

HEOP WORKS



Marymount
Manhattan
College

ANAYA BOND '24
PUBLIC RELATIONS MANAGER AND HEOP
NEWSLETTER CHIEF EDITOR

Welcome Back to our bi-annual HEOP newsletter. I'm
elated to have taken part in writing and editing the HEOP
SP 21 Newsletter.

HEOP students started this year's semester after a year
of hard work, unforeseen circumstances, and trials and
tribulations. Although this year has been rough the HEOP
Department and our students continue to prosper and
excel in their academic endeavors.

Students attended advocacy day to speak to members of
the state assembly to advocate for funding for HEOP.
Congratulations are in order for our Spring 2021
Graduates, and our students who made it on the Dean's
list!

The HEOP Leadership Council continues to do amazing
work for the HEOP department and students.

We are extremely grateful for the HEOP staff: Harmony
Cross, Stephanie Nunez, and the entire MMC Community.
Thank you for reading and we hope you enjoy issue 4!

- Anaya Bond '24

HEOPS SPRING 2021 NEWS LETTER ISSUE 4

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ADVOCACY WEEK!

THIS FEBRUARY OUR STUDENTS ATTENDED
VIRTUAL ADVOCACY WEEK

CONGRATULATIONS TO OUR STUDENTS !

ANAYA BOND '24

IBRAHIM BAH '24

NEREIDA ALVAREZ '24

EMELY ABRIGO '24

AMY FERNANDEZ '23

STEPHANIE GALVEZ '23

FAHIMA DEGIA '21

DARLENE CASTILLO '23

ZAHERAA RAMSAHOYE-KHAN '23

LISBETH GREEN '23



Advocacy week is ran by The New York Student Aid Alliance. The Alliance works to secure funding for vital student aid programs such as HEOP. Every year students are encouraged to meet with their legislators to advocate for student aid and resources to help lower the barrier between college and students across the state.

On February 9th- 10th many of our HEOP students from various cohorts attended on the behalf of MMC and their peers. Our Students participated in Advocacy day by giving their testimonials and stories about their journey to pursuing their higher education and how HEOP, TAP, and Bundy aid impacted their lives.

Our students met with Assembly members Michael Reilly, Robert Rodriguez, Rebecca Seawright, Joanne Simon, and State Senator Liz Krueger. During this time, they gave their testimonials and advocated to keep and expand funding.

"After being accepted by Marymount through the HEOP program, those thoughts began to wither away. HEOP was a blessing. It would allow me to go to college and be supported financially and academically. The program has impacted my life tremendously and I'm only in my second semester." - Anaya bond '24

"During advocacy day, I was able to express how I really felt about the program and how beneficial it has been for both me and my other peer members to be a part of it. Being among students who are also part of the program was also a wonderful experience, and we were able to share how the program has had a positive effect on both sides in terms of how beneficial it has been to all of us." - Amy Fernandez Orellana '23

"Advocacy day made me feel a part of a positive movement. It opened my eyes and helped me realize how many students including myself depend on financial aid. Listening to student and staff voices was important for me personally. I had strangers advocating on my behalf and I was doing the same. It is motivating to see how all of our different paths intersect at some point. I did, and I will continue to advocate for aid that helps me and thousands of others." - Ibrahim Bah '24

FALL 2020 DEANS LIST

CONGRATULATIONS TO OUR STUDENTS WHO MADE IT ON THE
FALL 2020 DEANS LIST !

- JANET CASTILLO
- JERANDY BEATO
- DIANA CAMILO
- FAHIMA DEGIA
- MARILYN GONZALEZ
- DARLENE CASTILLO
- AMY FERNANDEZ ORELLANA
- SIERRA OROSCO

- ANAYA BOND
- IBRAHIM BAH
- AOLANI KENDALL
- PERSIS QUAICOE
- LUZNERY MARTINEZ
- JAYZEAN SANTILLANA
- EVELYN MARES
- CARMEN LUNA
- AISATOU ISHIMORI

- HEOP CUMULATIVE GPA: 3.16
- FIRST YEAR FA- SP PERSISTENCE RATE:100%
- FALL '20 GRADUATES: 1
- SPRING '21 GRADUATES: 4
- HEOP FY RETENTION RATE: 86%
-

