Crafton Hills College



Photo: Summer Paramedic Students.

CHC's First Summer Paramedic Cohort in Over a Decade

In June 2022, the Crafton Hills College Paramedic Program expanded by offering a third summer cohort to meet the need of training paramedics in our community.

Sixteen students enrolled in this pilot cohort, a first of its kind in that it is accelerated and hybrid, reducing the total length of paramedic school from 12 months to a little over eight months. This is the first time CHC has offered a summer paramedic

program in over a decade.

"We created it in response to the growing shortage of paramedics in the country."

"We created it in response to the growing shortage of paramedics in the country. The didactic session was altered and written around a firefighter calendar so that EMT firefighters can come to school while also working their shifts," stated program director Amanda Ward.

"They have become a very close group, and all came to class in Hawaiian shirts a few days ago. I know I say this about all our students, but this class is so much fun and so special," continued Ward.

2022 Readers' Choice Awards

Thank you to the community for choosing Crafton Hills College as the

2022 BEST COMMUNITY COLLEGE.

Readers of the San Bernardino Sun and Redlands Daily Facts newspapers voted and decided which local businesses and organizations are the best at what they do.

CHC was also voted "Favorite" in these three categories:

- Career College/Trade School
- Career College/Nursing School
- College Extension Program

These selections are a reflection of our entire team and the commitment made to our students every day. Congratulations CHC and thank you to our community for recognizing us!





Photo: Student Senate President, Sean Ceballos.

From Homelessness to Roadrunner: Meet Sean Ceballos – Crafton Hills College's 2022-23 Student Senate President

Crafton Hills College has made a significant Primpact on Sean Ceballos.

While experiencing homelessness and adjusting to life in a wheelchair, Ceballos knew he had to do something to change his circumstances, even if the cards seemed stacked against him. So, the Yucaipa resident asked his best friend for help and began to explore his options.

"My Mom and I were homeless about two years ago, and I didn't want that to happen again. I knew that I could get free money going to college to help and learn something new at the same time," explained the Yucaipa Adult School grad. "But after meeting the staff here at Crafton, I quickly learned this was such a warm and welcoming place. It felt like someone was here to see me and want me to succeed."

As Ceballos continues to find his place on campus, the 31-year-old wants to use his voice to help make an impact at Crafton as well as off-campus through public service -- so much so that he decided to run for CHC's Student Senate last year. This year, however, he had bigger dreams and ran as a candidate for 2022-23 Student Senate President -- and won.

Ceballos said his love of participating in student government was formed at a young age, but living in the Midwest didn't afford him the opportunity then.

While at Crafton, a chance encounter ignited that spark once again when a former member of the Student Senate came to speak to one of Ceballos' classes, and he decided to "give it a shot."

"At the time, I picked the position that I felt had the least responsibility out of fear because I didn't want to mess up," continued the two-year senate member. "I had this idea about sitting in the background and watching what happens, but as more topics came popping up and there were more things to do, I wanted to speak up more."

Rection to his running for Student Senate was a welcomed one. His mom noticed over time a difference in her son's personality, a stark contrast to his mental health at what he says was the lowest part of his life.

"My mother always knew this was me and she waited for me to see it in myself," Ceballos continued. "When I got shot, that put a damper on everything. It took the will to live out of me. And then going through homelessness and seeing how my mom and I struggled with that and then COVID and having to sleep in a van, I felt like I needed to end my life."

"I promised my friends that I would give it a year to get things together. I can honestly say that Isaac (my best friend) saved my life. His helping us find a home allowed me to finish my (high school) diploma and now finish up at Crafton," he continued.

Today, Ceballos has plans to graduate from CHC in 2023 with multiple degrees in History, English, Social Science and – potentially – Communications. He also has big dreams to transfer to U.C. Berkely – his number one choice – or UCLA, Cal State San Bernardino or Fullerton and pursue a law degree to help others who have struggled to overcome setbacks.

But right now, Ceballos is focused on completing his goals, including leaving a mark on Crafton by encouraging its student population to get more involved, as well as starting an annual multi-cultural event and career fair.

"A career fair would be a great way to see how many different cohorts there are," he explained. "I didn't come here thinking I was going to be a lawyer. But now I want to be there for people who don't have a voice." He believes that we live in a country where his mom should be able to provide her children a suitable place to live, proper transportation and food on the table.

As for advice he has for those looking to pursue a higher education or experiencing homelessness, suicidal thoughts or other mental health problems, Ceballos said the biggest thing he had to learn was to not be afraid to ask for help.

"Asking for help is the most frightening, most intimidating thing I've had to do, but it has been really helpful," he said. "Asking for help that one time changed my life."



Photo: Jeanette and Adeline Swedlove.

Meet the Mom/Daughter Duo of Crafton Hills College's Class of 2022

As Adeline Swedlove was preparing to graduate from Crafton Hills College this year, the 20-year-old Roadrunner knew she wanted friends and family to be there cheering her on. But what made the day extra special: sharing the moment with mom, Jeanette, also graduating.

