



CELEBRE is a community program from People's Self-Help Housing, which equips Latina students with the skills and confidence to pursue higher education.

Through college tours, parent workshops, and vocational networking, these pioneering students work hard and support one another in their goals of achieving academic excellence and, for many, being first in their family to attend college.

To learn more or enroll, email edu@pshhc.org.



CELEBRE

Live

Activities and inspiration curated for and by CELEBRE students.



A Message from Itzelt

It is so incredibly rewarding being part of CELEBRE. YOU, the students, are what make it so special. I wanted to create this activity book to remind you to never stop working to achieve your dreams and goals. I hope you enjoy it!

A very special thank you to the Communications team at People's Self Help Housing for all their support of CELEBRE and the creation of this activity book.

Itzelt Santos, CELEBRE Coordinator



Table of Contents

'We are Latinas' by Spencer, CELEBRE student	3
Words of Wisdom	4
Mindful Coloring	5
Reflections	6
University Matching	7
Goal Setting	9
Interest Inventory	10
Affirmation Cards	11

We are Latinas'

A poem by Spencer,
CELEBRE Student

A SOCIETY TO BE RECKONED WITH
AN INTENSITY THAT COMES WITHIN
Our RAGING INFERNO THAT BURNS BRIGHT AND STRONG
Our spirit flaring with passion
WE ARE LATINAS

From A rich culture we have fallen from
To a legacy steeped in history and tales
Carried by warriors and queens, poets and artist
Our resilience in the face of adversity and heart break, hardship and misfortune

With every step we take we pave the way
For future generations to seize the way
To embrace our roots and break new ground
To shatter divided lines and break new grounds

We are the daughters of the sun,
The personification of love and fun
Our voices ring out loud and clear
Demanding justice and equality

So let us rise up and unite
In cooperation we shine so bright
With hearts full of hope and determination
We rise to claim our rightful place in the nation

A society the be reckoned with
An intensity that comes from deep within
A raging inferno that burns bright and strong
Our spirit flaring with passion
We are Latinas

Words of Wisdom

You are worthy and deserve so much. Never give up and regret not doing something. Do everything you can to help you succeed. Try new things even if you are scared. Never let anyone dim your sparkle. Do things because you want not because of others.

MICHELLE FLORES CASTILLO
3RD YEAR CELEBRE STUDENT

Nothing is impossible, you just gotta put in some work. It may be hard, but it pays off.

ESTEFANIA TORRES
5TH YEAR CELEBRE STUDENT

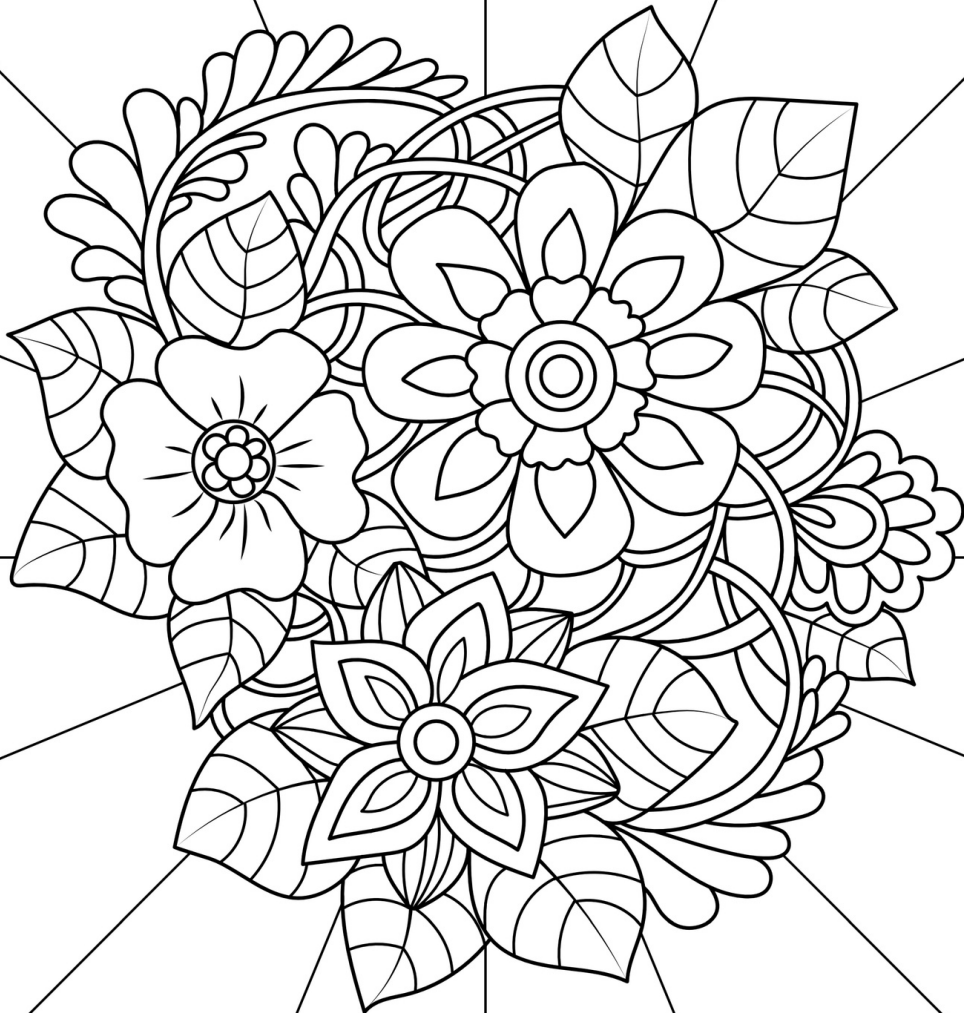
Lo que sera, sera.

