



# WELCOME BACK

## Welcome Back Staff

Nancy Mullenax  
*Director*

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*Educational Case Manager*

Sylvia Moreno  
*Educational Case Manager*

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*Management Assistant*

Araceli Gutierrez  
*Program Assistant*

**To make an appointment with an educational case manager or to confirm class or workshop registration, please contact:**

**(415) 561-1833**

City College of San Francisco  
John Adams Campus  
1860 Hayes Street, Room 221  
San Francisco, CA 94117

## Summer Office Hours

Monday  
8:30 a.m. to 1 p.m. & 2 to 5 p.m.

Tuesday  
8:30 a.m. to 1 p.m. & 2 to 5 p.m.

Wednesday  
8:30 a.m. to 1 p.m. & 2 to 5 p.m.

Thursday  
8:30 a.m. to 1 p.m. & 2 to 4 p.m.

Friday  
8:30 a.m. to 1 p.m. & 2 to 5 p.m.

Saturday  
Closed

## Issue 14

### My Efforts Were Not in Vain



I was born in Guatemala in 1974, the son of college-educated parents. My mother is a doctor and my father is a lawyer. I grew up in an environment that, despite the day to day problems, fostered culture through a love and appreciation for literature. When the time came for me to decide what I wanted to do, I found myself trapped between a rock and a hard place. On one hand, my father wanted me to become a lawyer and, on the other, my mother wanted me to be a physician. I had always wanted to be a doctor, but due to the works of destiny, I began to study law. At the end of the first year of studies, I discovered that law was definitely not my calling. I gave up my law career and the next year I began studying medicine.

I got married during my fourth year of medical school and, by graduation, I had two children. My wife, also a medical student in the University of San Carlos

in Guatemala, but who was born in Palo Alto, California, convinced me to come to the United States. I agreed without having the slightest knowledge of either the English language nor the challenges that I would be facing. I arrived to the U.S. in November of 2002.

My first jobs in the U.S. were frying chicken at KFC and as a stockman for Target. I maintained these jobs for two years and they helped me to pay for the exams that I had to take in order to earn my license in the U.S. Even though I was tired from working two jobs, I still attended school in order to learn English. My weekends were the only time that I had to study for the USMLE exams.

Volunteer work is necessary in order to maintain contact with patients. As I worked and studied, I volunteered in a community clinic, as well as in a private school as an instructor of anatomy and EKG. In addition, I worked as an interpreter. I interviewed patients, performed data entry, and did some “shadowing”, which is observing a doctor as s/he does her/his daily work. These experiences contributed to the high scores that I got in the USMLE Step 1 and Step 2.

I passed the first exam in June of 2003 and that success gave me lots of self-confidence. I took the second exam in De-

ember of that same year and the third exam in August of 2004 and obtained high scores, thank God. It was difficult for me to achieve this, because in addition to my two jobs, I still had to meet my obligations as a father and a husband. However, I feel that determination and strength of will is all you need to reach your personal goals. I appreciate the help from the Welcome Back Center. Sylvia Moreno helped me very much with all of her advice. I would like to thank all of the Welcome Back Center staff for helping me. Not only did I receive orientation, I was also able to take part in the free English for Health Professionals course.

I applied to 35 hospitals for residency in internal medicine and I was a bit disappointed when I only was asked to interview at seven hospitals; however, five of these had good residency programs. When I went to my second interview in Chicago, I was offered a Pre-match and I accepted.

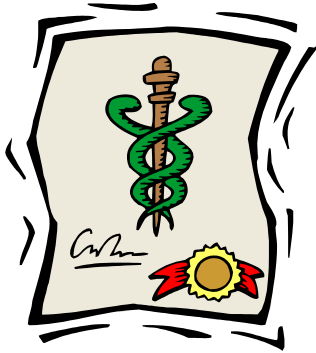
I am very happy knowing that I will begin to work as a resident in my specialty—all of these years of struggle were not in vain. I strongly urge you, the reader, that with the help of God, of good people like the ones at Welcome Back, and with determination you can fight for your ideals, goals and dreams, for it is es-

Summer 2005  
verano 2005

## My Efforts Were Not in Vain (cont.)

pecially in this country that anything can be achieved.

*Manuel Estrada, M.D.  
Welcome Back Participant*



## Mis Esfuerzos No Fueron en Vano

Nací en Guatemala en 1974, hijo de padres universitarios, mi madre médico y mi padre abogado. Crecí en un ambiente donde a pesar de los problemas cotidianos, se fomentó la cultura a través del amor a la lectura. Cuando llegó la hora de decidir que quería, me ví, atrapado entre la espada y la pared. Por un lado mi padre quería que fuese abogado, mi madre quería que fuese un médico. Siempre quise ser médico, pero por situaciones del destino, empecé a estudiar para convertirme en abogado. Al final del primer año, me di cuenta que definitivamente no era lo mío. Renuncié a la carrera de abogado y al año siguiente empecé a estudiar medicina.

Me casé cuando estaba en cuarto año de medicina, y al final de la carrera, ya tenía dos hijos. Mi esposa, una estudiante de medicina en la Universidad de San Carlos de Guatemala, quien había nacido en Palo Alto, California, me convenció de venir a EEUU, sin yo tener la más mínima idea del idioma inglés ni de lo que yo estaría confrontando. Vine en noviembre del 2002.

Recuerdo que mi primer trabajo fue cocinar pollo en KFC y en Target como *stockman*, trabajos que sostuve por casi 2 años, y que me ayudaron a pagar los exámenes que tenía que tomar para revalidar mi licencia. A pesar de lo cansado que me sentía al tener dos trabajos, asistía a la escuela a

aprender inglés, y mis fines de semana estaban destinados a ser el único tiempo que realmente tenía para estudiar para mis USMLE.

