

FOSTERING COLLEGE SUCCESS THROUGH TESTIMONIOS AND FAMILY COLLEGE KNOWING WORKSHOPS

A CULTURALLY RESPONSIVE APPROACH TO FAMILY ENGAGEMENT

Presented at: Arizona Hispanic Serving Institution Summit (Flagstaff, AZ 2024)

Organization: Project Outreach FAMILIA – University of Arizona



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FAMILIA

www.familia.coe.arizona.edu

TODAY'S AGENDA

01. Welcome

02. Overview of Project
FAMILIA

03. Assessment

04. Mock Workshop

05. Closing Reflection

06. Energy Healing



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We respectfully acknowledge the University of Arizona is on the land and territories of Indigenous peoples.

Today, Arizona is home to 22 federally-recognized tribes, with Tucson being home to the O'odham and the Pascua Yaqui.

Committed to diversity and inclusion, the University strives to build sustainable relationships with sovereign Native Nations and Indigenous communities through education offerings, partnerships, and community service.



WHO WE ARE:



Cindy Trejo, MBA, PhD
Director



Lupe Gómez
Waitherwerch, MPH,
EEM-CP
Manager, Outreach

WHO ARE YOU?





WHAT DO WE DO:



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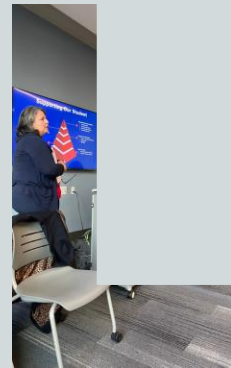
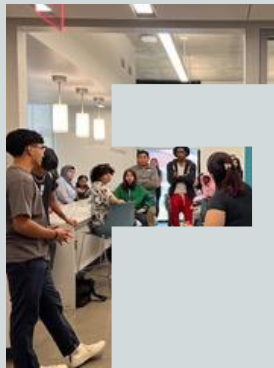
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WE ARE:

PROJECT OUTREACH FAMILIA

Project Outreach FAMILIA stands for:



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THE UNIVERSITY OF ARIZONA
College of Education

PROJECT OUTREACH FAMILIA



Project Outreach FAMILIA

PROJECT OUTREACH FAMILIA OFFERS:



01.

Student
Support

1:1 College Support
Youth Summit



02.

Parent
Partnership

Academy for FAMILIA's
Parent Workshops



03.

School
Partnership

UArizona tours
Supporting college mission



04.

Increasing student
preparedness in
mathematics

Dual Enrollment Pre-Calculus
Course

WHAT IS ACADEMY FOR FAMILIA'S (OF HS STUDENTS)?

UNIVERSITY OF ARIZONA'S EXCELENCIA WHAT WORKS PROGRAM



Early Academic
Outreach

Unique to Project Outreach

FAMILIA:

- Goal: Support college-bound students and their families
- Adaptation: Tailored for high school families
- Plática approach:
 - Emphasize community building, trust, and approachability

A 4-Module Series:

1. What is College?
2. HS/University Requirements
3. Costs of Going to College
4. Creating a College-Going Culture at homes as a Supporting Adult

CULTURALLY RESPONSIVE WORKSHOP ENVIRONMENT



ORID:

Objective

The facts that the group knows

Reflective

How the audience felt about the topic. Encourage participants to share thoughts and experiences.

Interpretive

Analyze and discuss the information shared.

Decisional

Encourage action and decision-making based on insights gained.

EXAMPLE(S):

Objective (Check-in):

What do you hope to learn so that you are prepared for the financing of college for your student?

Decisional (Group Processing):

How will you summarize scholarships to your student?



HOW DO WE DO IT?



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TESTIMONIOS:

ORAL STORYTELLING FOR SOCIAL TRANSFORMATION



Definition: Testimonios are personal narratives that highlight individuals' experiences, emphasizing resilience in overcoming challenges and promoting solidarity within communities.



