



achieve

...opening a world of possibilities

A BUSY SUMMER

Summer 2021 will always be memorable to me. I participated in the CLAE program at Carleton College, took a psych course at the College of Alameda, and worked at UC Berkeley. I knew that if I could handle a college course, an intensive week-long program, and two internships, my eleventh-grade year would be manageable. After fourteen months in quarantine, I was prepared for anything.

At the UCB Botanical Garden, a 34-acre facility that houses over 10,000 plants from all around the world, I worked in the Curational, Propagation, and Horticulture departments. I would go from weeding to extracting seeds from plants. What I liked most about this internship was it allowed me to work with my hands and stay outside for most of the day. My main job was to maintain the garden and help the staff grow their plant collection. I read and learned about some of the most exotic plants in the world. I learned about a time when the US government enacted a sting operation in South Africa that confiscated illegal plants heading to the US, and gave them to UCB for safekeeping in their Botanical Garden.

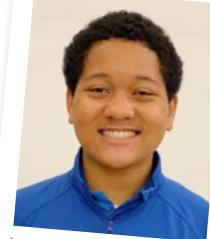
My second internship was with UC Berkeley's External Relations and Marketing Communications Department. The entirety of my internship was computer work, so I could stay in the comfort of my own home but remain productive. My job was to help catalog names from their 148 years of existence. These were all e-yearbooks, so the search for them was easy but tedious as there were easily a thousand names. I needed to find a picture of the person, take a screenshot, edit, title it, and place it in the archive Google Drive folder.

I never would have predicted this to be my job but I enjoyed it nonetheless. I learned about the school's architecture and history. I also located Olympic alumni like Matt Biondi, an eleven-time Olympic medalist who inspired countless people.

This summer, I also attended a week-long program called CLAE, created by Carleton College in Minnesota. The program's mission is to help CLAE Scholars focus on African American community and identity through a liberal arts education. I learned a lot about myself during the CLAE experience and found it intellectually fulfilling.

Lastly, I attended a summer-long Psych 1A college course at the College of Alameda. I attended class, virtually, with adults and had many discussions with them about what we read. This allowed me to grasp a better understanding of psychology. I was able to learn about famous experiments, ideas, theories, psychologists, and schools of psychology. I loved everything about this class and hope I can continue learning about psychology in my junior and senior years.

This summer taught me many things. I learned about myself and how my experiences shape who I am and will be. I learned the importance of having a good work ethic. Above all things, I learned that good time management is essential for me to reach my goals. Never would I have thought that using a planner this often would help me in my internships, psych college course, and CLAE. It is easy to see why summer 2021 will be a memorable one for me.



Leovigildo Lorenzo
SJND '23



COLLEGE TOUR

achieve juniors seniors tour colleges and universities: Amherst College, Boston College, Clark University, College of the Holy Cross, Hampshire College, Harvard University, Northeastern University, Smith College

GARNERING KNOWLEDGE

I began my summer with an ambitious mind and a bucket list of things I wanted to accomplish, but among all the activities I was looking forward to, my CHORI internship was at the top of my list. CHORI Summer Student Research Program allows students to engage in clinical and/or basic research with active scientists and develop research skills.

I worked alongside Dr. Modzelewski, a Postdoctoral Fellow in Molecular and Cell Biology at UC Berkeley. I focused on a ribosomal protein called Rpl41 and its role in reproduction and fertility. For the majority of my project, I spent days zooming in and out of stained images of ovaries of female mice in efforts of counting and classifying oocytes. I learned to be meticulous and detail-oriented to minimize errors. At times, experiments were repetitive, but I was reminded that every step of the process is important to gain reliable results.

