Hello and welcome to the start of spring 2017! While I am new to the FYE office, I am not new to the commitment to the success of first year students and the fundamental belief that this is such an important year in connecting you to your on-campus communities, and hear you proudly proclaim that you are part of the Titan family.

Last semester UNIV 100 laid out tools and resources that are proven to help you get started on an exciting academic journey. This is the semester where you put those tools to work: open doors that you didn’t know you could open, step into new leadership opportunities, or find the service work that makes your soul sing.

We want to hear from you, so that we can learn how you are using your campus resources. Follow us on Twitter @csuf_fye, and when you find yourself using a campus office or service that you learned about in UNIV 100 assignment, tweet us. You can also check out our Facebook page by searching “First Year Experience – CSU Fullerton”. When you find yourself at a loss or uncertain about which campus office to seek help from, come see us in LH-216, tweet us, or contact your peer mentor.

We have many new exciting programs this semester. Follow us on Twitter (@csuf_fye) so you can put the events in your schedule. Additionally, I would love to meet you and hear your FYE story. Follow me on Twitter at my new FYE handle (@CSUF_dirFYE). Did I mention pizza party (vegan and veggie included) when I hit 200 UNIV 100 students followers? When you follow put your UNIV 100 section or faculty name in tweet!

-Dr. Mary Ann Villarreal
THE OFFICE OF FIRST YEAR EXPERIENCE PRESENTS

Campus Spotlight Series

Join us February 22nd as we showcase our first campus resource center and learn about their programs and services available to students.

LOCATION: LAVA LOUNGE

Join us as we learn about the programs and services the Chicana & Chicano Resource Center provides for students.

FEBRUARY 22 / 12:00 PM
Albert Hernandez
Major: Health Science
Favorite Quote: “Intelligence without ambition is a bird without wings” – Salvador Dali

How has First Year Experience helped you during your first year of college?
FYE has been a great experience for me. It has made an exponential impact on my first year. I knew I had the support of the FYE team and staff. It also allowed me to connect with some classmates. I managed to form close relations with people I never would have imagined. It also gave me insight on what it means to be a college student and what it will take to succeed.

Describe the ways in which University 100 facilitated your transition from high school to college?
FYE allowed me to find my group of supporters, whether it be my University 100 professor, Dr. Mallers, or my classmates. I learned the sacrifices I would have to make in my social and academic life. The class was something I looked forward to because of Dr. Mallers being supportive, yet inspirational, and because of the fun, loving, and dedicated students in my class. It was an absolute blast. I feel blessed to have had taken this class.

What would you say to an incoming first-year?
I would say to just get out of your comfort zone and your opportunities will eventually come. You’re bound to find “road blocks,” but you must always get past them. Everyone has a goal, a motivation. Use your motivation to guide you through college. Use that motivation, that goal, to inspire you to make that important phone call to a professor, to talk to CSUF employees, to seek out help when you need it, to approach new students, and to get through those tough classes.
WANT TO BE FEATURED IN THE FYE NEWSLETTER AND POSSIBLY OUR WEBSITE?!

Ask one of our front desk student assistants for more info

STUDENT SPOTLIGHT
SPRING 2017
FYE Peer Mentors
We are currently looking for new Peer Mentors for the upcoming

Guide a new Titan, become a...
First Year Experience

Requirements:
- Cumulative GPA of 3.0 or higher
- Junior or Senior class standing (qualified sophomores will be considered)
- Familiarity and sensitivity to first-year students’ traditional issues.

Benefits:
- Certificate of recognition from the College Reading & Learning Association
- Free printing and study space in the First Year Experience Lava Lounge
- 3 units of elective credit toward graduation from University 397: The Peer Mentor Experience

APPLICATION AVAILABLE MARCH 8, 2017 IN LH 216
APPLICATION DUE MARCH 24, 2017 AT 5PM IN LH 216

Questions? Contact us at 657-278-7334 or siaanudio@fullerton.edu
What’s going on around campus this month?

**Resume Review:** Wednesday, February 8th, 10am-2:45pm @ LH 210 G

**CSU Tuition Increase Student Forum:** Thursday, February 9th, 3pm-5pm @ TSU Alvarado AB

**Life After College:** Tackling Debt-Free Credit Cards to School Loans: Wednesday, February 15th, 5:30pm-6:30pm @ Education Building 122

**Exploring Majors Workshop:** Wednesday, February 22nd, 11:30am-1pm @ LH 210-G

**Fantastic Beasts and Where to Find Them:** Thursday, February 23rd, 4pm, 7pm, 10pm @ TSU Titan Theater

**Academic Affairs Events and Opportunities:**

**Rick Morris Classroom Management Workshop** Monday, February 7th 4-6 p.m. @ TSU Pavilion BC

**Hispanic/Latino Media & Marketing International Conference** February 16-18th @ CSUF University Conference Center

**Epidemics: The SHAPE of Global Disease (Socio-Historical Artistic and Political Expressions and Epidemiologies)** February 24-25 @ SGMH 1308 & 1406

**Spanish, a Tool for Inclusive Globalization/ Jornada Educativa:** El español como herramienta para forjar una globalización inclusive Saturday, February 25 8:30 a.m. @ CP-120

**Floating Realities: The Art of Masami Teraoka** - Continuing through 3/2, 2017 @ Begovich Gallery
# WELLNESS WORKSHOPS

Counseling & Psychological Services, Cal State Fullerton  
fullerton.edu/caps  
657-278-3040

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### “Stress”:
Identify how stress impacts you and increase skills/tools to decrease stress.

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<th>Location</th>
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<td>1 p.m.-2 p.m</td>
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### “Mood”:
Learn how to understand and accept your emotions. Develop skills to increase positive emotional experiences.

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### “Thought”:
Learn how your thoughts impact your mood and behavior. Gain skills to modify negative thoughts and beliefs.

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**Note:** If you will be referring your class to a Wellness Workshop being held on a specific day/time, please contact [Dr. Jill Kapil](mailto:jkapil@fullerton.edu), Wellness Workshops coordinator, to ensure sufficient materials are available for the presentation.
Contact Us:

Office of First Year Experience
800 N. State College Blvd
LH 216
Fullerton, CA 92831
657-278-3709
Monday - Friday 8:00 a.m. to 5:00 p.m.
firstyearexp@fullerton.edu
Visit us on the web at
www.fullerton.edu/FYE/