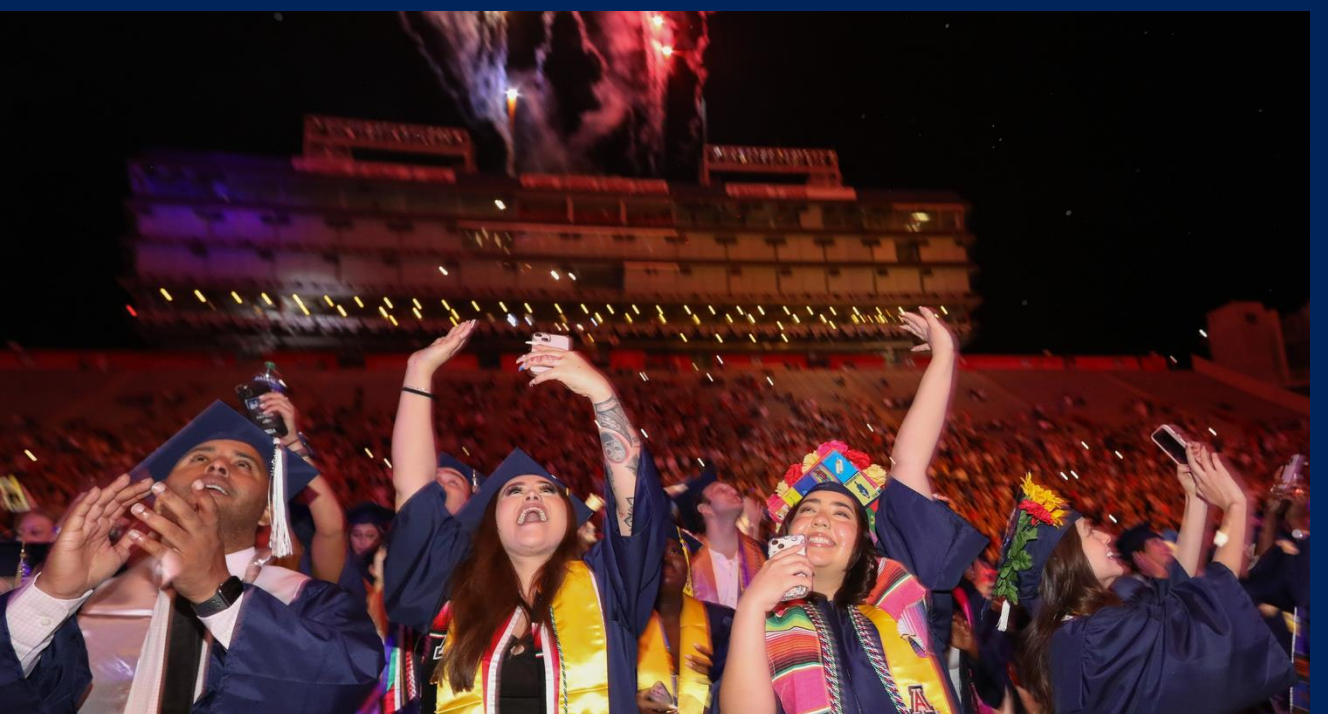
Research Methodology: Grounded in qualitative research, testimonios serve as a form of narrative inquiry to capture lived experiences and perspectives.



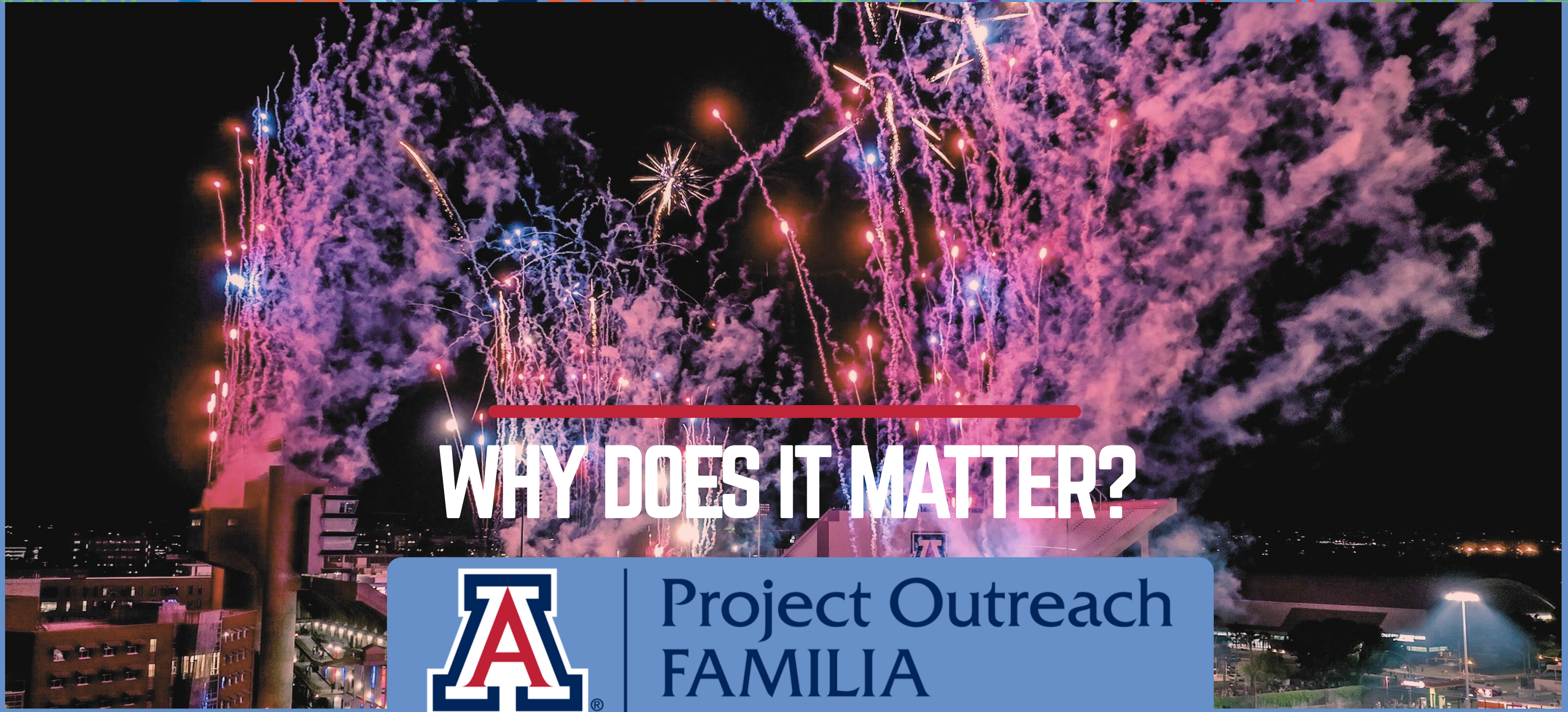
PLATICAS: INTIMATE STORIES AND EXCHANGE OF IDEAS



