converse and Vans through the shop.

“Everyone is welcome, nobody's barred, and people are willing to help however they can. It's not perfect. There are cracks and debris everywhere, but that's what makes it cool. The imperfect and the love put into it is what keeps it alive.”

— Bogie Bocanegra

The CPP skate club acts as a bridge between students and the wider Pomona skate community, with Pawnshop at the center of that connection since it sponsors events and serves as the official shop for the club, Bocanegra explained.

"Pawnshop has always been super supportive," he said. "They're giving us space to meet, giving us product and connecting us with the right people."

Blem Skateboards, founded by Pawnshop owner's son and professional skater Donovan Piscopo, is another example of Pomona's youth-focused, community-driven skate culture.

"They're mostly 18 and younger," Bocanegra said. "Donovan's given them that shot. He's built the best

family of young kids you could possibly make. They all grew up together in this area."

Even though Pawnshop serves as the anchor, the rest of Pomona's skate ecosystem expands outward. On the edges of the city and in hidden corners behind warehouses, skaters build the area's growing DIY scene.

These are not polished public parks with city funding. They're built by hand, in abandoned lots or shaped from leftover concrete from someone's last home project.

"DIY is always special to me because it's built for skaters by skaters," Bocanegra said. "Everyone is welcome, nobody's barred, and people are willing to help however they can. It's not perfect. There are cracks and debris everywhere, but that's what makes it cool. The imperfections and the love put into it is what keeps it alive."

People patch ramps, sweep gravel, fix ledges and teach each other tricks without being asked. Beginners also mix naturally with experienced skaters, and CPP students often become part of those maintenance crews almost on accident.

Just a few miles from campus, Lopez Urban Farm is home to goats, compost bins and a halfpipe ramp wedged between garden beds, and it has become one of the most important spaces for new skaters.

"They are fostering a good environment," Herrera said, explaining the positivity he sees around the younger skaters who are coming up through Lopez Urban Farm.

It offers classes and hosts events like the premiere of the CPP Skate Club's annual video.

That's why CPP students slide so naturally into the city's skate culture. They're not just visitors; they help build parks, run events at Pawnshop, film clips and support local brands. In return, the community offers mentors, spots to skate, connections to pros and a sense of belonging that stretches beyond campus. ♥

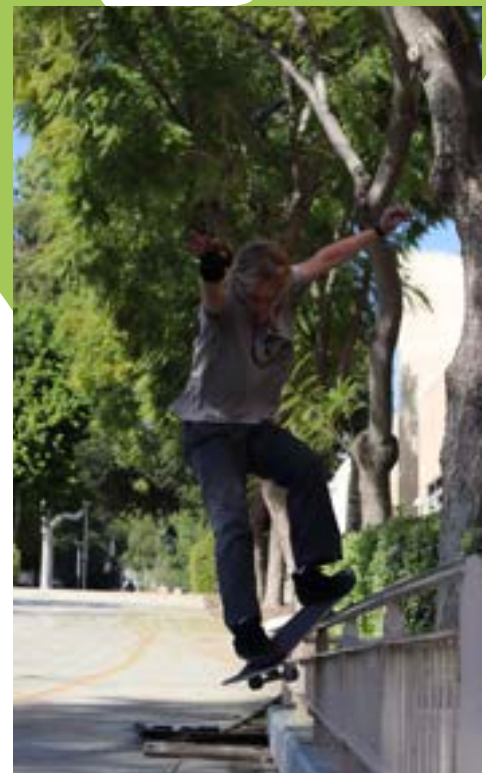


photo by MATTHEW BECERRA

Webb continues to build his relationship with Pawnshop and has gotten free Blem boards and recognition from Donovan Piscopo.

