

PARENT INSTITUTE

Wednesday, February 19th, 2025

8:30 AM - 3:30 PM

The Summit (Bldg. 410)

YOUR PUZZLE, YOUR PATH



Agenda

Wednesday, February 19, 2025

8:30 – 9:15 am

Check In & Continental Breakfast

9:15 – 9:45 am

Opening

Dr. Julie Marquez, EOPS/CARE,
NextUp/REACH & CalWORKs Director

College Welcome

Dr. Martha Garcia, Mt. SAC College President

Land and Labor Acknowledgment

Daniell'e Silva, Associated Students President

Introduction of Keynote Speaker

Carolyn Lake-Bain, EOPS/CARE Counselor

9:45 am – 10:30 am

Keynote Speaker

Dr. Mike Munoz, Long Beach City College President

10:30 am – 10:35 am

Overview of the Day

10:45 am – 11:45 am

Workshop Session A

11:55 am – 12:55 pm

Workshop Session B

1:00 pm – 1:50 pm

Lunch & Resource Fair

Main Room, Reception Area

2:00 pm – 3:00 pm

Workshop Session C

3:00 pm – 3:30 pm

Closing

Dr. Sara Gamez,
Assistant Director, EOPS/CARE and CalWORKs



Keynote Speaker:

Dr. Mike Muñoz

**Superintendent-President
of Long Beach City College**

As the Superintendent-President Dr. Mike Muñoz is the chief executive officer of the district and oversees the Long Beach City College (LBCC) administration. Nationally recognized as a transformational leader, Dr. Muñoz led LBCC since March 4, 2021. He is an expert in closing racial equity gaps for students of color, creating inclusive campus cultures for

LGBTQIA+ students, and efficiently executing innovative change that makes LBCC a destination college for students from all backgrounds.

A first-generation college student, Dr. Muñoz is a product of the California Community College system, attending East Los Angeles College and Fullerton College before transferring to the University of California, Irvine, where he received his Bachelor of Arts in Psychology and Social Behavior. He received Master of Arts degree in Counseling and his Doctorate of Education with a specialization in Community College Leadership, from California State University, Long Beach. While attending college, he experienced both food and housing insecurity — all while caring for his daughter as a single father.

Dr. Muñoz has extensive experience teaching both at the undergraduate and graduate levels in counseling and higher education. He has taught master's level courses at California State University, Long Beach, and USC, and doctoral level courses at California State University, Los Angeles. He's currently serving as an Adjunct Professor of Higher Education at the USC Rossier School of Education teaching a leadership course focused on Community Colleges. Dr. Muñoz was recognized as an Outstanding Faculty Member in 2019 by USC's Rossier Student Organization, and the 2018 Dr. Cynthia S. Johnson Award from CSULB for his contributions to higher education through exceptional student mentoring. The Los Angeles Times honored Dr. Muñoz by including him in their "L.A. Influential" list in 2024, recognizing him as a "College champion of marginalized students."

Schedule At A Glance

Room Location	Session A: 10:45 am - 11:45 am
3060-A	#1. "Piecing Together Potential: A Parent's Guide to Cultivating a Growth Mindset in Teens." Bianca Valle Ward and Kaitlyn Yrineo
3060-B	#2. "Supercharge Your Success with Habit Stacking & Tiny Habits for Parenting Scholars" Dr. Trista Payte, Nicole Blean, and Sophia O'Brien
3060-D	#4. Reconstructing My SELF, My IMAGE, My LIFE Andreana McCall
3060-E	#3. Creating my Touchstone Giovanni Rodriguez, Kae Reinoza Zaldana, and Lizcet Chavez
3030-A/B	#12. Is it Me Against the World? Building Brotherhood and Resilience as Fathers and Students David Sarabia

Session B:
11:55 am - 12:55 pm

Session C:
2:00 pm - 3:00 pm

#11. Paving the Way: Strategies for Thriving as an Adult Learner and Parent Scholar
Kathleen Cruz and
Karlie Bettencourt-Baker