On May 25th, the two Highland women were among the sea of graduates recognized during the first in-person commencement ceremony at the Yucaipa-based college since the start of the COVID-19 pandemic.

While the two walked different paths that led them to Crafton, celebrating this special milestone side-by-side was just the cherry on top of a really big sundae.

"I didn't want to take the importance of the day away from her, but she was the one who pushed the issue," Jeanette said.

Added Adeline, "In all honesty, my mom pushed me harder to succeed because if she could do it, there's no reason why I couldn't be doing well in my classes." Jeanette Swedlove originally had plans to graduate from college decades ago, but learning with ADHD was always a struggle for the now 50-year-old. A chance meeting with the staff of CHC's Student Disabilities

"And the nice thing about going to Crafton is there's opportunity to take so many different classes. I needed that."

Department gave Jeanette the confidence to make her goals a reality, focusing her efforts on social science this time instead of pursuing a degree in teaching or nursing. Another unforeseen benefit, which helped Jeanette overcome her ADHD, was having classes go online, giving her the opportunity to watch lectures and other source materials over and over again until they clicked.

"They told me to 'go for it' and to 'give it a try and see what happens,' and so I did," she said with a smile."I wanted to be a role model for my kids and the (children with disabilities) I work with at Cope Middle School. I wanted to let them know that not everyone is the same and that we all learn differently."

For daughter Adeline, going to Crafton was always in the cards. Having been accepted into CHC's Promise Program – a two-year program that covered expenses associated with college and other benefits – the young woman originally wanted to become a vet tech but explained that Crafton gave her the opportunity she needed to realize early childhood development was more her speed.

"I love going here. This was a huge steppingstone for me. And the nice thing about going to Crafton is there's opportunity to take so many different classes. I needed that," Adeline said, adding later, "At 17 and being accepted at Crafton and knowing I can make it through 2020 and this and this and this and then being handed this reward, it is what worked for me. And it's inspiring and so freaking cool that my mom graduated with me and is doing it in her 50s."

"It also pays to have hipster parents," Jeanette said with a wink.

What's next for the duo – transferring to Cal State San Bernardino in the fall to continue learning in their respective fields. And Adeline's dad, too, is getting in on the action by taking a few classes of his own, including Spanish, both women explained.

In the future, Jeanette wants to return to her Crafton roots and inspire others with disabilities and of a certain age to go back to school because learning is a way to "open many doors."

"Crafton guarantees success because even if you haven't graduated in two years, you'll find out what you are capable of doing," she continued.

"For me, not having the stress about applying and going to a four-year university when there's a wonderful, great community college in our neighborhood worked for me. Crafton will help you every single step of the way," concluded Adeline.



Photo: Counselor Xayaphanthong at LEAP.

CHC Counselor Soutsakhone Xayaphanthong Attends API Leadership Development Program

CHC Counselor, Soutsakhone Xayaphanthong attended the LEAP (Leadership Education for Asian Pacifics)

Photo: Lauren Valdez, CHC Graduate.

Advance: Leadership Development Program for Higher Education at Cal Poly Pomona July 6-9. The program, held in partnership with Asian Pacific Americans in Higher Education (APAHE), enhances professional development of Asian and Pacific Islanders (API) and prepares API college/university administrators, faculty and staff to move into positions of greater visibility and influence.

"Thank you for your invaluable support through my recent LEAP Advance attendance," said Xayaphanthong to college administration. "It was an intensive four-day experience that included indepth interactions among API participants and program faculty. There were handson workshops, mentoring, interactive dialogues, and opportunity to network with participants, leading college and university presidents, faculty and senior administrators."

Xayaphanthong is looking forward to continuing DEI work at Crafton alongside SBCCD's newly recognized Pacific Islander Association.

Meet Lauren Valdez – The Youngest Member of Crafton Hills College's Class of 2022

For Lauren Valdez, Crafton Hills College was the perfect place for her to make connections and discover opportunity.

About two years ago, the now 18-year-old Redlands resident made the choice to take the California Proficiency Exam and start her college career at the Yucaipa-based college.

"I was going to Redlands High School and just felt it wasn't the best choice for me," said the youngest member of the Class of 2022. "But I couldn't go to a four-year university because I did not have the A-G requirements needed, so the plan was to do my general ed courses at Crafton and then transfer to a four-year university."

But Valdez found more at Crafton, she said, including that sense of belonging she had longed for while attending RHS.

Crafton, she explained, "was the closest

community college to me, but when I got here, I absolutely loved it here and there were so many opportunities for me."

Those opportunities included having her first two years of college paid for through CHC's Promise Program and diverse course offerings, including Chicano studies.

"It was just balanced," she said.

Valdez has plans to attend UCLA in the fall and hopes to receive a bachelor's degree in political science and a minor in gender studies. But what she really wants to do is become a poet.

As for others who might want to follow in Valdez's footsteps, she has some words of wisdom for you. "I think my advice would be to try it. It couldn't hurt because it can only help you if you go for it," she said. "If you work hard and stick with it, you'll see the reward at the end."



