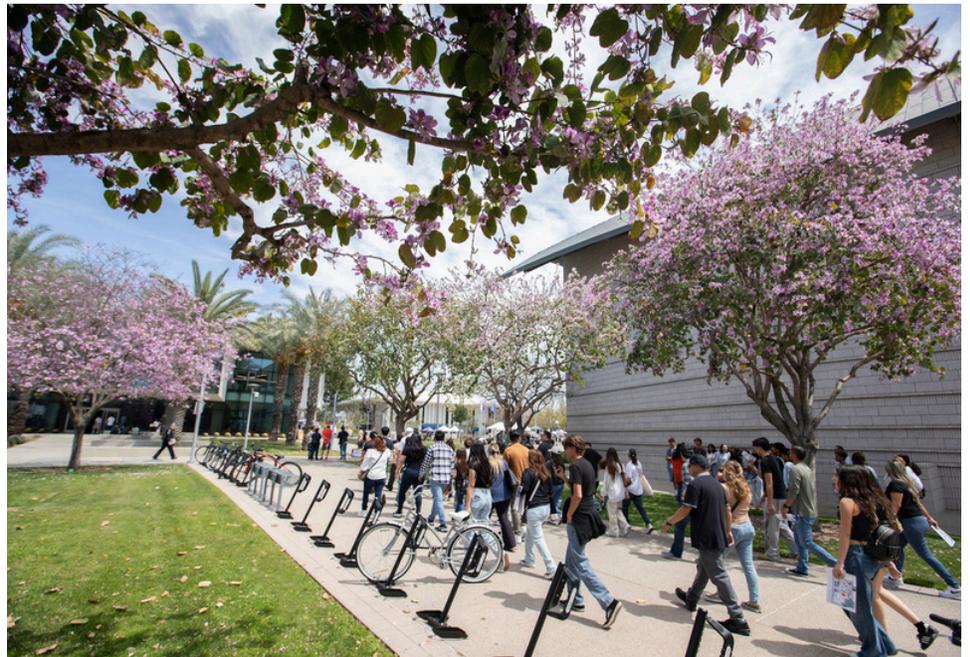


GRADUATE STUDENT NEWSLETTER

CSUF Office of Graduate Studies

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MESSAGE FROM CSUF GRADUATE STUDIES

It's almost the end of the academic year! As you prepare to submit your final papers or complete your final exams, take a moment to reflect on how far your journey has taken you. You have done amazing work, and we believe in you as you make your last push!

Finally, congratulations to all of our graduates who will be finishing this spring and summer! We hope you are proud of all of the effort and time you've put into your degrees, and we can't wait for the adventures that await you!

If you have any questions or need anything, please reach out to us!

CAREER CENTER'S COLLEGE CAREER SPECIALISTS



Did you know that each college at CSUF has its own dedicated Career Specialist? The Career Specialists provides students with targeted support to help prepare you to prepare to pursue careers within your related field!

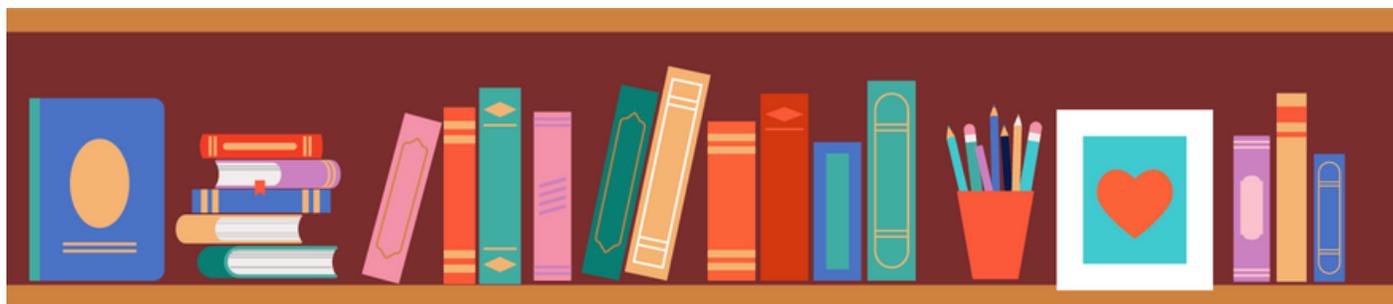
On the [Career Specialist webpage](#), you will be able to see all of the Career Specialists. On this page, you can preview some of the resources offered through each of the Career Specialists. Some examples of what you might find here are job postings; internship or job search sites related to that field; professional affiliations or networks; sample resumes for that field; and more!

