

# CARE News

## WHAT'S IN THIS MONTH'S ISSUE:

- **What is CARE?**
- **Get To Know Us**

### *What is CARE?*

Written by Dr. Tiera Coston

CARE is a program that integrates the various support services at Xavier to provide critical information, guidance and resources to our first-year, first-generation students as they progress through their first year of college. The CARE Program is built on four pillars that form the foundation for the holistic approach of the Program: Career Readiness, Academic Efficacy, Resilience, and Engagement.



- **Career Readiness** – possessing the knowledge and skills needed to successfully enter the workforce
- **Academic Efficacy** – a student's belief that they are prepared to succeed in their academic coursework
- **Resilience** – the ability to confront and overcome obstacles to educational success
- **Engagement** – integration into and participation in the college environment and the greater Xavier community

## CARE Student Corner

*Masoniek Stinfort | Psychology Pre-Med/  
Belle Glade, FL*



Masoniek Stinfort is an incoming 1st-gen freshman/CARE student from Belle Glade Florida with the plan of majoring in Psychology in hopes to become a great mental health specialist.

Mr. Stinfort spoke on his experience as a 1st-gen student when he was applying to colleges, "The process was overwhelming, but he was able to get through it and gain admission to the college."

What I want from CARE: "I want to feel like there is someone there who has been through what I'm about to go through. I want that sense of security that I'm not doing it alone. I want to be made aware of the best opportunities and resources available to me so that I am in a position to be successful at anything I choose to do."

"I have many people looking to me to blaze a trail. I have to work hard and prove that I can succeed in a place where my parents haven't been."

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## CARE Colleague Corner

*Elise Tookes | Biology-Pre Med | Atlanta, GA.*



Elise Tookes is one of our 1st CARE Colleagues and an extraordinary and brilliant addition to the CARE team. Her energy reaches everyone she comes in contact with and she makes you feel warm and welcomed.

Since being apart of the program Elise has been awarded the opportunity to serve in a leadership role and assist students like herself with finding their way at Xavier. Elise understands the importance of having a safety net as a first-generation student, which is why I am eager to serve in my new role to assist students like me.

Elise spoke on her transition to Xavier university of Louisiana during the height of the pandemic from high school, being more difficult than average because it was not personable.

"I was at high risk of transferring out my second year, but with constant encouragement from the friends I met at Xavier, my financial aid counselor, and the opportunity to be a CARE Colleague, I was blessed with the opportunity to continue my education at Xavier."

"The best advice I can give any Xavierite is to fight. You will fail being that it is a part of life, but you have to have the resilience within yourself to keep going after your goals."

## CARE Faculty Corner

*Dr. Asem Abdulahad's Morehouse College class of '06/ Rensselaer Polytechnic Institute '11 PhD/ Department of Chemistry*

Dr. Asem Abdulahad's is a faculty member of Xavier University of Louisiana Chemistry department. He is an amazing professor and plays a vital role in preparing our future leaders for the trials ahead.

As a first-generation student himself he mentions how his first "F" in physics was a huge wake up call to seek help which is something he desperately needed. This experience taught him a valuable lesson that no one goes through life without help. We all need help, and we should all seek out help when we need it. Furthermore, there is no shame in accepting help when it is offered!

"everyone's path is different! Stop comparing yourself to other folks around you and just live your best life! Also...apply for opportunities and accept opportunities that come your way. You never know what experience will help you figure out who you will grow to be in the future.



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## CARE Staff Corner

*Ms. Quo Vadis M. Webster, XULA Class of '00 & '10/ Pre-Medical Office*

Quo Vadis M. Webster, more commonly known as "Ms. QV," is a 1st Gen grad and has the pleasure of serving as the director of XU's Premedical Program.

The Premedical Office assists students who are interested in becoming physicians, dentists, veterinarians, optometrists, podiatrists, and other types of health professionals with the process of preparing competitive application credentials starting freshman year.

In addition to graduating magna cum laude as an undergraduate and with a 4.0 as a graduate student bachelor's degree in chemistry, Ms. Quo Vadis understands that navigating the nuances of college life can be quite daunting and supports her students on their journey to success

"I watched as my friends seamlessly traversed course scheduling, financial aid, and other logistical tasks with the help of their parents or older siblings. While I was confident academically, I wondered if not having access to the college "playbook," passed down from one generation to the next, would negatively impact my experience at Xavier"

"GET OUT OF YOUR OWN WAY AND GET TO KNOW THE PEOPLE WHO KNOW!"