#5. Creating My Family Genogram
Ana Silvia Turcios

#6. Transferring as a Parenting Scholar
Perla Partida

#13. Piecing it together through effective leadership
Barbara Carrillo and Gabi Quiroz

#7. Managing Stress, Taking Care, and Building Resilience
Chisato Uyeki

#10. Talking Circle
Primavera Reza-Nakonechny

#8. Basic Needs Resources
Rigo Estrada and Kimberly Yerena

#3. Creating my Touchstone
Giovanni Rodriguez,
Kae Reinoza Zaldana, and Lizcet Chavez

#9. How to Get a Free Lawyer for Family Problems
Jaspree Borrayo



Workshops

“Piecing Together Potential: A Parent’s Guide to Cultivating a Growth Mindset in Teens”

Presenters: Bianca Valle Ward & Kaitlyn Yrineo

(Room Location: 3060-A)

Workshop Session A - 10:45 am - 11:45 am

“Piecing Together Potential: A Parent’s Guide to Cultivating a Growth Mindset in Teens” is an engaging and interactive workshop designed to equip parents with a clear understanding of growth vs. fixed mindsets and practical strategies to support their teen’s development.

“Supercharge Your Success with Habit Stacking & Tiny Habits for Parenting Scholars”

Presenters: Dr. Trista Payte, Nicole Blean, & Sophia O’Brien

(Room Location: 3060-B)

Workshop Session A - 10:45 am - 11:45 am

This hands-on workshop is all about helping parenting students at Mt SAC get more done by learning great work smarter strategies. We’ll teach you about these simple, but powerful tools—habit stacking and tiny habits—that can help you balance school, life, and parenting life. Parenting scholars will learn how to build on existing routines to fit in small, easy habits that add up to big changes. With real-life examples and time to brainstorm, participants will leave with practical strategies they can use right away to stay on top of school while still being the awesome parents they are!

"Creating my Touchstone"

Presenters: Giovanni Rodriguez, Kae Reinoza Zaldana, & Lizcet Chavez
(Room Location: 3060-E)

Workshop Session A - 10:45 am - 11:45 am

Workshop Session C - 2:00 pm - 3:00 pm

Join the El Centro staff in exploring ways to keep us centered while stress gets to be overwhelming. Identify what your why is and make a Touchstone with us. This workshop will allow you to get creative and take home something that can help keep you centered through the tough late night study sessions.

Reconstructing My SELF, My IMAGE, My LIFE

Presenters: Andreana McCall

(Room Location: 3060-D)

Workshop Session A - 10:45 am - 11:45 am

This workshop is designed to strengthen everything that is already within you in order to create the life you desire. This workshop is for those who are ready to put action to their words and create a plan for their own life.

Paving the Way: Strategies for Thriving as an Adult Learner and Parent Scholar

Presenter: Kathleen Cruz and Karlie Bettencourt-Baker

(Room Location: 3060-A)

Workshop Session B - 11:55 am - 12:55 pm

This workshop aims to inspire and empower parent scholars by sharing practical strategies and actionable insights to navigate the challenges of balancing education, parenting, and personal growth. Drawing from our combined experiences—one as an adult learner who returned to school later in life and another as a higher education professional supporting student success—this session will provide participants with tools to embrace their unique journeys, celebrate their resilience, and build meaningful connections within their academic and personal lives.

“Transferring as a Parenting Scholar”

Presenter: Perla Partida

(Room Location: 3060-B)

Workshop Session B - 11:55 am - 12:55 pm

“I have a child, transferring to a 4-year university is not for me.”-Perla Partida, Mt. SAC, 2013. This is the thought of many Parenting Scholars, but what if I told you that it is for you and that I can share some tools and resources that can help you TRANSFER? Join me as we embark on a Transfer 101 session where we will uncover some transfer basics, resources for Parenting scholars, and why YOU are needed in spaces of higher education.