POLLAK LIBRARY'S SUBJECT CONSULTANTS

Looking to level up your research? Ever felt frustrated trying to find references for a project? Lean on your subject consultants through Pollak Library!

Every major on campus has a subject consultant and this resource is open to all graduate students across campus. The subject consultants provide targeted support with helping you to find resources within your field or related to your topic. The subject consultants are here to help you make the most of all the resources all library has to offer! Visit the [Pollak Library's website](#) to find your subject consultant. You can make an appointment with your subject consultant by reaching out to them.

If you are in a pinch and need support sooner, visit the ["Help/Research Assistance" page](#) on their website to learn more about the Research Center or some of the online options that are available.



DIVERSITY INITIATIVES AND RESOURCE CENTERS (DIRC)

DIRC is home to eight identity-based resource centers. Each of the centers – listed below! – provide an inclusive space for students to be their authentic selves and co-curricular engagement opportunities for students to develop a deeper understanding of their identities and those of others.

- [African American Resource Center \(AARC\)](#)
- [Asian Pacific American Resource Center \(APARC\)](#)
- [Latinx Community Resource Center \(LCRC\)](#)
- [Losquadro Keller LGBTQ Resource Center \(L.K. QRC\)](#)
- [Titan Dreamers Resource Center \(TDRC\)](#)
- [Women's Resource Center \(WRC\)](#)
- [Southwest Asian and North African \(SWANA\) Resource Center](#)
- [Native and Indigenous Resource Center \(NAIRC\)](#)

Learn more about DIRC at their [website linked here](#). All students, regardless of race, sex, color, ethnicity, national origin, or other protected status who are interested in DIRC and their 8 centers are welcome.



TITAN GRAD SLAM

Join us for the Titan Grad Slam on April 24, 2025 from 4:00-5:30pm! This will be a live virtual event!

The Grad Slam event showcases and celebrates the wide array of research taking place at the graduate level. During the competition, participants are allowed 3 minutes and one PowerPoint slide to present their research to a non-expert audience.

Learn more about the CSUF Grad Slam at the [Office of Graduate Studies website](#) and learn more about the larger CSU Grad Slam - hosted on CSU San Bernadino's campus - at [this website](#).



2025 COLLEGE COMMENCEMENT CEREMONIES

Commencement is set to take place May 19-22, 2025. Access the [ceremony schedule at the link here](#). Students graduating at the end of the fall 2024, spring 2025, and summer 2025 semesters are eligible to participate in Commencement 2025.

Commencement ceremony registration will take place between April 1-23, 2025. Instructions on how to register were sent to you on March 31st. Your registration tile will appear in your portal on April 1st. You MUST register for your Commencement ceremony to participate. This is separate from applying for your Grad Check.

Please continue to check the [Commencement website](#) throughout the spring semester for updates.



2025 DIRC COMMENCEMENT CELEBRATIONS



In addition to the College ceremonies, check out some of the other grad celebrations happening on campus! Announced celebrations include:

- [African American Resource Center's \(AARC\) Pan Afrikan Recognition Celebration](#)
- [Latinx Community Resource Center's \(LCRC\) Neustra Graduación](#)
- [Titan Dreamers Resource Center's \(TDRC\) UndocuRegonition Celebration](#)
- [LGBT Queer Resource Center's Lavender Recognition Celebration](#)
- [Asian Pacific Islander South Asian American \(APISAA\) Recognition Celebration](#)

Please visit the organizing program's Instagram to learn more about each of these celebrations and details on how to register. Additional ceremonies may be announced on the [Diversity Initiatives and Resource Center's \(DIRC\) Instagram](#).

