

THE HAREBRAIN



Long Beach Poly High School PACE Parent Support Group

Fall 2019

Welcome and Hello

Kelly Sullivan, PPG President 2019/2020

Welcome new and returning PACE families to the 2019/2020 school year! I am Kelly Sullivan, parent of Grant, a freshman, and Kate, Poly PACE Class of 2019, now attending UC Berkeley. This year, I will be serving as President of the PACE Parent Group (PPG). My trusted Board of Advisors include: Kathy Huber Moses, Vice President; Michelle Pryor, Treasurer; Anna Van Fleet, Recording Secretary; Brigitte Bigham, Scholarship Chair; Faraneh Chamran, Fundraising Chair and Terry O'Dell, Harebrain Chair. We're also supported by Advisors, Jennifer Golison and Mitra Giles.

The non-profit PPG is a one-of-a-kind parent support group offered only at Poly. Established 18 years ago, our mission promises to manage essential donations supporting the excellent academic program that is PACE. Your financial contributions enable PPG to help with the following:

- Classroom aides
- Before/after school AP prep and tutoring
- SAT and ACT prep
- Supplemental teaching materials
- Teacher training and conferences
- Model UN and Rabbotics Clubs
- Fieldtrips
- Tailgate gatherings
- Harebrain Newsletter
- Parent education
- Merit-based scholarships for Seniors

As the mother of a recent graduate, I fully appreciate the gift that is a PACE education. After a few weeks of school at Berkeley, I asked my daughter what she thought about her classes and she responded, "it's going to be a lot of work, but nothing I can't handle." The first thing that came to mind was "thank you for preparing her, PACE!"

If you would like to get involved with the PPG or provide a donation in any amount, please email me at

info@PACEparent.com

or visit our website at www.PACEparent.org.

New Big/Little Program

Ms. Samantha Lawrence, PACE Facilitator



This Fall the PACE office is pleased to be able to offer our first Big/Little Program -- aimed at bringing the valuable experiences of our Seniors to our incoming Freshmen. This idea has been brought to you in-part by one of our seniors, **Kaelyn Moses**, as part of her Gold Award Project for the Girl

Scouts. Kaelyn and I have been planning and organizing for over a semester and the topics and focus have been sourced from our most valuable resource, the students themselves! Our Seniors remember what they wanted to know as Freshmen and honestly it has been so interesting to hear the students offer insight and have conversations around the things that matter to them. Our September meeting was meant for introductions, getting to know each other, and exchange of information. Our October meeting focused on Study Skills and Managing Expectations. So far I have been so impressed by all of our student participants.

I cannot say how proud I am of our Seniors in this program. In their culminating year, in the midst of college applications, personal statements, and their already busy schedules, so many of them have decided to try to make a connection with the incoming Freshmen. They have offered to help familiarize them with the school, met up for conversation, and provided insight into getting adjusted to life in Long Beach Poly PACE. I have even wrangled a few of them into leading the conversations in rooms -- full of their peers.

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New Big/Little cont'd...

It might be terrifying for some, but students like **Jesse Oda** and **Chakra Sokhomsan** have stepped up big time, doing a great job of leading meetings.

Future meeting topics and dates are as follows:

- December 10th
Stress Management, Friend Groups, & Social Life
- January 14th
Navigating Class Scheduling in PACE
- February 11th
Extra Curriculars, Clubs, & Community Activities
- March 10th
Approaching the College Process -- March 10th,
- April 7th
Leadership
- May 19th
Big/Little Celebration

Next year we are looking to expand this program to include the Juniors as possible Bigs for our Freshmen Littles as well as Seniors. We are also thinking about meeting before school starts, to give our students more confidence from day one. In order to do this I'm going to need plenty of current Sophomores and Juniors to step up and take the reins from our outgoing Seniors. We will probably be sending out a call for this in April 2020.

Thanks again to everyone for the effort put forth to make this a successful transition program for our Freshmen Jackrabbits. I hope you all have a lovely Thanksgiving!

