



Educational Assistance Center

THE ADVOCATE: A Newsletter Devoted to Disability Equity

TOP NEWS OF THE MONTH: HONORING OXNARD COLLEGE'S VETERANS



EVENT PHOTOS COURTESY OF CRESCENCIO FAJARDO

Oxnard College held a Veteran's Day Ceremony on Tuesday, November 12, from 11:00 am to 2:00 pm outside of Condor Hall, honoring those who served or are currently serving, military-affiliated students, staff, and families from the Ventura County Community College District.

The event began with the Color Guard presenting the flags, followed by the National Anthem. Dr. Cobian then addressed the audience, emphasizing the need for affordable housing, healthcare, and access to education for veterans. He concluded by expressing gratitude to all those who have served or are currently serving in the U.S. Armed Forces. He specifically thanked them for their service and sacrifice.



EAC Counselor America Barroso paid tribute with a heartfelt speech to her late veteran Marine friend and former VRC veteran student worker Ernest Ortega. Ernest passed away from cancer, and a moment of silence was observed in his memory.

Special guest speaker Army Staff Sergeant James McLanahan, a member of the Army Special Forces, gave a powerful speech about his journey to higher education through military service and the challenges and hardships he faced with his men during his tours of duty.

Following the ceremony, lunch was given to all who attended at the Condor Café and military representatives, and military stress dogs participated in a student resource fair.

Stay Tuned for December's Edition of the EAC Advocate to learn more about HIV/AIDS Awareness Month, EAC Learning Skills Course Offerings for Spring 2025 and much more!

EAC STAFF SPOTLIGHT: AMERICA BARROSO

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America Barroso is an academic counselor with 10 years of experience in providing educational advisement to Ventura County's families. Her area of expertise is working with the military-connected population, most of which are first generation, and underrepresented in higher education. In the EAC, America supports students who are eligible for VA educational benefits and have a qualifying disability. Having America in EAC bridges a major gap that is seen across the state when trying to connect veterans with DSPS service. Prior to working in EAC, America was the counselor at Oxnard College's Veteran Resource Center. It was there that she saw the need to connect veterans with support services to help overcome barriers to learning so they could achieve their academic and professional goals. The number of Oxnard College veteran students who receive support services has tripled in the year that America has been with EAC.

DID YOU KNOW? PTSD AND MEMORY

Trauma can impair the brain's capacity to encode and recover memories efficiently. Post-Traumatic Stress Disorder (PTSD) can affect memory in two primary ways: firstly, it can affect a person's memory such as causing vivid flashbacks of the traumatic event or making it difficult to recall the event itself; secondly, it can affect a person's general memory, causing increased forgetfulness and decreased working memory.

To help students strengthen cognitive engagement and memory, the EAC will offering LS R006 Improving Memory Strategies Mondays from 9:30-10:45 next semester.

TIPS AND TRICKS: GROUNDING 5-4-3-2-1

Grounding techniques work by grounding you in the present moment and pulling you away from intrusive thoughts or feelings. Grounding is also a very effective strategy for reducing anxiety.

WHEN YOU TURN YOUR ATTENTION AWAY FROM THOUGHTS, MEMORIES, OR WORRIES, YOU CAN REFOCUS ON THE PRESENT MOMENT (FISHER, 1999).

This is an easy and effective way to pull away from thoughts of the future or the past. You begin by saying aloud:

- **5 things you can see.** Look around you and name five things you can see. It can be anything that's in front of you such as the phone or the wall.
- **4 things you can feel.** This is important because it makes you pay attention to your body. You can think about how your hair feels on your back or how your feet feel in your shoes.
- **3 things you can hear.** Pay attention to your environment: Do you hear birds, construction noise, the AC working?
- **2 things you can smell.** Smelling is a powerful sensation. If you can, notice the smells around you. If you can't smell anything, you can just name two smells that you particularly like.
- **1 thing you can taste.** Can you still taste lunch, coffee, or gum? If you want, grab a candy or mint and acknowledge how the flavors taste. Drink something cold. How does it taste/feel?



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