



NEWSLETTER

Spring 2023 | Issue 8

Sahvanni Cruz '25

Public Relations and Newsletter Manager

With spring semester coming to a close, HEOP students had to give it they're very all. With all the hard work and determination, we were able to push through and end this year strong! Although this semester was a hard one it doesn't mean we didn't have a great semester with our HEOP community. With all of the lovely events we had this year we were able to make this semester fun and educational. HEOP never fails in being able to bring us together to have a good laugh or spending time together despite any school stress. Our HEOP community always makes sure to let us know that where there's a will there's a way, and have continued to motivate us throughout the 2023 Spring semester.

INSIDE THE ISSUE

- 2) HEOP Professional staff
- 3) Class of 2026
- 4) HEOP Las Vegas
- 5-6) Graduates of 2023
- 7) Eileen Bertsch Award
- 8) Advocacy Day
- 9) Peer mentors
- 10) Deans list
- 11-15) Programing spring 23



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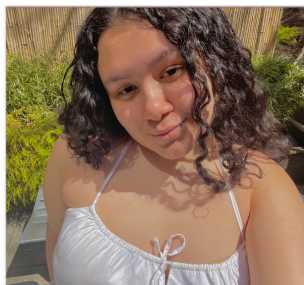
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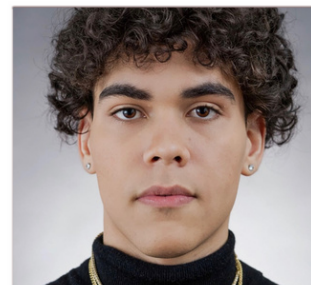
LEADERSHIP COUNCIL



GABRIELLA REYES
(SOCIAL MEDIA MANAGER)



SAHVANNI CRUZ
(PUBLIC RELATIONS &
NEWSLETTER MANAGER)



JOSE SANCHEZ ACOSTA
(DESIGN MANAGER)



STEPHANIE GALVEZ
(OFFICE MANAGER)



EMELY ABRIGO BARRERA
(PROGRAMMING MANAGER)



HEILYN PEREZ
(RECRUITMENT MANAGER)



Class of '26



CLASS OF '26

CLASS OF 2026 STATEMENT

Chaos, the HEOP class of 2026 is chaotic. Not only are we different in the major and minors that we are going in to, but we also have chaotic personalities. In times like today, we all need a group of humorous and different people, due to the chaos happening in the world. The previous class had only covid. Now as the class of 26, we are here, along with the experience and the many variants that the world has to offer. We think that through this time, all student should be welcoming and work together to change our experiences, and to add to the chaos that we are which is the class of 2026.



HEOP's Las Vegas



"FIRSTLY, THE NATIONAL STUDENT LEADERSHIP AND DIVERSITY CONFERENCE IS CENTERED AROUND INCLUSIVITY, EQUITY, AND CHANGE. WITHIN THIS CONFERENCE STUDENTS FROM ACROSS THE UNITED STATES COME TOGETHER SHARING THE PASSION FOR CHANGE, DIVERSITY, AND INCLUSION. I WAS ABLE TO MEET AND GET TO KNOW STUDENTS AND PROFESSIONALS FROM UTAH, NEBRASKA, CHICAGO, LOUISIANA, AND MISSISSIPPI TO NAME A FEW. THIS CONFERENCE WAS A ONE-DAY EVENT FOLLOWED BY REGISTRATION AND A SHORT KEYNOTE SESSION THE DAY BEFORE THE CONFERENCE WAS HELD. THE REGISTRATION AND WELCOME DAY CONSISTED OF KEYNOTE SPEAKER DR. CHRISTOPHER IRVING. UPON MEETING AND LISTENING TO DR. IRVING HE IMMEDIATELY SET THE TONE FOR THE CONFERENCE WITH HIS ENTHUSIASM AND THOUGHT-PROVOKING QUESTIONS. FOR THESE QUESTIONS WE ALL HAD TO GEAR AWAY FROM OUR FELLOW PEERS AND COUNSELORS AND INSTEAD INTERACT WITH THE OTHER STUDENTS. AS AN INTROVERT, HEARING THAT I HAD TO SEPARATE FROM MY PEERS WAS A LITTLE SCARY, BUT I GENUINELY ENJOYED THE INTERACTIONS, CONNECTIONS AND MEANINGFUL DISCUSSIONS WE ALL HAD AS I GOT TO LEARN FROM OTHER STUDENTS, THEIR MEANING BEHIND BEING THERE AND THEIR INVOLVEMENT ON THEIR OWN CAMPUSES. HEARING FROM OTHER STUDENTS OF COLOR WAS VERY INSPIRING BECAUSE IT SHOWS THAT WE CAN ACCOMPLISH GREAT THINGS."