El trabajo voluntario es necesario para mantenerte el contacto con pacientes. Mientras trabajaba y estudiaba, trabajé como voluntario en una clínica comunitaria y en una escuela privada como instructor de anatomía y EKG. También, trabajé como traductor, entrevisté pacientes, procesé datos y “shadowing”, que es observar a un médico haciendo su trabajo diario. Estas experiencias contribuyeron a las altas calificaciones que obtuve en el USMLE Step 1 y Step 2.

Pasé el primer examen en junio del 2003, y ese triunfo me hizo confiar aun más en mi mismo. Tomé el segundo en diciembre del mismo año y el tercero en agosto 2004, obteniendo altos puntajes gracias a Dios. Fue duro para mí lograrlo, pues aparte de mis trabajos, debía de cumplir con mis obligaciones como padre y esposo pero creo que determinación y voluntad es todo lo que necesita uno para alcanzar las metas personales. Debo agradecer el hecho de que fui asesorado por el Programa de Welcome Back, Sylvia Moreno me ayudó mucho con sus consejos. A todo el personal de Welcome Back le agradezco el haberme ayudado, pues no solamente recibí orientación, pero además cursos gratuitos de inglés para profesionales de la salud.

Aplicé a 35 hospitales para residencia de medicina interna y estuve un poco decepcionado, pues había recibido solamente siete entrevistas, pero 5 de ellas eran buenos hospitales. Cuando tuve mi segunda entrevista en Chicago, ellos me ofrecieron un *Pre-Match* y acepté.

Estoy contento de que voy a empezar a trabajar como residente en mi rama; después de todo, todos estos años de esfuerzo **no fueron en vano**. Yo exhorto al querido lector a que con la ayuda de Dios, de gente tan buena como la de Welcome Back, y con determinación, luchan por sus ideales, metas y sueños pues, en este país, especialmente todo se puede lograr.

*Manuel Estrada, M.D.  
Participante de Welcome Back*



**Congratulations**  
*To all of the people who  
successfully completed the  
Spring 2005  
LVN Refresher Course!*

*The San Francisco  
Welcome Back Center Staff  
wishes you all the very best!*

If you are interested in finding out about future LVN Refresher courses, please call your Educational Case Manager.



## Interview Workshop

Are you looking for a job? Do you need help with your confidence in the interview?

Join us for this fun and educational workshop, conducted by the Welcome Back Center's Educational Case Managers. They will be giving tips on how to give a great interview, going over the most frequently asked interview questions and practice interviews.

**Thursday, August 25, 2005  
6:30 p.m.-9:00 p.m.  
CCSF John Adams Campus  
Room 202**

If this workshop is for you, please call (415) 561-1833 to sign up. \*Space is limited to the first 12 people who sign up.

# Upcoming classes...

## ***Communication for the Workplace: English for Health Professionals***

ESLV 3800

Kat Peirce, ESL Instructor, will be offering Communication Skills for the Workplace: English for Health Professionals at CCSF John Adams Campus for persons with HIGH intermediate English level skills. ESL Credit Placement Test required with a minimum score of 130/132.

Saturdays, starting August 20 through  
December 17, 2005

8:00 a.m. to 1:00 p.m.  
ESLV 3800 CRN# 83342

Contact Welcome Back at (415) 561-1833 to register for this noncredit course or register online at:

[http://www.ccsf.edu/Services/  
Matriculation\\_Office/noncredit/](http://www.ccsf.edu/Services/Matriculation_Office/noncredit/)

## **Vocational English as a Second Language for Medical Professionals**

VESL for Medical Professionals  
offered this summer through  
Jewish Vocational Services

June 27, 2005-August 11, 2005  
Monday-Thursday  
5:30 p.m.-7:30 p.m.

For more information, please contact Marc Goldberg, Nursing Programs Coordinator at 415-782-6283 or [mgoldberg@jvs.org](mailto:mgoldberg@jvs.org)



## **Introduction to the U.S. Health Care System \* Fall Session 2005**

HLTH 5410—*Organization of Health Services*  
Saturdays, September 17 & 24, 9 a.m.-1 p.m.

HLTH 5420—*Public Health & Society*  
Saturdays, October 8 & 15, 9 a.m.-1 p.m.

HLTH 5430—*Health Professions & Practice*  
Saturdays, October 29 & November 5, 9 a.m.-1 p.m.

\* certificate awarded upon completion of all six sessions

If you are interested in enrolling, please call the Welcome Back Center at (415) 561-1833. These courses are taught in English, requiring an intermediate English skill level.

Si le interesa inscribirse, por favor llame al Centro de "Welcome Back" al (415) 561-1833. Estos cursos se enseñan a un nivel de inglés intermedio.

Contact us...

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Phone: (415) 561-1833  
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www.e-welcomeback.org

3rd Annual  
City College of San Francisco  
Student Services Fair

September 14, 2005 10:00 AM- 1:00 PM

Learn about the services and programs offered at CCSF  
On *City College of San Francisco Main Campus Cafeteria*  
50 Phelan Avenue  
San Francisco, CA 94112



The San Francisco Welcome Back Center is sponsored by City College of San Francisco and San Francisco State University through the Community Health Works of San Francisco, a joint program of the two institutions, and by the San Francisco Bay Area Regional Health Occupation Resource Center.

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Mission Statement

"To build a bridge between the pool of internationally trained health workers living in California and the need for linguistically and culturally competent health services in underserved communities."



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