

Breaking cultural barriers

Story by Philip J. Perez ■ Illustrations by Tristin Williams

Overcoming the stigma of mental health in the Latino community



Editor's Note: Due to the sensitivity of mental health issues, we have chosen not to reveal last names of the participants in this story. This is part 1 of 2.

For many children, the spectacle of watching your parents get ready for a night on the town can be a bit overwhelming to the senses. The preparation in front of the mirror, the selection of the right outfits and the aromas of overlapping perfumes and colognes leave a memorable impression in a child's life.

Most often, this memory of confusion and curiosity leaves many with hints of pleasant nostalgia. For Emily, those memories leave her with feelings of dread.

At a very young age, Emily, who is now a 30-year-old fitness trainer, would sit in her living room and watch as her parents would get ready to go out for another night of drinking. She remembers the frightful feelings she experienced but not understanding what they were or why they were happening. At 4 years old, the words anxiety and depression were foreign concepts to her.

"I just remember thinking, 'Oh, they are not going to come back because they're going to get in a car wreck and die,'" Emily said. "I thought my parents weren't going to come back and just being a kid, I never really understood what that fear was.

"I always just had this impending dread for as long as I can remember and worst-case scenarios would always pop into my head and cripple me from doing things," Emily said.

Those fears of separation escalated when her parents divorced. Her parents' complicated and bitter split would separate her from both parents for a short period, causing her to live with her aunt in Houston. According to Emily, this traumatic experience was the catalyst for what triggered her mental health.

Eventually, Emily and her siblings went to family counseling but as a child, she really didn't understand why. It wouldn't be until she was an adult that she realized she needed professional help after being persuaded by her mother and sister.

"I actually sought psychiatric help a year before my wedding," Emily said. "They said this would be the most stressful time of my life and told me I needed to have a straight head and be calm to be able to go through it."

It was then when she was diagnosed with depression and anxiety, something

she knew she had but it took a professional to actually put a label to it.

Emily met her husband when she was 18 and they dated for about six years before finally getting married. It was a marriage that would only last for two and a half years when they ultimately divorced. During their eight-year relationship, she endured mental and emotional abuse leaving her with a Post-Traumatic Stress Disorder diagnosis that she continues to struggle with now.

CULTURAL STIGMAS

According to an article on Bridgestorecovery.com, emotional abuse can be just as traumatic as physical trauma. Types of abuse include taking away one's freedom or privacy, separating the victim from family and friends, expecting to know the victim's whereabouts at all times and constant threats and humiliation in front of others. This emotional abuse can be a form of psychological trauma comparable to physical trauma that can leave a major impact on the nervous system.

Emily is one of the fortunate ones who was able to find resources to help her with her mental health issues. Oftentimes, many people in the Latino community don't get the help available to them.

According to Heather Garcia, a licensed counselor at Del Mar College, many times those in the community don't seek professional help because of their socio-economic background. There is also a negative stigma that comes with mental health that discourages Latinos from getting help.

"They often don't have access to what the more affluent communities have," Garcia said. "There's also a negative perception in the community that counseling doesn't solve anything and all they need is a hug or a hot shower."

The common misconception is that mental illness, specifically depression, has more to do with feelings than with an actual illness. Because of that, those suffering from mental illness develop a form of guilt for feeling depressed.

"It's like, you have such a great life, what do you have to be sad about?" Garcia said, "And you feel worse not understanding not knowing why you feel that way, so sometimes it's difficult for individuals to explain to somebody what they are feeling when they don't understand it themselves."

DEALING WITH LOSS

As we progress through life, we devel-

op certain bonds with a variety of people who are in and out of our lives. For many, the strongest bond is between child and parent. One of the strongest connections is that of a father and his daughter. It's been said that no other love in the world is like the love of a father has for his daughter. It's also been said that a daughter's first love is her father.

