

# Using Storytelling to Support Year 7 Students

## One of Your People Project

Real advice from real students & recent grads



Replay, slides, and resources  
[www.HarlanCohen.com/gearupnational23](http://www.HarlanCohen.com/gearupnational23)

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**Presented by**  
**Harlan Cohen and Diana Castillo-Paul**

What's your story?



What's Diana's story?





What's my story?



# No one told me what to expect...

- ▶ I wanted a BIG school
- ▶ I wanted to be close to my high school girlfriend
- ▶ I didn't want to know people



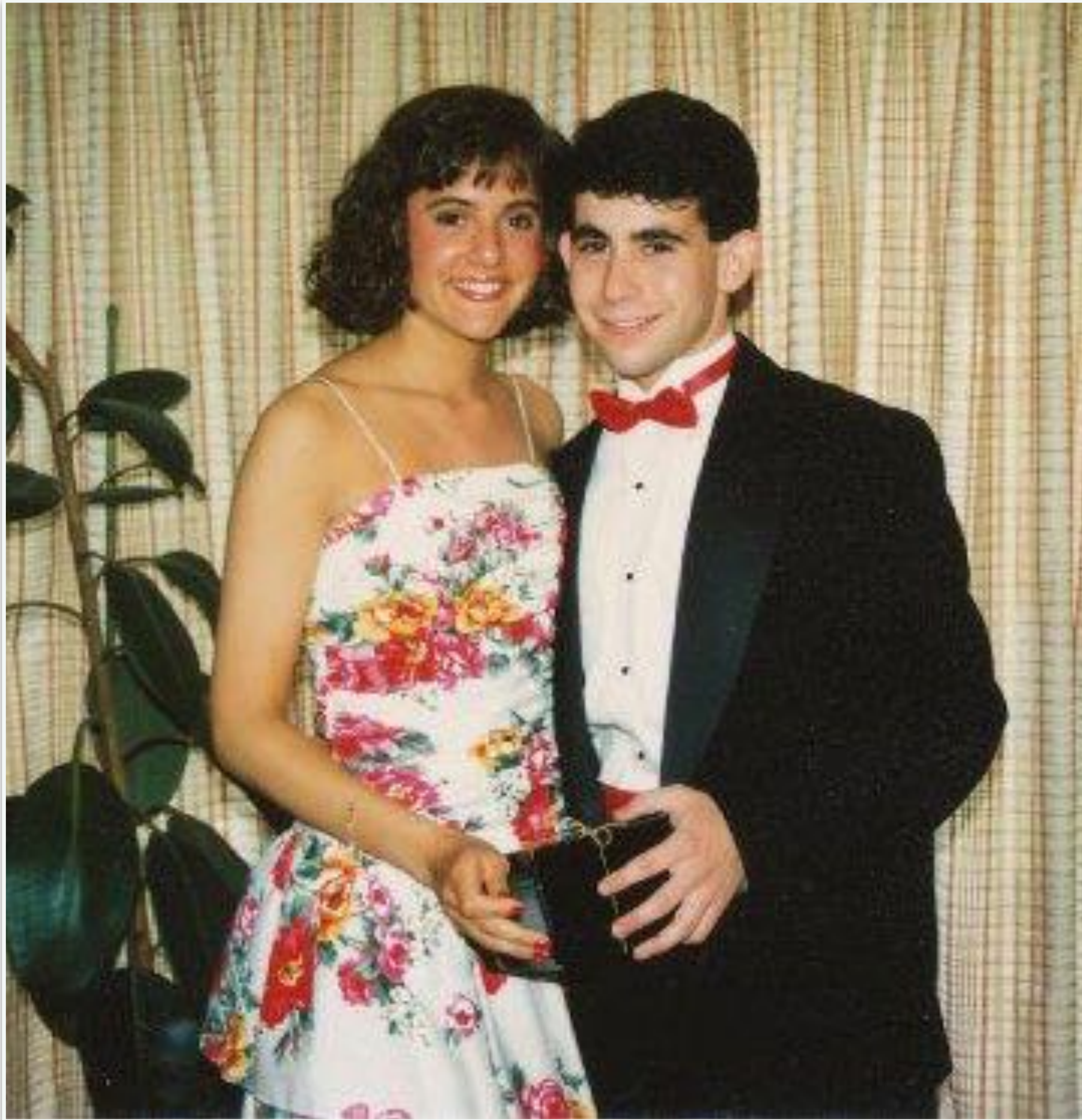
**X Roommate was not my friend**



**X Didn't get into a fraternity**



**X My girlfriend broke up with me...**



**shot the LDR puppy**



# THE PROBLEM.... NO ONE TOLD ME COLLEGE COULD BE UNCOMFORTABLE.





EXPAND THE  
BOUNDARIES  
OF POSSIBLE

**IT CAN STORM IN COLLEGE**  
There can be...

**SOCIAL, EMOTIONAL,  
PHYSICAL, FINANCIAL,  
and ACADEMIC**

**I was depressed, anxious, and felt like a failure...**





- 
- A young man with dark hair, wearing a grey t-shirt and blue shorts, stands with his back to the camera, looking towards the Fisher Fountain. The fountain is a large bronze sculpture of a woman reclining on a shell, surrounded by fish. In the background, there is a large, classical-style building with columns and a red car parked on the street.
- **My friends from high school went to IU.**
  - **My brothers went to IU.**
  - **There was a fraternity that HAD to accept me.**

# It took me a good year to get comfortable with the uncomfortable...

- I found my places
- I found my people
- I found my patience



# PLACES ARE WHERE YOU CAN...

Think clubs, activities, or organizations where you can...

✧ SWEAT

✧ PLAY

✧ PRAY

✧ LIVE

✧ LEARN

✧ LEAD

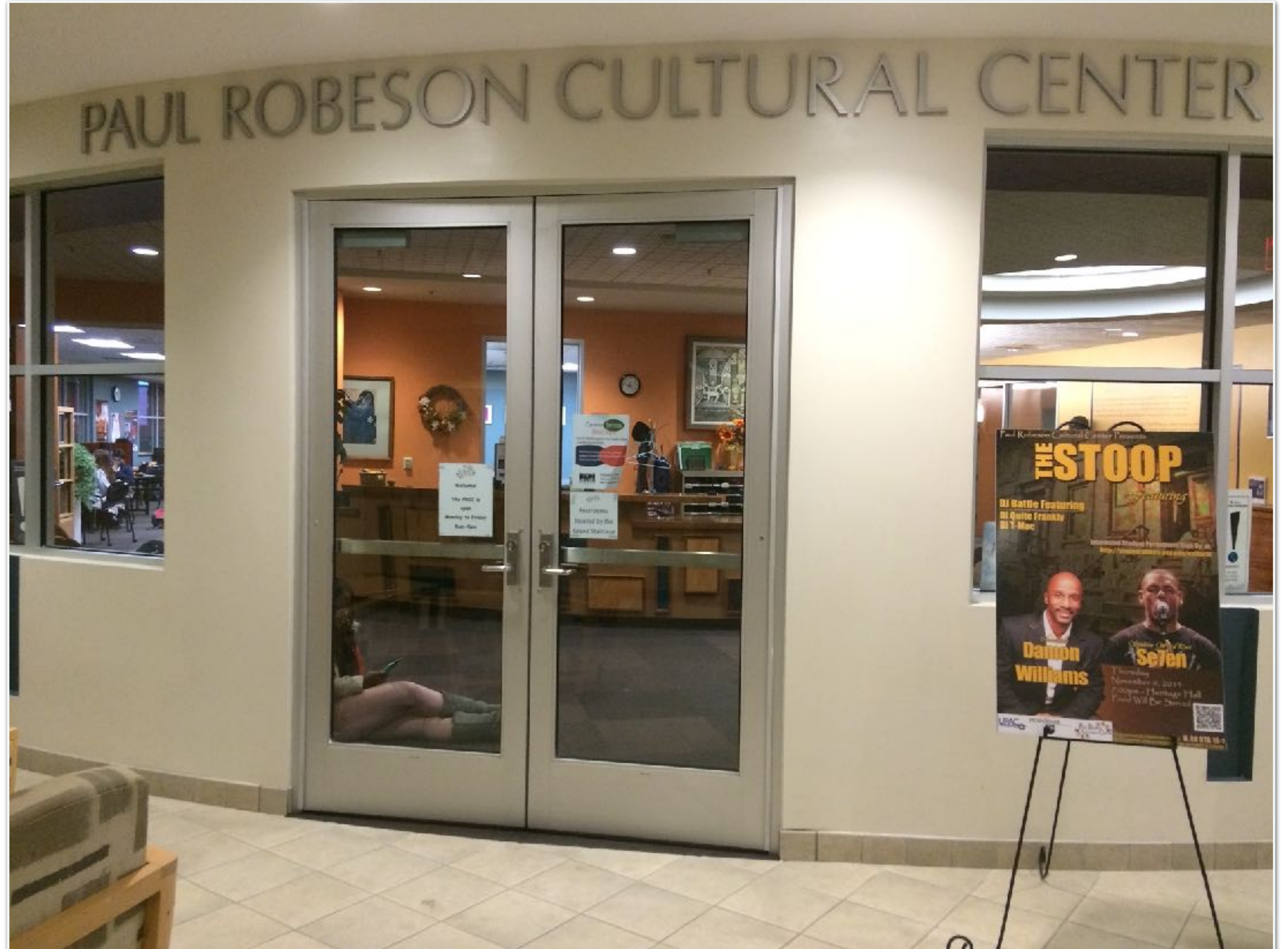
✧ LOVE

✧ WORK



# Places

- **Counseling Services**
- **Student Orgs**
- **Intramural / Club Sports**
- **Work Study Jobs**
- **Greek Life**
- **Performing Arts**
- **Campus Media**
- **Multicultural Center**





REGISTERED STUDENT ORGANIZATIONS (RSOs)

Welcome

Club Database

Club Event Calendar

Policy/Recognition

Club Resources

**Student Leadership, Involvement, & Community Engagement (SLICE)**

Student Union & Recreation Center (SURC) 250,  
(509) 963-1850  
[slce@cwu.edu](mailto:slce@cwu.edu)

## Registered Student Organizations (RSOs)

Student Leadership, Involvement, and Community Engagement strives to create a holistic collegiate experience through co-curricular student club and organization focused opportunities that foster passion exploration, leadership development and the cultivation of habits of lifelong learning. It is the goal of student clubs and organizations to provide avenues for personal, professional, intellectual, and social growth in an ever-expanding collaborative environment.

Club Database: [CWU Presence](#)

- Need to register a new club? [Check out our Policy & Recognition page](#) for all information on starting up a new organization. Please contact [slce@cwu.edu](mailto:slce@cwu.edu) for more details on starting a new club!
- Need Presence system support? Visit the "Presence Supplemental Materials Page" [presence supplemental materials](#) for useful guide documents and video walkthroughs to help you navigate the system.
- Please see the Club Events page [Club Events page](#) for information and tips for planning events and meetings.

### 2022 Registered Student Organizations (RSO) Handbook: [RSO Handbook \(PDF\)](#)

- [Full list of Registered Student Organizations](#)
- [Upcoming Events](#)
- [Wildcat Leadership Academy](#)

Support and management of Registered Student Organizations is primarily overseen by Student Leadership, Involvement



# WHO ARE YOUR PEOPLE?



**OMAS&D Academic Counseling Services**

Home > OMA&D Academic Counseling Services > CAMP > 2022-2023 CAMP Peer Mentors

## 2022-2023 CAMP Peer Mentors

**Daisy Diaz**

I am a 2nd-year student at the University of Washington going into my third year and hoping to pursue a degree in Public Health-Global Health and get certified as a medical assistant after graduating from UW. I am a first-generation student and the first to attend a major university. During my free time, I like to spend time with my family and friends, attend kpop concerts, travel, and go on random boba runs.



**Karina Gonzalez**

Karina Gonzalez is a third-year student majoring in mathematics with a minor in chemistry. She is from East Wenatchee, WA and was part of Cohort 11. For the past two summers she has worked in a preschool caring for children from migrant farm-working

- CAMP
- Give Now
- About UW CAMP
- Meet the CAMP Team
- Application
- Student Profiles
- 2022-2023 CAMP Peer Mentors**
- Current CAMP Students
- CAMP Parent Information
- Información Para Padres
- Dare To Dream
- Advisory Board

Search for:

### DROP-IN & SCHEDULED APPOINTMENTS

One-on-one drop-in advising appointments are available via Zoom: [Click Here](#)