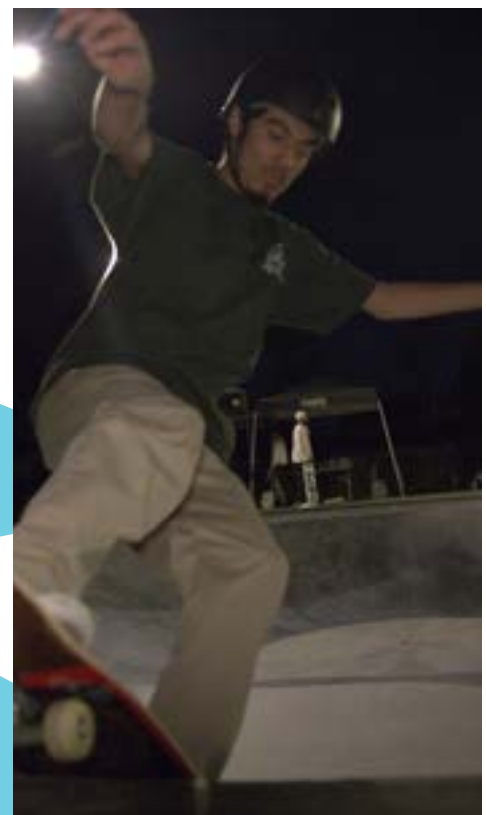


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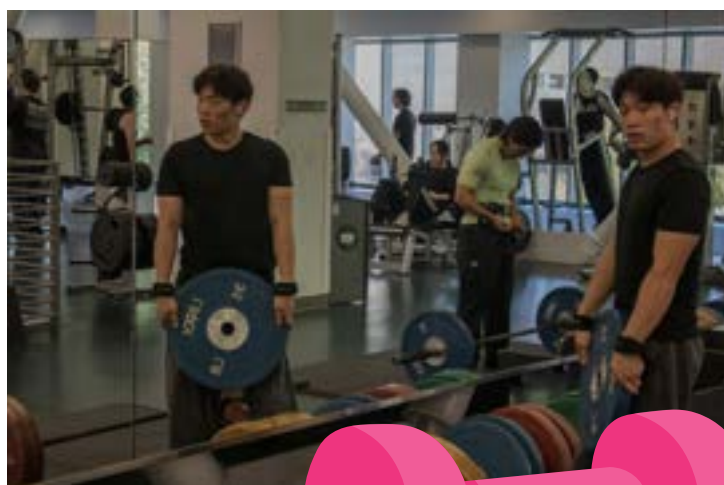
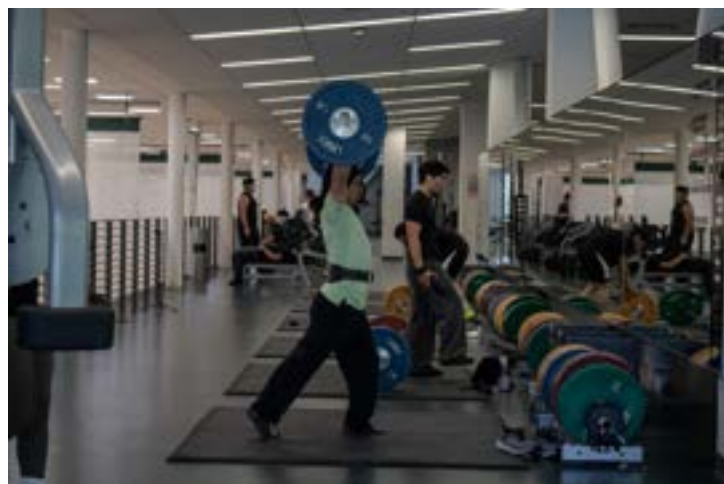
Bogie got experience in the skateboarding industry from his relationships in the Skate Club meeting and photographing professional skaters.

WHERE TO BREAK A SWEAT ON CAMPUS

by MEGAN SANDERS

Top 3 places to work out

What started as lacing up his shoes to lose weight turned into something much more meaningful for Cal Poly Pomona master's student Christopher Carlos. Now, he laces up his shoes to join his fellow run club members, who have grown into a group of friends that feel like family, on runs in and around campus to spend time with one another and work toward their goals. Whether you are looking for a long-time commitment or just a quick place to work out, CPP's campus has something for everyone.



photos by GIOVANNI SILVIO

The BRIC

The Bronco Recreational and Intramural Complex is a free recreational facility for students. At the BRIC, students can use professional gym equipment and sign up for a variety of workshops and classes. Some of the standout activities available at the BRIC include an indoor rock-climbing tower, a pool, a small indoor track that wraps around the upper-level gym and a basketball court. Students who go to the BRIC can rent equipment at the checkout desk.

According to Bryan Juarez, a mechanical engineering student, the BRIC is his go-to workout spot on campus because there is no set schedule, and he can go depending on his availability.

"It's a great way to release energy," Juarez said. "It's a healthy way to release energy, and it's a healthy way to promote a healthier lifestyle." Juarez added having the BRIC available has been great for his mental health.

Sports Clubs

The BRIC is also the hub for many of the sports clubs on campus. There are currently 15 official sport clubs at CPP who participate in competitions. Some include Bronco Lifting and men's and women's basketball. Most of these clubs welcome students of all levels, and they serve as a place for students to get to know other people who share the same hobbies. There are even clubs that don't compete as teams, such as the Bronco Running Club.

According to Carlos, a member of the running club's executive board, this club started as an environment to help him on his weight loss journey and has allowed him to make friends along the way.

"I think it's important to join a club like this because it surrounds you with people that are not in the same academic area as you, and you get to experience running and trauma bonds through runs and socials," Carlos said.



Hiking

One of the hidden gems on campus is the Voorhis Ecological Reserve located just north of Building 1. The ecological reserve is home to a trail tucked under trees that provides a shaded area to sneak in a quick workout. Located away from the hustle and bustle of campus, this scenic trail with a slight incline allows for a peaceful location to workout. The reserve isn't the only scenic location to work out on campus; the trail south of Building 97 leading up to Building 76 is also surrounded by trees and has many stairs, which is a good way to get in a leg workout.

If you are in for a real challenge, the hike up to the CPP letters is a steep and challenging trail but has a view that makes it all worth it. Both locations are the perfect places for students who want to let go of their semester stress by working out in a secluded area on campus. ♥



In addition to sports clubs at CPP, there are also several intramural sports students can join, like pickleball, sports climbing and volleyball.