Managing Stress, Taking Care, and Building Resilience

Presenter: Chisato Uyeki

(Room Location: 3060-D)

Workshop Session B - 11:55 am - 12:55 pm

Stress is a natural and vital response to stressors- but as a parent and student it can be challenging to manage your stress and handle stressors. This workshop will provide a grounding for students in what is happening when we experience stress and some strategies that each of us can do that will break the stress cycle. Attendees will leave with self-developed lists of strategies for stress management.

Basic Needs Resources

Presenter: Rigo Estrada and Kimberly Yerena

(Room Location: 3060-E)

Workshop Session B - 11:55 am - 12:55 pm

This workshop aims to provide students with important information about the services provided at Basic Needs Resources. The workshop will provide an understanding of what basic needs are and how these insecurities impact a student’s ability to succeed educationally.

“How to Get a Free Lawyer for Family Problems”

Presenter: Jaspree Borrayo

(Room Location: 3030-A/B)

Workshop Session B - 11:55 am - 12:55 pm

This workshop provides basic info about family law and how to obtain free legal aid from the Harriett Buhai Center for Family Law and other resources available in Los Angeles.

Talking Circle

Presenter: Primavera Reza-Nakonechny

(Room Location: 3060-D)

Workshop Session C - 2:00 pm - 3:00 pm

Join us for a Talking Circle! This gathering offers a meaningful opportunity to connect, build community, and deepen relationships with our elders. Together, we will celebrate the resilience of our student parents and embrace the love and support that unites our community.

Creating My Family Genogram

Presenters: Ana Silvia Turcios

(Room Location: 3060-A)

Workshop Session C - 2:00 pm - 3:00 pm

This workshop is designed to introduce genograms as a visual tool for mapping family relationships, patterns, and dynamics. It is an interactive session encouraging self-reflection and discussion, helping students gain deeper awareness of their family dynamics and empowering them to make intentional parenting decisions. The facilitator will guide participants through the process of creating their own genograms to explore intergenerational influences on parenting styles, communication and family roles.



“Is it Me Against the World? Building Brotherhood and Resilience as Fathers and Students”

Presenter: David Sarabia

(Room Location: 3030-A/B)

Workshop Session A - 10:45 am - 11:45 am

Is it me against the world? It doesn't have to be. You're stronger in the community. Join fellow fathers at Mt. SAC in a powerful space of brotherhood, cultural affirmation, and personal growth. Through shared experiences, we'll recognize our strengths, build meaningful connections, and grow as fathers, students, and leaders. Together, we'll explore strategies for resilience, embracing our cultural identities, and leveraging campus resources to thrive – not just in college, but in fatherhood and beyond.

Piecing it together through effective leadership

Presenter: Barbara Carrillo and Gabi Quiroz

(Room Location: 3060-B)

Workshop Session C - 2:00 pm - 3:00 pm

This is an interactive team-building workshop, attendees will break into groups and face the challenge of piecing together a puzzle within a limited time frame and with restricted resources, followed with a reflection exercise.



Workshop Facilitators



Bianca Valle Ward (She/Her)

Project/Program
Coordinator EOPS/CARE

Bianca is a passionate advocate for Diversity, Equity, Inclusion, Social Justice, and Anti-Racism, with over a decade of experience in higher education and student development. From leading global cultural competency efforts with Semester at Sea to guiding students in leadership courses and mentoring first-year students, Bianca is committed to creating inclusive environments that foster growth and empowerment. With a personal connection to overcoming adversity, she dedicates herself to breaking generational barriers and inspiring future leaders.