Definition: Pláticas are intimate conversations or storytelling sessions prevalent in Latinx cultures, facilitating the exchange of personal experiences, ideas, and wisdom.



Research Methodology: Pláticas foster community building, trust, and mutual support among participants, contributing to social cohesion and cultural resilience.



WHY DOES IT MATTER?



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CYNTHIA D. TREJO

COLLEGE OF EDUCATION, THE
UNIVERSITY OF ARIZONA

DEVELOPING HISPANIC SERVING
INSTITUTION,

TITLE V PROGRAM DIRECTOR OF
PROJECT OUTREACH FAMILIA

Reframing College:

Mexican American Students,
Higher Education and
Family Restorative Justice

R | RUTGERS-NEW BRUNSWICK
Graduate School of Education

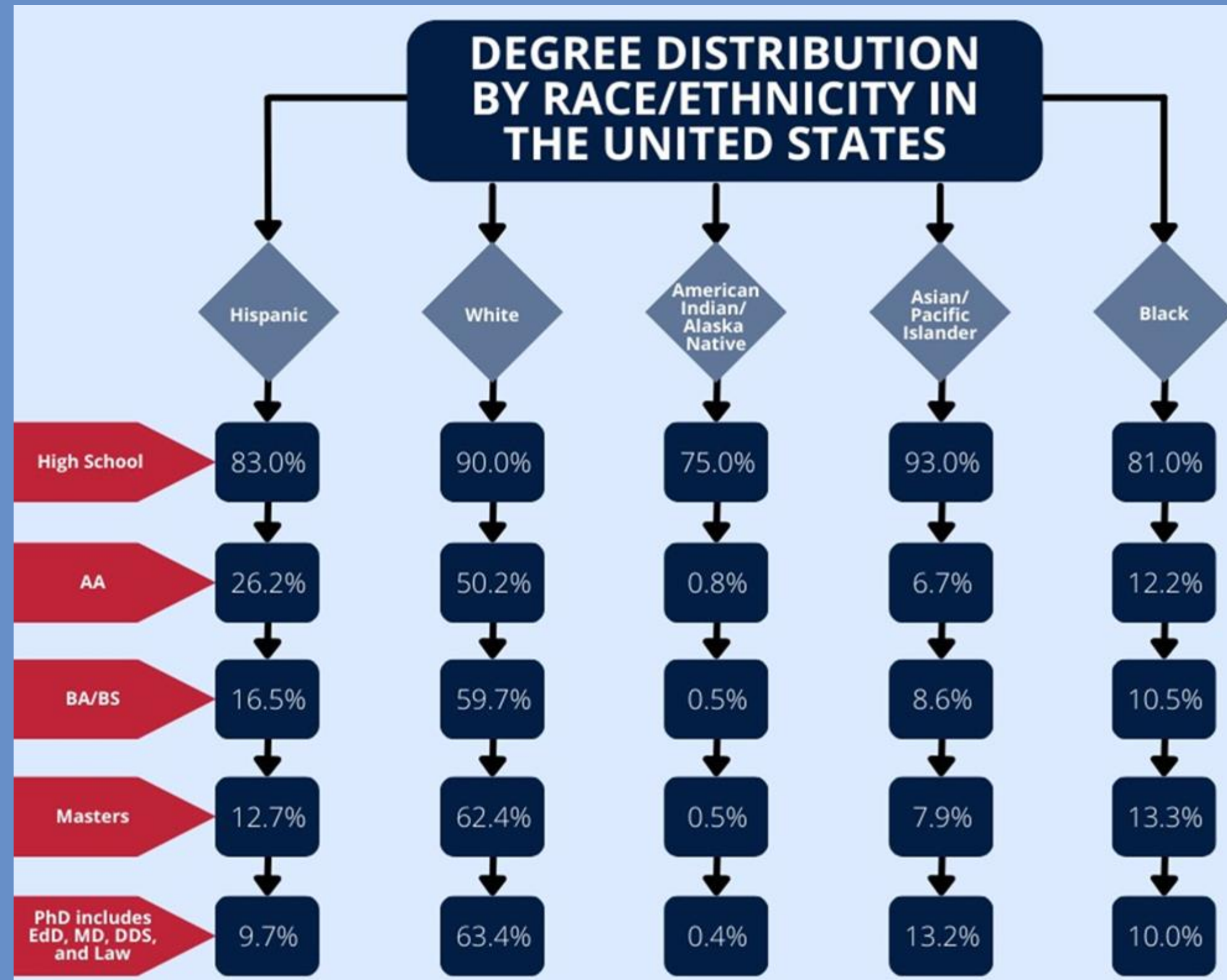


SAMUEL DEWITT
PROCTOR INSTITUTE
for Leadership, Equity, & Justice

[Rutgers YEO Year2 FIN WEB.pdf \(SECURED\)](#)