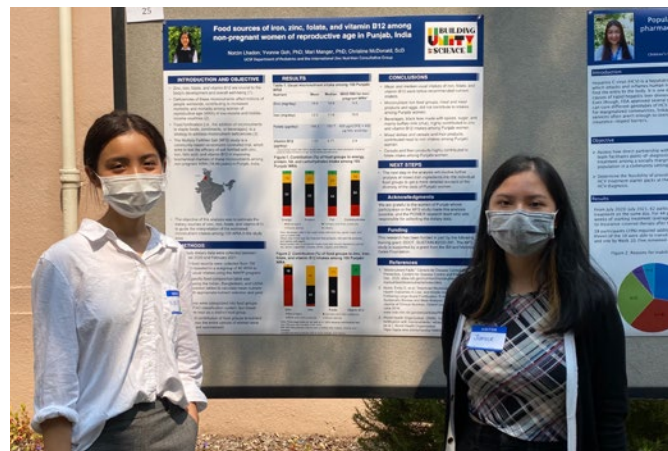
Aside from writing and assembling research proposals, abstracts, and posters, I attended weekly lectures and heard from professionals in various fields and occupations. Through learning about possible career paths, I was able to identify aspects that are interesting to me and initiate further exploration. It was truly inspiring and motivating to listen to speakers from disadvantaged backgrounds who were able to overcome obstacles and pursue their passions.

Despite the absence of in-person lab experience, I was still able to learn basic lab skills through Labster modules. Each module began with reminding me to put on a lab coat and gloves before getting started on experiments. These modules allowed me to experience a breadth of fields of study, engage in stimulating problem-solving exercises, and test my newly acquired knowledge through quiz questions. I looked forward to completing these modules each week and learning something new.

Nearing the end of the internship, a two-day virtual poster session was held in which all students gave a 5-minute presentation on their research projects. I enjoyed listening to what my peers had been doing for their projects and the significance of their work.

To end this enriching experience, I attended the in-person symposium where I had the opportunity to give a formal presentation of my poster to mentors, fellow students, and families. Observing the confused expressions people gave me as I presented my findings, I realized how important it is to simplify science and make it applicable to the general public. Therefore, I modified how I communicated and made sure to get all the main ideas across. Aside from presenting, I struck up conversations with other mentors and peers and made meaningful connections.

After completing this internship, I am more confident in my ability to digest scientific information and pursue a career in science. I have grown an immense appreciation for research scientists who dedicate themselves to the advancement of knowledge. I am beyond grateful to CHORI and my mentor for being so welcoming and providing me an invaluable experience and **achieve** for affording me this opportunity.



Janice Tran (right), HNHS '22 with **achieve** sister Norzin Lhadon.

THINKING LIKE A SCIENTIST

My 2021 summer experience was memorable. I was given the amazing opportunity to have a virtual internship with the California Academy of Sciences in their Geology Department. With the help of my coworkers, I was tasked with making the collection of Henry Hemphill, an American malacologist, digitally available. I used a spreadsheet for most of my work and made historic biodiversity observations from the Collection, which seemed never-ending. On my first day, I was lost and had no idea how to distinguish the genus from the species, but my supervisor was very helpful. Throughout my internship, she answered every question I had, whether it was about the genus of one of Hemphill's findings or how to add filters on a Google Sheet.

My internship introduced me to a field of science I knew nothing about and increased my interest in the sciences. Before starting to work with the Hemphill Collection, I had no idea who Henry Hemphill was or what all the information I would be working with was about. My supervisor provided me with documents about Hemphill and his life as a malacologist. I started doing more research on my own regarding malacology, and grew really curious about the many fields in science and how each one provides different information that allows us to understand the

world around us. Throughout my internship, I was learning new scientific terms and increasing my knowledge. Science has always been one of my favorite subjects, and I found this to be an enriching and enjoyable experience. I had to think more like a scientist and explore different areas that a scientist or malacologist would observe.

My summer internship with the California Academy of Sciences' Geology Department was great and far exceeded my expectations. I learned new concepts and ideas in the field of geology, and although I did not have the opportunity to visit the Academy in person, I was still able to see this historic collection virtually. I learned how to manage my time better through building my own schedule and making sure I completed everything on time. There were times when I would have to do work that seemed tedious or was tiring due to it being online, but I learned to use my breaks wisely and manage my time in a way that would allow me to be successful while not feeling overwhelmed or exhausted. In addition, I was able to improve my Google Sheets skills. I learned about filters to keep my work organized and combining multiple spreadsheets into one. These are skills I know I will continue to use in my everyday life. Finally, I was able to meet new people through the weekly Google Meet calls. There were students from other programs, but we all worked together and collaborated on and discussed various topics and ideas related to science. These new connections made my 2021 summer experience that much more enjoyable. Overall, my internship was a wonderful experience and one that I will never forget.