UPCOMING DEADLINES

Grad Check Online

Application Deadlines:

- Spring 2025
Graduation Term
 - Deadline to finish all degree requirements: May 23, 2025
- Summer 2025
Graduation Term:
 - Deadline to finish all degree requirements: August 1, 2025

2025 Commencement Ceremonies Registration Period:

April 1-23, 2025

Thesis/Dissertation Deadlines:

- Spring 2025: April 25, 2025
- Summer 2025: July 3, 2025

Withdrawal Deadlines:

- Non-medical withdrawals w/ a “W” notation on transcript: April 18, 2025
- Medical withdrawals: May 2, 2025

GRADUATE STUDIES CENTER HOURS AND SERVICES

Come visit us in PLN-121! We are open:

Monday - Thursday, 10am-7pm

Friday, 10am-5pm

Remember you can stash your food in our kitchen area, bring your study group to our open study space, or **reserve our private study room.**

CSUF graduate students can book free one-on-one writing appointments **online on our website.** Appointments during midterms and finals periods are usually in high demand so don't wait to start working on your writing projects!

CONTACT US

Follow us on our social media pages to stay in the know!



Instagram: [@csufgradstudies](https://www.instagram.com/csufgradstudies)



YouTube: [@csufgradstudies7586](https://www.youtube.com/channel/UC7586)



If you have any questions or concerns, reach out to us at: gradstudiesrecept@fullerton.edu.



Fuel for Finals: Breakfast at the GSC

Mon., May 12th and Tues., May 13th

10am-11:30am

Graduate Studies Center (PLN121)

Start your finals week off right by joining us at the GSC for breakfast! We will also have coffee and tea for you to enjoy throughout finals week during our regular hours (Mon. - Thurs., 10am-7pm and Fri., 10am-5pm).

GSC
at **CSUF**
Graduate Studies Center



OFFICE OF GRADUATE STUDIES IS HIRING

GRADUATE STUDENT ASSISTANTS

We're hiring graduate student assistants to provide general office support to the **Office of Graduate Studies & Graduate Studies Center**. Responsibilities include:

- General office duties (e.g., answering phones and emails)
- Maintain an inviting, clean, and supportive environment for students
- Create social media content for both print and electronic use
- Support and assist with graduate student events, such as programs and workshops
- Assist students with navigating campus resources and graduate program applications
- Assist Office of Graduate Studies staff on various projects or programs

Essential Qualifications:

- Currently enrolled in a graduate-level program at CSUF and in good standing
- Excellent interpersonal, written, and verbal communication skills
- Highly responsible, dependable, well-mannered, professional, and responsive
- Ability to interact and communicate professionally with students, staff, and faculty
- Ability to manage multiple projects with ongoing interruptions with minimal supervision
- Ability to use independent judgement, critical thinking skills, and analytical skills
- Experience using social media platforms

Preferred Qualifications:

- Prior customer service experience
- Students enrolled in the counseling, psychology, or social work graduate programs, or students with a bachelor's degree in a related field
- Students with no other CSUF positions
- First-year graduate student

Apply on the CSUF Careers page (Job Search #545916)
Questions? Reach out to gradstudiesrecept@fullerton.edu



GRAD STUDENT DROP IN OFFICE HOURS

No appointment or RSVP necessary

We can help you!

- Got questions about stress management, wellness, or how to connect with CAPS?
- Unsure if your experience is typical?
- Curious about CAPS and how we can help you?



Graduate Studies Center (PLN-121)

Monday 2/24 3-4 PM

Monday 3/24 3-4 PM

Monday 4/21 3-4 PM



Grad Student SUPPORT GROUP

Facilitated by Dr. Annie Petrossian

This group is a low-pressure, friendly, and supportive space for graduate students to decompress, share their experiences, problem solve, and take some time for themselves.