One of the hardest things we deal with is watching our parents grow old and preparing ourselves to eventually say one final goodbye as life begins to fade away. Many of us are never really prepared to the inevitable. For Alisa, the process of watching her father's final days were overwhelming and detrimental to her mental health.

Alisa, a 41-year-old real estate marketing agent in Denton, suffered from intense, uncontrollable panic attacks three years ago the same week that her father passed away. The attacks started as she and her family were preparing themselves for the impending loss and continued after he died.

"I knew that I needed help, but I didn't want to take pills," Alisa said. "I wanted to heal the natural way with therapy and herbs and vitamins."

After three weeks, she finally decided to go to therapy with the support of her family and friends who encouraged her throughout the process in spite of the social stigma that surrounds mental health.

"They mentioned how some people can let pride get in the way and not seek help," Alisa said. "By me seeking help, it encouraged others to finally seek help with their mental illness that they had put off."

Despite the negative stigma surrounding mental health, Alisa is glad she sought help with her illness. Many others will not for fear that their community peers will treat them differently.

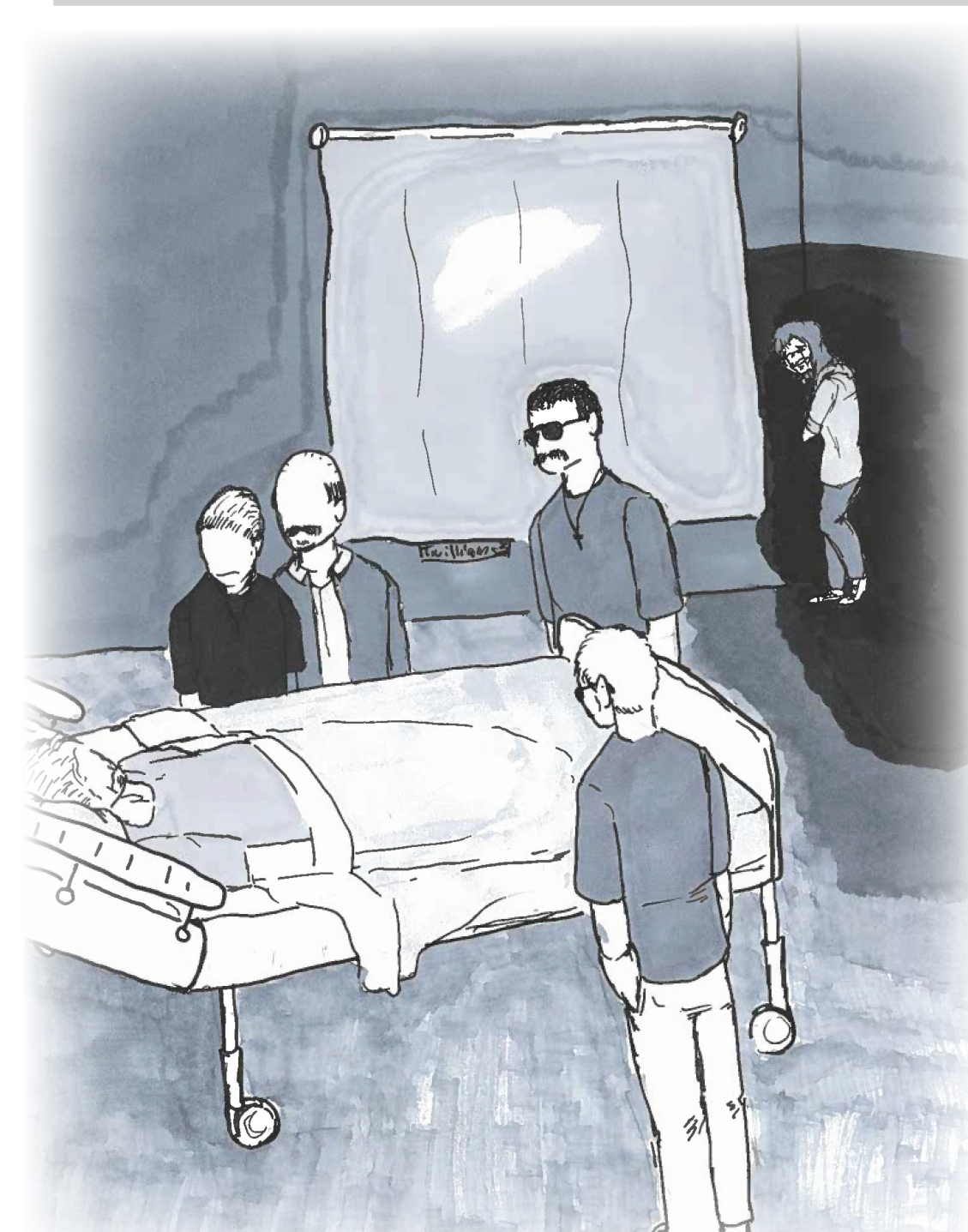
"I understand that there are misconceptions about mental health and therapy in today's society, especially with men who put off seeking help due to their pride," Alisa said. "They feel that it will make them look weak but I want to be the example that receiving therapy works."

