



# PACIFIC ISLANDER RESOURCE GUIDE





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## ABOUT THE MANA PROGRAM

<http://miracosta.edu/mana>

The Mana Program first began at the College of San Mateo and is a transfer support program that focuses on Pacific Islander student retention and support. Mana (a concept, drawn from the cultures of Melanesia, Micronesia, and Polynesia, describing a powerful, miraculous force) is a program that builds community among Pacific Islander students, offering specialized support, mentoring, and guidance toward educational goals that is open to all students. Mana is a learning community, in which a group of students take linked courses together to enhance students' experiences and make connections between courses, instructors, and classmates. Students that are not enrolled in Mana courses can still participate and receive program benefits. All Mana students benefit from having designated academic and financial aid counselors, university visits, study halls, community-building events, mentoring, and opportunities for student leadership.



# STUDENT INFORMATION

## STUDENT BENEFITS:

- Program is FREE.
- Textbook and transportation support.
- Financial aid and scholarships.
- Guaranteed linked courses that are transferrable to 4-year universities
- Combined support from the Division of Student Services and faculty (ENGL 100, COUN 100, SOC 100).
- Free university visits (previous trips included, San Francisco State University, UC Berkeley, UC San Diego, and UCLA).
- Leadership development and community service opportunities.

## MANA PILLARS:

- **Personal Development-** Improve awareness and identity, develop talents, life skills, and potential.
- **Community Centeredness-** Sharing meaningful interactions with one another. Students can practice acceptance, tolerance, collaboration, and a shared respect for others that they can pass on and model for the surrounding community and future generations.
- **Academic Achievement-** Student success in meeting short and long-term educational goals.

## STUDENT EXPECTATIONS:

- Students must maintain enrollment in MANA cohort courses (or other approved classes) each semester.
- Maintain no less than a 2.0 GPA.
- Meet with MANA Counselor once a semester and create a comprehensive educational plan.

## WAYS TO JOIN:

- Email [mana@miracosta.edu](mailto:mana@miracosta.edu).
- Visit the Student Equity Department in Building 3700 on the Oceanside campus (1 Barnard Dr, Oceanside, CA 92056).
- Contact our MANATeam
  - **Cristine Sidela** (Student Services Coordinator for (ASE) Programs)- [csidela@miracosta.edu](mailto:csidela@miracosta.edu).
  - **Keli Ross-Ma'u** (Counselor) - [krossmau@miracosta.edu](mailto:krossmau@miracosta.edu).
  - **Preston Faraimo** (Interim Student Services Specialist) - [prestonfaraimo@miracosta.edu](mailto:prestonfaraimo@miracosta.edu).
  - **AlluraMurray-Cruz** (MANA Student Liaison)- [amcruz@miracosta.edu](mailto:amcruz@miracosta.edu).

# COURSE DESCRIPTIONS

## FALL

### ENGLISH 52

This course offers intensive practice in the skills needed to read college-level texts and compose college-level essays. It provides support in developing skills and strategies for success in transfer-level writing classes. Students enrolling in this course must also enroll in ENGL 100.

### ENGLISH 100

What does it mean to be a Pacific Islander / Polynesian college student? Are we all football players? Do we all wear grass skirts and wear leis? The Mana learning community breaks these stereotypes to powerfully state, "We are here." To that end, Mana serves students of Polynesian and Pacific Islander heritage by placing their identities, cultures, and communities at the center of the curriculum. This learning community will focus on shared themes at the core of Mana-- family, culture, identity, and community.

### COUNSELING 100

This course teaches success strategies to enhance academic and lifelong learning while integrating career and academic planning. Students learn self-management strategies such as time, money, and stress. The course emphasizes taking responsibility for one's education, career, and personal decisions to set goals and achieve satisfaction through work and life balance.



## SPRING

### ENGLISH 201

This course will focus on critically analyzing texts created by NHPI artists and writers. With enhanced instruction in critical thinking, writing and research, you will explore the changing tides of what it means to be a Pacific Islander and what happens when we position the Pacific at the center of our world.