Christian Ramirez Cortes
ARHS '22

FRESHMEN ORIENTATION

This summer was truly an unforgettable experience. The first grand thing that happened was that I got accepted into Mercy Burlingame and the **achieve** Program. I was excited to start the adventures of high school! The only thing that made it better was knowing I would attend a three-day orientation for **achieve**.

On the first day of the **achieve** orientation, I reunited with my Mercy peers, and met new friends at the **achieve** office. We had pizza for lunch and later went out to walk the 500 steps to Coit Tower from Filbert Street. I had a lot of fun hanging out with friends and learning about things I had never heard of before. The view from Coit Tower was simply amazing. I could hardly believe the **achieve** office was only a few hundred stairs below us!

On day two, my dad dropped me off at Pier 41 and all my friends immediately greeted me. We rode a ferry to Angel Island and learned about a place where immigrants who were in the United States were kept before being able to enter. Although it was sad to see, I am glad

I got to learn about how important it is to treat immigrants in this country with respect.

For the last day, we went on a mural tour in the Mission District of San Francisco. We walked around looking at different kinds of public art that meant a lot to people. This was my favorite experience as it showed me more about my culture and made me feel really attached to my community. My favorite was a mostly blue-colored mural called La Lorona. My mom taught me all about her when I was a kid and I was always interested in the different stories people tell about her. It also taught me about different issues, such as water rights. That is the interesting part to learning about art: you learn to see things in different ways.

I am grateful I got to attend the **achieve** orientation, and can't wait to see what adventures will happen in the next four years!



Lesley Barrera
MHSB '25



FRESHMEN ORIENTATION | **achieve** Class of 2025

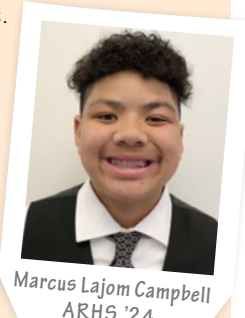
LEARNING LIFE SKILLS

My summer experience with the Jewish Family & Children's Services (JFCS) YouthFirst Program was both educational and meaningful. The Program helps teens develop life skills to use in the real world, and includes Jewish service-learning, leadership skills development, internships, and career exploration. I worked as an intern with other teens and two of the JFCS program coordinators, Deborah and Nick. I learned many things during my internship, including multiple ways to help with time management, like using a planner, planning ahead, staying organized, and scheduling tasks and deadlines. This helped improve my time management skills and helped me to be more productive and efficient.

During my internship I had a mentor, Ellen, who is a marketing manager at an architectural firm. We met every Thursday and talked about what I learned that week, and discussed topics like core values, time management, and how to ask for help. Ellen also helped me put together my resume, giving me feedback and tips on how to improve it. She showed me different types of resumes, including hers, and showed me the proper formatting and how to include the right amount of information. One takeaway that I got from Ellen is that what you start off with does not mean that it has to be your career path. In college, she majored in history, but then she realized that was not the career path she wanted to pursue. I will always remember my time with Ellen. She was a really good mentor, a nice person, and she taught me a lot of useful skills that I will use in the future.

My summer was amazing. This internship was my first and it taught me valuable lessons and life skills.

I will always remember this experience and am very grateful to have been given the opportunity to participate in JFCS's Youth First Program.