BY: DR. CINDY TREJO

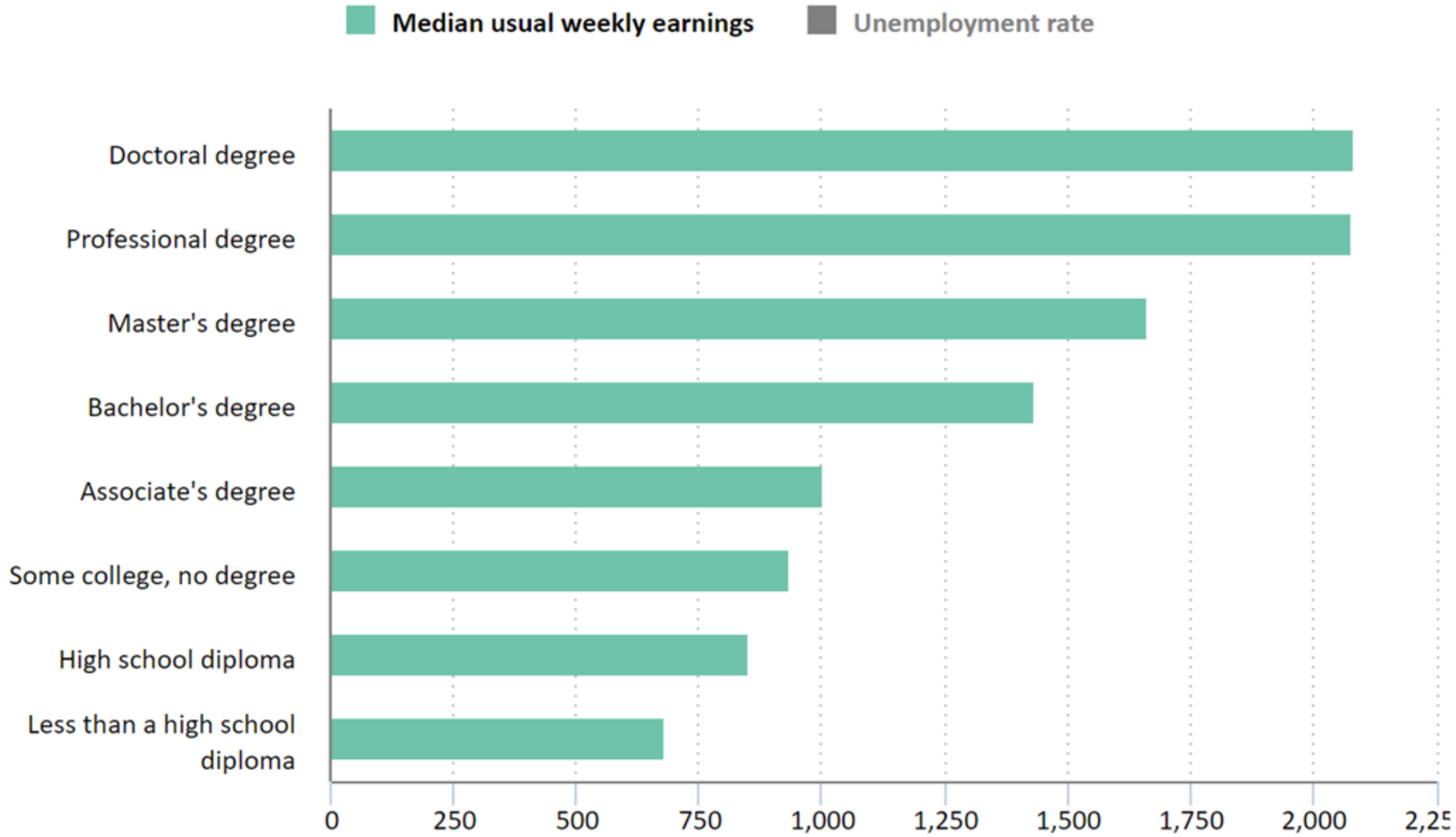
EDUCATION ATTAINMENT



Title: Degree Distribution by Race/Ethnicity in the United States
Subtitle: National Center for Education Statistics (2023)

EDUCATION PAYS

Earnings and unemployment rates by educational attainment, 2022



"Education pays, 2022," Career Outlook, U.S. Bureau of Labor Statistics, May 2023.