SPRING 2021 GRADUATES

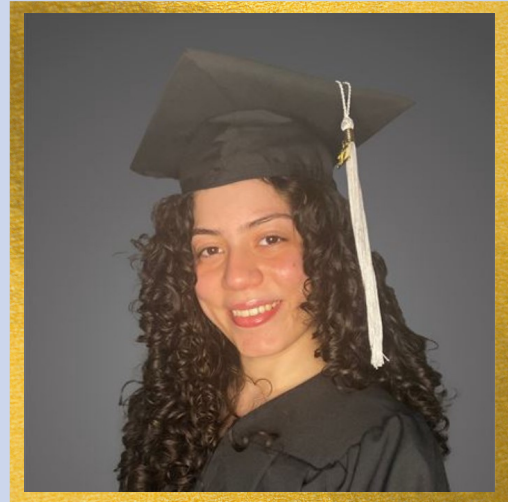


JAYZEAN SANTILLANA '21

BFA ACTING

"MY FAVORITE HEOP MEMORY WAS THE ENTIRE SUMMER PROGRAM. IT WAS ALL A MOMENT WHERE I WISH I COULD GO BACK AND CHERISH EVEN MORE

DO NOT TAKE ANYTHING IN LIFE FOR GRANTED. ALWAYS REMEMBER THAT YOU MATTER



MARILYN GONZALEZ '21

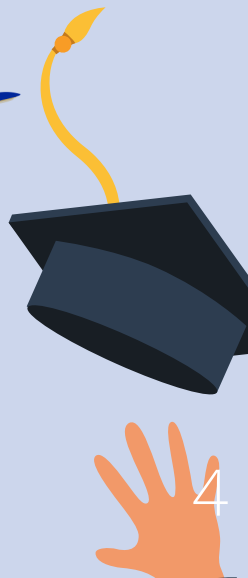
**BFA ACTING
&**

MINOR-ARTS FOR COMMUNICATIONS

"TAKE ADVANTAGE OF ALL THE OPPORTUNITIES THAT HEOP AND THE SCHOOL PROVIDES BECAUSE THE MORE YOU HAVE EXPERIENCE IN AND OUTSIDE OF THE SCHOOL, THE MORE OPPORTUNITIES YOU WILL GAIN AFTER YOU GRADUATE! ANOTHER ADVICE WOULD BE TO KNOW WHEN TO SAY NO TO THINGS, NOT EVERYTHING IS FOR YOU AND THAT'S OKAY,

YOU DON'T WANT TO TAKE TOO MUCH UPON YOURSELF. THIRD ADVICE IS TO CONSTANTLY NETWORK AND COLLABORATE WITH FOLKS, A CURIOUS MIND IS THE BEST MIND! BE CURIOUS, ASK QUESTIONS AND EVERYTHING WILL FALL INTO PLACE! FINALLY, ALWAYS BE TRUE TO YOURSELF BECAUSE YOUR UNIQUE ATTRIBUTES WILL GET YOU TO WHERE YOU WANT BE! GO FORTH AND BE BEAUTIFUL BEINGS."

Congratulations



SPRING 2021 GRADUATES



EVELYN MARES '21

**B.A. IN BUSINESS - SOCIAL
ENTREPRENEURSHIP
&
MINOR-STUDIO ART**

"MY FAVORITE HEOP MEMORY WOULD HAVE TO BE THE VERY FIRST DAY I MET THE HEOP FAMILY, ESPECIALLY MY GROUP BECAUSE THEY ARE ALL AMAZING PEOPLE WHO KEEP ON THRIVING."

MAKE AS MANY FRIENDS AS POSSIBLE AND DO NOT BE AFRAID. THERE CAN BE SO MANY OPPORTUNITIES THAT CAN BE GIVEN TO YOU IF YOU MAKE THE RIGHT CONNECTIONS AND HEOP IS CERTAINLY ONE OF THEM."



FAHIMA DEGIA '21

**B.A- POLITICS AND HUMAN RIGHTS
&
MINOR- SOCIOLOGY AND HISTORY**

"MY FAVORITE HEOP MEMORY IS THE LITTLE MOMENTS IN THE HEOP OFFICE JUST EATING YOUR LUNCH, LAUGHING, TALKING, AND BONDING WITH YOUR PEERS, THOSE LITTLE MOMENTS ARE SO HEARTFELT, AND YOU CAN'T TAKE AWAY

NO MATTER HOW MUCH PAIN THE WORLD GIVES YOU, NO MATTER HOW HARD COLLEGE GETS, THE WORLD GIVES YOU ALL THESE TRIUMPHS, BUT YOU ARE CONTINUING TO MAKE GOLD OUT OF IT, SO KEEP MAKING GOLD, HOPING, AND DREAMING!"