Spring Quarter Drop-Ins





**People who  
volunteer to help**

**People you ask  
or enlist to help**

**People who are  
paid to help**

**Who are some of these people?**

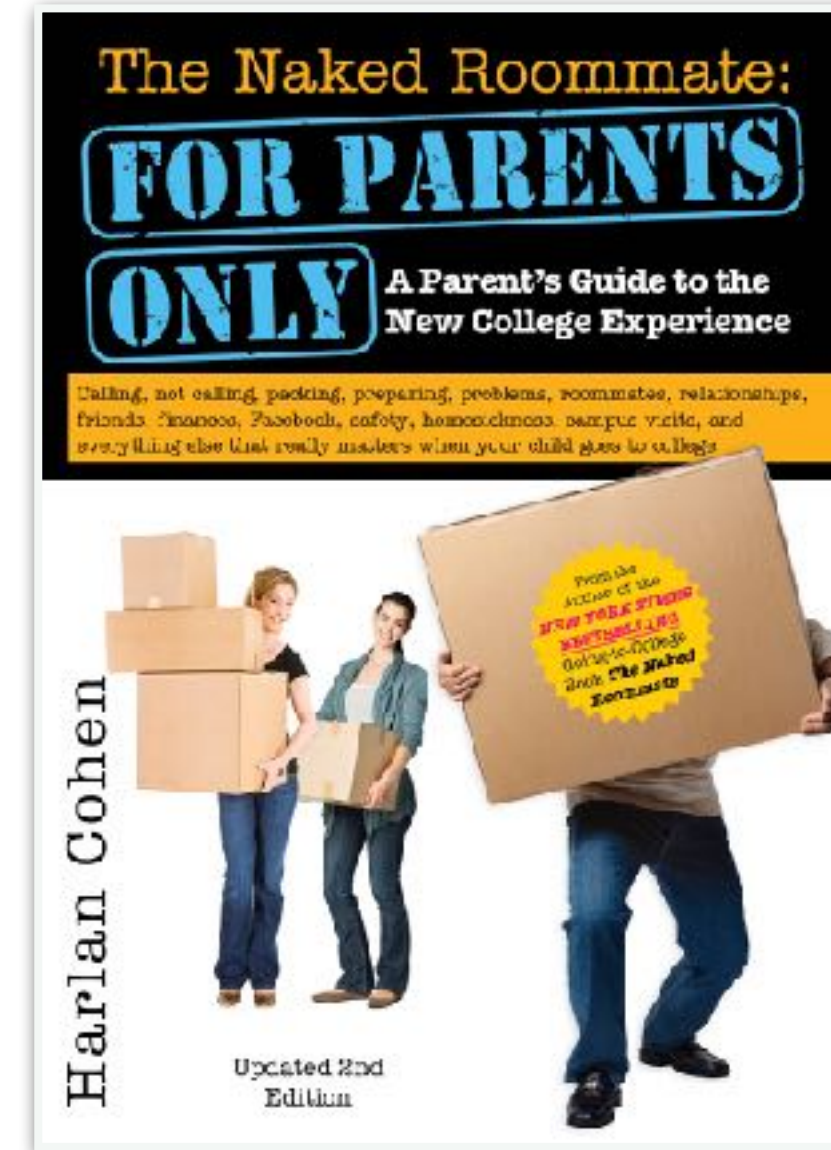
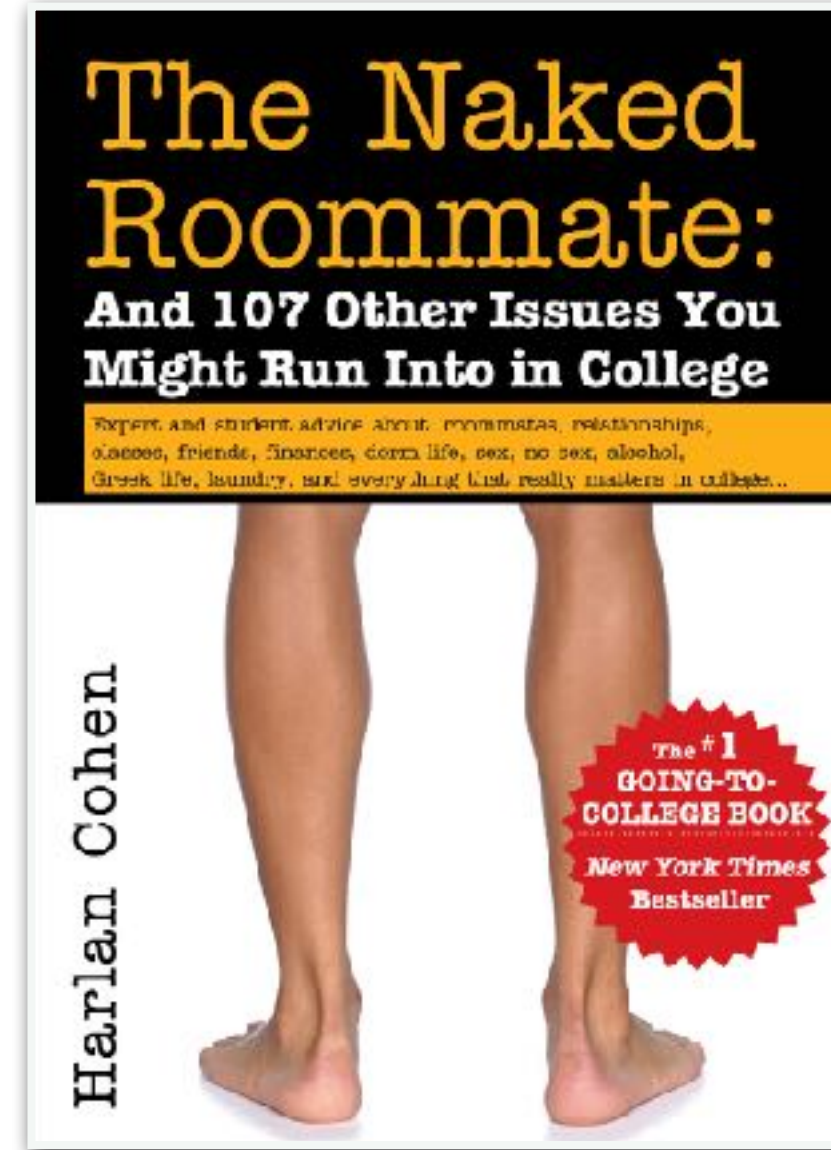
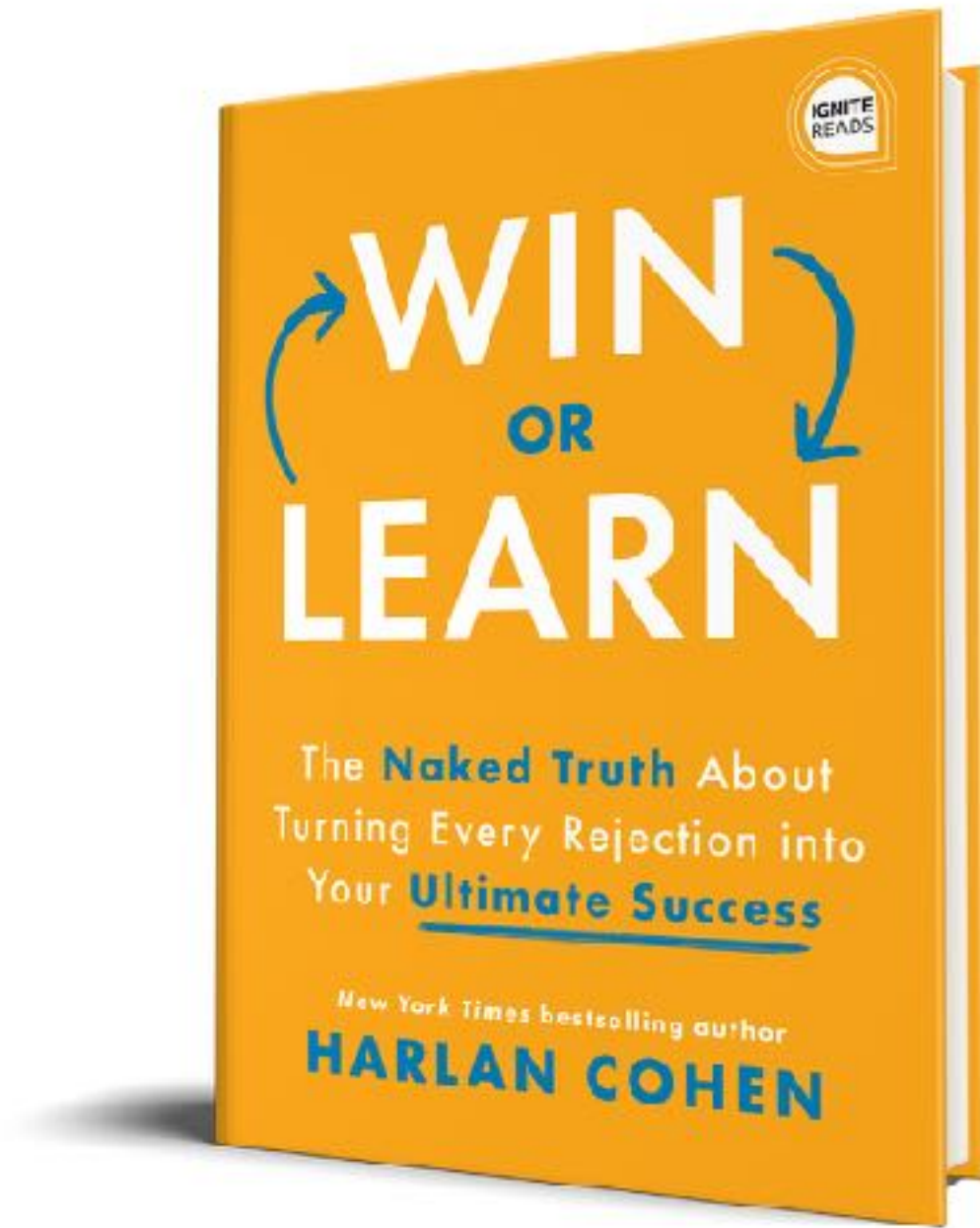
- Orientation leaders - peer mentor - professors - spiritual leaders
- residence life staff - counselors - coaches - captains - advisors
- student ambassadors - leaders of orgs - therapists - specialists
- students - professional staff, tutors - teaching assistants - grads
- high school mentors - friends - siblings

# PRACTICE PATIENCE

**Patience is the ability to tolerate discomfort while finding your people and places.**



# I research and tell stories...



BEST SELLERS > EDUCATION

### Best Sellers

June 2015

THIS MONTH

#### EDUCATION

1	<b>MISSOULA</b> , by Jon Krakauer. (Doubleday.) The author of "Into the Wild" discusses cases of acquaintance rape in Missoula, Mont., home of the University of Montana. <a href="#">Sunday Book Review</a> <a href="#">Buy</a>
2	<b>VERY GOOD LIVES</b> , by J. K. Rowling. (Little, Brown.) J.K. Rowling's Harvard commencement address on embracing failure and imagination. <a href="#">Buy</a>
3	<b>BETWEEN YOU &amp; ME</b> , by Mary Norris. (Norton.) A memoir of a career in the New Yorker's storied copy department, along with grammar advice. <a href="#">Sunday Book Review</a> <a href="#">Buy</a>
4	<b>HOW TO READ LITERATURE LIKE A PROFESSOR</b> , by Thomas C. Foster. (Harper Perennial.) An introduction to the hidden truths of literature that decodes literary basics, including symbols, themes and context. <a href="#">Buy</a>
5	<b>THE NAKED ROOMMATE</b> , by Harlan Cohen. (Sourcebooks.) A primer of issues one might typically expect to encounter during college dormitory life. <a href="#">Buy</a>

OVERVIEW

PRINT & E-BOOKS  
Fiction  
Nonfiction

HARDCOVER  
Fiction  
Nonfiction

PAPERBACK  
Trade Fiction  
Mass-Market Fiction  
Nonfiction

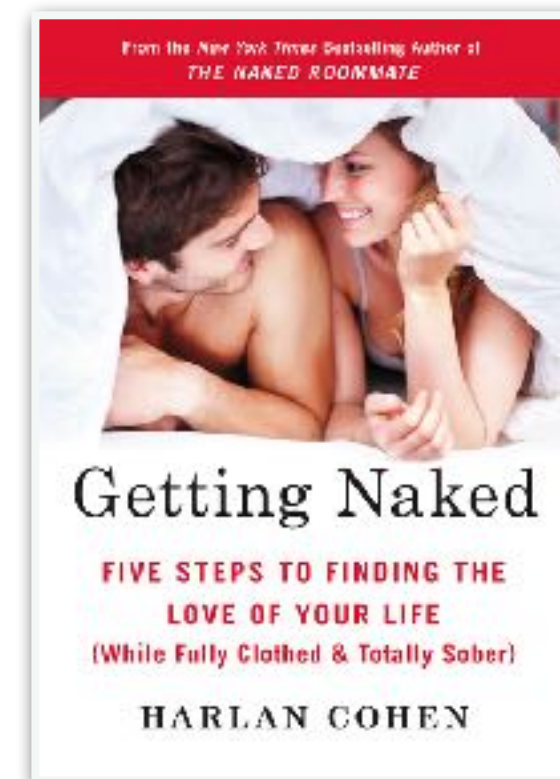
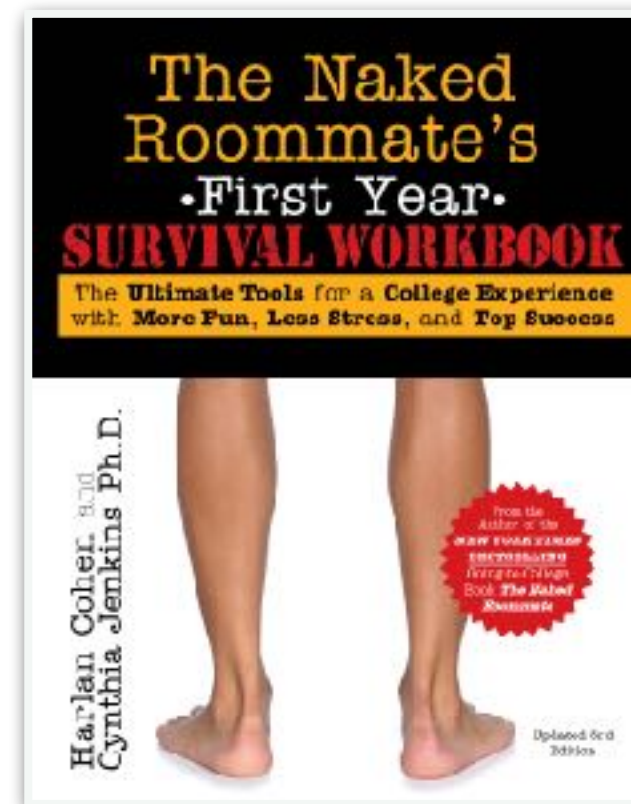
E-BOOKS  
Fiction  
Nonfiction