HOLISTIC PERSPECTIVE OF COLLEGE



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Trejo, C.T. (2024) "Reframing College: Mexican American Students, Higher Education, and Family Restorative Justice. Rutgers Samuel Dewitt Proctor Institute for Leadership Equity & Justice

SIGNIFICANCE OF TESTIMONIOS IN FAMILY ENGAGEMENT:



Building trust and rapport within communities



Encouraging dialogue and shared experiences



Strengthening connections between families, educators, and institutions



Not impose but sharing knowledge

QUOTES FROM ACADEMY FOR FAMILIA'S PARTICIPANTS:

SPANISH

“Me pareció un programa excelente al ofrecernos información que posiblemente desconocíamos. La información y testimonios me ayudaron mucho a entender los procesos que cada estudiante y los padres usan durante el proceso de estudios.”



ENGLISH

“Academy for FAMILIA's is a great resource to learn about the college process at a whole. Having the opportunity to listen to testimonials is very encouraging and helpful. Perfect balance between information and testimonial.”



MOCK WORKSHOP: ACADEMY FOR FAMILIA'S



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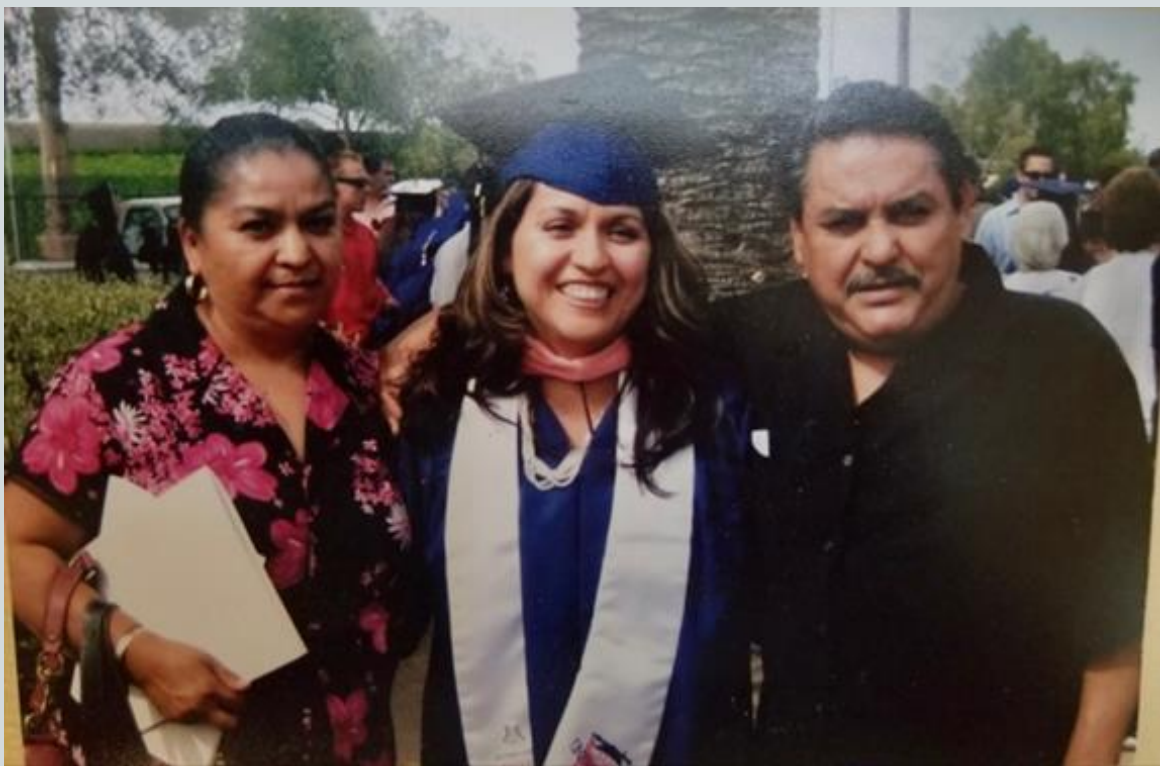
- 1st Generation College Going
- Non-traditional college student, working/parenting
- 4th Generation Mexican American/Tucsonan
- Extreme parent – 3 adult children (40, 39, and 36) and 1 child at home, 16 years old

- As an adolescent parent, I had a 2% chance of earning my BA before I was 30 years old
- I have personally experienced both protective and risk factors (privilege/hardship)

Our success as scholars requires a support system

- BA Family Studies and Human Development, Arizona State University
- MBA, Executive Emphasis, University of Arizona
- PhD, Mexican American Studies, University of Arizona
 - Dissertation topic: EXAMINING LATINX COLLEGE PREPARATION [in Arizona]





**Bachelor degree
Anthropology minor Chemistry
and Biology**

**Master degree
Public Health
Community Health Practice**

**Born in Nogales, AZ and
raised in Tucson AZ**

- Mexican American
- First- Generation
- I graduated from Sunnyside High School
- I come from a family of eight.
- My question and quest in middle school was finding out how I would pay for college.
- I had a strong support system, parents, friends, counselors, tutors.



