Welcome Back Trojans!

We want to welcome new MSW students into the Trojan family, as well as welcome back the continuing students!! We are excited for the new school year ahead of us and cannot wait to share this journey with you all!! Welcome Trojans and as always FIGHT ON!!

Introducing your 2012-2013 Orange County Caucus Board!

(From Left to Right)

Ashley Robert: Social Events Chair
2nd year part-time - Mission Family Resource Center

Crystal Joosten: Secretary
Mental Health – Orange County Department of Education ACCESS

Diana Mack: Co-Chair
Mental Health – Kaiser Permanente

Amber Henderson: Treasurer
Families and Children – Orange County Department of Education Emergency Response

Whitney Lawrence: Co-Chair
Health – UCI Medical Center (Medical Surgical Dept.)

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Please do not hesitate to ask the board any questions or voice your concerns, we are all here to help you through the MSW program!!

Email us at occaucus@usc.edu
Welcome OCAC Students!

It's my pleasure to welcome each and every one of you to a new and exciting academic year. I know you're all excited and ready to immerse yourselves in your social work education! As you do, I want to remind you that you are engaged in a rigorous graduate program that impacts you as an individual, your families, and your clients. Please take a moment to read the wise (and humorous) words of another professor and be sure to reserve time and energy for the other important things in your lives, particularly loved ones.

I look forward to a great year!

Dr. Leslie Wind,
Director of the Orange County Academic Center

Mayonnaise Jar and The Beer

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar......and the beer.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was. So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous “yes.” The professor then produced two cans of beer from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

“Now,” said the professor, as the laughter subsided, “I want you to recognize that this jar represents your life. The golf balls are the important things—your family, your children, your health, your friends, your favorite passions—things that if everything else was lost and only they remained, your life would still be full. “The pebbles are the other things that matter like your job, your house, your car. The sand is everything else – the small stuff. If you put the sand into the jar first,” he continued, “there is no room for the pebbles or the golf balls.

The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18.

There will always be time to clean the house, and fix the disposal. “Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand.”

One of the students raised her hand and inquired what the beer represented.

The professor smiled. “I’m glad you asked. It just goes to show you that no matter how full your life may seem, there’s always room for a couple of beers.”
Orange County New Student Summer Welcome 2012

Thank you to all the volunteers, tour guides, student caucus leaders, student org, professors, Dr. Wind, Gina and Pancy who made this day possible! It was a fantastic event that allowed us to welcome the new MSW students into our amazing Trojan family. If you were unable to attend, please take a look at all the fun festivities!!

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Sara Ajifu and David Saldaña greeting the incoming students.

Tour guides awaiting their group of new MSW students.

Incoming MSW students listening attentively to Vice Dean Paul Maiden!
How to survive your first year of graduate school as a MSW student at USC

1) “Although it isn't as quick and easy as using online resources, our little mini library has lots of resources to use for papers so don't forget about it!” – Whitney Lawrence

2) “Don’t be afraid to talk to your professors and get to know them.” – Diana Mack

3) “You can't do this alone and be successful. I couldn't have done it without relying on those around me, both my fellow MSW students and my family!” – Paul Richardson

4) “Get to know the 2nd year students– They helped me with their advice about teachers, papers, ways they studied and really served as a support system during midterms and finals.” – Claire Ramirez

5) “Stay organized!! I couldn’t have survived without my planner.” – Crystal Joosten

6) “Go to the office hours of your professors!” – Ashley Robert

7) “Get to know your professors. They are awesome!!!” – Amber Henderson

8) “Find people that challenge you and are passionate about the field or causes that you love and are passionate about.” – Patricia Corona

9) “1. Try not to procrastinate. 2. Don't procrastinate. 3. Never procrastinate.” – Vivian Pham

10) “Creating your own timeline and making progress at your own speed is key. It is nice to check in with others but do not let their work influence your work. Every individual will do great things at USC!” – Jesse Velazquez
Upcoming September Events

9/1/12
**Season Opener Tailgate** (hosted by Latino Social Work, Clinical Social Work and Skirball Caucuses)
8am to 5pm @ UPC – VKC Building

9/6/12
**Phi Alpha Honor Society Information Session**
11:30am to 12:30pm @ UPC – MRF 204

9/8/12
**Welcome Bonfire**
4pm to 10pm @ Dockweiler Beach

9/11/12
**Latino Social Work Caucus First Meeting**
11:30am @ OCAC

9/13/12
**Phi Alpha – First Meeting and Brown Bag**
11:00am to 12:15pm @ UPC – MRF 204
(NOTE FROM PHI ALPHA: Do not forget today is the deadline for membership applications!)

9/22/12
**Tailgate USC vs. Cal Berkley** (hosted by your very own OC Caucus as well as the San Diego and International Caucuses)
@ UPC – time and location TBA