ADVICE & MISC.  
Combined

CHILDREN'S  
Picture Books  
Middle Grade  
Young Adult  
Series

GRAPHIC BOOKS  
Hardcover  
Paperback

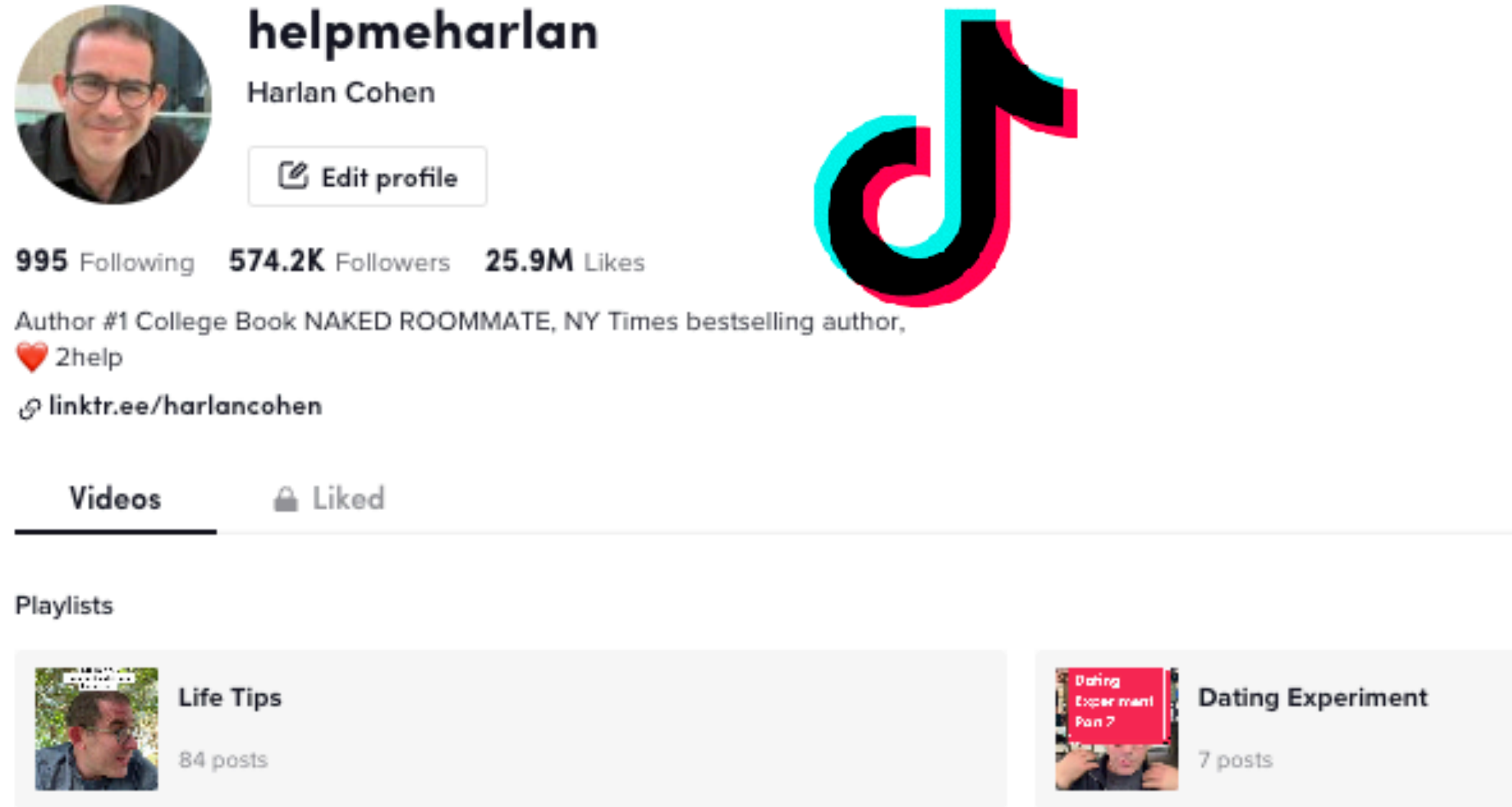
MONTHLY LISTS



# I tell people's stories...



# I share stories on social media...



**helpmeharlan**  
Harlan Cohen

995 Following 574.2K Followers 25.9M Likes

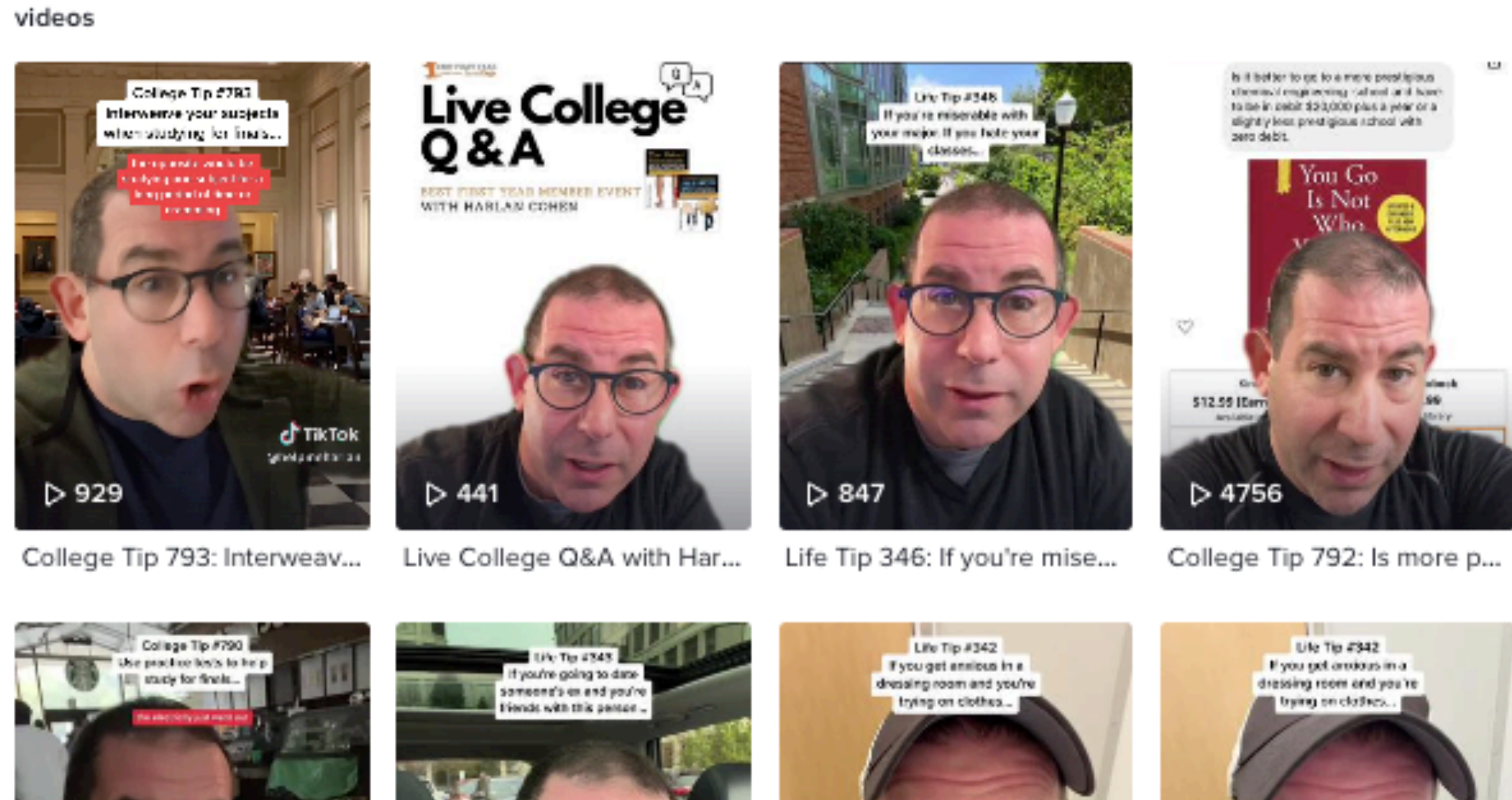
Author #1 College Book NAKED ROOMMATE, NY Times bestselling author,  
❤️ 2help

[linktr.ee/harlancohen](https://linktr.ee/harlancohen)

Videos Liked

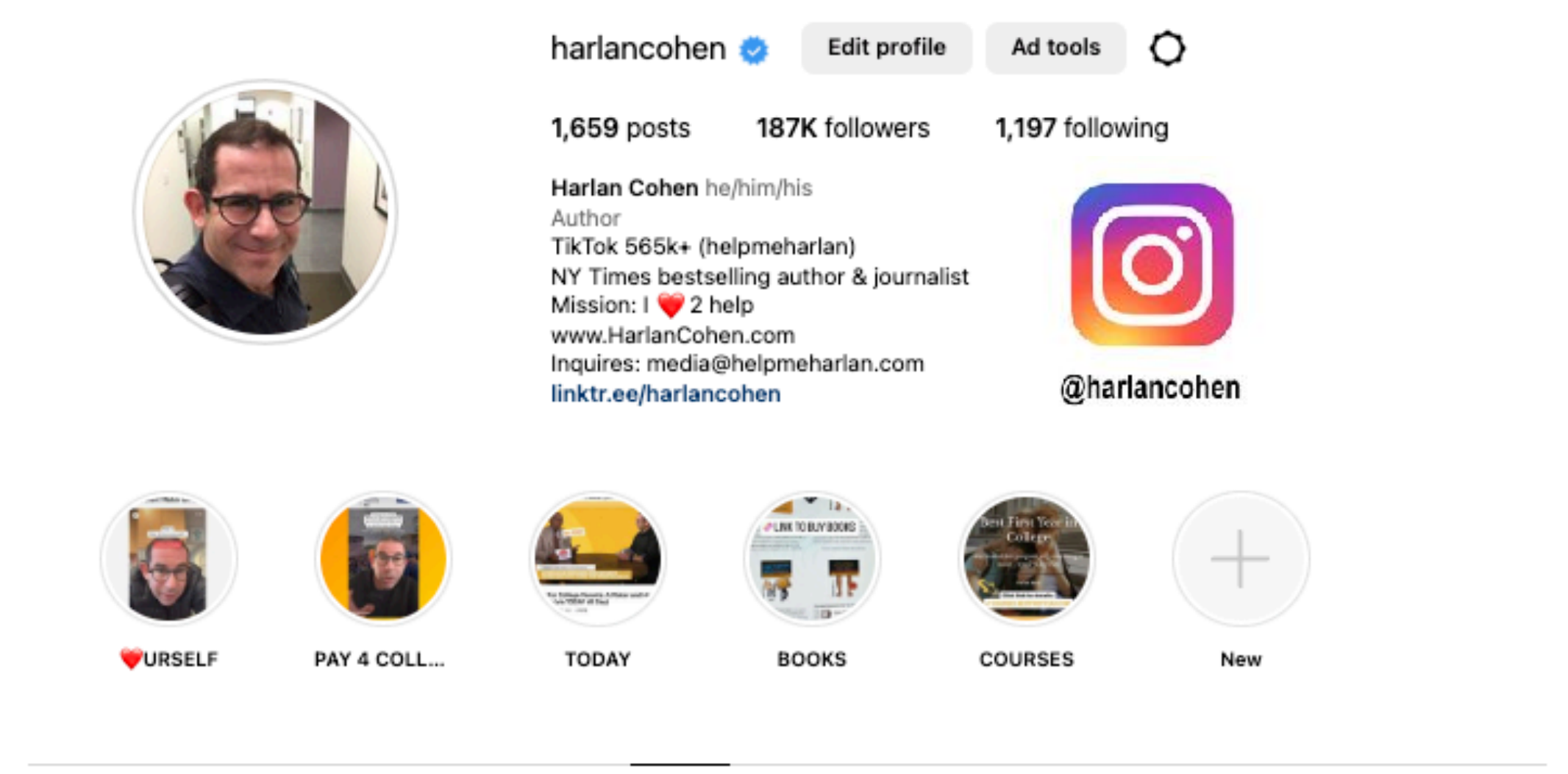
Playlists

- Life Tips (84 posts)
- Dating Experiment (7 posts)



videos

- College Tip #793: Interweave your subjects when studying for finals... (929 views)
- Live College Q&A with Harlan Cohen (441 views)
- Life Tip #346: If you're miserable with your major, if you hate your classes... (847 views)
- College Tip #792: Is more prestigious engineering, software, and hard to get in, or is it \$20,000 plus a year or a slightly less prestigious school with zero debt? (4756 views)
- College Tip #790: The best way to be prepared for finals... (views not visible)
- Life Tip #345: If you're going to date someone's on and you're friends with this person... (views not visible)
- Life Tip #342: If you get on in a dressing room and you're trying on clothes... (views not visible)
- Life Tip #342: If you get on in a dressing room and you're trying on clothes... (views not visible)



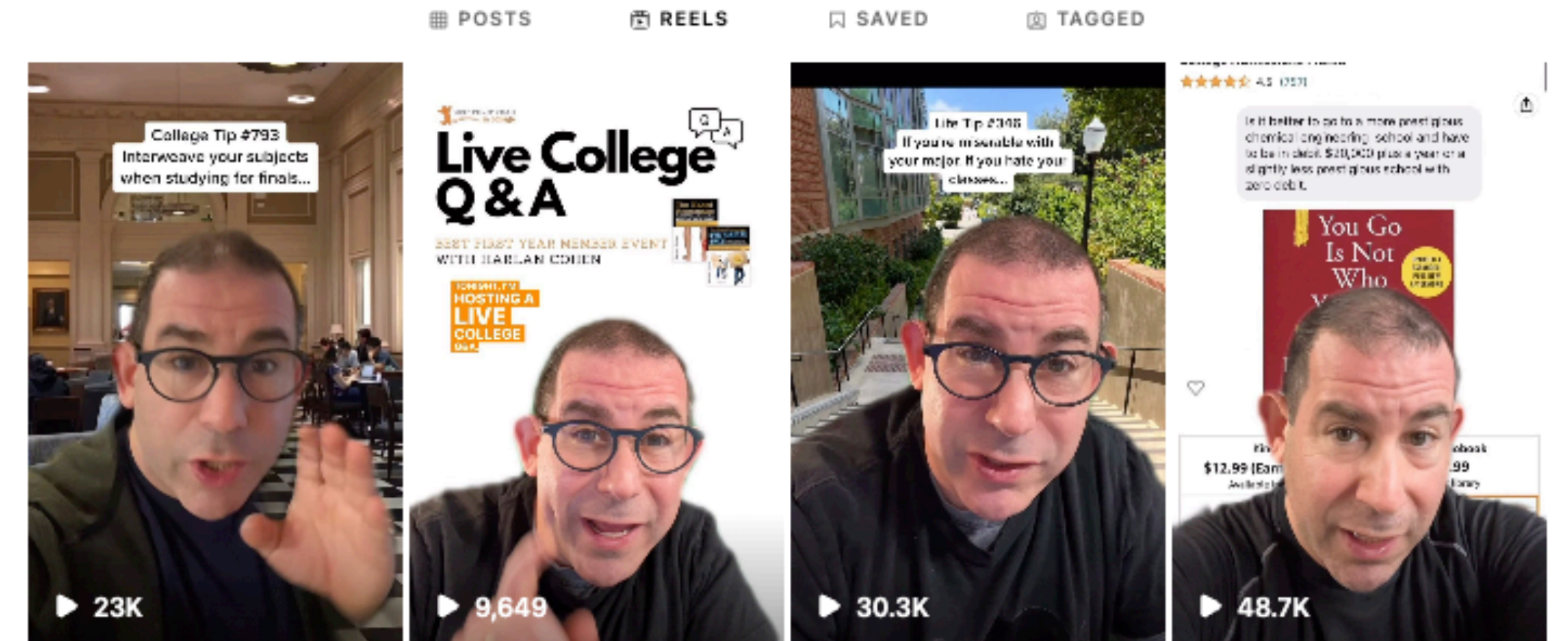
harlancohen

1,659 posts 187K followers 1,197 following

Harlan Cohen he/him/his  
Author  
TikTok 565k+ (helpmeharlan)  
NY Times bestselling author & journalist  
Mission: I ❤️ 2 help  
[www.HarlanCohen.com](http://www.HarlanCohen.com)  
Inquires: [media@helpmeharlan.com](mailto:media@helpmeharlan.com)  
[linktr.ee/harlancohen](https://linktr.ee/harlancohen)

@harlancohen

URSELF PAY 4 COLL... TODAY BOOKS COURSES New



POSTS REELS SAVED TAGGED

- College Tip #793: Interweave your subjects when studying for finals... (23K views)
- Live College Q&A with Harlan Cohen (9,649 views)
- Life Tip #346: If you're miserable with your major, if you hate your classes... (30.3K views)
- College Tip #792: Is more prestigious engineering, software, and hard to get in, or is it \$20,000 plus a year or a slightly less prestigious school with zero debt? (48.7K views)

# I tell my family stories



## Congratulations Class of 2023

The Sunnyside High School Class of 2023 will step onto the stage to receive their diplomas and step into the next chapter of their lives.