Congratulations



GUESS WHO?

CAN YOU FIGURE OUT WHICH GRADUATES
THESE CUTIES ARE?





PROGRAMMING & EVENTS

MMC students are provided virtual events to attend and participate in. HEOP students are also offered additional passive events hosted and provided by our Leadership Council members. Our students are encouraged to attend and participate in these events.

Check out our spring 2021 events

February

Heop Wellness Wednesday Goals & Study Tips

HI, OUR NAMES ARE EMELY ABRIGO AND NEREIDA ALVAREZ. WE ARE THE CO-CHAIRS OF HEOP'S WELLNESS WEDNESDAY INITIATIVES! THE PURPOSE OF THIS MONTHS PROGRAM IS TO TEACH HEOP MEMBERS THE IMPORTANCE OF SETTING GOALS FOR THEMSELVES AND HOW TO DO SO. HEOP MEMBERS WILL ALSO BE PROVIDED WITH HELPFUL STUDY TIPS. PLEASE WATCH THE YOUTUBE VIDEOS AND COMPLETE THE SURVEY. WE LOOK FORWARD TO SEEING YOU ALL DURING NEXT MONTHS PROGRAM!

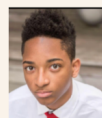
CONTENT WILL BE SENT VIA EMAIL.



RESEARCHED BY:
EMELY ABRIGO & NEREIDA ALVAREZ

"Heop provides great programs that have helped my mental health stay on point! It gives us an opportunity to use the resources they provide so that we are able to get through this pandemic!"

Young Men's Initiative



Jayzean Santillana '21



Ibrahim Bah '24



Cesar Pinos '23

Spring Semester Programming

February

2/09: What is your vision for 2021?

2/23: Guest Speaker: HEOP Alum Bryan Veloz 17
'How to keep your mind on the prize'



March

3/09: How to enlighten your inner child?

3/23: Guest Speaker: HEOP Alum Danny Bastalla 19
'Self-awareness and trusting the process'



April

4/13: The Art of Giving Back

4/27: HEOP & YMI Information Session
Virtual Recruitment Event



May

5/14: End of Year HEOP Celebration
Jayzean's graduation & Cesar's and Ibrahim's journey to success!



March



HEOP WELLNESS WEDNESDAY JOURNALING: WAYS TO RELAX

HI, OUR NAMES ARE EMELY ABRIGO AND NEREIDA ALVAREZ. WE ARE THE CO-CHAIRS OF HEOP'S WELLNESS WEDNESDAY INITIATIVES! THE PURPOSE OF THIS MONTHS PROGRAM IS TO INFORM HEOP MEMBERS ABOUT THE BENEFITS OF JOURNALING AND HOW IT CAN IMPROVE YOUR MENTAL HEALTH. PLEASE READ THE ARTICLE AND WATCH THE YOUTUBE VIDEO, AND COMPLETE THE PROGRAM EVALUATION. WE LOOK FORWARD TO SEEING YOU ALL DURING NEXT MONTHS PROGRAM!



CONTENT WILL BE SENT VIA EMAIL.



RESEARCHED BY: EMELY ABRIGO, NEREIDA ALVAREZ

ALUMNI & PARENT ENGAGEMENT MARCH PROGRAM



TIPS FROM HEOP ALUMNI: GRADUATE
SCHOOL EDITION!



