

Live Well, Be Well

Title: A Summer Bridge Special!

Episode host:

- RD + Summer Bridge staff (Margarita, Bel, Ebony)

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Introduction

Welcome to Live Well, Be Well! A podcast where we speak candidly about all things wellness! My name is Renee Dell'Acqua and I'm a Health Educator in Health Promotion Services here at UC San Diego, and today we've invited some special guests from the Summer Bridge Program. Without further ado, I'd like to introduce Margarita Lopez, Bel Geronimo, and Ebony Wiley-Campbell, all of whom support this wonderful program.

On this special episode Live Well Be Well, we're looking at you -- students of Summer Bridge -- to share advice and recommendations for helping you make the most of this amazing program that you're a part of! The staff of Summer Bridge will be sharing their own personal experiences being a part of the program and the hopes and wishes they have for you all as you begin your academic and personal journey here at UC San Diego.

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

QUESTION - RD: So for listeners who may not be familiar with Summer Bridge, would one of you be willing to provide a brief overview of what the program is all about?

RESPONSE/RESPONDER: ... (Margarita) I do want to note that Summer Bridge is constantly changing and evolving and every program has been different. With that said our Summer Bridge Program serves incoming first time first-year students in hopes of supporting their transition to UC San Diego from High School. Our program is a year long commitment and it begins with a summer component. THIS year we have begun with a remote 8-week summer component in which students enroll and participate in 2 courses. They are also provided with academic support, a peer mentor that will continue to work with them until the end of their first year, and access to a multitude of campus resources.

QUESTION - RD: Thank you so much Margarita for that program overview! So I know that two of you, Margarita and Bel, have both participated in Summer Bridge as undergrads here at UC San Diego. Would

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one of you be willing to share your personal experience with being a Summer Bridge student and what that means to you?

RESPONSE/RESPONDER: ... (Bel) I participated in Summer Bridge back in 2010, so it's definitely surreal being able to reflect on my experience. Being a first-generation college student, I was scared stepping into this next chapter of my life after graduating high school. My family was extremely supportive, but didn't have the experience or knowledge on how to navigate higher education. Luckily, I found Summer Bridge and in all honesty it changed my life - from the connections I was able to make to the academic support to overall having the opportunity to grow in so many ways. Through Summer Bridge, I was able to get my first job as a student and am now grateful to be able to work professionally to continue to give back to the program that has contributed a great deal to my undergrad and post grad experience.

QUESTION - RD: Thank you so much Bel for sharing your experience being a part of Summer Bridge. It sounds like this program played a monumental role in not only your academic journey but also your personal and professional growth. Based on your personal experience of either being a part of the program as a student or even as a staff member, what do you believe are the benefits of this program and how can current and even future students make the most of Summer Bridge?

RESPONSE/RESPONDER: EBONY: Summer Bridge is a holistic program where we want students to feel supported in various areas of their lives. We acknowledge that for so many of our students, the pandemics are affecting them and their communities on multiple fronts, so it's hard to be completely present. With that being said, Summer Bridge is the most beneficial for folx who have the time to really devote themselves to our programming. We offer space to be engaged with social justice/equity, diversity & inclusion, community building. We also pride ourselves on our intentionality behind storytelling b/c our student's stories matter & creating a sense of belonging for folx on campus.

QUESTION - RD: That's so amazing to hear! I love the holistic nature of this program and the understanding that student success isn't just about academic success, but it's also about personal growth. And what better way to foster growth by providing students a space where they can share their stories and lived experiences, and where beautiful and diverse communities are built. And in line with the holistic approach the program takes in supporting the all encompassing needs of students, in terms of health and well-being, which we know is crucial for success in all facets of life, what recommendations do you all have for your students to be as happy and as healthy as possible while in Summer Bridge and as they begin their journey at UCSD?

RESPONSE/RESPONDER: ***Some ideas could be things like: learning about different stress management techniques and strategies and finding those that work for you, learning about and practicing time management, finding a healthy balance between school, work, and play, asking for support when needed, taking breaks, etc.*** (All?)*

Ebony: Talk about staying true to oneself, have patience

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Margarita: As hard as it might be, being ok with asking for help. Being shy is expensive and it can really cost you a lot.

Bel: Do your best, be persistent and remember, “In this moment, I am enough.” Knowing the importance of balance in making space to take care of yourself mentally, emotionally, physically, and spiritually in whatever ways you would personally define each of those aspects.

QUESTION - RD: And lastly, what are your hopes and wishes regarding what current students take away from the program?

RESPONSE/RESPONDER: ... (All?)

Ebony: we collectively are out here learning together this year

Margarita: Engage with your Summer Bridge peers, get to know each other, make connections. Your peer mentors will graduate but at the end of the day, as students, you will have each other to fall back on.

Bel: One to acknowledge how phenomenal y’all already are before entering Bridge and now how much you’re contributing to the Summer Bridge and UCSD community. I hope you’re able to take full advantage of this once in a lifetime opportunity! There are so many amazing folx rooting you on for your personal, academic, and professional success.

RD: Thank you all so much for coming on the show today! To the students of Summer Bridge, we hope that the experiences, advice, and recommendations shared today help guide and support you as you begin this new and life changing journey here at UC San Diego. Endless love, peace, and gratitude to you all.

Closing

So that concludes this episode of Live Well Be Well! If you like what you heard and would like to learn more about topics related to health and wellness, there’s much more to come! Be sure to check out our website healthpromotionservices.ucsd.edu and also follow us on Instagram and Facebook under @UCSDHPS. In addition, be sure to check our Summer Bridge’s website <https://summerbridge.ucsd.edu> and follow them on Instagram and Tik Tok under **oasis.sb**.

Stay tuned for our next episode of Live Well, Be Well. Until next time, be kind, be true, be you. And remember, to be well is to live well.

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