"It was the best steps I have ever taken," Alisa said. "I look back in my journey, if I hadn't sought help, there's no telling where I would be today. I would probably be in a deep depression or even dead."

Part 2 will appear in the May 2 issue of the Foghorn News.

"I always just had this impending dread for as long as I can remember and worst-case scenarios would always pop into my head and cripple me from from doing things."

EMILY, 30
FITNESS TRAINER



Mental Health Statistics

34%

of adults in Latino communities with a mental health condition seek help.

43%

of adults in America with a mental health condition seek help.

Many people in the Latino community do not seek treatment due to disparities in quality of treatment and access of treatment.

Obstacles for seeking treatment include:

- Language barrier
- Poverty
- Stigma

SOURCE: MEDICAL NEWS TODAY

Mental Health Resources

DEL MAR COLLEGE COUNSELING CENTER
www.delmar.edu/counseling
361-698-1586

TEXAS A&M-CC COUNSELING AND TRAINING CENTER
www.tamucc.edu/counseling
361-825-3988

MISSION OF MERCY*
www.amissionofmercy.org/texas
2421 Ayers St.
361-883-5500
* Accepts individuals who are unemployed or uninsured

STCH MINISTRIES
www.stchm.org/family-counseling
361-991-8680
Counseling services are provided regardless of an individual or family's ability to pay.

AFTER-HOURS HOTLINES
For emergencies call 911

Mobile Crisis Outreach
888-767-4493

Suicide Prevention Lifeline
800-273-8255

Coping with mental health

Navigating through life with love and support

Story by Philip J. Perez ■ Illustrations by Tristin Williams

Editor's Note: Due to the nature and sensitivity of mental health, we have chosen not to reveal last names of the participants in this story. This is part 2 of 2.

Common mental health disorders for Latinos include anxiety disorder, major depression, PTSD and substance abuse, according to the National Alliance on Mental Illness.

Cultural taboos and stigmas keep many in the Latino community from seeking help. The perception, according to an article on Medical News Today, is that seeking outside help is inappropriate, embarrassing or even shameful.

The article adds that potential stigmatization may cause people to conceal mental health problems for fear of being criticized or potential consequences of having depression or other mental illnesses that could make them undesirable.

Because of this, many in the Hispanic community are less likely to discuss problems they are having and decide not to seek treatment. This is more common with Latino men.

Heather Garcia, a licensed counselor at Del Mar College, said the concept of machismo is prevalent when it comes to attitudes toward mental health.

"Maybe going into a counseling room to talk your feelings is not going to be considered such a manly thing," Garcia said. "For Latino men, that concept of machismo is very indicative of 'that's probably not going to be something that I'm going to be comfortable doing.'"

Latino men are often taught that having feelings and emotions is not acceptable, according to Garcia, and therefore, it becomes difficult to decipher what they are feeling. They have no knowledge of what they are feeling because they've always been taught that vulnerability, crying and feeling weak are not things that Hispanic men ascribe to.