Introduction

Ms. Dana Zapanta, PACE Counselor



Hello my name is Mrs. Dana Zapanta. It is a great honor to start my thirteenth year as a high school counselor at Long Beach Polytechnic High School. I am very excited to continue working with all the PACE students and their families. My role as a school counselor over the years has been truly rewarding. I have been blessed to have an enriching career working in Southern California and the Las Vegas Valley. I discovered my passion to advise high school students during my undergraduate education at the University of California, Irvine. My postsecondary career was a defining time in my life and a priceless experience that provided me with countless opportunities to grow and succeed. One such opportunity, was visiting with a college and career counselor. The meetings were extremely beneficial, and I shockingly came to the

realization that I only began working with counselors at the college level. This awakening inspired me to pursue a career in education as a high school counselor. Years later, my aim continues to be to provide a similar supportive counseling experience, but at an earlier stage in young people's lives. I enjoy collaborating with students, learning more about their goals and aspirations and am eager to assist them on their journey of self-discovery and improvement. I am currently going into classrooms presenting specific grade level focused topics and activities; some of which include, strategies for success, academic requirements, educational planning, interest exploration and college and career research. In my free time, I love being outdoors, camping off the grid, hiking, snowboarding, and playing volleyball. I am thrilled to be working with students, teachers, administrators, and parents who are vested in educational and communal success. My office hours are from 7:30 am - 4:00 pm. I encourage students to stop by and ask questions, and parents to call me at (562) 591-0581 ext. 5165 if they have any concerns. Thank you all for the warm Poly welcome! Go Jackrabbits!

Summer 2019 PACE Literary Tour

Ms. Julianne Beebe, AP English and Comp

This past summer, the PACE Literary Tour took off for Paris and the south of France, where 15 students and three English-teacher chaperones experienced activities from touring the Louvre to swimming in an ancient Roman aqueduct. Despite our being there for la canicule (the heat wave), we returned with minds broadened and full of fond memories.

The PACE Literary Tour began the summer of 2016 when Ms. Beebe and a stellar team of Poly chaperones accompanied 32 students to Ireland and England. Students explored James Joyce's tower on the Irish shore, Shakespeare's birthplace in Stratford-upon-Avon, and even saw a production of Wicked while in London. The 2018 tour sent 22 students to Ireland and Scotland, where they explored the historic streets and closes of Edinburgh, poet Robert Burns' cottage and museum, and the breathtaking beauty of Loch Ness.

This year, we are excited to announce the blending of two travel traditions at Poly: the Literary Tour is transforming into the Cultural Arts Tour, as we join forces with choir instructor Mr. Dokko and his long-standing student tours to Europe. In our continued effort to expose students to the value of international travel, the 2020 tour will explore Middle Europe--Germany, Austria, and the Czech Republic--and promises to be a blend of music, literature, and art. Interested in joining us?

Please visit <http://polychoir.com/index.php/europe-2020>

Checking in with our 2019 PACE Scholarship Recipients



Max Charles, USC Business in Cinematic Arts

Hello fellow jackrabbits! My job is to tell you how the University of Southern California has been for me so far. This question encompasses far more than I can communicate in this short essay, but I will try my best. I should start by saying it has been a lot to take in. Arriving on my first day of Welcome Week with not a single close friend on campus was anxiety inducing. Meeting new people everywhere I went and trying to make new friends was an experience I had not had since coming to Poly as a freshman. Although it was difficult, I knew I was in need of a fresh start. Everyone I have met is so different: students are from all over the world, speak with more accents than I ever knew existed, and utilize their intelligence in ways I could never even imagine. The increasing diversity on campus has made a noticeable impact on my experience thus far. Currently, none of my closest friends on campus are from California and I think that is super dope.

As for academics and extracurriculars, it has been a journey. Everyday I use the time management skills I learned from PACE to stay organized. Don't get me wrong college is a lot of fun, however it requires more responsibility to keep track of everything going on in life. Although the transition was a little bumpy, I have been able to help friends with keeping organized and developing study habits. If you are anything like me, PACE was not a breeze. It feels good to see my hard work pay off on a university campus. On a side note, I recommend paying attention in English class because I write at least one essay a week. On top of the workload, there are so many opportunities here it is almost overwhelming. So far I have joined Black Student Association, Marshall Families (a mentoring program where I was paired up with an upperclassman business student), and I am currently going through the process to become a freshman orientation advisor. It is hard to let some opportunities pass by, but I definitely needed to take time to get used to my new classes and new social setting.

USC has been an awesome experience thus far. I am still transitioning to the new environment, but I cannot wait to see what these next few years have in store. This spring break I will be visiting Beijing and Shanghai with my Global Leadership Program business class. I never thought I would ever do something so cool and my university has made it possible. I hope my story brings a little comfort to my fellow PACERs because for real though, Once a Jackrabbit...