Kaitlyn Yrineo (She/Her)

EOPS/CARE Program Specialist II

Kaitlyn Bio: Kaitlyn Yrineo was an EOPS, CARE, and CalWORKs student at Fullerton College from 2012 - 2016. Professionally, Kaitlyn has over 10 years of experience serving students in higher education and is passionate about supporting underserved communities. She began her career in the EOPS/CARE Program at Fullerton College and later worked in high school outreach, recruitment, and transfer student support. She holds a bachelor's degree in Sociology with a concentration in Health and Social Welfare and is currently pursuing her Master's Degree in Clinical Psychology with an emphasis in Marriage and Family Therapy at Pepperdine University. At Mt. San Antonio College, she serves as the Program Specialist for the EOPS and CARE Program, supports the Basic Needs Program, and has held leadership roles in the Raíces Faculty and Staff Association. Additionally, she provides individual therapy as a Mental Health Counselor at Grandma's House of Hope, serving individuals experiencing homelessness, mental health challenges, and addiction. Kaitlyn is dedicated to expanding her impact in both higher education and mental health services.



Dr. Trista Payte (She/Her)

Writing Center Director

Dr. Trista Payte holds an Ed.D. in Educational Policy and Leadership and an M.A. in English, both from California State University Northridge. Before coming to Mt. SAC, Trista served as the Writing Programs Coordinator at California State University, Northridge where she also taught in the English and Humanities departments for over a decade. Her areas of specialization, passion, and interest include writing center theory and praxis, rhetoric and composition, writing across the curriculum, and anti-racist pedagogy. When she isn't wearing her academic hat, Trista enjoys spending time with her two children, reading contemporary fiction and graphic novels, and hiking with her partner and her two rescue dogs.



Nicole Blean (She/Her)

Assistant Director, Writing Center

Coming on board as an adjunct faculty in English, Nicole Blean joined the Mt. SAC team in 2006, thus ending a "freeway flyer" situation where she taught up to six classes per semester all over the SoCal map. In 2007, she joined the Writing Center full time and assisted in building the new Center in 2008. Driven by a passion for instruction, she continued teaching at least one class on the side (usually on Saturdays) in addition to her commitment to the Center. Since 2016, Nicole began serving in her current role as Writing Center Assistant Director. She has been an active member of the SoCal Writing Center Association for the past fifteen years and is also involved in the IWCA Mentorship Program. In her free time, she enjoys writing, art journaling, and "pigging out" on books.



Sophia O'Brien (She/Her)

Technical Expert and Adjunct Faculty, Writing Center

Sophia is a Mt. SAC, UC Berkeley, and CSUF alum who is currently an adjunct English instructor at Mt. SAC and CSUF. Sophia has been with the Writing Center since 2014 in various roles (from tutor to TC to social media & DLA specialist), and her career path into teaching has been shaped by the wonderful students, staff, and faculty she has worked with over the years. In her free time, she enjoys going on walks and hikes with her dog, Luna, and staying active at the gym and taking Pilates classes. She hopes to continue traveling to new places and work on completing her "National Park bucket list".



Giovanni Rodriguez (He/Him)

El Centro Director

Gio was born and raised in San Francisco/Bay Area to hard-working immigrant parents. Gio is a non-traditional student who is a proud product of the community college system. He understands and respects the various journeys people take to reach their goals, including education. He uses his undergraduate degree in Art and Master's in Education to explore identity, diversity, and community building. Gio has worked within Student Housing and Leadership at Cal State LA and Cal State Fullerton. He served as an advisor to Associated Students at Mt. SAC for seven years and is the first Director for El Centro at Mt. SAC.

Kae Reinoza Zaldana (They/Them)

Program Specialist II

Kae graduated from Mt. SAC in 2019 and went on to transfer to UC Riverside where they received their bachelor's degree in history with a minor in Ethnic Studies. They currently work as the Program Specialist for El Centro where they support Latinx students. As a former student, Kae understands the importance of utilizing campus resources to support you on your journey. Kae is passionate about helping students connect to as many resources as possible to help them achieve their educational goals.