"It becomes more difficult when we look at the concept of why that hinders a lot of Latino men to come in," Garcia said. "To be fair, the concept of marianismo, which is ascribed to the Latina women, can be very similar to where we don't showcase our problems."

"We are strong, we don't cry. We take care of our homes and nobody else comes into it because we give it our all," Garcia said. "There are oftentimes where that concept can also hinder Latina women from going into counseling."

LEARNING TO OPEN UP

Steve Espinoza was raised to think depression was not real. He was told that if he felt sad, just get over it and be happy.

"I think that's something a lot of older generation Latinos are used to," Espinoza said. "Unfortunately, they pushed that on their kids."

This was one reason Espinoza created Footprints Corpus Christi, a local peer-to-peer group for individuals who are suffering from mental illness to be able to share with others like them in a safe and comfortable environment without having to worry about the stigma of going to seek professional help.

Although peer-to-peer groups are not a substitute for professional guidance, they are an alternative to keeping feelings and emotions bottled up inside, which in turn could cause more damage.

Espinoza, a stand-up comedian who was diagnosed with anxiety, depression and PTSD, started the group after his own experiences of opening up during his routines.

"When I talked about it publicly, I received so much positive feedback," Espinoza said. "People shared their stories with me and then one thing I noticed about myself and everyone I spoke to was the fact that depression, anxiety and PTSD are so taboo."

"Opening up to someone who can easily relate to what's going on is so much easier than a professional, in my opinion," Espinoza said. "Some people don't like talking to therapists, counselors or psychiatrists because they feel like the professionals can't relate to them."

There are still others who refuse to open up because, according to Espinoza, some people have a lot of shame and don't want to burden their friends or family with their own issues.

"I was one of those people," Espinoza said. "Now I see a therapist regularly and I've learned to open up more."

'IF A CHILD IS STRUGGLING...'

Being a Latino adult who is struggling with mental health is hard enough. Being the parent of a child with mental health problems can be overwhelming, especially given the stigma in the Latino community surrounding mental health.

When many people become parents, they are overcome with joy as they witness the miracle of birth. They marvel at the sight of the baby's tiny hands and feet and newborn scent. They carefully cradle them and give them every ounce of love that they are capable of producing. For most, their children are a reminder of how easy it is to fall in love with another human being.

They inspect their new babies, ever so closely to find those tiny, unique imperfections that distinguish their child from the rest. Some of those deficiencies are barely noticeable, while others are distinguishable but those imperfections are part of the whole that they will love forever.

Sometimes, those inadequacies don't appear until after a few years once the child has been introduced into social situations. Once parents notice these new deficiencies, they prepare themselves physically and mentally for the challenges their family will ultimately face together in the present and future.

For Debbie, becoming a parent came as a pleasant surprise. Her first born, Abby, was a seemingly healthy baby with some slight imperfections but in Debbie's eyes, she had a perfect bundle of joy.

Abby's first couple of years were filled with laughter and curiosity, the same inquisitiveness that most babies have as they explore new things. The child's active behavior progressively increased as she moved into being a toddler. Abby



was 3 when Debbie received a complaint from her pre-school teacher.

"The teacher mentioned how active Abby was and that she never sat down," Debbie said. "That would continue until she was about 5."

It was then when Debbie noticed something different. Abby had started becoming defiant. She sought professional help and doctors diagnosed Abby with Attention Deficit Disorder (ADD), Oppositional Defiance Disorder (ODD) and anxiety. Debbie decided the best course of action would be to start with counseling.

ODD is a type of behavioral disorder that is mostly diagnosed in children. Children with it are often uncooperative, defiant and hostile toward peers, parents, teachers and authority figures. Children with anxiety and ADD are more likely to develop ODD than children without.

"There is no treatment for ODD," Debbie said. "We've had to learn as we go, which has been very stressful."