Marcus Lajom Campbell
ARHS '24



2021 Summer Internship Providers

- Baker Avenue Asset Management
- Berkeley Repertory School of Theatre
- BRIDGE Housing
- California Academy of Sciences
- Center for Independent Living
- Charity First
- Clorox
- Compass Family Services
- Computer Technologies Program
- Eureka – Girls Inc of Alameda County
- Fortress Investment Group
- Jewish Community Federation and Endowment Fund
- Jewish Family & Children’s Services
- Jewish Vocational Services
- KQED
- LBA Realty
- Prado Group
- SFMOMA
- TEF Design
- UC Berkeley Art Museum & Pacific Film Archive
- UC Berkeley Botanical Garden
- UC Berkeley Data Sciences (BUDS)
- UC Berkeley Haas School of Business
- UC Berkeley International House
- UC Berkeley Lawrence Hall of Science
- UC Berkeley University Development and Alumni Relations
- UCSF Benioff Children’s Hospital Oakland Research Institute
- UCSF Institute for Global Health Sciences



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ALUMNI CORNER



Alaysia Brooks
 HNHS '12; Denison University '16; USC '18

I was never exposed to the possibilities that higher education could bring until I attended Holy Names, and **achieve** provided me with mentorship and guidance. Despite the adversity I experienced growing up with a single parent in a poor, crime-ridden neighborhood, I have overcome many obstacles. During junior year in high school, I disclosed to my mother that I was sexually molested by a relative when I was eight years-old, a secret that I had only shared in my diary. Each time I retold this story to family, counselors, and police, made the violation feel more real and painful.

While attending HNHS, I struggled to feel confident in my skin and dealt with body dysmorphia. I had very low self-esteem because I often compared myself to the other girls in school, always feeling that I didn't measure up to being as beautiful because I was overweight. I hated getting dressed in front of others in P.E. and almost did not attend prom because I felt insecure about how I looked in the prom dress. Somehow, I was able to manage these insecurities and still accomplish so much throughout my life.

Even though I did not have many positive role models, I knew that I would make myself and my family proud. I began by setting goals for myself: academic, leadership, service and extracurricular activities. Each time I accomplished a goal, I was proud and realized that anything was possible. There were bumps along the way, but I just kept on pushing. These experiences taught me valuable life-skills and defined my proudest virtue – being tenacious.

A goal that I am most proud of is becoming the first person in my family to attend a four-year university, where I thrived academically and became a student leader. After graduating Denison University, I fulfilled another goal in 2018, graduating from USC summa cum laude with a Masters of Social Work degree.

I currently work as a Licensed Clinical Mental Health Professional at Kaiser Permanente Richmond Adult Psychiatry Department. It is no coincidence that I have pursued a career as a service provider because I was taught to value servitude as a young **achieve** Scholar. In fact, my first **achieve** internship was working at the Telecare Corporation in Oakland, where I supported patients with acute mental illnesses. It was that internship experience that led me to my work as a mental health clinician. My experience at Telecare taught me that mental illness is just like any other physical illness, except the symptoms might not be as visible. I learned not to stereotype people based on their symptoms, realizing that no one is immune to mental illness, because we all can be impacted by psychosocial factors.

During the pandemic, it was very challenging being a clinician. I was dealing with my own mental health issues due to the impact of racism and the distress of the global pandemic. After the murders of George Floyd and others, we all witnessed the political unrest in this country. Living in the heart of downtown L.A., I heard the swarm of police and news helicopters circling my apartment all day, disturbing my sleep. I was afraid to go outside for a run because I might “accidentally” get shot by one of the police in riot gear. Each day, I struggled with getting up and logging onto Zoom. I was mentally and emotionally exhausted from the pandemic and the traumatizing experiences of simply being Black in America. Not only did I hear the news and social media talk about it, all 20 of the clients on my caseload were processing this agonizing adversity. I literally felt like I heard the words, “coronavirus” and “police brutality” at least 30 times a day and was sick of it. I felt incapable of being any help to my clients because I didn't have the motivation or capacity to even show up for myself. But when my clients shared how relieved they felt after venting to me about their distress, and learned new effective coping skills, I realized that I AM enough. I AM strong, because I was able to overcome my own challenges and be there to help others.

At the end of the day, I believe that both our good and bad experiences push us towards a brighter future. I learned that I am tenacious and I can overcome challenges, be it feeling insecure about my weight or being an effective therapist while struggling with depression. I learned that I have the ability to dig deep, breathe, validate myself, recenter and overcome hurdles. Whenever I feel stuck and question whether I am enough, I remember that I have the gift to bring light to the world by making someone else feel good. We all have this opportunity each day. The more light we give to others, the brighter our own lives will be.