Lizcet Chavez (She/Her)

Administrative Support V

Lizcet is an alumna of Care/Calworks, as a single parent in college, she offers her expertise in offering El Centro services and programming which welcomes families and children.



Andreana McCall (She/Her)

Professor of English

Andreana McCall is a professor of English here at Mt. SAC. Her work with students focuses on critical thinking and developing life long learning skills. As an alumna of EOPS she deeply cares for the program and the students connected to it.



Ana Silvia Turcios

Counseling Professor

Ana Silvia Turcios has been a counselor for over 15 years, specializing in supporting CalWORKs students at three community colleges: Mt. SAC, Citrus, and Long Beach. For over seven years, she has served as the lead Counseling Professor for Counseling 54 – Student Success for Single Parents. A dedicated advocate, she is committed to empowering her students and helping them achieve their academic and personal goals.



Perla Partida (She/Her)

M.Ed, Transfer Specialist

Raised in the city of Baldwin Park by her 2 Mexican parents, Perla is a proud Mujer, a mother to 2 beautiful daughters, Jade 11 and Esmeralda 6 months, Chicana, a 1st generation college student, non-traditional, low-income, and a single parenting scholar. She started her higher education journey eight years after graduating from high school with a 4-month-old baby and working full-time. During her time at Mt. SAC, she was part of the ACES TRiO program, CalWORKs, EOPS/CARE, and the Honors Program. Perla successfully transferred to UCLA with her daughter and earned a bachelor's degree in Chicana studies with a minor in Education and then earned her master's degree in educational counseling at USC and graduated in 2021. Currently, Perla is a Transfer Specialist at the Mt. SAC Transfer Center.



Chisato Uyeki (She/Her)

Librarian

Chisato Uyeki is in her 18th year as a faculty member and librarian at Mt. SAC. As a parent herself she understands the depth of stress involved with parenting. Throughout her life Chisa has worked to build inclusivity and equity. In 2022-2023 Chisa embarked on a year-long sabbatical research project studying burnout, it's causes, and how to recover. Today's presentation puts into action her sabbatical findings, and is her contribution to building a community of care with Mt. SAC parent students.



Rigo Estrada (He/Him)

Director, Basic Needs Resources

Rigo Estrada, Director of Basic Needs Resources: I have been working with Basic Needs Resources for over 5 years now. I am a proud Pomona native, CPP alum and I hold a master's in social work. I am passionate about student success, and I find purpose and fulfillment in empowering students to overcome challenges and achieve their aspirations.



Kimberly Yerena (She/Her)

Housing Navigation Lead

Kimberly has been working at the Basic Needs Resource Center for about 3 years, she currently is the Housing Navigator. She is a Mt. SAC and Cal Poly Pomona alumni, and she enjoys making a difference in people's lives.



Jaspreet Borrayo (She/Her)

Paralegal, Harriett Buhai Center for Family Law

Jaspreet Borrayo is a Paralegal at Harriett Buhai Center for Family Law and was our previous Community College Outreach Coordinator. She graduated from the University of California, Berkeley in the Summer of 2021, and soon after was an English Teacher for elementary school students in Spain. After her departure from Spain, Jaspreet was determined to get into the legal field and give back to her community. Jaspreet joined the Harriett Buhai Center in April of 2023 and has been dedicated to our clients and students ever since. Jaspreet is a proud first-generation college student, who comes from two Guatemalan immigrant parents. She plans to continue to pursue law and is applying to attend law school Fall 2025.



Primavera Reza-Nakonechny (She/Her)

EdD (c)

Primavera and her husband navigated their academic journeys as student parents, an experience that inspired her dedication to empowering others within a similar journey. She vividly recalls taking a final exam while having labor contractions, a moment that underscored the vital need for supportive communities. Guided by the wisdom and strength of her ancestors, and the principle of planning for seven generations forward, she will remain rooted in her vision for collective healing and transformative change.