Imani Harris, George Washington University, Political Science

Raise Hi(gh) from D.C.! These first few months of college have been so much fun. Attending George Washington University is not your typical college experience because all the classes and dorms are heavily embedded in the city. A typical study break could be walking to the National Mall and visiting the monuments or taking the Metro to walk around the Smithsonian Museum. And since there is no dining hall, I can try something new each day for lunch from the variety of food trucks and local restaurants within walking distance from campus. My intended major is Political Science with an emphasis in Public Policy, so I plan to take full advantage of having the capital of the country in my backyard. Attending a school that caters to my interests has made even writing papers and waking up early for class worthwhile.

PACE has allowed me the freedom to explore because I am confident that I can handle my academics. I don't have to worry about spending all my time reading and studying to do well in my classes and so I can spend more time on the fun parts of college like joining student organizations and branching out socially. The hard work I put in during high school of creating good study habits and learning how to manage a large workload has truly paid off. My AP credits have made room in my schedule for me to take classes like: "The Anthropology of the Cell Phone" and "Physics for Future Presidents". I know that no matter what class I decide to take I can succeed and learn something valuable from it.

One thing that I heard a lot when I was a senior in PACE was that "PACE makes college easy" but I don't think that's quite right. College is still a huge adjustment from high school no matter where you decide to go if not academically then mentally and emotionally. Yes, attending college is ultimately about getting a degree but I believe it is also a time of self-discovery and personal growth that you'll miss if you spend all your time drowning in books. For me, PACE has made college enjoyable and empowered me to move confidently in the pursuit of my passions.



Mimi Cloke, Barnard College of Columbia University

Greetings from Barnard College of Columbia University! I am writing to you from my dorm room, where I have a view of Columbia's main thoroughfare and the famous Alma Mater sculpture. After being here for about two months, Barnard and NYC are starting to feel like home. I spend my weeks engaged in seminar-style classes discussing the politics of fairy tales with a diverse group of peers, attending Columbia Women in Business Meetings, and enjoying the sunset from my studying spot in Butler Library. On the weekends, I explore SoHo's cobblestone streets and enjoy running through Central Park.

That's not to say the transition to college and a new life nearly 3,000 miles from home has been easy, though. A few weeks after arriving to Barnard, I quickly found myself overwhelmed.

For the first time in my life, I was in charge of my own schedule. Between classes, clubs, and studying, I struggled to block out time to eat lunch or do my laundry. My workload suddenly increased around this same time. I was frozen and convinced I would never finish everything I had to do by the end of the week. After taking a moment to breathe, I searched my mind for motivation and found it very quickly. I placed myself back in my final few weeks of my junior year in PACE.

Mr. Meckna's infamous 5x5 was two weeks away, and I had to ace it. However, I also had to finish an English final project, study for my chemistry final, and prepare for the AP Biology exam. The workload seemed unmanageable and doing well on everything felt impossible. However, I somehow mustered the strength to not only study for my tests, but also perform how I wanted to. After reflecting upon this time in PACE, I realized I had the capacity to power through my lab report, write my essay on Cinderella, and even do my laundry.

I have also called on my knowledge acquired in PACE during my classes. The literary analysis I learned in Ms. Schol and Ms. Leaney's English classes have assisted me in conquering works such as Mary Shelly's Frankenstein and Shakespeare's A Midsummer Night's Dream. Spending hours completing Ms. Amici's calculus homework each night taught me to work through challenging problems, a skill which has been integral in finishing my weekly chemistry and calculus problem sets. PACE truly provided me a wonderful foundation for a successful college career, and I am incredibly grateful to have spent time in the program during my high school years.



Elizabeth Matos, Scripps

It's been seven weeks, and I still have trouble believing that I am a college student. Though college has been a big step up, the adjustment period has been relatively smooth. Enduring four years of PACE armed me with the study skills, time management, and ability to ask for help necessary for my first semester at Scripps. I feel incredibly lucky to wake up surrounded by fruit trees and flower gardens, studying at my dream school and taking advantage of the breadth of resources available to me through the Claremont Consortium.

Simply put, PACE taught me how to "grind." Time management has been an essential part of my college experience. Reminiscing on my PACE workload and abundance of extracurriculars I was involved in high school, the pattern of going from my on-campus job to orchestra rehearsal, then hitting the books at the library feels very familiar. Finding my rhythm was the hardest part of adjusting. Figuring out when to practice flute, when to squeeze in a workout,

which days to go out with friends, and how to get in bed at a decent time were my biggest challenges, but thinking back to my long, busy days in PACE, it has been very manageable.