Photo: Norma Viveros, CHC Graduate.

How Norma Viveros' Positive Outlook, Strong Support System Pushes Her Drive Forward

Norma Viveros wears a lot of hats.

To her students at Victoria Elementary in San Bernardino, she's known as Ms. Norma. At home, she's mom. At Crafton Hills College, she's a proud graduate of the Class of 2022.

The San Bernardino woman was one of more than a thousand to celebrate their educational accomplishments during a campus-wide commencement ceremony on May 25. But her path to receiving an associate degree in early childhood development was not always easy, but one that was etched when presented with a challenge.

"I was working as a campus monitor at Victoria and there was a teacher who told my son that he was going to 'end up like his mother.' I didn't like that," explained the 46-year-old. "The neighborhood I live in is not in the best area, but it is just home to me, and I didn't like (my son) looking at me and saying, I'm not going to graduate.' So, I made it my mission to get my diploma and show him that if his mom could do it, he could do it."

Looking also to prove the doubters wrong,

"I'm not a victim. I'm a survivor. And when you put a challenge in front of me, I'm going to run with it."

Viveros enrolled at Redlands Adult School to earn her high school diploma. After crushing that goal, she began her Crafton journey and has plans to continue her studies at Cal State San Bernardino in the fall.

"Never in my wildest dreams did I think I'd get my high school diploma," she said with a chuckle. "I asked (staff) at Redlands Adult School 'what's next.' And they replied, "What about college?" I was 45 years old at the time. How am I supposed to go to college – that's for young kids. There's no way.''

At the encouragement of RAS officials, Viveros registered for Crafton's Summer Bridge Program, a five-week course that helps students from Redlands and Yucaipa adult schools transition into college. She then tried taking two classes and then more until she ended up graduating with her AA.

Balancing it all – work, home and school – was tricky, but Viveros credits her strong support system, which includes her four children ages 26, 22, 17 and 14, for cheering her on, even if it meant missing family occasions.

And as she continues to make her goals a reality, Viveros knows that support will continue, which is a huge motivational boost. Another reason: she wants to set a positive example for the students of Victoria and those who live in the same San Bernardino neighborhood.

"My plan is to get my master's in counseling and encourage 'my kids' to stay in school and help them be productive because I believe if we keep our kids busy, you won't have them running these streets," Viveros explained.

"I'm the first in my family to graduate from college. I've been through some crazy things in life, but no matter what I'm doing no one knows what I'm going through because I'm always smiling. I'm not a victim. I'm a survivor: And when you put a challenge in front of me, I'm going to run with it."

The Adult Education Program is a partnership between the community college and the local adult schools provided by the California Adult Education Program and the Inland Adult Education Consortium. The program aims to facilitate the transition between adult school and college by providing adults with resources to advance their career and education to improve their overall quality of life.

For more information, visit https://www. craftonhills.edu/adult-education-program/ index.php



'Singing is My Ministry': Why Lucy McIntosh – Class of 2020's Oldest Grad – Pursued a Music Degree at Crafton Hills College

Crafton Hills College helped Lucy McIntosh find her new voice.

Having been a singer since her early childhood, Loma Linda resident – and the Class of 2022's oldest graduate – Lucy McIntosh found an opportunity to enhance her craft and earn an associate degree in music by attending CHC.

"Music is a gift," Mcintosh explained. "I had to understand that we all have gifts and those are God-given. There's always



something we can do, and I try to recognize that in people and tell them that if I am able to do this, they can too."

McIntosh's musical background began to unfold as a young child through playing the piano and singing in church choirs. Her love of music continued to build into adulthood, but developing her musical skills was put on hold after pursing a full-time career and experiencing a few additional setbacks along the way, like a stressful relationship and falling ill. Having made a strong recovery, both physically and mentally, McIntosh decided to pursue her next steps and began to look into educational opportunities at Crafton Hills College. In an effort to reclaim her voice, she enrolled in classes and began her new journey. And while all her classes switched to an online format during the height of the COVID-19 pandemic, McIntosh thrived.

"I can't say enough about the teachers and the students here," she said. "I don't consider myself an 'older student' because I was not made to feel like I was different; I was one of them. And the environment was great even though we had to go online."

McIntosh got her chance to showcase her skills in May singing the National Anthem at Crafton's first in-person commencement ceremony following the height of the COVID-19 pandemic. She plans to transfer to a four-year university to pursue a bachelor's in music and continue to sing whenever afforded the opportunity.

"I'm a believer. I try to do everything by His will," she said. "To me, singing is my ministry, and I want to continue to sing in church and share the message."

As for advice she has for others looking to pursue a higher education at any age, McIntosh follows one familiar ideology: "You'll probably come to a point in life where school is something that you come to love," she said. "And if you're at the same point where I was-- just do it!"

University Transfer Fair

Over 30 university representatives from Cal State, UC, and private and out-of-state universities will be on campus to meet with CHC students on September 14, 2022 from 9:30 am - 1:00 pm.

All students are encouraged to stop by and ask questions about financial aid, transfer requirements, majors, and more.



Let's go!