### SOCIOLOGY 100

This course covers a broad study of human behavior and social interaction. You will learn to think as sociologist think and view the world a new and exciting way! At the end of the course, you will be able to see how you are actively constructing the social world and how the social world is shaping your behavior and actions.



# MANA LEADERSHIP TEAM

## DR. WENDY STEWART

### DEAN OF COUNSELING AND STUDENT DEVELOPMENT

Dr. Wendy Stewart has worked in the field of higher education for over 20 years and has earned a Bachelor of Arts in Literature Writing from the University of California, San Diego, a Masters of Science in Counseling with an emphasis in Marriage and Family Therapy from San Diego State University, a Doctorate in Educational Leadership from the University of Southern California, and a Certificate from the Institute for Management Leadership in Education from Harvard University. She has conducted research on the impact of diversity courses and service-learning experiences.



## KRISTINA LONDY

### INTERIM PROGRAM MANAGER, STUDENT EQUITY

Born and raised in Oceanside, CA Kristina has a strong desire to advocate for disproportionately impacted populations and endeavors to enhance culture and innovation within the groups she works with. Born to a multiethnic, multinational family, she was the first to pursue higher education and holds a bachelor's degree in Human Services from CSU Dominguez Hills and received her Master's degree in Education from CSU Fullerton.



## CRISTINE SIDELA

### STUDENT SERVICES COORDINATOR FOR ACADEMIC SUCCESS AND EQUITY (ASE) PROGRAMS

Cristine has proudly served at MiraCosta College as one of the inaugural members of the Student Equity Department and previously as an Associate Counselor. She has a BA in Psychology and a MS in Counseling and is passionate about mentorship and supporting student success. Cristine leads innovative student equity programs that focus on culture, leadership, service, and student development. She looks forward to starting her doctorate degree in Educational Leadership at San Diego State University in Fall 2020.



## PRESTON FARAIMO

### INTERIM STUDENT SERVICES SPECIALIST

Preston has extensive experience working in higher education and is a returning team member of the MiraCosta family. He received a BA in Sociology at the University of Hawaii at Manoa and a MA degree in Education from National University. He is eager to work alongside us as we continue to advocate and support our student communities.



## ALLURA MURRAY-CRUZ

### MANA STUDENT LIAISON

Allura is a former Mana student who is currently working on her BA in Business Administration from Point Loma Nazarene University. She's excited to be a part of the MANA team so she can give students the same life changing experience she had when going through the program.



# STUDENT SPOTLIGHT



**DAJA MARKS, 2018-2019**  
**FIRST YEAR FORWARD PAL**

Daja is majoring in Sociology and will be attending CSUSM. She is excited to be working as a Peer Academic Liaison on campus. She identifies as multicultural and enjoys using her strengths in relationship building. Her strength of individualization helps her to better serve the API community.



**MALACHI LENIU, 2018-2020**  
**COMPUTER SCIENCE INTERNSHIP**

Malachi is majoring in Computer Science and is currently in an internship that will give him real-life experience in the computer science industry. His future goals include being a video game creator and editor.



**ALA TIATIA, 2020**

Ala is an MCC alumni returning with his BA in Theatre to take classes for the mere joy of learning! He is half Samoan, a quarter Hawaiian, and a quarter Filipino. Growing up in a dysfunctional home, Ala had to learn autonomy at a very young age to support not only himself, but also his loved ones. He has two families (biological and chosen) and currently works professionally as a musical theater performer singing, dancing, and acting around SoCal. Ala's future goals include earning a master's degree to become a college professor, performing on Broadway, and inspiring his Polynesian community.