Kathleen Cruz

Professor Kathleen Cruz: Mt. San Antonio College and Citrus College Adjunct Professor in English

Kathleen Cruz is an adjunct professor in English at Mt. San Antonio College and Citrus College, as well as a high school educator specializing in literacy intervention. As a doctoral student in Education at Claremont

Graduate University, she focuses on research-based literacy strategies to support struggling readers. Having returned to school as an adult learner balancing work, family, and education, she understands the challenges parent scholars face and is passionate about empowering students through accessible and engaging literacy instruction.





Karlie Bettencourt-Baker (She/Her)

Resident Director of UC Riverside

As a Resident Director at UC Riverside, Karlie has extensive experience in higher education supporting diverse students in their holistic development. This includes working with parent scholars and parents who are serving in student leadership capacities. Her professional role focuses on fostering inclusive environments, strengthening student resilience, and promoting academic and personal success. Personally, she is currently earning her PhD in Education as a mom of a 5-year-old and a bonus mom of a 20-year-old.



David Sarabia (He/Him)

Manager, Academic Support Coordination

David Sarabia grew up in Huntington Park and Whittier, CA, proudly navigating life as a first-generation college student and the son of Sinaloa and Durango, México. A product of public education from grade school to university, he carries a deep commitment to educational access, cultural identity, and student empowerment. At Mt. SAC, David is the Manager for Academic Support Coordination.



Barbara Carrillo

Administrative Specialist IV

Barbara's puzzle pieces include being a single parent and a first-generation, non-traditional community college student. She transferred to Cal Poly Pomona, where she earned her Bachelor of Science in Business Administration. Recently, she added another meaningful piece to her puzzle by completing her Master's in Organizational Leadership. Barbara's journey proves that it's never too late to work toward your goals and continue adding pieces to your own beautiful puzzle.



Gabi Quiroz (She/Her)

Student Services Program Specialist II

Gabi is a proud product of the Community College system and a Mt. SAC Alumni. She was a student here for over 7 years, a student worker for 3.5 years, and then she became full-time in 2019 right after she graduated with 2 Associates, one in Humanities: Social and Behavioral Sciences and the other in Business: Administrative Assistance. Gabi graduated from the University of Arizona Global Campus with her Bachelors in Sociology. She says working at Mt. SAC has been a blessing because she really enjoys helping students learn about all the resources available to them, as well as meeting all the wonderful people she works with daily who have become her family. In her free time, she loves to spend time with her beautiful daughter, work on puzzles with her mom, do diamond art, and she loves to bake decorative cookies