The Sunnyside School District staff is so proud of all you have accomplished and wish you the best as you move on to what comes next.

And always remember: Once a Grizzly, Always a Grizzly!



**IT ALL STARTS  
BY DREAMING** **BIG**

**DREAM IT  
CAN  
I SEE IT?**





**BELIEVE IT**

**CAN I  
BELIEVE**

**IT'S  
TRUE?**



THE UNIVERSITY OF CHICAGO  
LIBRARY

THE UNIVERSITY OF CHICAGO  
LIBRARY

THE UNIVERSITY OF CHICAGO  
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THE UNIVERSITY OF CHICAGO  
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**MAKE IT HAPPEN**

**CAN I  
DO IT?**



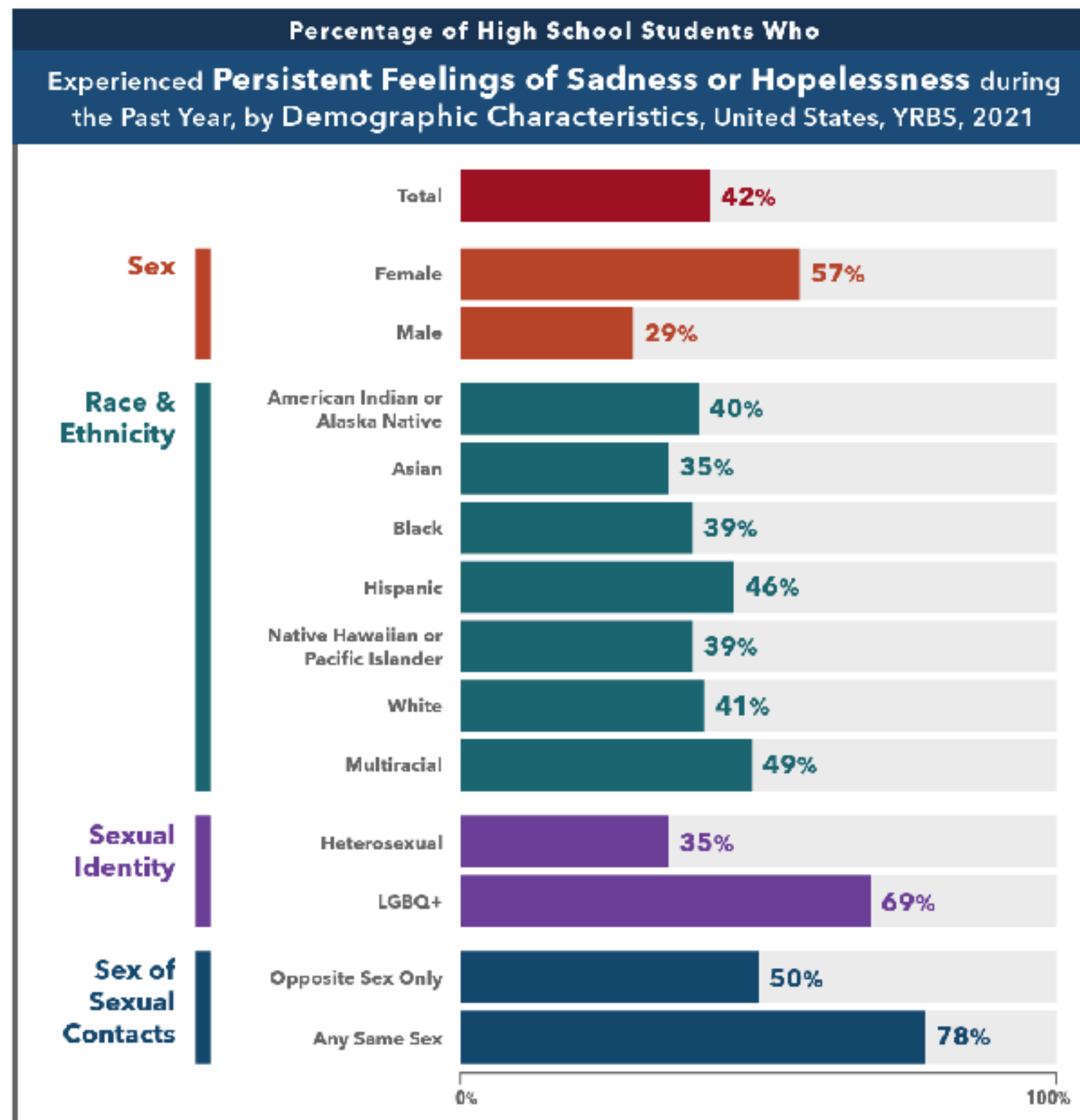


What are your  
students' stories?



## PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS

In 2021, 42% of high school students felt so sad or hopeless almost every day for at least two weeks in a row that they stopped doing their usual activities. Female students were more likely than male students to experience persistent feelings of sadness or hopelessness. Hispanic and multiracial students were more likely than Asian, Black, and White students to experience persistent feelings of sadness or hopelessness. LGBTQ+ students and students who had any same-sex partners were more likely than their peers to experience persistent feelings of sadness or hopelessness.

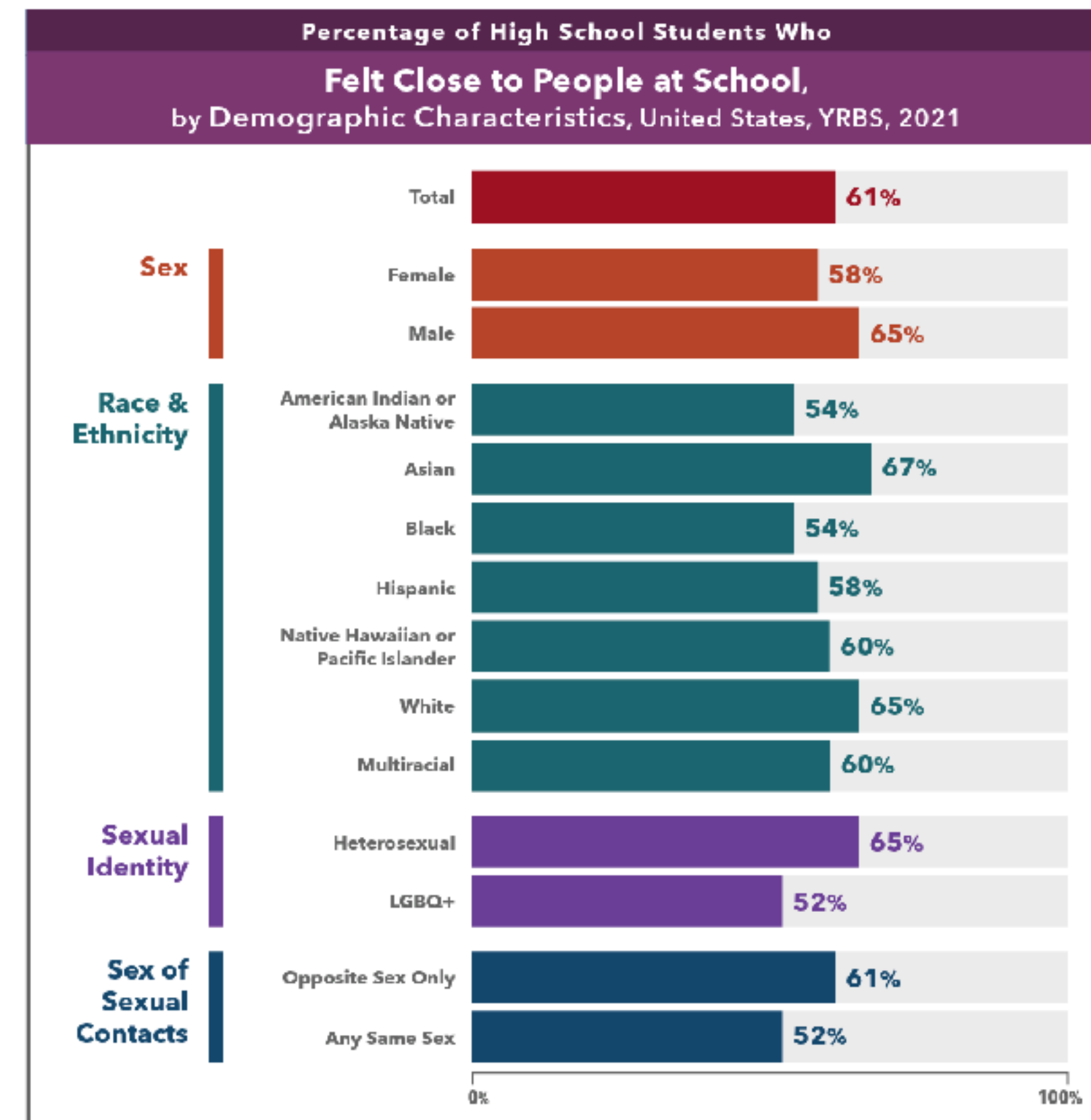


MENTAL HEALTH AND SUICIDALITY

60

## SCHOOL CONNECTEDNESS

In 2021, 61% of high school students felt a sense of school connectedness, measured by agreeing or strongly agreeing that they felt close to people at school. Male students were more likely than female students to feel close to people at school. White students were more likely than students from most other racial and ethnic groups to feel close to people at school. Heterosexual students and students who had only opposite-sex partners were more likely than their peers to feel close to people at school.



Note: The "school connectedness" variable was added to the national YRBS in 2021; therefore, trends are not available.

NEW AND EMERGING NATIONAL DATA

74

● May 25, 2023

## Campus Engagement Tip: Boost Belonging With an Intervention

Researchers from Indiana University found a link between getting students to think about belonging prior to their first year on campus and first-year full-time retention.

By [Ashley Mowreader](#)

● May 25, 2023

## Campus Engagement Tip: Boost Belonging With an Intervention

Researchers from Indiana University found a link between an intervention exercise for incoming students about belonging prior to their first year on campus and

By [Ashley Mowreader](#)



An intervention exercise for incoming students can boost belonging and retention during their time at the institution, an Indiana University study found.

adamkaz/E+/Getty Images

**A** new report from Indiana University reveals that an intervention exercise for incoming students can promote feelings of belonging and retention during their time at the institution.

The three-step intervention, called Social Belonging for College Students, exposes students to the commonality of student anxieties around attending college and promotes reflection in identifying their own fears.

**A** new report from Indiana University reveals that an intervention exercise for incoming students can promote feelings of belonging and retention during their time at the institution.

The three-step intervention, called Social Belonging for College Students, exposes students to the commonality of student anxieties around attending college and promotes reflection in identifying their own fears.

Researchers found the exercise promoted student persistence, course taking and sense of belonging, as well as first-year completion.

Subscribe for free to *Inside*

## NEWS

**Student Success** [The College Experience](#)

**The study:** The research study was led by the [College Transition Collaborative](#), a research-practitioner partnership, and the IU Equity Accelerator, involving 26,900 students at 22 diverse institutions across the U.S. during the fall 2015 and fall 2016 semesters, including IU.

Researchers also wanted to identify how local identity groups, such as first-generation students or Black students, understand belonging and how diverse stories about finding belonging could improve retention.

**The intervention:** The [intervention](#) took place online prior to students arriving to campus, administered as one step in the presemester checklist of forms, payments, etc.

For the study, the intervention had three steps:

- 1.** Students reviewed survey data from older students at their institution demonstrating their worries about belonging—like homesickness, loneliness, difficulty interacting with professors—during their time at college. The data normalize the individual student's anxieties about college and provide insight into their peer's fears.

**2.** Students engaged with upper-level students' testimonials describing their worries and how they overcame fears around belonging. Student testimonials were curated to be diverse to demonstrate that all students face these challenges and have an element of improvement to reassure incoming students that they can find belonging.

**3.** Students reflected on what they've learned and their own feelings about starting college with a writing exercise addressed to future students to repeat that belonging concerns are normal and improve with time. This exercise, what researchers call "saying is believing," promotes confidence in the student.