STEPHANIE GALVEZ

" WE ATTENDED THREE WORKSHOPS IN WHICH I LEARNED A LOT. IN THE FIRST WORKSHOP CALLED ' LEVERAGING EMOTIONAL INTELLIGENCE TO MAKE PEOPLE FEEL LIKE THEY MATTER' IN THIS WORKSHOP I WAS ABLE TO LEARN HOW BUILDING TRUST IS VERY FUNDAMENTAL AND IMPORTANT IN ANY TYPE OF RELATIONSHIP. ALSO TO ACKNOWLEDGE OTHER PEOPLE'S FEELINGS. FOR EXAMPLE IS SOMETHING I HAVE TO ALWAYS KEEP IN MIND AS PART OF THE MANAGEMENT TEAM. AND I ALSO LEARNED HOW TO TACKLE A TOUGH CONVERSATION INSTEAD OF AVOIDING IT. EVERYTHING WORKS BEST WHEN YOU TALK TO PEOPLE AND EXPRESS YOUR CONCERN RESPECTFULLY AND PROFESSIONALLY. OUR SECOND WORKSHOP WAS CALLED ' FOR THE CULTURE' WHICH WAS ONE OF MY FAVORITE ONES. THIS WAS ABOUT BEING ABLE TO LEARN HOW TO BUILD HEALTHY WORK CULTURES IN WHICH WE LEARNED 8 WAYS TO DO SO. WHICH ARE THE FOLLOWING: 1. ELIMINATE EGO, 2.SHARE THE PURPOSE, 3.CREATE/BUILD MOMENTUM, 4. BE CONSISTENT, 5.PUBLIC DISPLAY OF ACCOUNTABILITY, 6. GET OUT OF YOUR COMFORT ZONE AND IN YOUR BAG, 7.DON'T GIVE ATTENTION TO DISTRACTIONS, AND LASTLY EVALUATE YOUR CIRCLE. THIS IS VERY IMPORTANT NO MATTER WHAT SETTING YOU ARE IN. WE HAVE TO BE ABLE TO CREATE HEALTHY WORK ENVIRONMENTS AND EVERYTHING STARTS WITH US. WE HAVE TO THINK ABOUT WHAT THE ISSUE IS AND HOW WE CAN RESOLVE IT AS A TEAM. PUTTING ALL EGOS AND BIASES ASIDE. AND OUR LAST WORKSHOP WAS ABOUT MENTAL HEALTH AND REALIZING THAT THIS IS REAL AND THAT WE SHOULD UNDERSTAND AND HELP THOSE THAT ARE GOING THROUGH A HARD TIME."

MELANIE BERMUDEZ



Graduates '23



BACK ROW: STEPHANIE G, FATIMA R,
LISBETH G, AISATOU I, CESAR P, ASHLEY A

FRONT ROW: MELANIE B, DARLENE C,
KAYLEEN C

- ASHLEY ALBERTO
- MELANIE BERMUDEZ
- KAYLEEN CABRERA
- DARLENE CASTILLO
- STEPHANIE GALVEZ
- FATIMA REYES
- LISBETH GREEN
- AISATOU ISHIMORI
- NATHALIE LEIVA
- LUZNERY MARTINEZ
- SIERRA OROSCO
- CESAR PINOS



Graduates '23



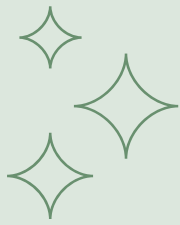


Eileen Bertsch Award



STEPHANIE GALVEZ

THE EILEEN BERTSCH AWARD IS PRESENTED TO THE STUDENT WHO IS MOST ACTIVE IN OUR HEOP COMMUNITY AND WHO HAS BEEN AN EXEMPLARY ROLE MODEL TO THEIR PEERS. THIS YEAR'S RECIPIENT IS STEPHANIE GALVEZ, A HEOP STUDENT WHO HAS PARTICIPATED IN PROGRAMMING SINCE HER FIRST YEAR AT MMC. SHE IS SOMEONE WHO HAS CONSISTENTLY PARTICIPATED AND ASSISTED IN VARIOUS LEADERSHIP INITIATIVES INCLUDING PEER LEADERSHIP, ALUMNI ENGAGEMENT, AS WELL AS PROGRAMMING FOR THE YOUNG MEN'S INITIATIVE. STEPHANIE HAS ALSO SERVED AS AN OFFICE MANAGER FOR HEOP AND ALWAYS GONE ABOVE AND BEYOND HER RESPONSIBILITIES TO OFFER ADVICE AND SUPPORT TO HER PEERS. ON THE ACADEMIC FRONT WE'RE HAPPY TO SHARE THAT STEPHANIE HAS BEEN ACCEPTED INTO TWO GRADUATE PROGRAMS IN SPEECH PATHOLOGY AND IS WELL ON HER WAY TO A PROMISING CAREER IN THE FIELD. CONGRATULATIONS STEPHANIE GALVEZ ON ALL YOUR ACCOMPLISHMENTS AS A HEOP LEADER AND WE'RE HAPPY TO PRESENT THIS YEAR'S EILEEN BERTSCH AWARD TO YOU!