BRENDA TORRES
2ND YEAR
CELEBRE STUDENT

Growth is uncomfortable; you have to embrace the discomfort if you want to expand.

VANESSA MORENO
3RD YEAR
CELEBRE STUDENT

Reflections



LET YOUR DREAMS BLOSSOM

Take a few moments to breathe deeply, close your eyes and imagine yourself 5 or 10 years from now. What is your life like? What are you doing? Who is around you? How do you feel? What do you look like?

Once you're ready, draw what you saw in your vision in the mirror above.

University Matching

Use your own experience and think back to the field trips you've been on to match the universities to their cities on the map. Use the internet to help you fill in the rest. **Extra points if you circle your top 3 schools!



Universities of California (UCs):

- UC Riverside
- UC Berkeley
- UC Irvine
- UC Merced
- UC San Diego
- UC Davis
- UC Santa Barbara
- UC Santa Cruz
- UC Los Angeles



California State Universities (CSUs):

- CSU Chico
- CSU Sacramento
- CSU Fresno
- CSU Northridge
- CSU San Marcos
- CSU Humboldt
- California Polytechnic State University - SLO
- CSU Monterey Bay
- CSU Stanislaus
- CSU Sonoma
- CSU Channel Islands
- CSU Bakersfield

Goal Setting

Think of a goal you want to achieve. This can be related to school, family, or something personal. When you're ready, fill out the rest:

My goal is: _____

This goal is important to me because: _____

I will complete my goal by (date): _____

The first step to achieve my goal is: _____

The second step to achieve my goal is: _____

The last step to achieve my goal is: _____

I will ask (friend, family, teachers) to help keep me accountable: _____

Once I achieve my goal I will celebrate by: _____

Interest Inventory

For this activity you will think about the things you do that bring you joy, the things you do that you are good at and the things you do NOT like to do.

List things that bring you joy:

Example: cooking for my family, making new friends, drawing

List things that you're good at:

Example: making friends, writing poems, creating playlists

List things that you do NOT like:

Example: math, cleaning, talking in front of people

Take some time to think about the type of majors or careers you match the things that bring you joy and that you are good at. Feel free to use the internet for help and write these ideas down below:

Affirmation Cards

Affirmations remind us of our strength, courage, beauty and resilience.
Fill in and cut out the blank cards with your own affirmations!

Example affirmations:

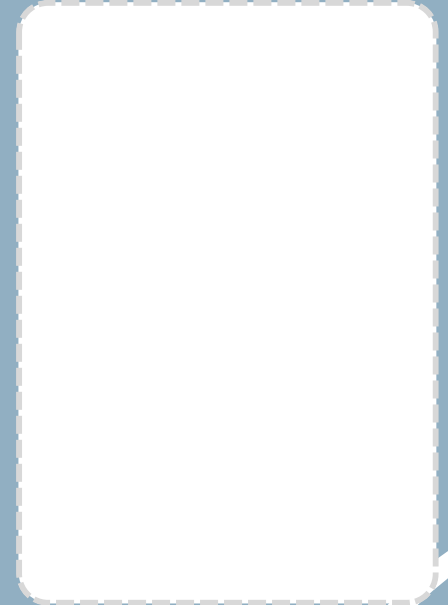
- I respect myself by setting safe boundaries with others and myself.
- I do not let my fears hold me back.
- I love and accept all versions of me.
- I make time to care for myself.
- I practice progress, not perfection.

I am
worthy of
all my
dreams
and
wishes.

I am
growing
and learning
every day
and it is
beautiful.

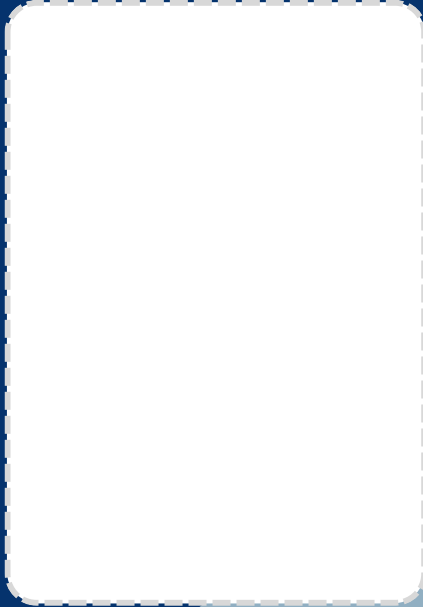
I have the
power to
change my
life.

I am my
greatest
ally.



Affirmation Cards

continued...



Example affirmations:

- I respect myself by setting safe boundaries with others and myself.
- I do not let my fears hold me back.
- I love and accept all versions of me.
- I make time to care for myself.
- I practice progress, not perfection.