# THE STORYTELLING PROJECT

## One of Your People Project

Real advice from real students & recent grads



# THE STORYTELLING PROJECT

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## ORGANIZATIONS & ASSOCIATIONS



# THE STORYTELLING PROJECT

CLICK ON THE SCHOOL BELOW TO VIEW THE VIDEOS:



Wahluke High School



East Valley High School



Royal High School



Mount Vernon High School



Sunnyside High School



Zillah High School



Toppenish High School



White Swan High School



Goldendale High School



Burlington-Edison High School



Western Washington University Student Leaders  
(in partnership with Mt. Vernon High School)



Mount Adams High School

<https://beforecollege.tv/one-of-your-people/uw-gear-up-home/>

# GEAR UP STUDENT INTERVIEWS

[Go to Dashboard](#)



○ One of Your People Project (Student Conversations) 0/12 ^

○ Burlington-Edison High School

MULTIMEDIA

○ East Valley High School

MULTIMEDIA

○ Goldendale High School

MULTIMEDIA

○ Granger High School

MULTIMEDIA

○ Mount Vernon High School

MULTIMEDIA

○ Royal High School

MULTIMEDIA

○ Sunnyside High School

MULTIMEDIA

○ Toppenish High School

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○ Wahluke High School

MULTIMEDIA

○ Western Washington University Project

MULTIMEDIA

○ White Swan High School

MULTIMEDIA

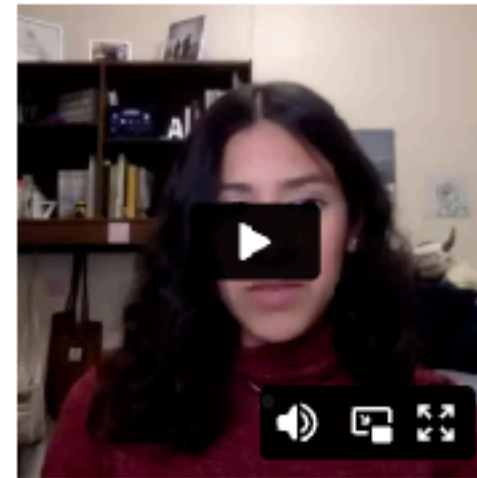
○ Zillah High School

MULTIMEDIA

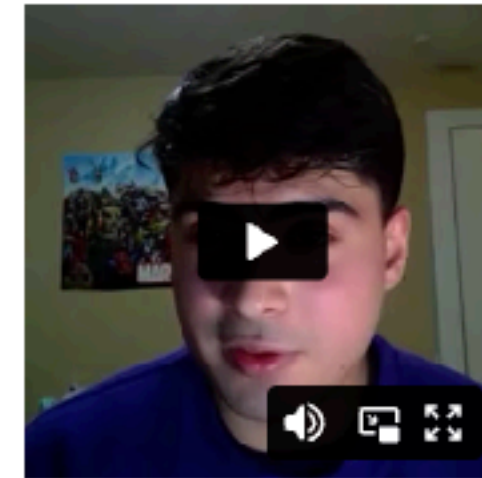
○ Career Conversations (Alumni Share Career Stories) 0/2 v

Sunnyside High School

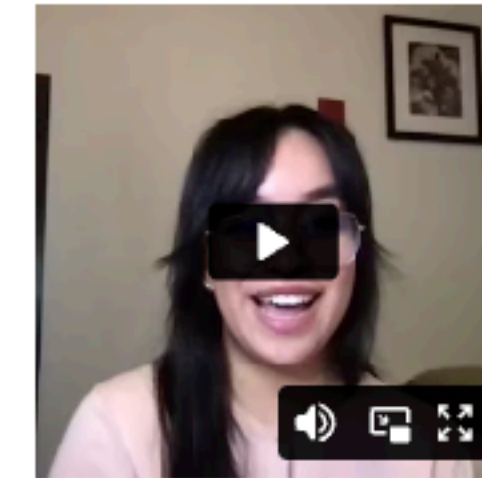
## QUICK CLIPS



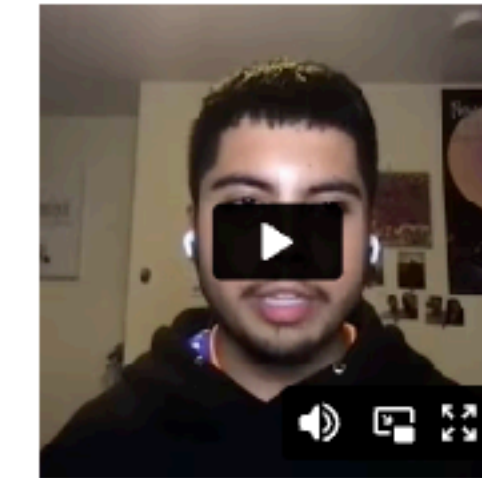
How Karen afforded to attend Stanford University.



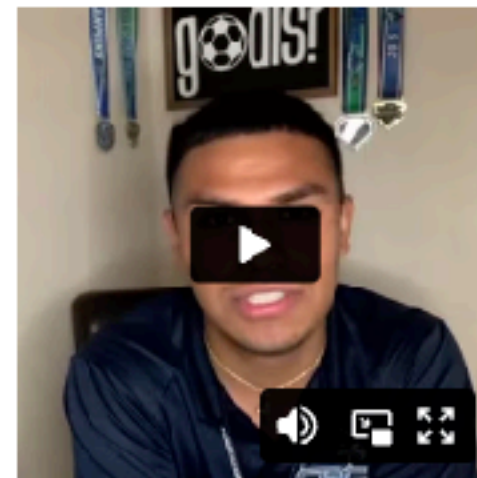
How Erik struggled with imposter syndrome during his first year at The U of Washington.



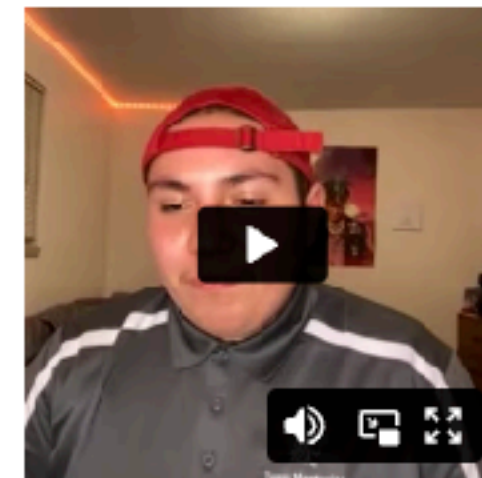
How Nora overcame big challenges her first year in college...



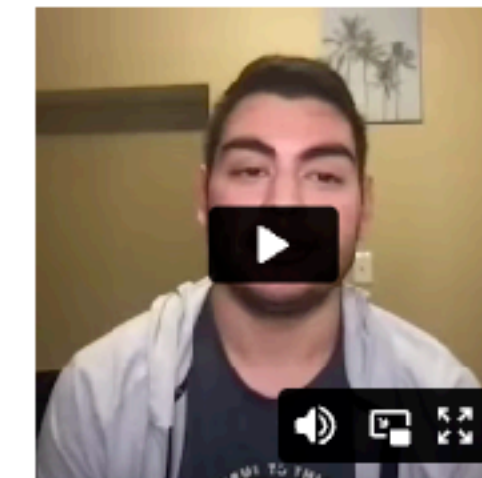
How Jesus was able to attend UW, his dream school.



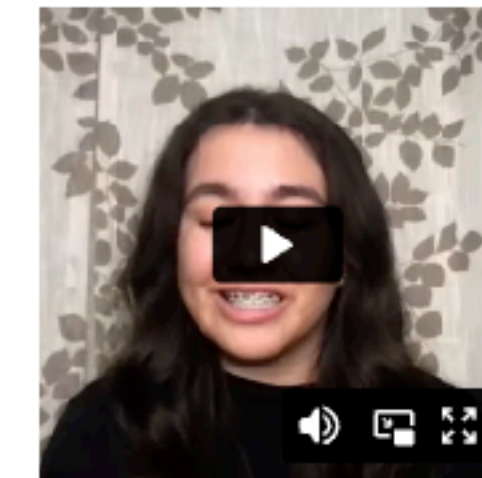
How Francisco earned a soccer scholarship to attend college.



How Jose made the decision to follow his dream instead of following the money...



How taking a break from college helped Alexis regroup and get back on track.



How Clarisa used Running Start to pave her path to college.

COMPLETE & CONTINUE →

# GETTING IN

## MEET THE STUDENTS



**Karen Villanueva**

**Hometown:** Sunnyside, WA

**High School:** [Sunnyside Senior High School](#)

**College:** [Stanford University](#)

**Year in College:** Class of 2022

**Major:** [Psychology](#)

**Dream job:** Marriage and Family Counselor / Therapist

**Karen's Places:** [Latter-day Saint Student Association](#), [Language Learning Lab](#), Diversity & First-Gen Office, [El Centro Chicano y Latino](#), Twain Dorm

**High School Places:** Math Club, Science Club, National Honors Society, Knowledge Bowl, Key Club, Upward Bound, Track & Field (12th)

**First-Gen?:** Yes

**Reach out to Karen by Email:** [kkarevv2@outlook.com](mailto:kkarevv2@outlook.com), or Instagram: [@karenvillanueva](#)



<https://beforecollege.tv/one-of-your-people/gear-up-sunnyside/>

# STAYING IN



**Erik Birrueta**

**Hometown:** Sunnyside, WA

**High School:** [Sunnyside Senior High School](#)

**College:** [University of Washington](#)

**Year in College:** Class of 2022

**Major:** [Psychology](#)

**Occupation:** Catholic Community Services Behavioral Health, Youth Partner

**Dream job:** Undetermined.

**Erik's Places:** [Catholic Newman Center](#), [IMA intramural Sports](#), [College Assistance Migrant Program \(CAMP\)](#), [CAMP advisor](#), [UW Study Abroad](#), [Office of Minority Affairs & Diversity \(OMA&D\)](#), and [EOP Advising](#).

**High School Places:** Science Fair, Key Club, Upward Bound, Cross Country, Soccer, Tennis, Knowledge Bowl, TSA, Religious Education Teacher St. Joseph Parish, and Youth Group St. Joseph Parish.

**First-Gen?:** Yes

**Reach out to Erik by E-mail:** [Birruetaerik@gmail.com](mailto:Birruetaerik@gmail.com), or **Instagram:** [@emb\\_0023](#)



<https://beforecollege.tv/one-of-your-people/gear-up-sunnyside/>

# GRADUATING

Go to Dashboard

UNIVERSITY OF WASHINGTON

### UW GEAR UP Best First Year In College


0% complete

Search by lesson title

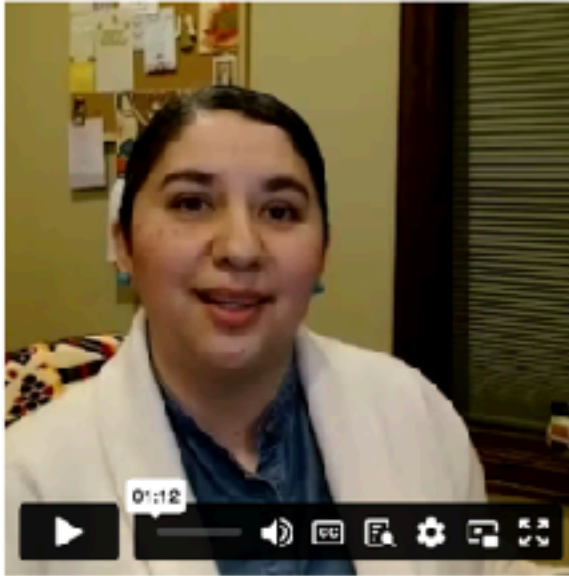
- REQUIRED: Best First Year Orientation 0/1
- Intro To College 0/12
- The First Few Months 0/17
- Campus Living 0/18
- Life Inside The Classroom 0/14
- Fraternity & Sorority Life 0/8
- Finances 0/15
- College After Dark 0/6
- DIRECTORY OF PLACES AT GEAR UP COLLEGES 0/1
- One of Your People Project (Student Conversations) 0/12
- Career Conversations (Alumni Share Career Stories) 0/2
- Goldendale Career Conversation MULTIMEDIA
- Sunnyside Career Conversation MULTIMEDIA

### Sunnyside Career Conversation


#### CAREER CONVERSATION: QUICK CLIPS



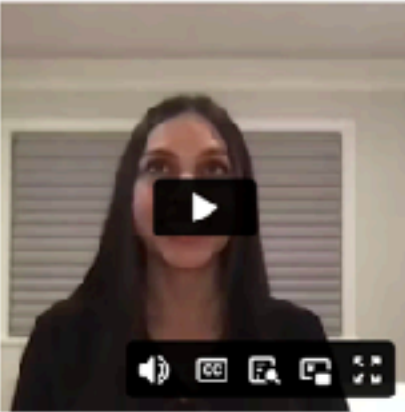
Cody shares how a teacher's belief in him changed his life...



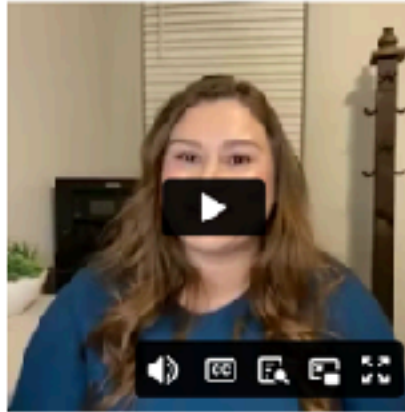
Cande struggled to speak English as a child. Now she's a lawyer...



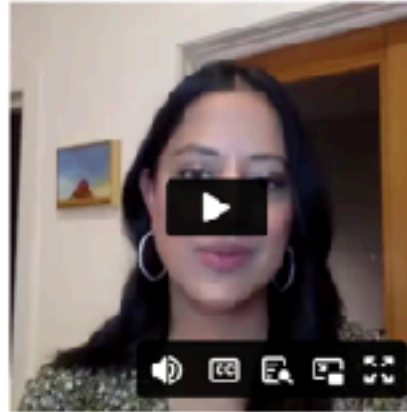
How Greg's big adventures and strong faith led him back to Sunnyside...



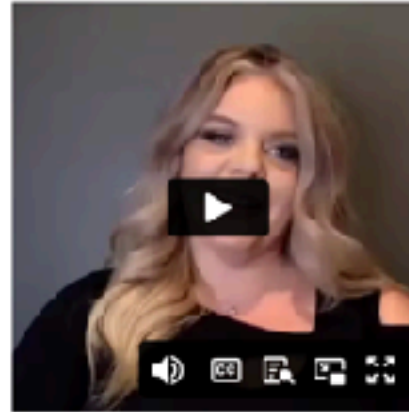
How Kandy learned to grow up fast, independent, and resourceful...



How Maria found the courage to leave Sunnyside for college...



How Nel struggled with perfection and learned to be herself...