Currently, Abby goes to counseling once a month. In elementary school, she had a "buddy," a counselor from the school district who would visit every two weeks assigned to her to help with social development. Unfortunately, Abby's issues have continued with a recent diagnosis of depression and suicidal thoughts.

For Debbie, opening up to family and

friends about Abby's mental health problems and subsequent treatment garnered a mixed reaction from people.

"It varied between, 'She shouldn't need counseling because she's so young,'" Debbie said. "Then I was told that her issues would get better if I wasn't working."

Debbie would get asked what she was doing wrong or get accused of not doing enough. These were all reactions from Latino family members.

"When she was younger, I'd get asked why I was taking her to counseling," Debbie said. "Why was she saying she's depressed, there's nothing wrong with her and we just needed to do more with her and she'd be fine."

"Even now, I get told she's fine and doesn't have anything to be depressed about and that's just normal for kids," Debbie said.

According to Debbie, getting help and using the available resources is crucial to not only being able to help Abby, but also to provide the support parents need to be able to cope and live through mental health issues.

"Getting help not only benefits the child but the whole family," Debbie said. "If a child is struggling, it will affect everyone and the longer they go without help, the worse they can feel."

"I don't ever want Abby to think we don't value her feelings or thoughts," Debbie said. "We get her help to make sure she knows we love and support her."

"I don't ever want Abby to think that we don't value her feelings or thoughts."

DEBBIE, MOTHER

Mental Health and Children

ADHD, anxiety problems, behavior problems and depression are the most commonly diagnosed mental health disorders in children. Some of these conditions commonly occur together. For example, about 3 in 4 children diagnosed with depression in 2016 also had anxiety (73.8%), and almost 1 in 2 had behavior problems (47.2%). For children with behavior problems, more than 1 in 3 also had anxiety (36.6%) and about 1 in 5 also had depression (20.3%)

Children ages 3-17 diagnosed with mental health disorders in 2016-19:

9.8%
(about 6 million)

ADHD

8.9%
(about 5.5 million)

Behavior problems

9.4%
(about 5.8 million)

Anxiety

4.4%
(about 2.7 million)

Depression

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

Local Resources

DEL MAR COLLEGE COUNSELING CENTER

www.delmar.edu/counseling
361-698-1586

TEXAS A&M-CC COUNSELING AND TRAINING CENTER

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* Accepts individuals who are unemployed or uninsured

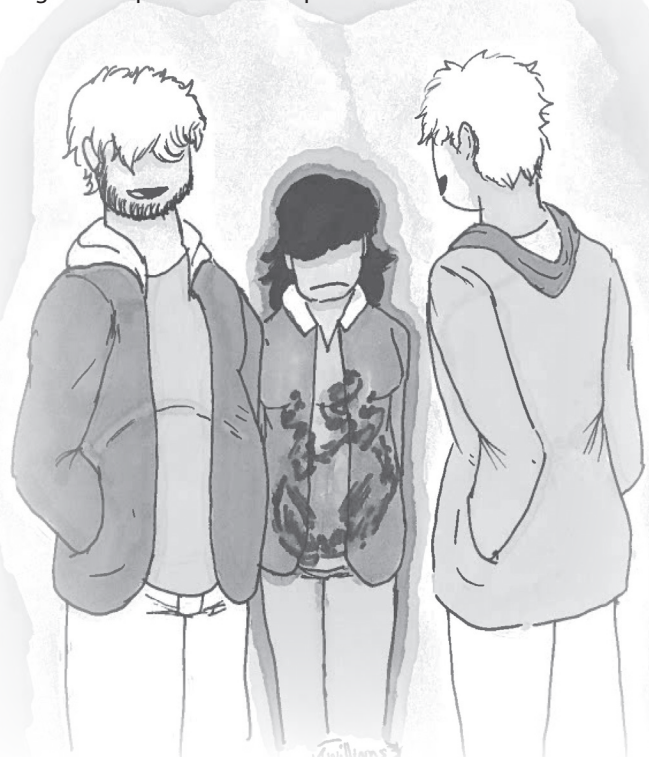
STCH MINISTRIES

www.stchm.org/family-counseling
361-991-8680

Counseling services are provided regardless of an individual or family's ability to pay.