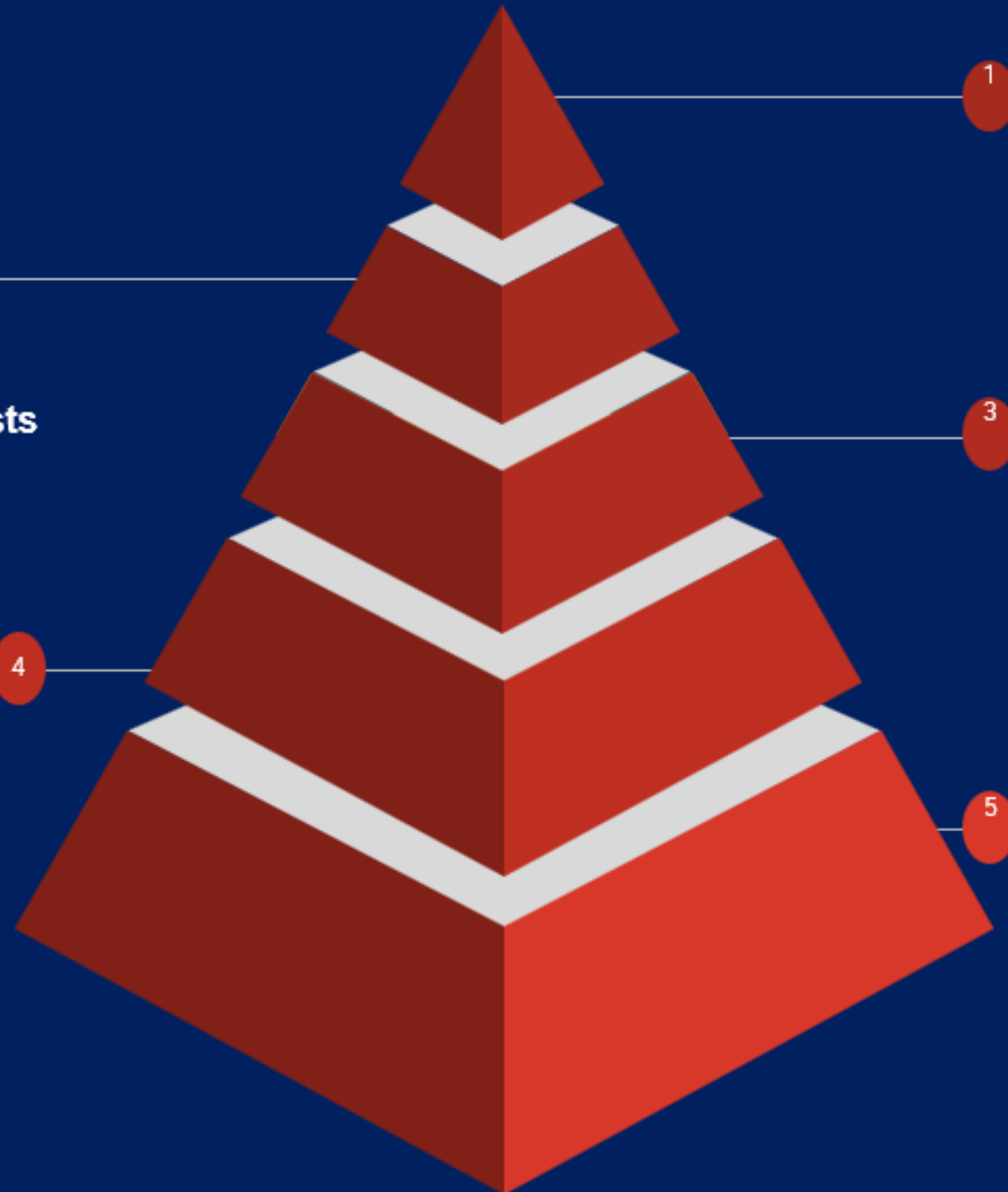
SUPPORTING OUR STUDENT

Embrace:

- Culture
- Language
- Uniqueness
- Curiosity
 - Career Interests

Practice:

- Goal Setting
- Problem Solving
- Conflict Resolution
- Consistency → Builds Positive Habits



Demonstrate Understanding:

- Listening Skills
- Communication Skills
- Mental Health Wellbeing
- Counseling/Therapy

Introduce the following:

- Strive for Academic Excellence
- Organization
- Flexibility

Value Diversity

- Respecting Diverse Opinions
- Collective Decision Making



What did you notice or what stood out for you?