## WHERE ARE OUR MANA STUDENTS?

**Andre Idso**

Class of 2019

Cal State San Marcos

**Tausaga Pauu**

Class of 2020

UC Berkeley

**Keanu Myers**

Class of 2019

Cal State San Marcos

**Daja Marks**

Class of 2020

Cal State San Marcos

**Daisy Manoa**

Class of 2019

Lindenwood University

**Autumn Hill**

Class of 2018

UC Santa Cruz

**Tiffany Molifua Kimbrel**

Class of 2019

Cal State San Marcos

**Celestine Shalhout**

Class of 2018

Cal State San Marcos

**Faatauva'a Wong**

Class of 2014

Cal State San Marcos

**Luna Porras**

Class of 2020

University of Hawai'i at Mānoa

**Sana Wong**

Class of 2017

Cal State San Marcos

**Allura Murray-Cruz**

Class of 2020

Point Loma Nazarene University

# MANA PROFESSORS

## KOLINIUSI “COACH KELI” ROSS MAU

### COUNSELOR

Keli was born and raised in Oceanside, CA and attended Oceanside schools. He went to college at Trinity College in Connecticut receiving a BA in Music. In 2017, he completed an MA in Education: Counseling at San Diego State. At a core, foundational level Keli believes in the power of community. He is involved with many aspects of our community and builds a sense of community in whatever he is involved in. At MiraCosta he was part of the team that launched MiraCosta's Mana program. He currently is the Mana counselor and also is the head rugby coach at MiraCosta.



## JADE HIDLE

### ENGLISH PROFESSOR

Privileged to be the English instructor for the Mana Program, Jade Hidle is the proud daughter of refugees, and a first-generation American, college graduate, and professor. Thanks to the hard work and sacrifice of those who came before her, she was able to earn her BA and MFA in Creative Writing from Cal State University, Long Beach, and her PhD in Literature from UC San Diego. As an educator and writer, Auntie Jade works to decolonize our pasts to empower our futures through storytelling and critically reading ourselves and the world around us. Her book, *The Return to Viet Nam*, was published by Transcurrent Press in 2016, and her work has also been featured in *The Columbia Journal*, *The Ethnic Studies Review*, the Diasporic Vietnamese Artists Network's *diacritics.org*, the U.S. Holocaust Museum's series, and more!



## SEAN DAVIS

### SOCIOLOGY PROFESSOR

Sean is an instructor of sociology and a proud Filipino-American! He is also a former student at MiraCosta and grew up in Oceanside, California. North County means a great deal to him and feels honored to serve our students and community. Teaching sociology is his passion! From the first time he stepped foot in an Introduction to Sociology course at MiraCosta, he knew this is what he wanted to do. His hope is that students leave our class with a better understanding of their social world and a commitment to engaging in positive changes in their personal lives and their community.



# MENTORING FAMILIES



**THAO HA**

SOCIOLOGY PROFESSOR  
HEAD OF THE MALOSI FAMILY



**TAYLOR TIRONA**

COUNSELOR  
HEAD OF THE PAMILYA FAMILY



**SHANNON TUISE'E**

ADMINISTRATIVE SUPPORT  
ASSISTANT III ATHLETICS  
HEAD OF THE AIGA FAMILY



**TYRONE NAGAI**

INSTRUCTOR, LETTERS PRE-TRANSFER  
HEAD OF THE KAINGA FAMILY



**ALEXIS TUCKER SADE**

ANTHROPOLOGY PROFESSOR  
HEAD OF THE 'OHANA FAMILY

# STUDENT ORGANIZATIONS

## HANAI AIGA CLUB

The Hanai Aiga Club is an organization that strives to enhance the college experience to its Asian Pacific Islander community. We accomplish this by participating in cultural and community outreach events to promote higher education for youth, providing a safe space to share and learn about API culture, developing leaders by providing lead positions to members, and offering academic resources through the MANA program to ensure our members are successful in their endeavors.

**Instagram:** hanaiaigaclub

**Email:** hanaiaigaclub@gmail.com



## FALE FONO

Fale Fono translates to "house meeting" In Samoan. This bi-weekly MANA community space is an opportunity for students to engage In conversations about topics and Issues that are directly tied to their unique experiences as Native Hawaiian and Pacific Islander students In higher education. With Fale, students build community with one another and meaningful cultural connections.