AFTER-HOURS HOTLINES

For emergencies call 911
Mobile Crisis Outreach
888-767-4493
Suicide Prevention Lifeline
800-273-8255



DRAMA

Students prepare to perform first play since the pandemic hit.

PAGE 2

TRUE CRIME

New Netflix documentary explores case of local man wrongly convicted, executed.

PAGE 4

8



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Domestic violence focus of event

Speaking up, getting help is 'not a sign of weakness,' Del Mar counselor says

MIRANDA MEDINA | REPORTER
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DMC wants its students to be safe on and off campus.

It encourages students who experience abuse or suffer from mental issues to speak up and seek help.

That was the goal of a domestic violence awareness event held Oct. 13 in the Harvin Center, where Del Mar College counselor Steven McFarlin was able to raise awareness about an often neglected subject among society.

Domestic violence is a hush topic, but is quite common today.

"It's not a sign of weakness. Every person needs a little support once in a while," McFarlin said. "The bravery and

courage that comes from speaking up and saying, 'Hey I need help,' it's not something that's easy."

Del Mar College wants students to know they are heard.

"You're not the only one," McFarlin said.

A victim of domestic abuse can be a friend, sister, mother, brother or acquaintance.

If you are not the victim, but know of someone who is experiencing abuse, take the initiative.

"There's no rule book to relationship," McFarlin said. "If someone is in need of just navigating throughout their relationship, or move out of the situation, we're here."

By sharing the abuse and experience, victims can hear and gain different perspectives and learn what is and isn't healthy.

SEE VIOLENCE ON PAGE 3



MELISSA MATA | FOGHORN NEWS
Steven McFarlin discusses domestic violence awareness with Jaelyn Hurtado, a liberal arts major, on Oct. 13 in the Harvin Student Center.

FILLING CUPBOARDS, STOMACHS



PHILIP J. PEREZ | FOGHORN NEWS

Viking Food Pantry director Travis Collinsworth restocks the freezer after a food delivery on Oct. 7. The Viking Food Pantry works in partnership with the Coastal Bend Food Bank and is part of the Healthy Pantry Project through Feeding America.

Program sees demand rise

More students seeking assistance from Viking Food Pantry this semester

PHILIP J. PEREZ | EDITOR-IN-CHIEF
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The Viking Food Pantry is on pace to distribute over 20,000 pounds of food this semester to Del Mar students, according to its director. In its first year of operation in 2019, the pantry only served 15 students but that changed once Travis Collinsworth, a social work major at Texas A&M University-Kingsville and DMC alumnus, came to the program.

"They didn't have a full-time pantry person," Collinsworth said. "As soon as I got here, we had a 200 to 300% increase. We were serving 60 to 80 students a month a year ago and it's slowly

gone up from there."

The Viking Food Pantry works in partnership with the Coastal Bend Food Bank and is part of the Healthy Pantry Project through Feeding America, a nonprofit organization with a nationwide network of over 200 food banks.

Through that project, the Viking Food Pantry has been able to offer healthier options such as low sodium foods, whole grain rice and pastas and frozen meats.

"Since we joined the Healthy Pantry Project, they came in and did an audit and we did really well," Collinsworth said. "They gave us a grant for one freezer and a month later, they came

back and gave us a grant for a second freezer."

According to Rita Hernandez, interim dean of Student Engagement and Retention, the pantry was established by the Student Government Association and then-Dean Cheryl Sanders to meet the food and security needs of DMC students.

"We were finding that students were struggling to put food on their tables," Hernandez said.

"Many of our students are employed, they have lives outside of here, often-times have children while going to school."

"We were serving 60 to 80 students a month a year ago and it's slowly gone up from there."