How a teacher helped Brezzi overcome dyslexia and thrive...

COMPLETE & CONTINUE →

<https://beforecollege.tv/one-of-your-people/gear-up-sunnyside-career/>

# CAREERS

## CAREER CONVERSATION PANELISTS:



**Cody Driscoll**

**Hometown:** Sunnyside, Wa

**High School:** [Sunnyside High School](#)

**College:** [Yakima Valley Community College](#) - AA Direct Transfer [Pacific Lutheran University](#) - BA Geoscience [Heritage University](#) - MA Teaching - SPED Endorsement Major: AA - Education BA - Geoscience

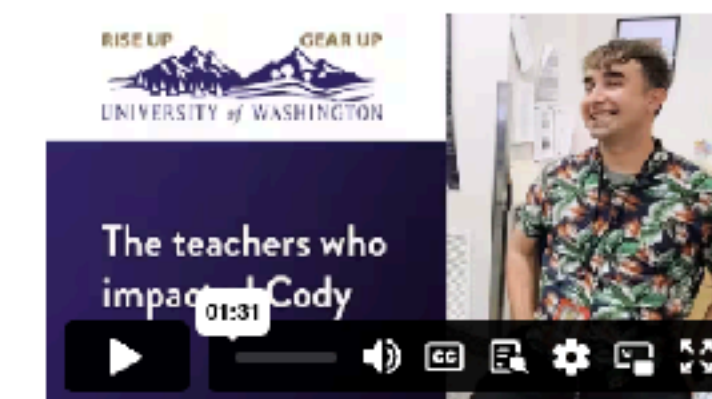
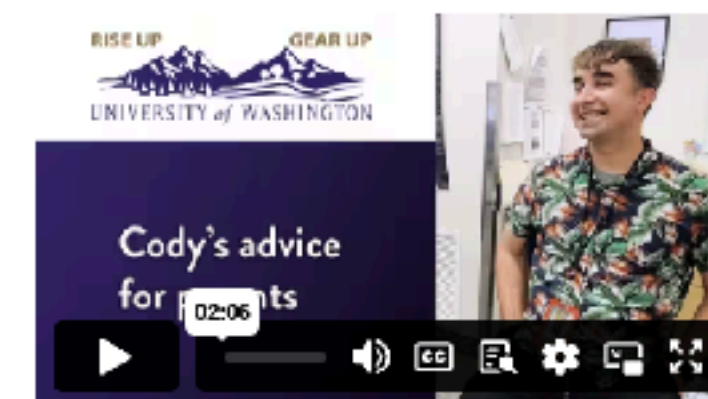
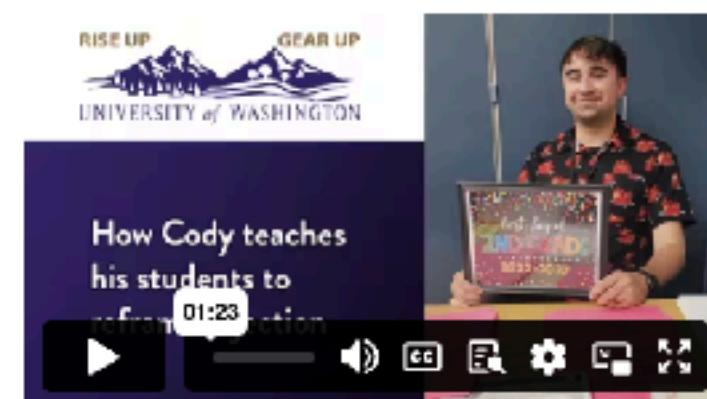
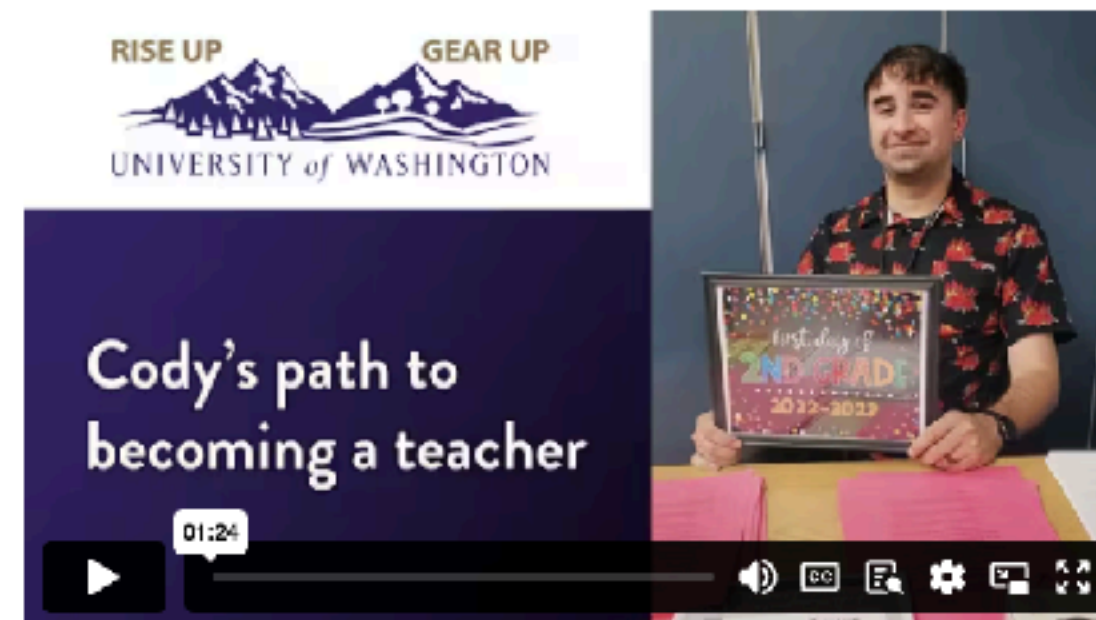
**Graduate school:** [Heritage University](#) - Master In Teaching w/ SPED Endorsement Year of graduation (from one or both of the above): AA - 2013 BA - 2015 MA - 2017 Occupation: 2nd Grade Teacher

**Dream job:** To be a chef or to teach Geoscience at the college level.

**Cody's Places:** -PLU Geoscience/Environmental sustainability projects -On-Site School Assistant for Tacoma Public Schools -Geosciences Utah Trips

**High School Places:** Helped found the Electronics Club at SHS. I was the vice president for 1 year. -I was not a member but I was involved in many after school GSA club activities as well.

**Reach out to Cody on Facebook** - Search my name on facebook and my account will be very private but I will still get messages!



<https://beforecollege.tv/one-of-your-people/gear-up-sunnyside-career/>

# First-Generation Students

The screenshot shows the top navigation bar of the University of Washington website. It features the 'W' logo and the text 'UNIVERSITY of WASHINGTON'. Below the logo is a navigation menu with links for HOME, MY HUSKY IS A..., RESOURCES, COMMON QUESTIONS, EVENTS, CONNECT, and SUPPORT. A secondary navigation bar includes 'Parents & Families'. The main banner area has a dark purple background with the text 'FIRST-GENERATION STUDENTS' in large, white, bold letters.

## Common first-generation student questions

### What support systems are available to first-generation students at each of the UW campuses?

UW Bothell, UW Tacoma and the Seattle campus each have unique offerings to support first-generation students. [Here's an overview of what's available.](#) On the Seattle campus, the [Office of Minority Affairs & Diversity](#) (OMA&D) has a long history of providing access and academic support for thousands of first-generation students on campus and across the state. [Tutoring](#), one-on-one [coaching](#), [writing centers](#) and [study skills workshops](#) are also available. Our [Samuel E Kelly Ethnic Cultural Center](#) has a wealth of resources and opportunities available to students, including student advising, organizational development, personal growth, and referrals to different departments and programs.

### How can my student connect with other first-generation students?

### What types of scholarships and grants are available for first generation students?

### How can my student give back and help other first-generation students?

### My student is undocumented. How can they find information and support?

## Congratulations and welcome to the UW!

As the parent or family member of a first-generation college student, you have extra reason to be proud.

Did you know that more than 30 percent of undergraduate students across the three University of Washington campuses are first-generation students? We also have many faculty and staff who are proud to be the first in their families to earn their degree.

At the UW, we believe first-generation status is a strength, not a weakness. You can help support your student by encouraging them to ask their professors questions and reach out for extra guidance as needed. And, speaking of asking questions, UW Parent and Family Programs is here to support your family every step of the way. Reach out to us anytime: [uwparent@uw.edu](mailto:uwparent@uw.edu). Also, don't miss our [Parent & Family Guide](#). It's full of information on everything from campus tutoring centers to student housing options to financial aid.


## Campus contacts

- [Office of Minority Affairs & Diversity](#)
- [UW Family Orientation](#)
- [CLUE tutoring](#)
- [Academic Success Coaching](#)

<https://www.washington.edu/parents/first-generation-students/>

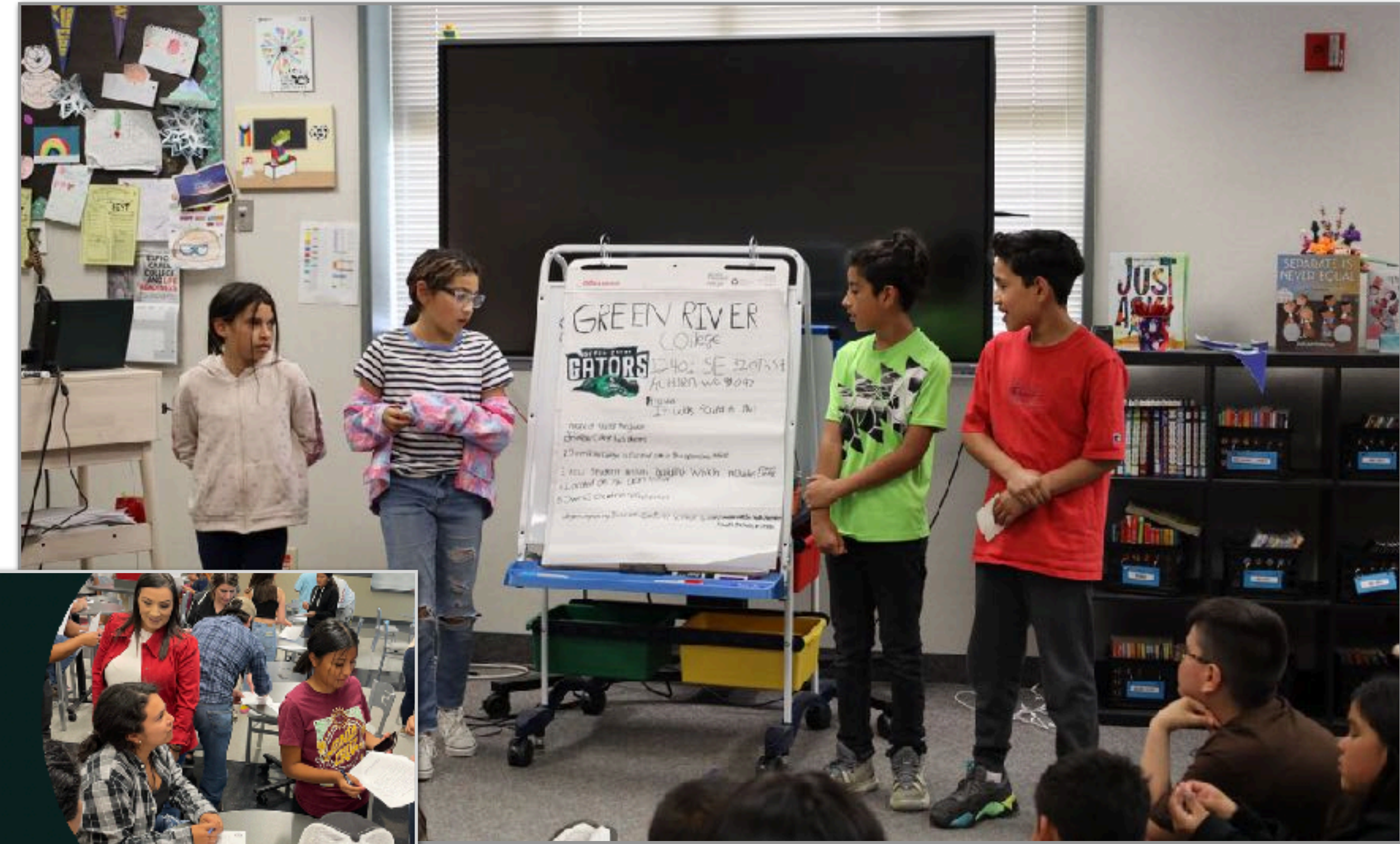
# STEP 1. BUY IN





**Connect - Build - Envision**

# Multi-level Benefits



**TALLERES**  
*para Padres*

**NUESTRA CASA Y DISTRITO DE SUNNYSIDE**  
EDIFICIO NUESTRA CASA  
301 S. 7TH ST  
SUNNYSIDE, WA

**MIÉRCOLES 22 DE FEBRERO DE 11:30-12:30**  
Conocimiento Universitario

**MIÉRCOLES 1 DE MARZO DE 11:30-12:30**  
Recursos de Preparación Universitaria y Carrera

**MIÉRCOLES 8 DE MARZO DE 11:30-12:30**  
Cadena de Mando y Comunicaciones

**UNNYSID**  
COL DISTRICT  
*Day for a Day*

**RECursos RELACIONADOS CON LA PREPARACION DE CARRERA, LA UNIVERSIDAD Y VIDA.**  
Únase a nosotros para obtener más información sobre los recursos disponibles para estudiantes en Sunnyside. Se proporcionará almuerzo. ¿Busca más información o tiene preguntas? Comuníquese con Sunnyside High School College and Career Center al 509-836-3229. Pregunte por Sandra or Harli.

**VISITE EL SITIO WEB**  
<https://bit.ly/3vmCwKX>



# 2. Identifying students



# Where to start?

Connections  
and collaborations



# Outreach

Start with current  
Connections...



# The Handoff



# STEP 3. Project Launch

<b>Advisory</b>	<b>Website</b>	<b>ROI</b>	<b>Communication Plan</b>
Rolling it out to Students	Presence	K-12	Social Media

# The Rollout

RISE UP GEAR UP  
UNIVERSITY of WASHINGTON

Nora's Dream: Buy a House For Her Parents

▶ 🔊 📺 🗑️

This video thumbnail features the University of Washington logo at the top left. The main text reads "Nora's Dream: Buy a House For Her Parents". A play button icon is centered over the text. At the bottom, there are icons for volume, subtitles, and full screen.