FEATURING HEOP GRADUATE:
CATHERINE SHIMABUKU

HOSTED BY LEADERSHIP COUNCIL PARENT AND ALUMNI
ENGAGEMENT INTERNS
JERANDY BEATO AND ZAHERRA RAMSAHOYE

MARCH HEOP ALUMNI BLOG

"Each month, Jerandy and I host an interview with a HEOP alum that focuses on a particular theme that may be beneficial for our HEOP community. In addition to providing knowledge on various topics, we are hoping that the interviews will provide a source of motivation and inspiration for our peers. For the month of March, Jerandy interviewed Catherine Shimabuku, a former HEOP student who recently graduated from MMC with a bachelor's degree in Psychology. We are so proud of Catherine as she continues to accomplish her goals. Catherine is now a graduate student at Hunter College pursuing a degree in Mental Health Counseling. Prior to the interview, Jerandy and I developed several questions to ask Catherine. One of the questions that was asked focused on Catherine's experience with the application process for graduate school. Catherine provided several tips on how to utilize available resources that will assist in making the process of applying to graduate school easier. As Catherine continued to share her perspective, she also pointed out that COVID-19 made her experience very difficult. However, she persevered through the all of the challenges and was sure to put her best foot forward. As the interview continued, we were curious to know what went into Catherine's decision to pursue graduate school in the first place. Catherine mentioned that she "always wanted to go to graduate school" and that it was an expectation that she and others set for herself. Jerandy and I are so grateful that Catherine took the time out of her busy schedule to share her experience with applying to graduate school. We are confident that this interview will benefit the HEOP community, as many of us plan to follow Catherine's steps by attending graduate school one day! On behalf of the HEOP community, we welcome other HEOP Alumni to participate in future programming with us. Please DM us or visit the Parent and Alumni tab on the HEOP website.

Thank you for supporting us,
Sincerely, - Zaheraa Ramsahoye-Khan

"The HEOP programming structure was very satisfying because it laid out every important thing a student should know. I didn't feel as I was lost or confused about anything. It was straightforward and helpful with how to organize. And the email would always keep an alert for students to know when to submit certain things"

April

* ALUMNI & PARENT ENGAGEMENT * APRIL PROGRAM

TIPS FROM HEOP ALUMNI: NICKELODEON EDITION!
FEATURING HEOP GRADUATE : BRYAN VELOZ



HOSTED BY: LEADERSHIP COUNCILS PARENT & ALUMNI
ENGAGEMENT INTERNS
JERANDY BEATO & ZAHERRA RAMSAHOYE-KHAN

The interview and blog will be sent to the HEOP community via email.



HI, OUR NAMES ARE EMELY ABRIGO AND NEREIDA ALVAREZ. WE ARE THE CO-CHAIRS OF HEOP'S WELLNESS WEDNESDAY COMMITTEE! THE PURPOSE OF THIS MONTHS PROGRAM IS TO DEMONSTRATE HOW SPOTIFY PODCAST AND MUSIC CAN HELP OUR HEOP COMMUNITY FIND SOURCES OF MOTIVATION AND CONNECT WITH THEIR EMOTIONS THROUGH MUSIC THERAPY. PLEASE READ THE ARTICLE, WATCH THE YOUTUBE VIDEO AND COMPLETE THE OPTIONAL PROGRAM EVALUATION. ENJOY!



CONTENT WILL BE SENT VIA EMAIL

RESEARCHED BY: EMELY ABRIGO & NEREIDA ALVAREZ

ALUMNI ENGAGEMENT



SPRING 2021



LET'S ENGAGE

Tips with HEOP Alumni Interviews
Volume. 2



Taty'18 & Jerandy'22

Dear HEOP Alumni and Parents,

The HEOP Parent and Alumni Reach is an initiative aimed to increase collaboration and partnership between the current HEOP community members, our former MMC HEOP students, and the parents of HEOP! As HEOP students and interns on the Leadership Council, Jerandy & Zaheraa were able to meet with several HEOP Alum to discuss tips regarding various topics that could benefit the HEOP community, including; internships, graduate school, professional development, and student success.

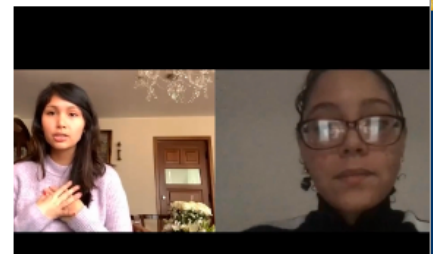
Each month of the Spring 2021 semester, Jerandy and Zaheraa conducted an interview with an alum that focused on a particular theme. Over the course of the semester, three HEOP alum volunteered to offer their wisdom with the HEOP community. During the month of February, Tatiana Valencia '18 shared tips on work-life balance, self-care, and goal-setting. In March, Catherine Shimabuku '20 shared her experience applying to graduate school and her journey during her first year. The final interviewee of the semester was Bryan Veloz '17 who discussed the importance of asking questions and networking with professionals via LinkedIn. Bryan currently serves as an Associate Producer for the popular children's television network, Nickelodeon!

