

SHOUT OUT/

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mixture of responsibilities such as ASB, journalism, advanced placement classes, yearbook, college-related worries, community service, jobs, sports and so on. Some haven't slept much, feel depressed and don't have time to get everything done.

Several students haven't had time to see much of their family or have problems with their parents because they don't understand what they could possibly be doing. Others feel like they don't have enough time as they would like for their boyfriend/girlfriend or for anyone else. Any little problem adds more weight to the load.

What we need is Zoloft. OK, maybe that isn't the best answer. We need to relax and go with it. Not everyone will understand, and it shouldn't be of importance if they don't. Parents should be more considerate though. So let us sleep!

The best advice I can give to teenagers going through stress is to don't let it defeat you. You can give up and run away from it but it will come back to find you, bringing more problems along with it. So whether you're suffering from a severe mental cramp caused by calculus or have a tight and busy schedule, just remember to have a positive attitude about it.

Everything is much more difficult and nerve-racking if it's seen through negative eyes. Learn to manage because sooner or later you'll need that same strength once again to get through another stressful period.

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COLLEGE/ Help available for students



RICHARD GREEN/THE SALINAS CALIFORNIAN

Maria Cristina Serrato, left, Luis Sandoval, assistant director of California State University, Monterey Bay's early outreach programs, Christina Monroy, Carolina Sordia, CSUMB outreach specialist, Daniel Malagon, and Katrina Ramirez.

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Christina Monroy's family of eight got a jump-start from her oldest sister, a landscape architect studying at California Polytechnic State University, San Luis Obispo.

"She really motivated all of us," said Monroy, the daughter of Mexican immigrants and former field-workers.

Maria Cristina Serrato, a 17-year-old junior, said she wants her two younger brothers to experience something beyond Greenfield, even though leaving small-town life frightens her.

"It's important nowadays to have a higher education, so you can get better jobs and opportunities," Serrato said. "It's exciting to know there's supporters (like ETS) out there to give you the opportunity to see other

places. It opens your eyes."

First-generation students often turn to ETS advisors for advice, from dealing with a larger world to finding money for books and food to staying focused when friends want only to party.

ETS Outreach Specialist Carolina Sordia said support is available through age 27.

"If they need help, we get e-mails and calls all the time," Sordia said.

That makes a big difference in students' lives.

"I'd have given up before even trying," Malagoa said.

"I'd have thought, I can't go to college, coming from low-income and having a language barrier. Now, I'm not willing to give up my dreams."

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