# MANA TESTIMONIALS

Being a part of Mana has always been an amazing experience from learning about the rich culture to exploring educational pathways. Throughout my experience I was able to create and connect with my community as well as network with many staff and faculty. I was introduced to many wonderful mentors who wouldn't let me quit and supported me to this day. I am grateful for my time in Mana as I was seen more than just a student but rather as family. Every step of the way I knew that I could trust my family to have my back whether that'd be failure or success, Mana as brought me resiliency and determination. - **Andre Idso**



Mana has become more than a program, not just to me, but for almost anyone that's within/seen this learning community. Mana's a growing movement, a family, a place that many can call home. I've had some educational & personal struggles over the years and no matter what I'm going through, I can always look to my Mana family for guidance and love. MiraCosta's Mana family/community are AAPI's (students, staff, faculty) that continue to break molds, while motivating other underestimated communities that feel unheard/unseen to rise up as one solid unity. - **Kitanna Leasiolagi**

The Mana program gives us a chance to shine and show those who think we can't achieve something in life wrong. We all push each other to accomplish our goals and we don't leave any of our students behind. Another thing about the Mana Program is that it's great opportunity to get your classes and books for free and I believe that is a great solution for those who are low income families such as myself. - **Louise Taele**



Without MANA I would not be where I am today especially attending educational conference like APAHE. Having a Mana program in general is a lot, hearing from other schools that they are still fighting has been eye opening because there were others who had hundreds of students and even councilmen. APAHE has taught me to understand that as a Pacific Islander student in college, I will always have others to help to understand what I am going through. - **Puka Kaleopa-Tuisee**

Joining Mana was one the most amazing decisions I've made while at Mira Costa. It has helped ease the transition from high school to college, and the people are the best. It's a great way to build community building skills. Along with helping you achieve your dreams.- **Jacob Blas**



# CAMPUS COMMUNITY RESOURCES

## CAL FRESH

[WWW.CDSS.CA.GOV/INFORESOURCES/CALFRESH](http://WWW.CDSS.CA.GOV/INFORESOURCES/CALFRESH)

Cal Fresh is a federally funded program that provides monthly food benefits to assist low-income households.

## CALWORKS

[WWW.MIRACOSTA.EDU/STUDENTSERVICES/CALWORKS/INDEX.HTML](http://WWW.MIRACOSTA.EDU/STUDENTSERVICES/CALWORKS/INDEX.HTML)

This program aims to prepare participants to transition into unsubsidized employment and to achieve long term self-sufficiency.

## CAREER CENTER

[WWW.MIRACOSTA.EDU/CAREERSERVICES](http://WWW.MIRACOSTA.EDU/CAREERSERVICES)

The mission of the Center for Career Studies & Services is to empower students to make informed, intentional career decisions.

## EXTENDED OPPORTUNITY PROGRAMS & SERVICES (EOPS)

[WWW.MIRACOSTA.EDU/EOPS](http://WWW.MIRACOSTA.EDU/EOPS)

EOPS assists students who are economically, socially, and educationally disadvantaged to develop their academic potential through academic support and financial assistance.

## FINANCIAL AID

[WWW.MIRACOSTA.EDU/FINANCIALAID](http://WWW.MIRACOSTA.EDU/FINANCIALAID)

The goal of the Financial Aid office is to assist with financial concerns so that you might obtain maximum benefit from the educational opportunities available.

## HEALTH SERVICES

[WWW.MIRACOSTA.EDU/HEALTHSERVICES](http://WWW.MIRACOSTA.EDU/HEALTHSERVICES)

Student Health Services assists students with their physical and mental health needs so they may accomplish academic success.

## SERVICE LEARNING

[WWW.MIRACOSTA.EDU/SERVICELEARNING](http://WWW.MIRACOSTA.EDU/SERVICELEARNING)

Service Learning is a form of experiential education that partners academic instruction with community service.

### Features Campus Food Pantry:

Provides emergency food assistance to students in need; any student who is currently enrolled at MiraCosta qualifies for the support.

## STUDENT EQUITY

[WWW.MIRACOSTA.EDU/STUDENTEQUITY](http://WWW.MIRACOSTA.EDU/STUDENTEQUITY)

The Student Equity Department implements and supports equity-minded programs, services, and events that increase college access, student success, equity, diversity, inclusion, and social justice.

## THE TUTORING & ACADEMIC SUPPORT CENTER (TASC)

[WWW.MIRACOSTA.EDU/TUTORING](http://WWW.MIRACOSTA.EDU/TUTORING)

The MiraCosta College tutoring program provides academic assistance free of charge if you are enrolled in either day or evening credit classes. Help is available in about 130 subjects.