Jerandy & Zaheraa enjoyed meeting, networking, and learning from the HEOP Alum and are thrilled to share the tips with our peers! On behalf of the HEOP community, we would like to send a special thank you to all the alumni who participated in the *Tips with HEOP Alumni interviews*. We appreciate all the words of wisdom and knowledge that you shared with us.

We look forward to connecting with more HEOP Alum in the future!

Sincerely,

Jerandy Beato '22 and Zaheraa Ramsahoye-Khan '23
HEOP Parent and Alumni Engagement Managers/Interns



"I learned how important it is to step out your comfort zone and to build connections with fellow community members " - Diana Camilo' 22

STAY CONNECTED!

@HEOP_MMC
HEOP@MMM.EDU



ALUMNI SPOTLIGHT

HEOP would like to thank our alumni for coming back and partnering with us during the 20-21 academic year. Our alums gave excellent career and academic advice and have helped guide our current students.



BRYAN VELOZ



CATHERINE SHIMABUKU



TATIANA VALENCIA

HEOP would also like to congratulate our alum on being admitted to graduate school.



AISHA KEBBEH

Teachers College Columbia
University



AMANDA CRUZ

University of Delaware: Strategic
Communication program

LEADERSHIP COUNCIL



The HEOP Leadership Council (LC) is a paid-internship and leadership program, that was founded by HEOP Director- Harmony Cross to aid in the development of HEOP students' professional and leadership skills. LC members are appointed annually by the HEOP staff to execute their assigned projects, while simultaneously giving back to the HEOP community. The members of the council meet frequently with the HEOP staff both individually and collectively to discuss goals, ideas, updates, future programming/events, and assessment. With the guidance of the HEOP staff, students are allowed the autonomy and independence to plan and execute their projects. Whether LC members are interviewing alumni on tips for success; encouraging the community to prioritize mental health through various methods; planning the next YMI event; or designing/writing the bi-annual newsletter- LC members end their internship appointment with an increase of professional and leadership skills that are transferable a) cross-industry; b) academically, c) co-curricularly; d) socially, and e) personally.

SPRING 2021 COUNCIL MEMBERS



JERANDY BEATO '22

Alumni and Parent Engagement &
Homecoming Manager



STEPHANIE GALVEZ '23

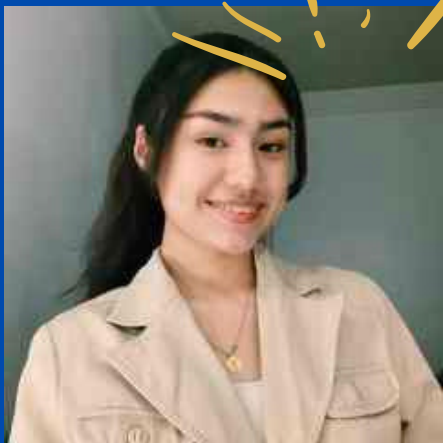
HEOP Office Manager and FWS



**ZAHERAA RAMSAHOYE-
KHAN '23**

Alumni and Parent Engagement &
Homecoming Manager

SPRING 2021 COUNCIL MEMBERS



EMELY ABRIGO BARRERA '24

Wellness Wednesday Programming
Manager

"THE HEOP LC ALLOWED ME TO
SEE MY OPTIONS AND TAUGHT ME
THAT I'M NOT LIMITED TO ONLY
ONE PROFESSION OR JOB. AS
LONG AS I HAVE THE PASSION
AND MINDSET TO CONTINUE TO
REACH FOR THE STARS, MY
OPPORTUNITIES ARE ENDLESS"



NEREIDA ALVAREZ '24

Wellness Wednesday
Programming Manager



IBRAHIM BAH '24

Young Men's Initiative
Manager

"BEING APART OF THE HEOP
LEADERSHIP COUNCIL, I GAINED
HEALTHY CONFIDENCE. I FEEL
MORE ACCOMPLISHED AND
MATURE. I AM BRAVE ENOUGH TO
TALK INFRONT OF PEOPLE AND
SHARE MY IDEAS"