At Scripps, I am fortunate to have access to approachable professors, small class sizes, academic help, and some great dining halls across the "5Cs." I have been putting the skills PACE taught me of actively participating in class discussion and advocating for myself to good use, taking full advantage of my professors' office hours, asking clarifying questions during and after class, and seeking help when I need it. I can confidently say that my PACE history and English classes prepared me with excellent bases in writing and rhetoric, historical contextualization, and literature analysis to be able to contribute astute and productive ideas to my class discussions now. PACE taught me how to think critically and independently about the world around me, and its diverse curriculum in the Humanities and STEM more than prepared me for the mountain of GEs necessary for a "well-rounded" liberal arts college education (though I tested out of my math GE--thanks Ms. Amici!). I am forever grateful for all my years at Poly. With the excellent academic foundation provided through PACE, I can boast that the transition to higher education has been painless and even enjoyable for me.



Ethan Lam, Princeton University, Mechanical & Aerospace Engineering

Greetings from New Jersey! My name is Ethan Lam, and I am currently interested in studying Mechanical and Aerospace Engineering at Princeton University. I've been here for almost two months, and it's all been an amazing experience. I'm currently enrolled in courses on math and physics with applications in engineering, general chemistry, and a freshman seminar about the American food industry and the connection to food insecurity, food-related disease, and the environment.

Despite only being here for less than two months, I've found it very easy to participate in many of the student-run organizations on campus and explore my extracurricular interests. I've played classical guitar almost all my life, so to continue that interest I'm currently organizing a classical guitar ensemble with other freshmen who have experience with playing guitar, hopefully in preparation of a concert for the university at the end of the year. But my non-classroom activities also include activities I have no prior experience in. I joined KoKo Pops, a dance group based on campus, and the sailing team, because I want to expand my horizons.

The PACE Academy and all of its support systems have helped me tremendously in adjusting to the new social climate and academic rigor here at Princeton. The first few weeks of classes can be the most stressful since it's difficult for some students to adjust to the increasing workload and responsibility to manage time without supervision from parents or other adult figures. However, the PACE curriculum and all of its rigor made the transition from high school to college very easy for me. From the long hours of cramming AP Euro readings to AP Calculus problem sets, I quickly found that even though I'm still struggling with some of the material in my college courses, I have the prior experience from my PACE classes to efficiently deal with any academic issues that come forth.

That's not to say that PACE has only helped me in the academic setting. Honestly, most of the life lessons and takeaways I've learned throughout high school can be applied outside the classroom. Being surrounded by a diverse, inclusive community within PACE and Poly as a whole really helped me grow. The support systems that I built with my peers and adult mentors on campus give me the confidence to step outside my comfort zone and achieve anything I set my mind on. If it weren't for those connections, I don't think I would have ever considered submitting an application to Princeton and being where I am today. Looking back to my high school years, I'm ultimately glad that the PACE curriculum pushed me to grow both academically and socially.



Cassidy Powers, UC Berkeley, Bioengineering

I am a freshman studying Bioengineering at UC Berkeley. The past two months have been a lot of fun as well as hard work. The thing I love most about UC Berkeley is all of the opportunities that are available. Through intramural sports I have been able to continue playing soccer while also having enough time to join several clubs including the Biomedical Engineering Society, Enable Tech, and Pioneers in Engineering. In my free time I enjoy visiting San Francisco, attending football games, and hanging out with friends.

One of the main reasons I decided to pursue engineering was because of my involvement in Long Beach Polytechnic High School's robotics team. Robotics provided me with the opportunity to gain experience in engineering and to see the creativity and problem solving involved in engineering. Along with giving me a passion for engineering, the robotics team also allowed me to develop other skills such as computer aided design, which have been useful in the engineering clubs I joined at Berkeley.

Through my participation in PACE's unique Biomedical research class, I had the opportunity to join Dr. Shackelford at UCLA in his research into a new targeted therapy for lung cancer. This experience with medical research piqued my interest in the medical field, leading me to decide to major in Bioengineering. The skills I learned through the biomedical research class have been very helpful in my pursuit of a research position at Berkeley.