THE SUMMIT MAP

1100 N. Grand Ave. Walnut,
CA 91789,
(909) 594 - 5611

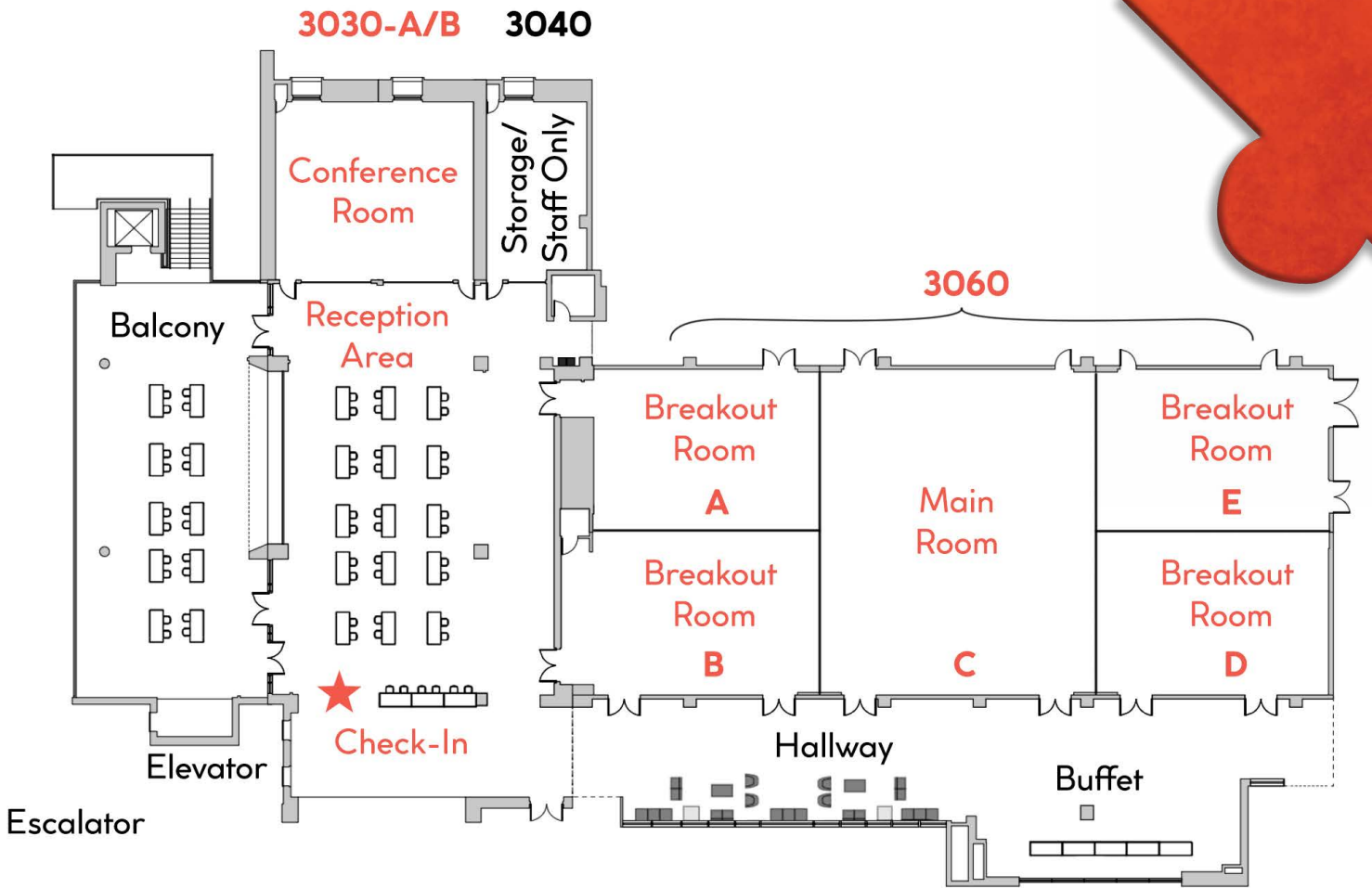
Areas of Importance:

Check-In: The Summit 3rd Floor near Elevator

Main Room C: Opening/Welcome/Keynote Speaker

Resource Fair: Reception Area & Balcony

Buffet: Continental Breakfast & Lunch



The Summit 3rd Floor



Special Thanks to all Participants

Thank you for attending the fourth annual Mt. San Antonio College Parent Institute - "Your Puzzle, Your Path," hosted by EOPS/CARE and CalWORKs. We also would like to acknowledge the support and sponsorship of Associated Students. We hope you enjoyed today's experience. In an effort to create welcoming and supportive environments, we are committed to providing intentional programming for Mt. SAC's parenting students. YOU BELONG HERE!

Planning Committee:

Anisa Alonso, Annel Medina Tagarao, Barbara Carrillo, Bianca Valle Ward, Briseida Maciel, Carolyn Lake-Bain, Danette Perkins, Dr. Edward Henderson, Gabi Quiroz, Heather Meltesen, Dr. Janette Mariscal, Dr. Julie Marquez, Kaitlyn Yrineo, Kaylynn Lare, Lorena Duran, Perla Partida, Sandra Aquino, Dr. Sara Gamez

The Parent Institute Committee would also like to thank all of those who have participated in the resource fair.