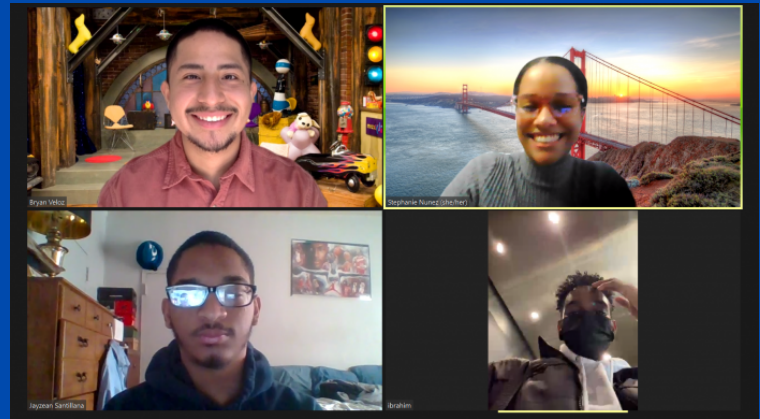


ANAYA BOND '24

Public Relations Manager and
Chief Editor

YOUNG MEN'S INITIATIVE

The Young Men's Initiative (YMI) was initially created to assist with recruitment for the Program. HEOP has since expanded the mission to include retention and graduation of self-identifying men of HEOP. The YMI cohort meets on a bi-weekly basis to discuss various topics, which are led by Stephanie Nunez, HEOP Counselor and Coordinator.



"The YMI program is here to stay I want to see it evolve even more, and leave a legacy behind"



HEOP AND YMI

COUNSELOR INFORMATION SESSION

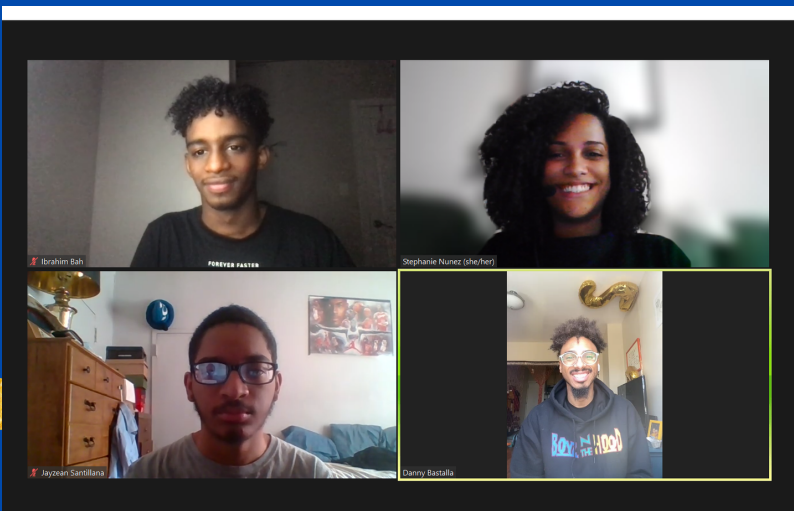
APRIL 27, 2021 AT 1PM



Learn how we are supporting HEOP students, including specialized services for self-identifying men!

- Professional Development
- Academic Support
- Tuition Assistance
- Networking
- Metrocards
- Meal plan

[CLICK HERE](#)



HEOP NO PEER LEFT BEHIND

The HEOP No Peer Left Behind mentoring program was launched to help first-year students adjust to college in a virtual dynamic. First-year students are paired with other HEOP students to meet bi-weekly. During these meetings, the students discuss their progress in classes, academic and professional questions and are encouraged to keep up their hard work and effort. The program was created to add an extra layer of support and network amongst other cohorts.



2020-2021 Peer Mentors:

Jayzean Santillana '21

Fahima Degia '21

Diana Camilo '22

Lisbeth Green '23

Darlene Castillo '23

Amy Fernandez '23

Luznery Martinez '23



"As a freshman I received the support from my mentor and it was an amazing experience because I didn't feel alone but understood"



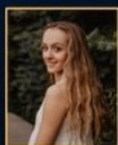
HEOP SPOTLIGHT

ON BEHALF OF THE ENTIRE HEOP COMMUNITY, WE'D LIKE TO CONGRATULATE ALL NOMINEES AND RECIPIENTS OF THE 18TH MMC ANNUAL STUDENT LEADERSHIP AWARD CEREMONY. A HUGE THANK YOU TO THE HEOP STUDENTS WHO WERE NOMINATED AND AWARDED. WE ARE PROUD OF YOU ALL!