TRAVIS COLLINSWORTH
FOOD PANTRY DIRECTOR

SEE PANTRY ON PAGE 3

Financial aid forms set to see changes

Previous drug convictions will no longer mean students are ineligible

MELISSA MATA | FEATURES EDITOR
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Changes have been made to the latest version of Free Application for Federal Student Aid, or FAFSA.

The Department of Education released the first phased update on Oct. 1. There will continue to be smaller changes in the near future but for now the Department of Education has decided to take a phased approach.

"The Department of Education is always looking for ways to make it easier for students to complete FAFSA," said Joseph Ruiz, director of Financial Aid Services.

The Department of Education reduced the number of questions and also changed many of the visual looks to the application.

One of the biggest changes is that applicants with previous drug convictions will now be eligible to receive aid. Although the question will still be included on the application, "it's not going to make a difference, you will still receive financial aid," Ruiz said.

Overall, the new changes that have been made have been received in a "very positive way" by the community, Ruiz said. The changes have made it simpler for students to apply and have also brought in a whole new range of applicants to be eligible for aid.

Ruiz encourages applicants to apply as soon as possible because if a student qualifies for a Pell Grant it is guaranteed, but all other grants and scholarships are "subject to availability on a first come, first serve basis," he said.



Ruiz encourages applicants to apply as soon as possible.

Enrollment down 2.3% from last fall; credit hours up

Board of Regents also hears about plans for new police department building

MICHELLE MIRELEZ | MANAGING EDITOR
mmirelez@foghornnews.com

The Board of Regents learned of the latest enrollment numbers at its Oct. 5 meeting.

There are 10,401 students registered this fall, down 2.3 percent from fall 2020, which had 10,678 students. One likely cause of the drop, officials said, is that the fall 2021 semester began at the height of the COVID-19 delta variant.

Even though the number of students was down the college credit hours were up 4.6% from last fall, enrollment figures showed.

"It's significant to point out that contact

hours are up from fall but headcount is down and that's the impact of HEERF," said Executive Vice President Lenora Keas.

HEERF is the Higher Education Emergency Funding provided by the government to help with emergency costs to students whether tuition, food, housing or health care.

Officials also discussed the Student Outreach Plan, which focuses on re-engagement, retaining and supporting students in enrollment.

Del Mar College also has purchased the former bookstore at 3002 Ayers St. The

building will be renovated and eventually will house the

DMC Police Department. Regents motioned to adopt the award for renovation to local company Victory Building Team at \$2.4 million, using the 2014 Bond unallocated interest income.

The board was given an updated report of Ctery Act Statistics that reflected a decrease in reported crimes across all Del Mar campuses. Instances of crime were

largely down in 2020, when most of the college was closed because of the pandemic.

One burglary was reported on Heritage

Campus, which also saw one liquor law violations and one report of domestic violence.

At the Windward Campus, one motor vehicle theft was reported in 2020, along with two drug law violations and one weapons violation. One case of stalking was reported at the Center for Economic Development, while no crimes were reported at the Northwest Center or at the college's Corpus Christi International Airport facility for aviation maintenance.

DMC President Mark Escamilla also addressed the current state of the pandemic.

"Campuswide COVID-19 positive cases have declined significantly in past weeks," Escamilla said. "From Aug. 30 to Oct. 3 the reported total of positive cases dropped by about 88% from 43 to 5 cases."

For updated COVID counts and other resources, visit www.delmar.edu/offices/cro/cv

Instances of crime were largely down in 2020, when most of the college was closed because of the pandemic.

CAMPUS

VIOLENCE FROM PAGE 1

Confiding in a friend or counselor, victims can develop a plan or address the issue in another matter.

Be aware and recognize the signs of domestic abuse.

According to the National Domestic Violence Hotline, the following are signs of domestic abuse: intense jealousy, controlling, pressuring sexual activities, extremely possessive, shaming you.

Students who wish to share their experience and overcome their challenges can use on-campus resources.

