

Rising Scholars

Michael Osio

Submitted by Noel Gomez

The Rising Scholars Student of the Year Award recognizes a student who has overcome personal challenges, demonstrated success at SBCC, and is also involved in the community. After struggling with addiction, incarceration, homelessness, and feelings of desperation and hopelessness, Michael Osio will be graduating from SBCC with degrees in Liberal Arts: Arts/Humanities & Social Behavioral Sciences; IGETC Transfer; Sociology for Transfer; and Psychology for Transfer. While focusing on his education at SBCC, Michael has found time to give back to the community as a Residential Treatment Specialist at the Santa Barbara Rescue Mission. Michael leads three weekly groups for people in recovery: Monday Morning Motivation, Fundamentals of Recovery, and Acceptance Commitment Training. He has developed a 12 week curriculum on topics such as mindfulness and cognitive behavioral thinking. On top of school and work responsibilities, Michael also sponsors men in the recovery community and guides them to live a productive and sober lifestyle. Michael will be transferring to UC Santa Barbara this fall with the goal of completing a Master's program after UCSB to become a Licensed Marriage and Family Therapist.