OUTSTANDING STUDENT LEADER: SOPHOMORE



ZAHEERA
RAMSAHOYE



SOPHIA
ASTE



OLIVIA
LOUIS-CHARLES



OLIVIA
RICKETTS

OUTSTANDING STUDENT LEADER: JUNIOR



GIULIA BECKER
MILLER



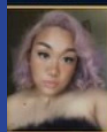
DIANA
CAMILO



GISSELLE
CARABALLO



SHADE
ELEAZER



JIBREYA BRIZETTE
TOLENTINO



AYOBUNMI
PACHECO



DORIAN
PROVENCHER



GABRIELLA
GAVAZZI

THE MARYMOUNT MUSCLE DISTINGUISHED SERVICE AWARD



MARILYN GONZALEZ



BLACK
ASSOCIATION



EMILY
BORNI

THE IDEAL AWARD



IBRAHIM
BAH



SHADE
ELEAZER



VIVIANA
METZGAR



TAYLOR
MOSLEY



ELIZABETH
SCOTT



THE
THRONE



FAHIMA DEGIA



LAUREN
FOLEY

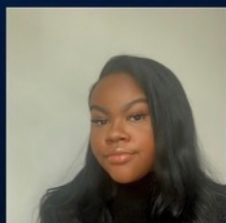


AVA
MAKRIS



MEG
MASSERON

OUTSTANDING STUDENT LEADER: FIRST-YEAR



ANAYA BOND



TIMMY
COSTELLO



ANGELINA
HAHN



ALEX
RICHTER

DR. CAROL L. JACKSON AWARD:



IBRAHIM BAH



JORDAN
BARNETT



KYLEE
SIMPSON

HEOP SPOTLIGHT

CONGRATULATIONS TO ALL THE STUDENTS WHO WON
AND WERE NOMINATED FOR SENIOR AWARDS.

Raymunde McKay Award

*Marilyn
Gonzalez*



Rowley Founder's Medal

Fahima Degia



Silver M Award

Taylor Elise Arrington
Jordan Barnett
Cydney J. Bittner
Emily M. Brennan
Ingrid C. Brussier
Regina A. Colie
Olivia Conlan Craig
Fahima Degia
Nancy Naomi Donnes
Paulina M. Eid Harasic
David English
Ansley M. Escalona
Lauren Manami Foley
Marilyn Gonzalez
Faith Nicole Heinaman

Mary T. Hennings
Claire Ruth Kendrick
Jacqueline M. Kraft
Evelyn Mares
Olivia Annie Marrone
Kayla McCusker
Kiara A. Méndez Rodríguez
Ta'Lor D. Mosley
Jayzean J. Santillana
Melanie Jordan Sirota
Megan Taylor Townsend
Taylor Amanda Weg
Victoria Elizabeth Whalen
Willa L. Zimmerman



Political Science Minor:

Zachary W. Chamberlain

Politics and Human Rights Minor:

Ashley I. Herrera

Social Work Minor:

T'keyah A. Grant

Sociology Minor:

Fahima Degia



Art for Communities Minor:

Marilyn Gonzalez

Art History Minor:

Leah F. Hicks

Art Therapy Minor:

Melissa Ann Braccia

Arts Management Minor:

Sofia Isabel Vilches



Music Industry Minor:

Taylor N. Tote

Photography Minor:

John J. Hannon

Studio Art Minor:

Evelyn Mares

Theatre Arts Minor:

Jacqueline R. Carrillo



HEOP SPOTLIGHT



THIS SEMESTER THE HEOP DEPARTMENT SAW A 50% RAISE IN INTERNSHIPS. OUR TWO LATEST RECIPIENTS OF INTERNSHIPS ARE ZAHERAA RAMSAHOYE-KHAN '23 AND AISATOU ISHIMORI '23



