

March 31, 2023

OAOA

Whats the word?

TDF



HEY EVERYONE! WELCOME TO OAOA'S MONTHLY NEWSLETTER. THIS NEWSLETTER IS DEDICATED TO ALL WHO ARE READING AND WE'LL BE COMING TO YOU EVERY MONTH WITH LOVE, BRINGING YOU RECAPS OF EVENTS AND THE LATEST TEA (INFO) WITH THE OFFICE!

OFFICE HOURS

Mon-Thurs: 8:30am-8pm

Fri: 8:30am-7pm

Sun: 12pm-8pm

Contact Us At 



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MARCH EVENTS

Karaoke at the Student Lounge!



On March 5th, Peer mentors Mayerling Lantigua (HEOP '24), and Tylik Griffin (HEOP '24) hosted a karaoke event in the Student Lounge. Students showed up at 2 PM, enjoyed some food and began singing the classics such as Obsessed by Mariah Carey, When I See U Fantasia, and an NYC classic, Timeless by A Boogie with the Hoodie. The event was a success and if you want to see some of the performances they are up on Instagram!



MARCH EVENTS

SUNDAY SUNDAES!



4 flavors of Ice Cream,
Rainbow Sprinkles, Cherries,
Chocolate Syrup etc.

Sunday, March 26th, was
the perfect day for Sundaes!

OAOA students came
through to enjoy some ice
cream and mingle creating
their own sundaes.



OAOA ALUMNI

W h a t s t h e w o r d ?

New section alert! We want to appreciate all students including Alumni. This section will be highlighting the post-graduate experiences our students are currently going through!



INTRODUCING...

Nathasha Rodriguez (*She/Her*)
HEOP Scholar Class of 2022
Bachelors of Arts in Sociology

Q: Share any challenges or successes

"I was diagnosed with MS at the start of my senior year of undergrad and it has given me a lot of issues.

Particularly when I get very stressed, that will result in a MS flareup which affects my eyesight. Along with that, I learned to re-walk and have slowly but surely been getting stronger as time goes by. Another success that I wanted to highlight is that in late April, I started my first big girl job at BronxWorks as a Case Manager. I specifically work at home base where we help those who are facing eviction or also have been directly impacted by the housing crisis here in NYC. "

Q: How has post graduate life been treating you?

"Post grad life has been a roller coaster. A few days before graduating IC, I broke my leg and a week after graduation, I needed surgery for my leg. The summer was filled with recovering while being in a cast. Before breaking my leg, I was supposed to start working at a Methadone clinic near my apartment in the Bronx but clearly that didn't happen. What did happen was 2 surgeries and relearning to walk while also starting a masters program."

Q: How was navigating graduate school for you?

"I currently attend Simmons University online Master in Social Work program. When it came to picking a school or whether to do it in person or zoom university, I eventually decided on online because during the first few months of my senior year, I was diagnosed with Multiple Sclerosis, also known as MS. "

"When I started my first term back in September, imposter syndrome really did a number on my self esteem. The other students in the program were not only older but they were already either at the start of their careers or have been working in the field for 20 to 30 years now. I on the other hand went into this masters program with a clean slate and no experience at all and that really intimidated me. But something that I didn't take into account is that Social Work is a profession where one is constantly learning new things everyday and if you're not then you aren't doing your job. Once I realized that, that was when my imposter syndrome improved. I still experience times where I don't feel as smart as everyone else or as experienced as everyone else in the class and that's normal! I'm starting out in my career and so are all of ya!"

OAOA ALUMNI

W h a t s t h e w o r d ?



INTRODUCING...

Gisela Rosa (*She/They/Ella*)
HEOP Scholar Class of 2022
Bachelors of Arts in Sociology

Q: How was navigating post grad life for you?

Navigating life post-grad, after IC, has been an interesting yet terrifying thing. I say interesting because it's sort of one of those things where you're kinda just going with the different flows of life. But terrifying because with navigating and thinking about life post-grad so many emotions come up and slap you in the face. It's like a painting with so many different colors just splattered all over the canvas. There's blue, green, yellow, orange, pink, red, brown, black, purple (each color can be labeled a different emotion, experience, friendship, relationship, job, etc) and they're just splattered or mixing with one another but despite the mess you feel like you're making on the canvas, the piece is beautiful. It's a masterpiece. It's your masterpiece.

I was just going through the flows and phases of life at my own pace and my own time. In the midst of this all, I had to remind myself that my 20s are MY time. Me time. A time to take risks, learn how to move on and let go, explore, be selfish. I feel lonely, I feel excited. I feel lost. I feel okay. I learned that no matter what I choose to do, school is always going to be there. This is my first time ever taking a break from school since I started pre-k as a 4 year old. So all of this feels new and weird and strange.

Navigating life after IC has been so interesting for me because I have learned so much about myself, I finally started pouring back into myself after being left empty. I started to take myself seriously in doing the things I always dreamed of. (Like starting my podcast) And bring light to conversations like this. I finally started to believe in myself. I am in therapy, where I am Grieving, Growing, and Glowing old and new experiences.'

I learned that not landing a role after graduating, did not mean one didn't do enough nor was it a reflection of oneself, and one's work ethic but reminding myself that some jobs just don't have positions available, hiring freezes exist and the timing is not right. Post-grad depression is real. Those feelings you feel are real. Do not let anyone tell you otherwise. A reminder that it is okay for things to not be set in stone, to graduate and have no idea what your next move is, your whole life does not need to be planned out. What is meant for you, will always be for you. And progress is progress no matter how slow or fast. As I'm navigating life after IC, and despite the post-grad blues, I am still doing the work as a youth organizer and facilitator, aiming to engage youth in creating the world they want to see.

STUDENT ACCOMPLISHMENTS



Caleb Rojas has been accepted to the Masters of Public Health program at Cornell University.



Steven Ramos will be starting his position as a Staff Accountant at Condon O'Meara McGinty & Donnelly LLP post graduation.



Shaunte Gregoire won the Peggy Ryan Williams award for Academic and Community Leadership.

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OAOA

W h a t s t h e w o r d ?



WORDS OF WISDOM FROM HEAVEN BANDZZZ

Do not be afraid to ask for help,
asking for help is 90% of the
work!

If there is anything
you'd like to see in
the newsletter, or
any feedback
please feel free to
reach out! And also
follow all of OAOA's
socials, and see you
next month!

Contact Us At



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