Athletic Courses

CPP offers a variety of workout and athletics courses any student can enroll in for credits. These classes range from sports to even getting the chance to complete a ropes course. Some of the courses offered are basketball, jogging, social dance, volleyball, swimming, yoga and self-defense. Many of these courses are graded based on attendance and test your improvement throughout the semester.

These courses are open to all levels and provide students with a way to get a workout in a structured and relaxed environment.

According to men's basketball associate head coach Damion Hill, who is also an instructor for some of these classes, one of the courses he looks forward to the most is stretching because it allows him time to slow down during his busy schedule. "I think it's something that can force you (to work out)," Hill said. "You get credit for it, and you can learn a lot. I think it's a great opportunity, and I wish they made every student take one." These classes provide a way to get onto a structured workout routine and allow students to learn new skills that they can continue to develop.



Campus Compass

Ways to Survive Your First Year

by BIA MACHAIN

You ripped apart your closet to find the perfect approachable outfit. You've also checked your class schedule five times in the last 10 minutes and planned each route from class to class. Yet, your stomach is still churning because today you step foot on a new campus.

Finding a place where you truly belong on campus can be challenging. Do you join a club, get a campus job or just coast by? No matter your answer, here are some tips to conquer a new campus:

Hit the Books

Full class loads are often the most significant adjustment for students new to campus. Classes are twice a week. There is homework every day. Plus, final exams and midterms sneak up before you know it. Deadlines are hard, especially when taking five different classes every week.

Use time management to your advantage and add deadlines straight from the syllabus to your calendar. Be sure to set up notifications well before due dates to ensure you have enough time to complete an assignment or study for a quiz.

Communicate with your professors, especially when it comes to workload or personal struggles.

Professors are meant to help you achieve, and they will do their best to ensure your success.

I remember struggling with personal matters and balancing coming to classes. When I communicated with my professors, they were incredibly kind and accommodating and I was able to successfully catch up.

If you need more assistance than what is provided by your professor, whether it be classroom accommodations from the Disability Resource

Center or support with your basic needs through the CARE Center, there are numerous resources on campus to help you. No matter what you are going through, there will always be someone available to assist you.

With communication comes participation.

Professors want you to ask questions in class, and you should. Participation shows the professor you are engaged with the class, and it helps them gauge how well you are understanding the course material. Plus, there is nothing worse than falling behind because you refused to ask one question that would clarify everything.

If you are on the shyer side, you can connect with your professor after class and ask your questions there. But you are never alone in your confusion, either. Being the one to ask questions helps other students, so if you are not asking the questions for yourself, ask them for someone else.



Have a Social Life

Outside of academics, building relationships on campus can make or break your experience. Too often, we sit in silence rather than outwardly connect with someone. But connecting with classmates can not only boost your mood and motivate you to attend class, but it also provides someone to study with during exam season.

If you sit next to someone in the same class every week, start a conversation with them. You never know, your future best friend may be sitting next to you. In our generation, it can be as simple as asking for someone's Instagram and connecting with them there.

Everyone else is just as caught up in their own thoughts as you are. At the end of the day, this is a brand-new start, and you should use it to be the person you want to be.

Finding and building a community is just as important as making friends in the classroom. On campus, there are clubs and spaces specifically designed for students to foster community engagement, such as the Cultural Centers. With over 13 different centers for students to attend, there are countless opportunities to foster a community.

Each center hosts a variety of events throughout the year, open to all. These events range from mental health check-ins and craft nights to workshops and panel discussions, helping students engage in important conversations with their peers.

If you struggle in the socializing category, go to a Cultural Center or join a club and introduce yourself to other students. Even if you tend to be busy during the day, attending events meant to build relationships is always worthwhile.



Work Toward Your Career

Being career-driven while being a full-time student at times can seem impossible, but there are plenty of ways to foster your career growth. Look for on-campus opportunities, like joining the executive board of a club or working on campus.

For more competitive fields, gaining experience through activities in clubs can be a great way to build your resume. Many clubs host panel discussions with professionals in the field, which is a great way to promote yourself and gain insight into what a future in your field looks like.

If you are struggling with your resume, use online resources like VMock, an online resume builder, or you can connect with your college's career coach in the Career Center for assistance.

I used the Career Center to prepare myself for applying to grad schools. Their help left me with a 100% success rate, as I was accepted into all three of the master's programs I applied to.

It is never too late or too early to start thinking about what you are looking for after graduation, whether it be graduate school or employment, the Career Center can assist and support your future.

As a student, you should always use the resources this campus provides. There are so many opportunities to blossom into greatness before graduation, and so many resources to assist you along the way. You can always check out myBAR or follow campus flyers to keep up.

Never be afraid to ask for help. The world too often forces us to keep chugging along, despite our load being heavy. We are human beings, life happens, and it is natural for things to slow us down. But do not ever be afraid to ask for a hand to help you out of the mud. ♥ 81



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