Aisatou Ishimori '23

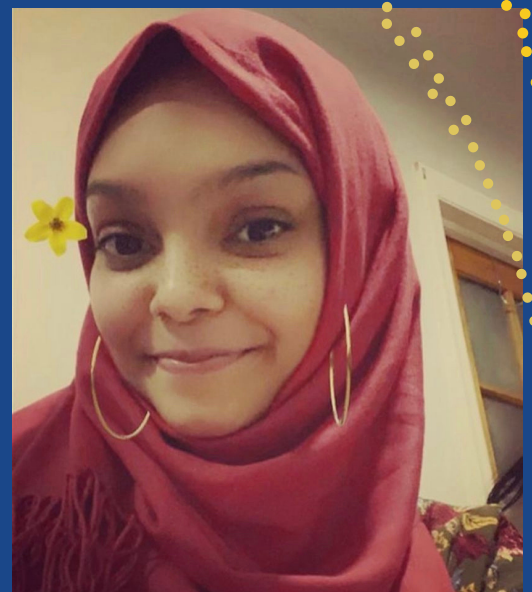
Jeannette K. Watson Fellowship has been awarded to Marymount Manhattan College sophomore Aisatou a double major in International business and marketing. The fellowship is a 3-year program that provides undergraduates with a paid summer internships.

This summer Aisatou will be working with Save the Children Philippines. Save the Children Philippines is a first responder organization that caters to helping children in crisis

Zaheraa Ramsahoye-Khan

Zaheraa has been selected to be the first Council for Advancement and Support Education (CASE).

CASE is a nonprofit organization dedicated to educational advancements, student communications, and alumni relations. This internship was made possible through the collaboration efforts of HEOP office and CASE.



MORE NEWS!

**HEOP WELCOMED THE NEWEST ADDITION TO OUR FAMILY!
CONGRATULATIONS LUISANA!**



HEOP NYC REGION CELEBRATES!



The NYC HEOP Region didn't allow the pandemic to stop us from recognizing our seniors! In lieu of the Annual NYC Region Dinner Celebration, MMC HEOP Director and NYC Region Representative, Harmony Cross- packaged gifts for 24 students across the metropolitan area. Students were nominated by their HEOP program staff and received a certificate recognizing their scholastic achievement and service to their respective HEOP program, as well as a t-shirt. Pictured (left) are HEOP seniors: Katherine Nin and Jamalia Hasania Francis from Long Island University- Brooklyn.

COVID RELIEF

COVID-19 has impacted the college experience tremendously. We have now completed our second semester of virtual learning. The HEOP department has implemented new layers of support for HEOP students.

Monthly Cohort Meetings with Harmony:

Each month, every cohort meets with the HEOP Director, Harmony to discuss updates with HEOP, academic progress, and discuss any other topics involving the institution or academic questions.



"The 1:1 meetings are very beneficial! Sometimes I just need to vent because I'm frustrated academically and having the HEOP Counselor listen to me and provide suggestions is amazing."

"The monthly cohort meeting with the Heop Director was very helpful because she motivated me to achieve higher academically and personally!"

Bi-Weekly Meetings with Stephanie:

Students meet with Stephanie Nunez bi-weekly to discuss their academic endeavors, progress, and goals. Students go over their completed work logs during these meetings, discuss registration, how classes are progressing, and ways to develop ¹⁹ their professional and academic skills.

COVID RELIEF



Each semester students received a stipend to purchase their supplies and other materials for their classes. In addition to the regular stipend, HEOP students also received a COVID relief stipend. The stipend went out to all HEOP students to assist with any extra expenses.



"Books and supplies are really expensive! I didn't have to worry about using my HEOP stipend for that I was able to use the extra stipend for tuition"

In addition to the stipends, students were given a supply list form for the Fall 2020 and Spring 2021 semester. Students were allotted a budget for their supplies and were able to request more funding. The students placed orders through amazon for any of the course materials they needed for their classes.



"The HEOP book/supply fund helped me save money and gave me a chance to have some money left over for emergency purposes"

Students are also provided with tutoring services from CAST. Students work virtually 1:1 with their tutors weekly. Students can get help with assignments, projects, and homework from their desired classes during this time.

HEOP BANQUET CEREMONY

ON MAY 14, HEOP HOSTED ITS ANNUAL BANQUET CEREMONY RECOGNIZING THE SPRING SEMESTER GRADUATES, PEER MENTORS, LEADERSHIP COUNCIL MEMBERS, AND STUDENTS WHO MADE THE DEAN'S LIST. OVERALL WE CELEBRATED HEOP'S CURRENT SUCCESS AND ABILITY TO GET THROUGH AND HANDLE UNPRECEDENTED CIRCUMSTANCES.



MEET THE STAFF



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THANK YOU!

**HEOP THANKS THE
ENTIRE MMC
COMMUNITY FOR
SUPPORTING THE
HEOP NEWSLETTER**

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