Community Partner's Resource Fair Table Guide

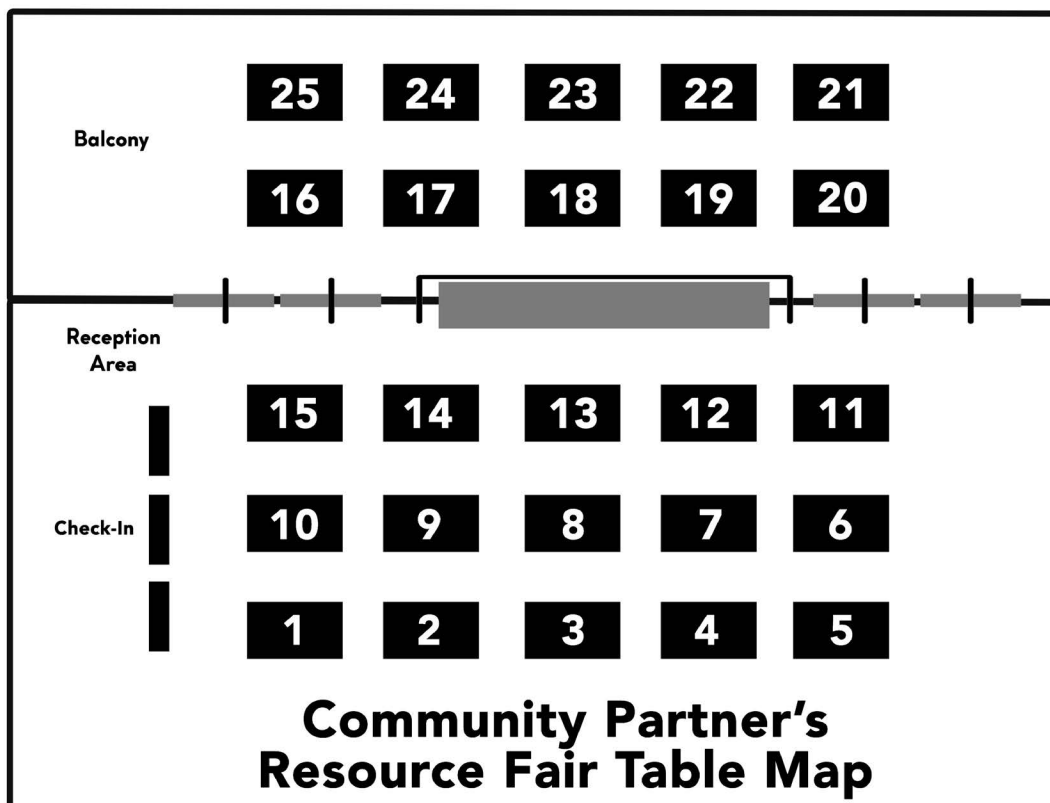


Table # & Name of Organization

- | | |
|--|---|
| 1. Harriet Buhai Center for Family Law | 14. Mt. SAC Student Health Services |
| 2. CalKIDS | 15. Mt. SAC Transfer Center |
| 3. Mt. SAC Basic Needs Resources | 16. Mt. SAC ACES |
| 4. Upwards | 17. House of Ruth |
| 5. CA TruConnect | 18. Catholic Charities, Los Angeles |
| 6. Pomona Unified Child Development Center | 19. Servants Arms |
| 7. CPP - Parents With Dependents | 20. Children Dental FunZone |
| 8. UC Riverside Underground Scholars Program | 21. Foothill Family |
| 9. UCLA Parents With Dependents program | 22. Planned Parenthood |
| 10. CPP Women's Resource Center | 23. Project Sister |
| 11. Mt. SAC Child Development Center | 24. Mt. SAC Library |
| 12. WIC - Women, Infants, and Children | 25. Housing Intervention Services of OC |
| 13. Pregnancy Resource Center | |

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Students please,
don't forget to scan
to take the survey.

