



September 2020

CHC Honors Newsletter



Hi All For Fall!

By: Victoria Karalun

Welcome back for the fall semester! (Or welcome, for any new students!) This semester is different but Honors students are made of tough stuff and we will make it work!

Thank you to everyone who came to the Meet & Greet; it was so lovely to get to see some faces and get to know some new people. There's another chance to win a gift card in this newsletter!

We may be missing our comfy couch, printer, snack jar, and Judy, for now, but don't be a stranger. This year we have FIVE ambassadors and we are all here to help or give advice. Check out our bios below to get to know us all! 😊

Judy Cannon: chprogra@sbccd.cc.ca.us

Victoria Karalun: vkarylun@hotmail.com

Ashley Mascarenhas: a.mascarenhas1694@student.sbccd.edu

Alexis Ford: alexisfordmt23@gmail.com

Alex Manjarrez: alexmanjarrez2000@gmail.com

Alex Ramos: a.ramoshuaman3736@student.sbccd.edu



Honors Coordinator

>>> Judy Cannon <<<

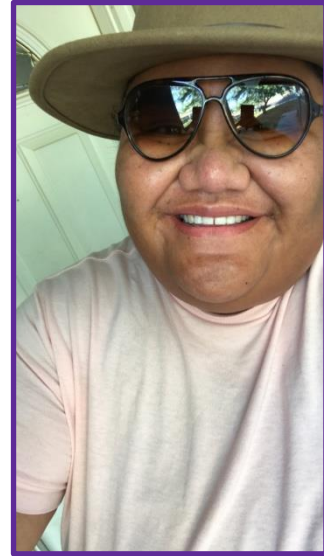
“I have been the Honors Coordinator for four years. Before that, I taught English at Valley College and then at Crafton for a total of 22 years. I have always liked teaching, but I especially love working with Honors students. You are so motivated and such interesting people! I learn from you every day. As for what I like to do in my free time, I would have to say that #1 is travel. My husband and I have traveled to almost 70 foreign countries and have visited every one of the 50 states. It’s been very hard for us to stay put during the pandemic! I also read 40-50 books a year, and I love the outdoors. My guilty pleasure is dark chocolate (which is good for you, right?). I love it in cookies, in brownies, covering nuts, and by itself. I have three grown children and three beautiful granddaughters.”



Honors Ambassador

>>> Ashley Mascarenhas <<<

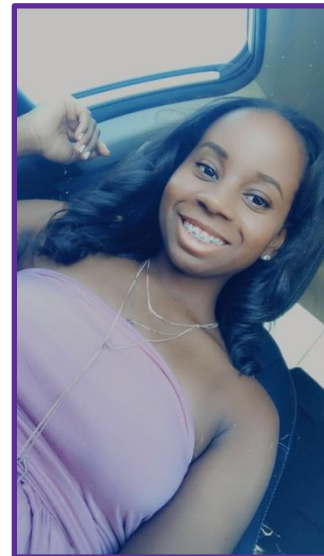
“I am a Business Administration major and a full time student at Crafton. I am beyond excited to graduate in spring 2021 with the hopes and plans to attend either Cal State San Bernardino or Cal State Poly Pomona to obtain my Bachelors. My educational expectation for myself is to obtain my Masters and eventually my Doctorate. My career goal is to work in marketing and advertising or to become a human resources manager. I returned to school in fall 2019 at 29 years old after being absent from school for 11 years. To be honest, I was never a successful student academically through my high school years and the thought of returning to school to pursue my dreams was a laughable thought to me. I was influenced by my fiancée who inspires me. I can honestly say, BEST DECISION EVER. The message I want to drive is that it’s never too late to make your dream a reality. Take the leap of faith in yourself and hit the ground running.”



Honors Ambassador

>>> Alexis Ford <<<

“Hello everyone, my name is Alexis and I am so honored that I get to be an Honors ambassador. Even with all the madness that’s going on in the world, I’m hoping that with the help from the other ambassadors and myself that we can bring some peace into your life! I am a Psychology major and I plan on graduating in the spring of 2021. LEEEEETTTTSSSS GGGGOOOOO!!!! I plan on transferring to CSUSB and hopefully I can continue on being an Honors student while I double major or get a minor. When I’m not focusing on my studies I love to be at the beach or eating food or doing both! LOL! I enjoy watching murder shows on the ID channel that I hope one day I can go on some day as a psychologist. My favourite book to read is *The Five People You Meet in Heaven*.”