RISE UP GEAR UP  
UNIVERSITY of WASHINGTON

How CAMP helped Nora find her people and places at The University of Washington

▶ 🔊 📺 🗑️

This video thumbnail features the University of Washington logo at the top left. The main text reads "How CAMP helped Nora find her people and places at The University of Washington". A play button icon is centered over the text. At the bottom, there are icons for volume, subtitles, and full screen.

RISE UP GEAR UP  
UNIVERSITY of WASHINGTON

How Nora Got a Running Start into College

▶ 🔊 📺 🗑️

This video thumbnail features the University of Washington logo at the top left. The main text reads "How Nora Got a Running Start into College". A play button icon is centered over the text. At the bottom, there are icons for volume, subtitles, and full screen.

RISE UP GEAR UP  
UNIVERSITY of WASHINGTON

How Nora Paid for College

▶ 🔊 📺 🗑️

This video thumbnail features the University of Washington logo at the top left. The main text reads "How Nora Paid for College". A play button icon is centered over the text. At the bottom, there are icons for volume, subtitles, and full screen.

RISE UP GEAR UP  
UNIVERSITY of WASHINGTON

Nora's FAFSA Protips

▶ 🔊 📺 🗑️

This video thumbnail features the University of Washington logo at the top left. The main text reads "Nora's FAFSA Protips". A play button icon is centered over the text. At the bottom, there are icons for volume, subtitles, and full screen.

RISE UP GEAR UP  
UNIVERSITY of WASHINGTON

How Nora Overcame Her Biggest Challenge at The University of Washington

▶ 🔊 📺 🗑️

This video thumbnail features the University of Washington logo at the top left. The main text reads "How Nora Overcame Her Biggest Challenge at The University of Washington". A play button icon is centered over the text. At the bottom, there are icons for volume, subtitles, and full screen.

# Website presence



SSD CCLR

Home

High School and  
Beyond Plan

Career Readiness  
Resources

**College Readiness  
Resources**

Life Readiness  
Resources

AVID

## RESOURCES & INFORMATION



YOUR PLACE, YOUR PEOPLE, YOUR PASSION



GEAR UP Sunnyside

GEAR UP | SUNNYSIDE HIGH SCHOOL



## CATCHING UP WITH SHS ALUM

We recently connected with SHS alumni who are currently in their junior or senior year of college. Fellow Grizzlies reflected on their journey from high school and shared advice for current students. Check out the video library [here](#).

# Communication Plan

Sunnyside School District's Post

**Sunnyside School District**  
April 5 · 🌐

Cody Driscoll is a second grade teacher at Chief Kamiakin Elementary. Cody attended Yakima Valley College and then transferred to Pacific Lutheran University where he earned his Bachelors of Arts in Geology. He holds a Masters in Teaching from Heritage University with an endorsement in Special Education.

**RISE UP GEAR UP**  
UNIVERSITY of WASHINGTON

How Cody became a teacher and paid for his education

VIMEO.COM  
How Cody became a teacher and paid for his education  
Cody is a graduate of Sunnyside High School and is now a second grade teacher. This is how ...

Tenya Moravec and 103 others · 19 comments · 9 shares

Like Comment Share

Most relevant

Araceli Ledesma  
My son was his student very Good teacher  
Like Reply 14w

Marisol Baranowski  
My son's favorite teacher! ❤️❤️❤️  
Like Reply 14w

Araceli Ledesma

🎉🎉🎉  
Congrats!

Write a comment...

**Sunnyside School District**  
April 4 · 🌐

Brezzi Campos is a Cosmetologist and owns her salon in Sunnyside. She earned her Business Administration degree and Cosmetology license from Walla Walla Community College. She speaks about her passion for cosmetology and the great career it has provided her.

**RISE UP GEAR UP**  
UNIVERSITY of WASHINGTON

Brezzi's path to becoming a successful hairdresser

VIMEO.COM  
Brezzi's path to becoming a successful hairdresser  
Brezzi is a graduate of Sunnyside High School. She is a hairdresser in Sunnyside. This is he...

You, Joana Escareno, Kasey Evans and 193 others · 12 comments · 28 shares

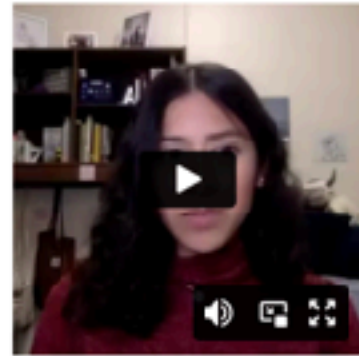
Like Comment Share

# COLLEGE STORYTELLING PROJECTS

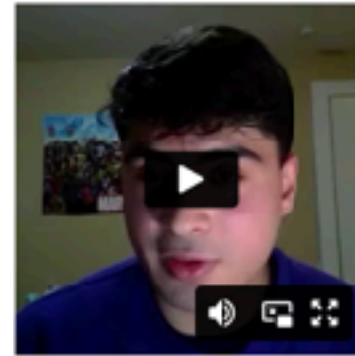


We spoke with Sunnyside High School graduates about their experiences in high school and how they were able to navigate life in college. The panelists volunteered to share their stories.

## QUICK CLIPS



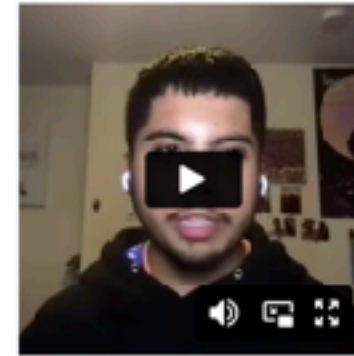
How Karen afforded to attend Stanford University.



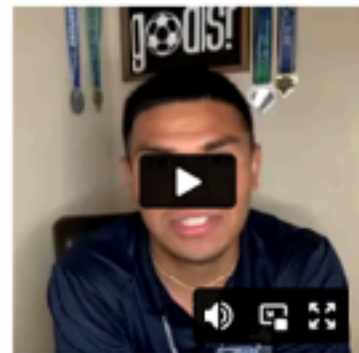
How Erik struggled with imposter syndrome during his first year at The U of Washington.



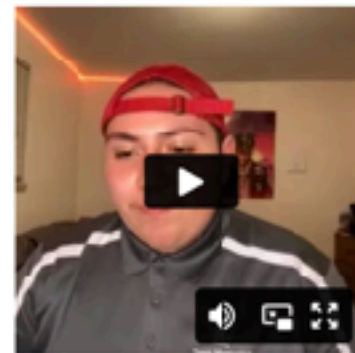
How Nera overcame big challenges her first year in college...



How Jesus was able to attend JW, his dream school.



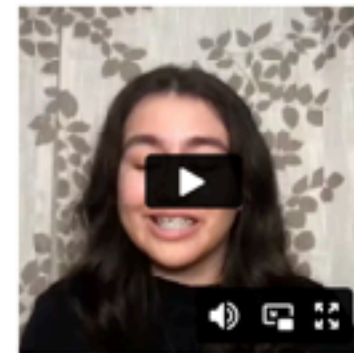
How Francisco earned a soccer scholarship to attend college.



How Jose made the decision to follow his dream instead of following the money...



How taking a break from college helped Alexis regroup and get back on track.



How Clarisa used Running Start to pave her path to college.

# CAREER CONVERSATION PROJECTS

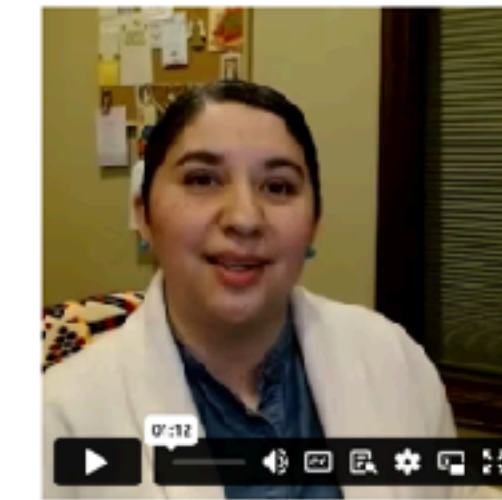


We spoke with Sunnyside High School alumni about their careers to help current students learn about different paths to pursue. The panelists volunteered to share their stories.

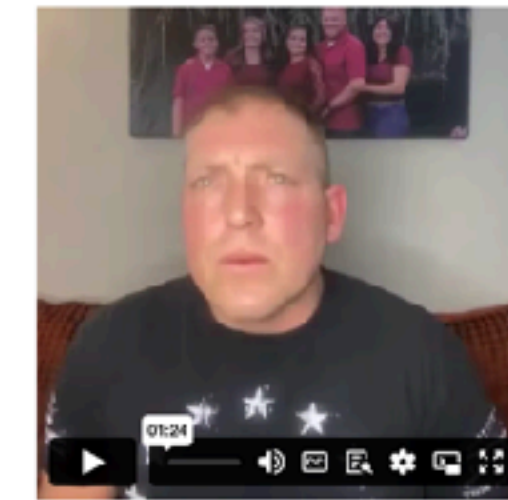
## CAREER CONVERSATION: QUICK CLIPS



Cody shares how a teacher's belief in him changed his life...



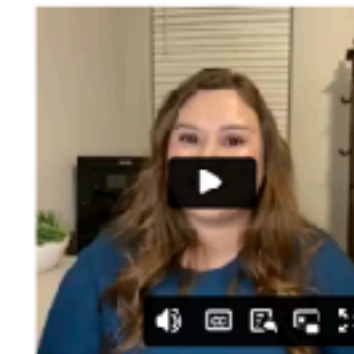
Cande struggled to speak English as a child. Now she's a lawyer...



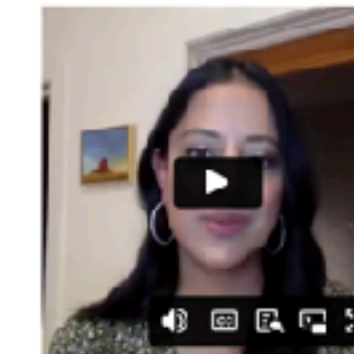
How Greg's big adventures and strong faith led him back to Sunnyside...



How Kandy learned to grow up fast, independent, and resourceful...



How Maria found the courage to leave Sunnyside for college...



How Neha struggled with perfection and learned to be herself...



How a teacher helped Erezzi overcome dyslexia and thrive...

## MEET THE STUDENTS



**Karen Villanueva**

**Hometown:** Sunnyside, WA

**High School:** [Sunnyside Senior High School](#)

**College:** [Stanford University](#)

**Year in College:** Class of 2022

**Major:** [Psychology](#)

**Dream job:** Marriage and Family Counselor / Therapist

**Karen's Places:** [Latter-day Saint Student Association](#), [Language Learning Lab](#), Diversity & First-Gen Office, [El Centro Chicano y Latino](#), Twain Dorm

**High School Places:** Math Club, Science Club, National Honors Society, Knowledge Bowl, Key Club, Upward Bound, Track & Field (12th)

**First-Gen?:** Yes

**Reach out to Karen by Email:** [kkarenv2@outlook.com](mailto:kkarenv2@outlook.com), or Instagram: [@karenivillanueva](https://www.instagram.com/karenivillanueva)

**Profile includes**  
**Quick clip**  
**Longer form videos**  
**Links to College**  
**Major, Places**  
**Contact info**