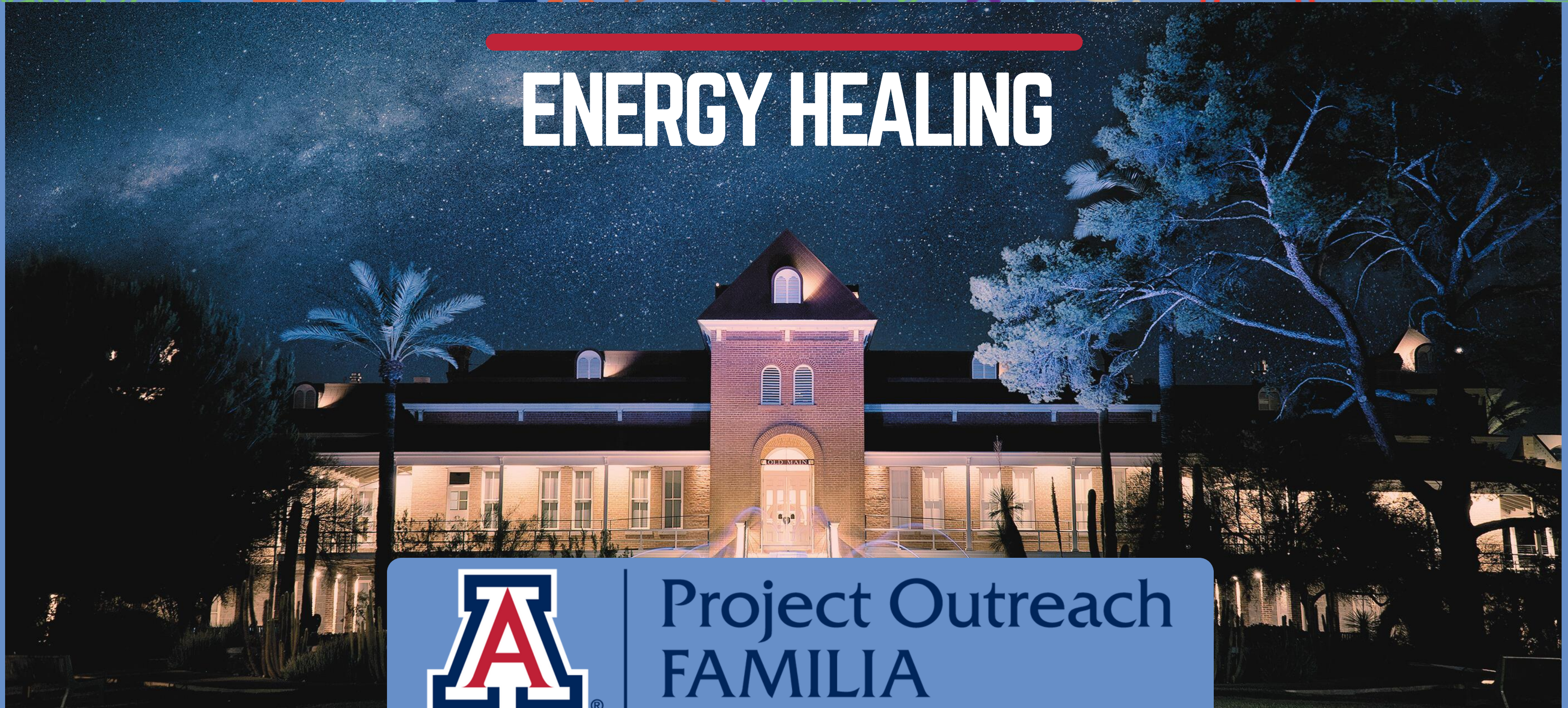
What created an emotional response?

In summary, what does this mean to you?

What might be different now that you've heard this presentation?



ENERGY HEALING



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1. CROSSOVER SHOULDER PULL

Your energies need to cross over from each side of your body to the other. This simple technique puts this pattern into motion.

A.) Place one hand on its opposite shoulder.

B.) Dig your fingers into the back of the shoulder, drag them up over the top, and then pull firmly down and across your body diagonally down and across your body to your opposite hip.

C.) Do this several times, and then repeat on the other side.



2. BLOWING OUT THE VENOM

RELEASES STRESS/ANGER AND PENT-UP EMOTIONS.

STAND	INHALE	SWING	BRING
Stand with your feet parallel, one to two feet apart.	Inhale, lifting both arms bent in front of you, the palms of your hands facing upward in fists.	Swing your arms down and back and finally high above your head. On the exhale and with the sound of “Shhhhhh,” force your arms swiftly down the front of your body and open your hands.	Bring to mind the source of your anger/stress and make your movement quick and forceful, blowing the emotions out.

E.) Repeat twice more, and then on a fourth time down, repeat but with slow, controlled force, again with “Shhhhh,” feeling the tension releasing and the anger dissipating.

