

# GirlsBuild<sup>LA</sup>

## From La Puente to Stanford

Weds, March 14th, 3:30pm-4:30pm

Host: Natalia Rojas

### Audio

- Turn on audio (so you can hear us!)
- Tap on the phone icon > Call via internet > Connect
- You can also dial in using the line below:
  - a. 213-226-1066
  - b. Conference ID: 726-781-663

### Chat Feature

- Send questions/messages by tapping on the message bubble icon
- Send to the group @All or directly to @LAPromiseFund
- We will address your questions at the end of the presentation



## Natalia Rojas

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Human Biology

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# Why I want to do this

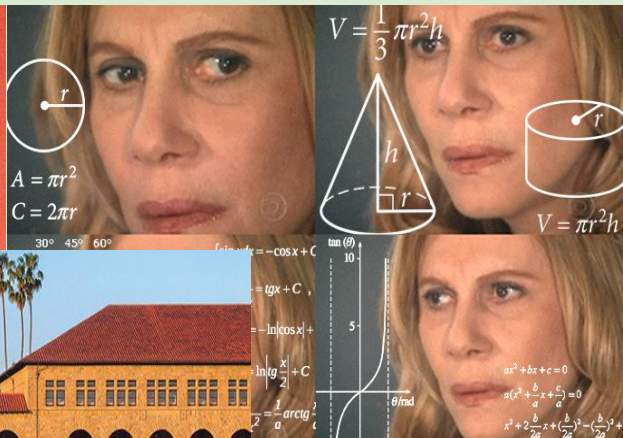
- Counselors can only do so much - there is limited capacity and resources.
- There's a lot of resources available about how to apply for college, but it's a different story once you actually get there.
- For me, I didn't have anyone I could talk to about what college was like or how was it once I graduated.
- *It sucked* not being able to have someone that I could talk to! So, I want to be a part of making sure that I can be a resource for you.



# My Experience: The difference between college and high school

- Socially
  - First gen, low income, minority, woman wanting to pursue STEM.
  - SO LOST
  - No friends coming with me, no one I knew, first time being away from home
- What helped
  - LSP and resources that have helped me
  - Maintaining contact with family
  - Being independent/being a young adult





# My Experience: What I didn't know

- Academically
  - It is hard. I graduated at the top of my class and even though I knew it was going to be hard, I didn't think it would be **this** hard.
  - **The time when the professor said, "I know you guys have already done work with this in a lab so I won't really go into detail."**
- What helped
  - You just have to be confident in yourself.
  - Don't be afraid to ask for help. There are resources.

You have to believe in yourself even if you think no one else does. Even if you fail the first time, all you can do is keep going. Never forget that *you're doing this for you*. If you're willing to put in the work, it doesn't even matter if you're "smart".



# My Experience: Key Takeaways

- Personally
  - I knew I had a lot of growing up to do and there was still so much I had to learn.
  - I've met so many amazing people, and honestly, I'm starting to actually appreciate how big the world is around me.
  - I'm starting to realize who I am as a person.
- What helped
  - Continue to stay open to the opportunities coming your way. I volunteered in Ecuador last summer, I'm studying in Italy this summer, and meeting people from around the world. I even hiked down Machu Pichu by myself and hitched rides from strangers (went well for me but don't do it)!



# Questions?

So that's it for me! I hope this gave you some idea of what college is like in real life.

Now it's your turn to ask me any questions. If you'd rather ask me privately or want to get more specific advice on literally anything personal or academic, my email is [nrojas98@stanford.edu](mailto:nrojas98@stanford.edu) or [nataliarojas247@gmail.com](mailto:nataliarojas247@gmail.com).

Thank you!