Honors Ambassador

>>> Alex Ramos <<<

“My name is Alex, and I am majoring in Economics while also completing my pre-med requirements. I was born in Peru, and moved to the United States at an early age. My parents wanted me and my brothers to have a world class education, and I think I’ve found that opportunity throughout grade school and college. At first, I didn’t know what I wanted to major in. My main interest is in human behavior, and Psychology/Philosophy seemed like a natural fit. However, I didn’t want to pursue my interest as a career. I think I made an excellent choice. Economics is the study of how we make decisions. The pre-med courses will give me an understanding of the science behind our minds. I have a lot of paths I can take from here.”



Honors Ambassador

>>> Alex Manjarrez <<<

“Hello everyone! The reason I wanted to become an Honors Ambassador was so that I could help represent my fellow Honors students, help set up events for them, and make new incoming Honors students feel welcomed into the group. Being part of Honors has helped me become a better learner and I really enjoy attending events like the Meet and Greet. I’m a Computer Science major. I chose it because software development seemed interesting to me. I enjoy the satisfaction of programming something that runs successfully and writing ‘clean code.’ Apart from being an Honors Ambassador, I am also the Chief External Affairs Officer for the student senate. Getting more involved in student life activities has been a great experience for me. I hope that I can make a positive difference for our campus and best represent our college community both on and off campus!”





Honors Ambassador

>>> **Victoria Karalun** <<<

“Hi guys 😊. This is my second year as an Honors Ambassador. I stayed on for a second year because I love to use my creative skills to help others. I’m a Psychology major and my career goal is to write books and articles based on my own research. I came to Crafton with no idea of what I wanted to do with my life and through the help and guidance of my mentor Dr. Brink found more potential inside myself than I thought possible. I discovered a love of research that I’ve explored through presenting at conferences both on our own campus and in other states. Outside of college, I love travel, reading, watching movies, visiting art museums, and photography. I’m a returning student at the age of 38, have been married for 16 years, and have a 10-year old son and 6 cats.

Professor Highlight!

>>> Elizabeth Langenfeld <<<

[English]

By: Victoria Karalun

“I’ve been teaching college-level English for 25 years; 10 at CSUSB and 15 here at CHC. I absolutely love teaching and students continue to be my inspiration!

“I spent many years with a passion to teach some day, but not really knowing a major. However, when I landed in a Children’s Literature course at CSUSB, I immediately knew what I wanted to do, and from that point my instructors guided me toward my own dreams! I have bachelor’s degrees in Liberal Studies and Literature and a Master’s degree in Composition. I believe students would describe me as an instructor who will do anything to help them succeed, and while my classes are rigorous, students will leave with an entire tool belt to access and apply towards their best success with their college course and life writing.

“My husband and I have 3 children, 2 grandchildren, and 3 furry and loving dog children. I love to read, play the piano and guitar, I keep music on nearly 24/7, and I enjoy traveling immensely and am outdoors as much as possible. The ocean and forest are my bliss! I’m extra lucky that one of our sons lives in New Zealand, and Japan and Hawaii before then, so I don’t complain when I get the chance to travel there too! I also take great pride in the quality of friends I have in my life... I enjoy socializing!

“I likely spend more time at my teaching job than I do in any other area of my life, and I’m so grateful and proud that I’m with so many wonderful colleagues. We’re all here for the students!

“This time of the COVID virus has brought challenges to all of us, and I must say that I’m so proud to see so much positivity, especially with CHC, stepping forward to help our students persevere with their studies and goals!

“Honors students! You will not regret the extra effort you are choosing to put in, nor the deeper bonds you will have by getting to know your instructors and other students even better. Thank you for giving us the opportunity to serve you better!”