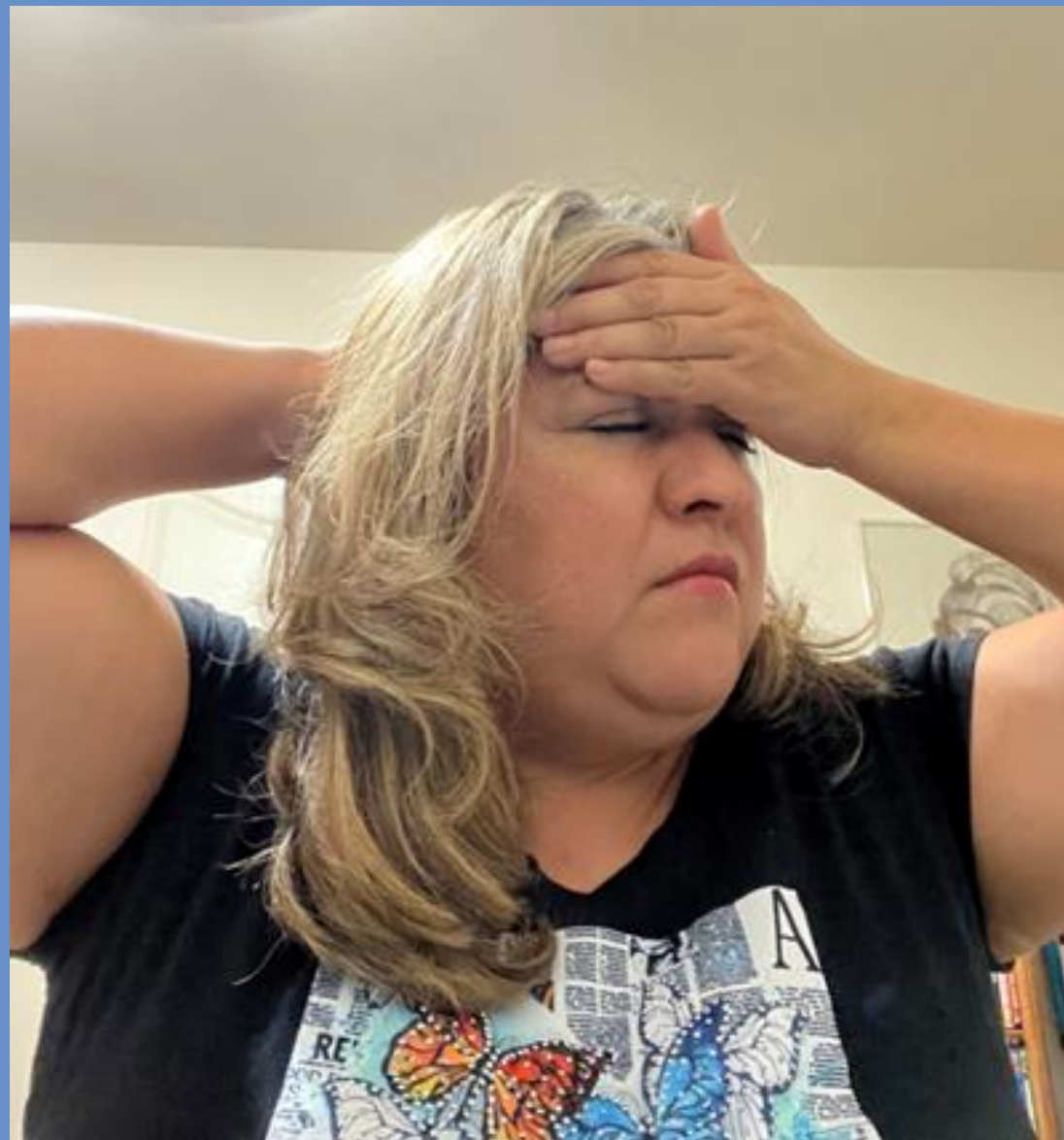
F.) Bring in fresh energy by pulling the energy up the front of the body and reaching high above the head.

G.) Circle your hands down to the sides of your legs.

EdenMethod.com



3. FOREHEAD HOLD



Returns blood to the forebrain for clear thinking and helps to process and release the stress associated with an emotion.

A.) Recall a time you were in emotional overwhelm or use a current feeling.

B.) Lay the palm of one hand lightly across your forehead.

C.) Lay the palm of the other hand lightly across the back of your head.

D.) Hold for several minutes while allowing the emotion to be present. If you feel pulsing, hold until the pulses synchronize.



4. HEART CHAKRA CALMING CROSSOVER



Soothes the Heart Chakra, calms Central Meridian, supports clarity, and reduces stress. Donna Eden calls this “The Butterfly.”

A.) Cross your arms and bring your hands to rest in the armpits

B.) Position your fingers so that the palm of the hand rests on the side of the body and the thumb on the front of the body, in the arm crease.

C.) Hold and breath for at least three deep breaths

(Still feeling overwhelmed and scrambled? Do the Wayne Cook exercise in the Daily Energy Routine for extra support.)



5. TAPPING THE TRIPLE WARMER “FEAR POINT”



Soothes the Triple Warmer meridian (your stress meridian), calms anxiety, and releases fear.

A.) Place your left hand on your chest over your heart.

B.) Tap 10 times, on the back of your left hand, on the point that is just below the knuckles and between the ring finger and the little finger (this is known as the “Gamut point” in Energy Psychology). You can also use two, three, or all four fingers and tap along the entire ridge below the knuckle.

C.) Pause and take a deep breath.

D.) Tap for the length of three deep breaths on this same spot.

E.) Tap on the other hand if still fearful.

Thank you!

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