While in PACE, I was able to take many AP courses that gave me an advantage at Berkeley. This advantage comes in two forms. One being that I have already learned and developed the skills necessary to succeed in challenging, college level courses. Skills including time management, work ethic, and organization. The other advantage is that I have been able to waive several requirements for my college, opening space in my schedule to take on a mechanical engineering minor. Thus, I have the opportunity to take even more engineer classes throughout my time at Berkeley. Additionally, the knowledge I gained from my PACE coursework has given me an excellent foundation for my classes at Berkeley. I am able to keep up with my classes, and I feel properly prepared. For the reasons mentioned above, I am deeply grateful for all that the PACE program provided me.



Carolina Sinco, UC Berkeley, Cell and Developmental Biology

Hello Jackrabbits, my name is Carolina Sinco, and I am a freshman at the University of California, Berkeley. I am midway through my first semester, and planning to major in Cell and Developmental Biology. I am enjoying college so far, and have met so many interesting, intelligent and kind people in my short time here. Berkeley has a supportive and encouraging community, motivating you through a busy academic life— no matter how much you dread your midterms. I was pleasantly surprised by the encouragement of my fellow classmates, as Berkeley is rumored to be a highly competitive environment. Additionally, professors support your achievements, not only in their class but while at Berkeley overall. They also have fun and engaging lectures— from explosive combustion reactions in chemistry to yoga in calculus. I am very grateful to be a part of such a diverse and supportive community, and

I am excited to see what's to come in the next four years.

Poly PACE prepared me extraordinarily well for college life. Academics in college definitely require a well- developed sense of time management, which I obtained during high school. Keeping track of classes, midterms, studying, homework, and extracurricular activities can be overwhelming, but I believe that PACE academic life prepared me to focus my time and energy on the most important task at hand. Additionally, PACE helped me develop good study skills that I still apply in college. With midterms occurring every three to four weeks in multiple classes, the study habits I learned in PACE keep me on track and prevent me from becoming overwhelmed by upcoming tests. Thus far, staying organized, creating practice tests, and studying multiple days in advance have contributed to less stress and success throughout the midterm season. Like Poly, UC Berkeley is a diverse community with students of different cultures, ethnicities, and sexual orientations. One of the most important things Poly PACE taught me, for college and for life in general, is to learn from others' perspectives. Meeting people from different backgrounds has enriched my academic experience, both in college and high school, as I have gained a better understanding of the world through the ideas of others. Poly PACE encouraged me to reach out and meet new people, making new friends who will provide you with wonderful perspectives and help you towards your academic and personal goals. My experience in the PACE Program taught me how to be successful and benefit from my time in school, inside and outside the classroom.

Tailgate Connections

Friday night, September 6 was LB Poly's first home football game and your PACE PPG sponsored the celebration with a free tailgate. Lots of delicious street tacos with all the fixings by Lety's Catering, dessert, watermelon punch and fun conversations were had by all. It was a terrific evening for meeting new families and connecting with old. We appreciated that our PACE Facilitator, **Ms. Samantha Lawrence** was there along with Principal, **Bill Salas**, and Vice Principal, **Matt Brown**. And alumni too! In our efforts to stay connected, it would be remiss not to share about our tailgate connection with 2 alumni who are no strangers to a continued connection with PACE. **Mirna Villegas '89** and **Tapera Kagurabadza '89** met in PACE. Mirna graduated from Berkeley followed by UCLA Law and Tapera from Cal State Dominguez Hills. Longtime friends, they started dating after college and were married in 2001. Mirna is an in-house Labor & Employment attorney for Frontier and Tapera is in Computer Engineering with UnitedHealth Group. They continue their PACE legacy with sons, PACE Junior, **Diego Kagurabadza**, who is active in Student Government and Freshman, **Victor Kagurabadza** who will play on the Poly soccer team. Their youngest, David Kagurabadza is 10 and will be along shortly! If you are an alumni and join our PACE activities, we'd love to connect with you, too!

PACE Parent Education

Thank you **Deanny Lungu-Underwood, Esq.**, family estate attorney and PACE parent, for your informative talk on November 5th about the important things we, as parents, need to know and DO when our children turn 18 and become legal adults.

In the works

Watch for information about registration for an early 2020 ACT/SAT Prep Jumpstart Program - a three hour strategy focused class on a Saturday morning from 9am-12pm.



Visit PACE Parent Website
www.paceparent.org



Long Beach Poly PACE Parent Support Group
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