# One of Your People Project: Sunnyside Career Conversation

STUDENT	TITLE	VIMEO	YOUTUBE	
Cody Driscoll				
	Cody's advice for parents	<a href="https://vimeo.com/807143752/f014388aad">https://vimeo.com/807143752/f014388aad</a>	<a href="https://youtu.be/QuRZHddIG8M">https://youtu.be/QuRZHddIG8M</a>	*
	How Cody teaches his students to reframe rejection	<a href="https://vimeo.com/807143711/1d2da13787">https://vimeo.com/807143711/1d2da13787</a>	<a href="https://youtu.be/VH4IVanQ3kg">https://youtu.be/VH4IVanQ3kg</a>	
	The hardest part of teaching for Cody	<a href="https://vimeo.com/807143676/6930ced534">https://vimeo.com/807143676/6930ced534</a>	<a href="https://youtu.be/WvJXEs3wiLg">https://youtu.be/WvJXEs3wiLg</a>	
	The teachers who impacted Cody	<a href="https://vimeo.com/807143626/752b6e5ca9">https://vimeo.com/807143626/752b6e5ca9</a>	<a href="https://youtu.be/ImpkxRAR50w">https://youtu.be/ImpkxRAR50w</a>	
	How Cody approaches "difficult" students	<a href="https://vimeo.com/807143442/9674688b20">https://vimeo.com/807143442/9674688b20</a>	<a href="https://youtu.be/eZbp5cg8jSq">https://youtu.be/eZbp5cg8jSq</a>	
	How much can you earn as a teacher?	<a href="https://vimeo.com/807143405/17650e5d9a">https://vimeo.com/807143405/17650e5d9a</a>	<a href="https://youtu.be/g98woolJRzU">https://youtu.be/g98woolJRzU</a>	
	How Cody became a teacher and paid for his education	<a href="https://vimeo.com/807143355/4aea69bccc">https://vimeo.com/807143355/4aea69bccc</a>	<a href="https://youtu.be/VZds81ZZXhE">https://youtu.be/VZds81ZZXhE</a>	
	Cody's path to becoming a teacher	<a href="https://vimeo.com/807143309/819c941f2c">https://vimeo.com/807143309/819c941f2c</a>	<a href="https://youtu.be/4rJkYmfVwEY">https://youtu.be/4rJkYmfVwEY</a>	
	Cody social media quick clip	<a href="https://vimeo.com/807142338/a094529944">https://vimeo.com/807142338/a094529944</a>	<a href="https://youtu.be/J5Y4k2cJpJk">https://youtu.be/J5Y4k2cJpJk</a>	
Brezzi Campos				
	The hardest part about being a hairdresser	<a href="https://vimeo.com/807143612/76ea73dd5b">https://vimeo.com/807143612/76ea73dd5b</a>	<a href="https://youtu.be/ogj28kbNwol">https://youtu.be/ogj28kbNwol</a>	
	Brezzi describes life in high school	<a href="https://vimeo.com/807143558/0dd3fae118">https://vimeo.com/807143558/0dd3fae118</a>	<a href="https://youtu.be/UIG32FWShPQ">https://youtu.be/UIG32FWShPQ</a>	
	Brezzi's path to becoming a successful hairdresser	<a href="https://vimeo.com/807143511/efce0f3c98">https://vimeo.com/807143511/efce0f3c98</a>	<a href="https://youtu.be/sraSSq-inpl">https://youtu.be/sraSSq-inpl</a>	
	How much you could earn as a hairdresser	<a href="https://vimeo.com/807142212/b6ca6a9f1f">https://vimeo.com/807142212/b6ca6a9f1f</a>	<a href="https://youtu.be/RdGoPOH1LUA">https://youtu.be/RdGoPOH1LUA</a>	
	Want to work in a salon? Shadow Brezzi at work	<a href="https://vimeo.com/807142189/0cb088a56c">https://vimeo.com/807142189/0cb088a56c</a>	<a href="https://youtu.be/L-SmqFndkdl">https://youtu.be/L-SmqFndkdl</a>	
	Brezzi struggled with dyslexia in high school	<a href="https://vimeo.com/807142159/0609d27dd2">https://vimeo.com/807142159/0609d27dd2</a>	<a href="https://youtu.be/_ZHGGzy7FBQ">https://youtu.be/_ZHGGzy7FBQ</a>	*
	Brezzi social media quick clip	<a href="https://vimeo.com/807143494/552294704d">https://vimeo.com/807143494/552294704d</a>	<a href="https://youtu.be/PQafwE2S3k8">https://youtu.be/PQafwE2S3k8</a>	
Neha Patel				
	Neha faced many challenges adjusting to life in college.	<a href="https://vimeo.com/807143275/c4a41691de">https://vimeo.com/807143275/c4a41691de</a>	<a href="https://youtu.be/KzJw-6U0ntc">https://youtu.be/KzJw-6U0ntc</a>	
	How much can you earn in different healthcare careers?	<a href="https://vimeo.com/807143218/b73547b086">https://vimeo.com/807143218/b73547b086</a>	<a href="https://youtu.be/LnRUZwit4OQ">https://youtu.be/LnRUZwit4OQ</a>	
	What is a healthcare administrator?	<a href="https://vimeo.com/807143183/875265a6ea">https://vimeo.com/807143183/875265a6ea</a>	<a href="https://youtu.be/wxP7GLi6aNI">https://youtu.be/wxP7GLi6aNI</a>	
	One of the Sunnyside teachers that impacted Neha	<a href="https://vimeo.com/807143143/91c88b1142">https://vimeo.com/807143143/91c88b1142</a>	<a href="https://youtu.be/79prloGB_CQ">https://youtu.be/79prloGB_CQ</a>	
	How Neha was inspired to go into healthcare	<a href="https://vimeo.com/807143077/2e440ceced">https://vimeo.com/807143077/2e440ceced</a>	<a href="https://youtu.be/zYLxjdVFmLE">https://youtu.be/zYLxjdVFmLE</a>	
	Interested in working in healthcare? Shadow someone	<a href="https://vimeo.com/807143032/1a95617a6a">https://vimeo.com/807143032/1a95617a6a</a>	<a href="https://youtu.be/zxKGunwWX_g">https://youtu.be/zxKGunwWX_g</a>	
	Neha social media quick clip	<a href="https://vimeo.com/807142248/6a0cffc32a">https://vimeo.com/807142248/6a0cffc32a</a>		

# Tell Your Story As If...

It's May 1, 2024 and I had the most incredible year! I reached my goals and accomplished (Fill in Outcome). The most challenging part was (Fill In). I got through it by leaning on (Person #1), (Person #2), and (Person #3) for answers and support. I found people to help me find answers at (Place #1), (Place #2), and (Place #3). It took me (Fill in Time) to get where I wanted to go. I'm so grateful and proud of myself and my accomplishments.



IMPORTANT: Before completing exercise, download PDF and open in Acrobat. Complete assignment and save work. Filling out this assignment inside your browser may result in loss of data, time, and mind.



## **INTRO TO COLLEGE**

### **WHAT'S YOUR DREAM?**

It all starts with a dream. Imagine everything you want could come true...

What is your dream life? Write down whatever comes to mind.

What is your dream job/career? (list more than one if you have several in mind)

Where is your dream city or location to live?

Who are three people living a life you would want to live? (family, friends, strangers)

Does it scare you to dream big? Yes or No

If yes, why does it scare you? If no, why doesn't it scare you?

IMPORTANT: Before completing exercise, download PDF and open in Acrobat. Complete assignment and save work. Filling out this assignment inside your browser may result in loss of data, time, and mind.



## **INTRO TO COLLEGE: YOUR STORY**

### **TIME TO TELL YOUR STORY...**

Fast forward into the future and tell your college story. Use the template below. What happened your first year in college? Once you complete this story, go into greater detail and then tell your Social, Emotional, Physical, Financial, Academic stories! The more details, the better.

\* \* \*

Dear Me,

It's \_\_\_\_\_ (fill in with a date in the future).

I reached my goal and accomplished \_\_\_\_\_  
\_\_\_\_\_ (fill in blank)

The most uncomfortable part of this experience was: \_\_\_\_\_  
\_\_\_\_\_ (fill in blank)

I was able to overcome obstacles by leaning on the following people for help, support, and guidance (fill in the blank)

Person 1: \_\_\_\_\_

Person 2: \_\_\_\_\_

Person 3: \_\_\_\_\_

I was able to find connection, community, and answers in the following places (fill in the blank, this can be the place you found people)

Place 1: \_\_\_\_\_

Place 2: \_\_\_\_\_

Place 3: \_\_\_\_\_

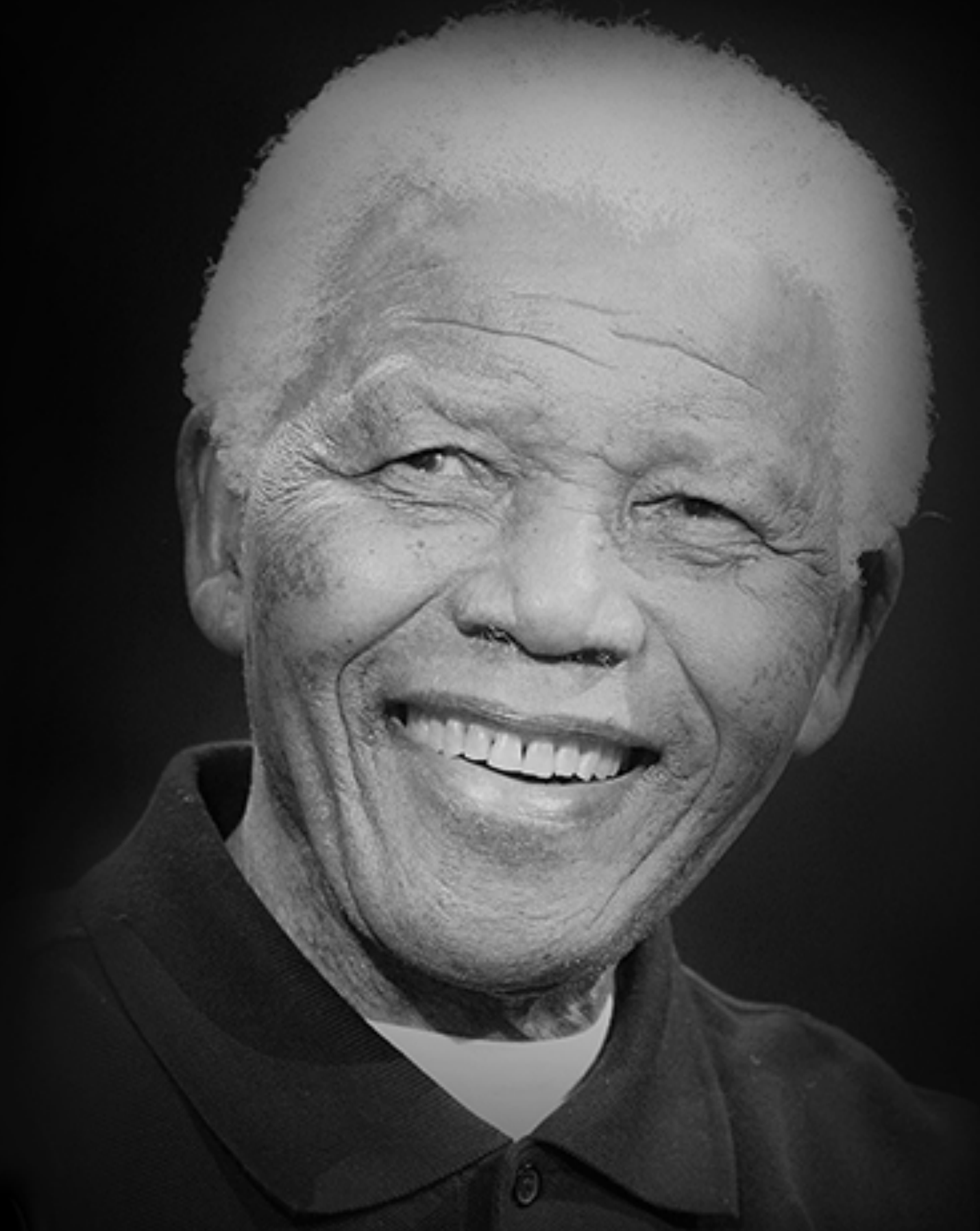
It took me \_\_\_\_\_ (fill in amount of time)  
to reach my goal. I'm so proud of myself and my accomplishments!

**It's May 2024,  
Here's what happened this year in middle  
school, high school, or college...**



**I never lose.  
I either win or learn.**

*- Nelson Mandela*



BEST FIRST YEAR

All Courses My Dashboard Harlan C

# Best First Year in College

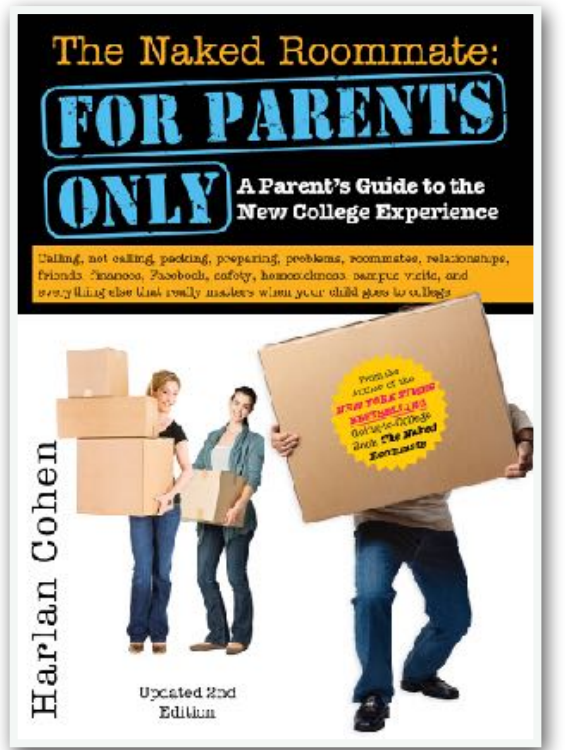
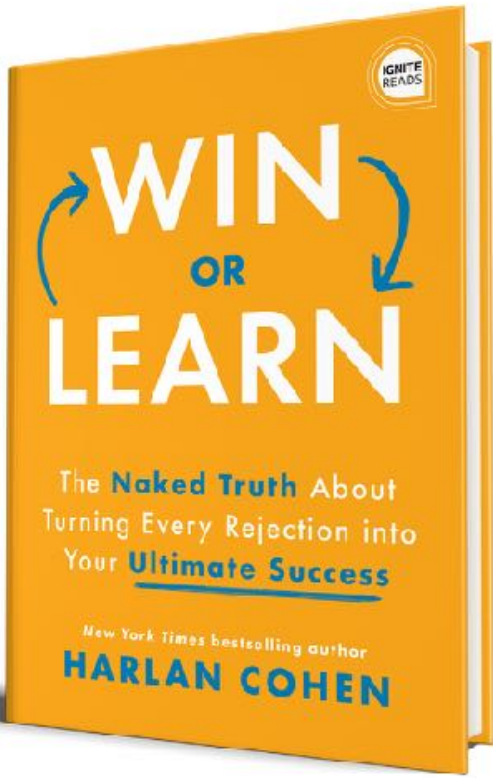
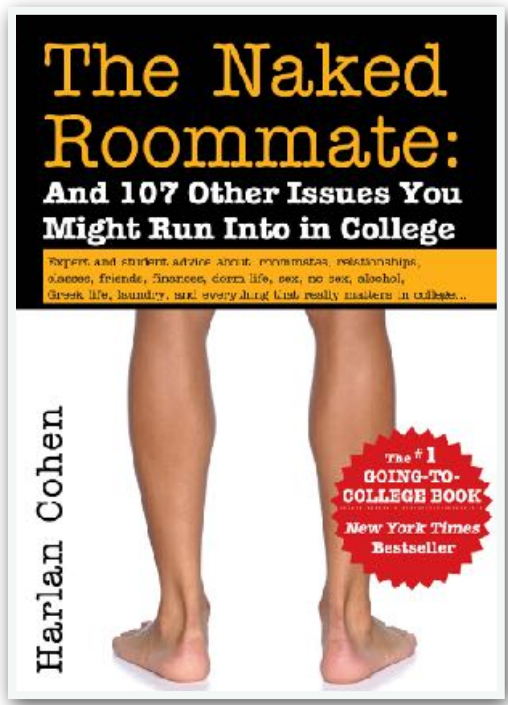
We created this program with one thing in mind... YOUR SUCCESS!

Enroll Now

Most students struggle making the transition to life in college...

Start now

Best First Year saves you time, money, and emotional energy. Learn how to be successful in college and beyond. This self-paced program for students and parents is here when you need it!



/HelpMeHarlan



@HarlanCohen

[courses.bestfirstyear.com](https://courses.bestfirstyear.com)

# Using Storytelling to Support Year 7 Students

## One of Your People Project

Real advice from real students & recent grads



Replay, slides, and resources  
[www.HarlanCohen.com/gearupnational23](http://www.HarlanCohen.com/gearupnational23)

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