Mai shares: Have some backbone

By MARRA-MARIE MAGSAKAY

Ohlone College’s first science seminar of Fall 2012 urged students to stay motivated and healthy during the school session.

Tuong Mai, an intern at Life Chiropractic College West, presented “Freeing Up Your Nervous System: The Key to Success during College and Beyond” on Sept. 21.

The Ohlone College alumnum explored the different challenging roads before he reached the one he is currently on.

Mai first attended Cal State East Bay as a liberal arts major, where he wanted to be a teacher.

“I knew I wanted to be a teacher, specifically a math teacher but I was horrible in math,” said Mai.

At Cal State East Bay, Mai wasn’t the best student.

“It took the bare minimum: six units, two classes a week,” said Mai. “I liked being at home playing video games and teaching chess for an hour or two.”

He considered his past thinking as “false contentment. Don’t settle for less,” said Mai.

This road did not seem to work out for Mai so he decided to attend Ohlone College.

One of Mai’s classes was Chemistry 30A, but he “failed the first test and quit,” said Mai.

“I’ll take it next semester.”

During his break, Mai said he experienced what he called “The Phase of Regression.”

He took a personality test, which resulted in various career options, including chiropractors.

“I saw the word glowing in pink. It was like a sign,” said Mai. “I knew at that time I wanted to be a chiropractor.”

He attended the following semester with a chemistry class taught by Maru Grant.

“I failed the first test but sat in the class still,” said Mai.

“She told me, ‘I don’t think this is right for you.’”

However, instead of being discouraged he did the opposite.

“I like when people tell me I can’t do it,” said Mai. “I lived in the tutor center for chemistry and physics.”

When he took the same class the following semester, Mai passed.

“I was not the best student but I was determined,” said Mai.

Many students do not need to take chemistry, biology or physics for their major, but it teaches them determination like Mai.

“These classes teach you to not quit,” said Mai.

Time management is a really big problem in college, said Mai.

“Procrastination is one of the reasons why people fail,” said Mai. “Time is very valuable. According to Mai, it takes about eight to ten years to figure out one’s major.

A student fresh out of high school might have an idea but is not quite definite.

Mai offered six questions to help students figure it out:

· Are you confident in your choice?

· Did you pick this major or did someone tell you what your major should be?

· Are you excited about your major?

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The Monitor staff wins at JACC

By MONITOR STAFF

The Ohlone College Monitor newspaper proved to be the comeback kid by earning nine awards at last weekend’s Journalism Association of Community Colleges (JACC) NorCal conference in Sacramento.

During the state conference in March in Burbank, The Monitor won a single award after several years of being inactive within the organization, due to high turnover of advisers when long-term adviser Bill Parks retired.

The Monitor staff won in mail-in entries for enterprise news writing, news writing, sports game writing, editorial cartoon and feature photo.

Three current editors, Manika Casterline, Heather Hegeman and Ashley Lam, placed on-the-spot competitions for copy-editing, news writing and opinion writing.

“It was great to see the work we do validated at JACC,” First-time conference attendee and Monitor feature editor Marra-Marie Magsakay said.

“It was really exciting to see how other schools run their newsrooms and bringing home awards was just icing on the cake,” said Editor in chief Ashley Lam.

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