Del Mar College counseling is currently doing virtual sessions. Those sessions can be individual, group or couples counseling.

For those who wish to do couples counseling, at least one individual should be enrolled at Del Mar College.

To set up an appointment, visit www.delmar.edu/counsel.

PANTRY FROM PAGE 1

"Some don't but still struggle with finding food and if that was something we could assist with, that was the motivation behind setting it up," Hernandez said.

Once DMC reached out to the Coastal Bend Food Bank, they were provided with everything needed to set up and run the food pantry.

"It's an excellent partnership," Hernandez said. "They gave us everything as far as regulations, how to get set up so that we could order food from the food bank and the deliver food to us. We're an established food pantry for the Coastal Bend."

Food deliveries come once a week to meet the increasing demand.

Occupational therapy student Brittany Jones started using the food pantry at the beginning of the year after she and her husband were awarded full custody of his son and relocated.

"It's been a big help to my husband and I," Jones said. "We wouldn't really be able to make ends meet without a little bit of help right now. It's been very beneficial for me as a student."

Jones is just one of the many students being served by the Viking Food Pantry.

According to Hernandez, the pantry has seen an increase from about 100 students in 2019 to a total of 436 participants from August 2020 to July 2021 and continues to grow this year. So far this semester, 119 students have been



PHILIP J. PEREZ | FOGHORN NEWS

An employee of the Coastal Bend Food Bank delivers a new shipment to the Viking Food Pantry earlier this month.

helped.

"This is our biggest year. We're only on the second month of the semester," Hernandez said. "We're probably going to be serving anywhere from 300 students to 500 students for the entire year."

The pantry shut down at the begin-

ning of the pandemic but, according to Hernandez, in fall 2020 the pantry reopened for mass food distributions by the White Library and garnished a huge response. The pantry then reopened for curbside pickup and she noticed a continued increase.

IF YOU NEED HELP

DMC COUNSELING CENTER: www.delmar.edu/counsel, 361-698-1586

THE PURPLE DOOR: 361-881-8888

NATIONAL DOMESTIC VIOLENCE HOTLINE: 800-799-7233

DEL MAR COLLEGE REGISTERED STUDENT ORGANIZATIONS

The following clubs have registered for the fall semester:

- Architecture, Construction and Tech Club
- American Association of University Women
- Aviation Maintenance Club
- Bone Techs & Harmony (Collimators)
- Cobra-Ota's
- Dental Assisting Club
- Dental Hygienist
- Digital Design & Fabrication
- Geoscience Society
- GlamSquad
- Industrial Process Technology
- KVP - MVP's Rad Tech
- Lambda Beta
- Legal Profession Association
- MLT (Medical Laboratory Technology)
- Occupational Therapy
- Phi Mu Alpha
- Physical Therapy

- Press Club
- Rad Rebels (Freshman Rad Tech)
- Respiratory Therapy Club
- RN Pinning Ceremony Club
- Student Art Association
- Student Nurse Association
- Student Texas Restaurant Association

SPECIAL INTEREST

Special interest RSOs are organized to serve and to promote special interest areas such as governmental affairs, writing, physical and recreational activities, or religious groups.

- Baptist Student Ministry - Provides students with opportunities for personal growth, leadership development, and service to campus and community.
- SafeSpace
- Student Government Association (SGA) - Provides

an effective student government and ensures the protection and promotion of student interests at Del Mar College.

HONORARY

Membership in honorary organizations is selective based on academic achievement.

- Alpha Beta Gamma - Recognizes and promotes academic excellence among junior and community college students enrolled in business curriculum.
- National Society of Leadership & Success
- Phi Theta Kappa & Alpha Delta Nu

TO JOIN

For information about joining clubs, contact Sonia Carreon with Student Leadership & Campus Life at 361-698-1279 or scarreon3@delmar.edu.

MATH+WRITING

Academic Learning Center

WINDWARD CAMPUS * ET BLDG * A123

MON - THURS: 12P - 5P

361-698-1860