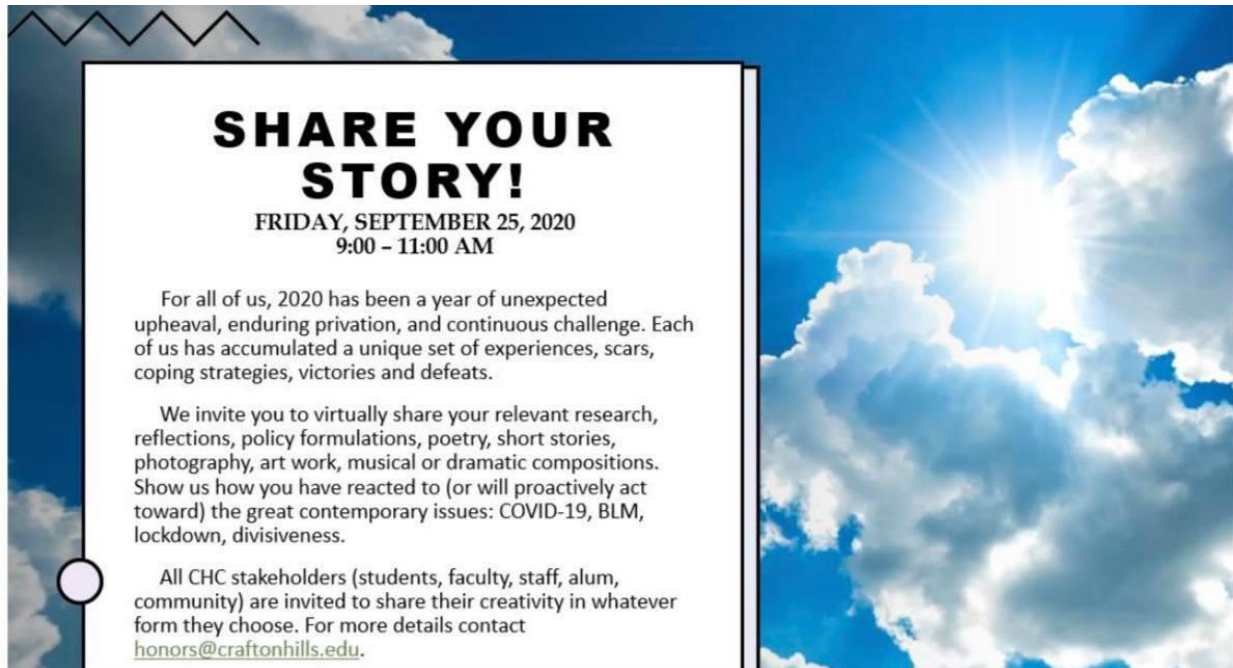


Win a Starbucks or In & Out Gift Card!

Email Judy and tell her where you think the cactus pictured below is on campus! A winner will be chosen at random.



Please Join Us For This One of a Kind Event!



SHARE YOUR STORY!

FRIDAY, SEPTEMBER 25, 2020
9:00 - 11:00 AM

For all of us, 2020 has been a year of unexpected upheaval, enduring privation, and continuous challenge. Each of us has accumulated a unique set of experiences, scars, coping strategies, victories and defeats.

We invite you to virtually share your relevant research, reflections, policy formulations, poetry, short stories, photography, art work, musical or dramatic compositions. Show us how you have reacted to (or will proactively act toward) the great contemporary issues: COVID-19, BLM, lockdown, divisiveness.

All CHC stakeholders (students, faculty, staff, alum, community) are invited to share their creativity in whatever form they choose. For more details contact honors@craftonhills.edu.

All are welcome at this event, even if you only wish to be an audience member. However, we encourage as many people as possible to take part so we can come together during this tough time.



Social Media

Ashley is ROCKING our social media this year! Check out facebook.com/CHCHonors and [@CHCHonors](https://instagram.com/CHCHonors) to get the latest information, fun inspirational quotes, and PRIZES!

Contribute to the Newsletter

We welcome articles, poems, fiction, photography, or art from any Honors students or professors! Get your work seen and get “PUBLISHED” in your college and job applications. We have some pretty cool people in Honors and we want your voice and vision!

Email your work to vkaraun@hotmail.com.

Save The Date!

- Monday 7th September; Labor Day; no classes
 - Friday 11th September; Brainstorming Symposium; sign up for time; Zoom
 - Wednesday 16th September; 10am-1pm: University Transfer Fair (virtual)
 - Friday 25th September; 9am-11am: “Share Your Story!” Virtual Forum (Sponsored by the College Honors Institute and open to all CHC students, faculty, staff, administration, and alumni)
 - Monday 28th September; 12-1pm: Abstract Workshop; Zoom
 - Friday 2nd October; 12pm: Databases Workshop; Zoom
 - Monday 5th October; 1pm: Zotero Workshop; Zoom
 - Friday 16th October; 12-1pm: Poster Presentation Workshop; Zoom
 - Friday 23rd October; 12-1pm: Oral Presentation Workshop; Zoom
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In Pictures: Our Lovely Campus (you can still visit)!

By: Victoria Karalun











Author & Editor: Victoria Karalun