Advocacy Day

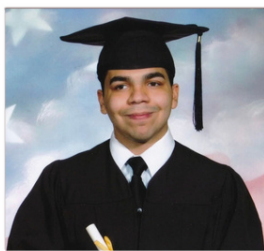


**SHYAN
DIAZ**

"AS A LOW INCOME STUDENT, I AM REALLY APPRECIATIVE OF HOW BOTH HEOP AND TAP HAVE ALLOWED ME TO BE ABLE TO COME TO SCHOOL AND GIVE ME THE OPPORTUNITY TO BECOME A FILM STUDENT. I AM BEYOND GRATEFUL TO BE ABLE TO SAY THAT I AM A COLLEGE STUDENT AND THAT I AM ABLE TO GAIN A COLLEGE DEGREE BECAUSE OF BOTH HEOP AND TAP"

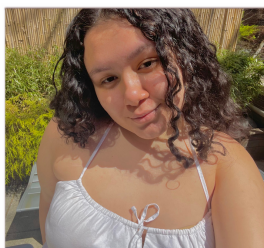


"HEOP AND TAP HAVE ALLOWED ME TO GAIN NEW OPPORTUNITIES, SUCCEED IN MY WRITING, AND HELP ME PLAN FOR MY FUTURE"

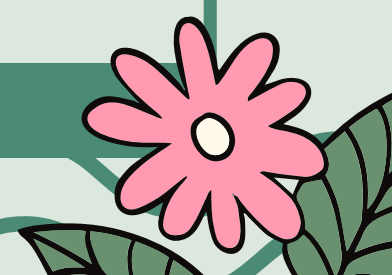


**LOGAN
RODRIGUEZ**

"HELLO, MY NAME IS LOGAN RODRIGUEZ AND I AM FROM THE BRONX. AS A STUDENT WITH SPECIAL NEEDS I AM TRULY GRATEFUL TO BE ABLE TO ATTEND COLLEGE AT MARYMOUNT MANHATTAN. IF NOT FOR THE FINANCIAL AID ASSISTANCE THAT TAP AND HEOP PROVIDE I WOULD NOT BE HERE. I WILL BE THE FIRST PERSON IN MY FAMILY TO GRADUATE COLLEGE AND THAT MEANS A LOT ESPECIALLY WITH MY DISABILITY OF AUTISM. MY PARENTS NEVER THOUGHT I COULD GO TO COLLEGE BECAUSE OF MY SPECIAL NEEDS AND BECAUSE COLLEGE IS SO EXPENSIVE BUT HERE I AM DOING MY BEST TO PROVE ANYTHING IS POSSIBLE. I THANK YOU ENDLESSLY FOR THE SUPPORT."



"TAP IS A GREAT OPPORTUNITY PROGRAM THAT GIVES ME THE CHANCE TO GO TO SCHOOL WITHOUT FINANCIAL STRUGGLE. HEOP ALSO COMES WITH MANY BENEFITS THAT ARE ALSO VERY HELPFUL THROUGHOUT MY COLLEGE CAREER."





Peer Mentors



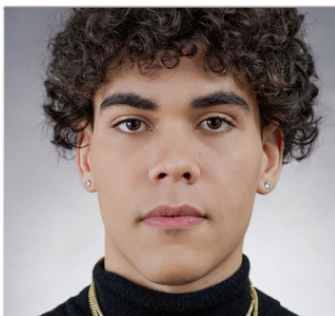
MELANIE
BERMUDEZ



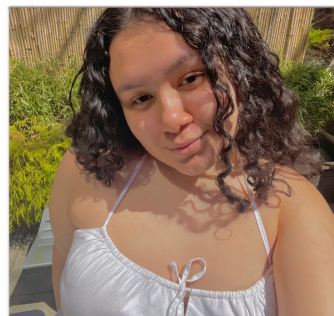
HEILYN PEREZ



EMELY ABRIGO
BARRERA



JOSE
SANCHEZ ACOSTA



SAHVANNI CRUZ



LISBETH GREEN



JAY
TAVERAS DURAN



KAYLEEN
CABRERA



JANET CASTILLO



Deans List

DEANS LIST

- Daisy Alvarez '26
- Darlene Castillo '23
- Janet Castillo '24
- Stephanie Galvez '23
- Sameera Hill '26
- Aisatou Ishimori '26
- Zaheera Khan '24
- Fatima Reyes '23

CONGRATULATIONS TO OUR
SCHOLARS WHO MADE IT ON THE
DEANS LIST! THE DEANS LIST WAS
AWARDED TO STUDENTS WHO
EARNED A GPA OF 3.7 OR HIGHER
DURING THE FALL 2022 SEMESTER.



Programs



GUEST SPEAKER



HEOP CELEBRATION



MJ THE MUSICAL



ALADDIN



-HEOP WORKS-

Spring HEOP Photos





-HEOP WORKS-

Spring HEOP Photos





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Spring HEOP Photos





- HEOP WORKS -

Spring HEOP Photos





HEOP thanks the entire MMC community for supporting the HEOP Newsletter



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Manhattan
College