Meets Virtually on
Wednesdays 3-4PM

Meeting ID: 886 6972 2076



*Scan to join
group
on zoom!*

Starting February 5 - May 7 (Except April 2)

No RSVP Needed; please be willing to turn on your camera and participate

Wellness Workshops

Spring
2025

📷 @csufcaps | @you.fullerton.edu | @capswellnessroom

Wellness is the act of pursuing activities, lifestyles, & choices that contribute to holistic health.

Stress Wellness

Identify how stress impacts you and increase skills/tools to decrease stress.

Monday, 3/10 | 3:30-4:30PM | Business Tutoring Center SGMH2404

Presented by Mylene Maranan & Flavio Berny

Friday, 3/21 | 12-1PM | In person TH 3rd floor 1347 Conference Room

Presented by Mylene Maranan & Flavio Berny

Thursday, 4/24 | 1-2PM | Business Tutoring Center: SGMH 2404

Presented by Flavio Berny

Thought Wellness

Identify how your thoughts impact your mood and behavior. Gain skills to modify unpleasant thoughts and beliefs.

Tuesday, 2/18 | 3-4PM | Career Center Conference Room, Langsdorf Hall 208

Presented by Amy Dao & Sofia Arteaga

Tuesday, 3/25 | 2-3PM | In person TH 3rd floor 1347 Conference Room

Presented by Amy Dao & Sofia Arteaga

Tuesday, 4/29 | 1-2PM | CAPS YOUTube Live

Presented by Amy Dao

Stream several workshops on

YouTube Live youtube.com/@csufcaps/live

All workshops are drop-in | Scheduling NOT needed

Any questions? Call CAPS at (657) 278-3040 or visit Fullerton.edu/caps

Mood Wellness

Learn how to understand and accept your emotions. Develop skills to increase positive emotional experiences.

Wednesday, 2/19 | 1-2PM | In person TH 3rd floor 1347 Conference Room

Presented by Lia Vanguardia

Wednesday, 3/19 | 1-2PM | Career Center Conference Room, Langsdorf Hall 208

Presented by Lia Vanguardia & Mylene Maranan

Wednesday, 4/30 | 1-2PM | CAPS YouTube Live

Presented by Lia Vanguardia & Mylene Maranan

Sleep Wellness

Learn how sleep impacts your body and benefits of a good nights' sleep. Improve daily strategies to improve sleep.

Wednesday, 2/26 | 11AM-12PM | Business Tutoring Center SGMH2404

Presented by Chloe Young & Miranda Roa

Wednesday, 3/26 | 1-2PM | University Honors Center PLS160

Presented by Chloe Young & Miranda Roa

Wednesday, 4/9 | 1-2PM | Business Tutoring Center SGMH2404

Presented by Chloe Young & Miranda Roa

Wednesday, 4/30 | 11AM-12PM | CAPS YouTube Live

Presented by Chloe Young

Emotional Wellness

Explore how emotional intelligence can impact your relationships and overall wellness.

Tuesday, 2/25 | 2-3PM | Career Center Conference Room, Langsdorf Hall 208

Presented by Sofia Arteaga & Nicholas Rangel

Wednesday, 3/12 | 1-2PM | CAPS YouTube Live

Presented by Miranda Roa & Nicholas Rangel

Tuesday, 4/29 | 11AM-12PM | In person TH 3rd floor 1347 Conference Room

Presented by Nicholas Rangel

Therapy Groups

Spring
2025

Mondays

Embodied Holistic Wellbeing | 3-4:30PM

Facilitated by Phi Loan Le, Psy.D., C-IAYT & Alex Kryzanowski, M. A.

3/17-4/28 (No group on 3/31)

This group will focus on holistic well-being through self-care and community building as strategies to manage stress. Yoga philosophy and traditional healing practices (e.g. breath practices, gentle movements, meditation) will be introduced over the course of 6 weeks. The focus of this therapeutic yoga group is to connect mind and body to improve overall mental, emotional, and physical wellbeing. No prior yoga experience is required.

Boundaries Book Club | 11AM-12PM

Dr. Lamba Aziz-Hanifzai

2/3-4/21 (No group on 3/31)

This group is for Housing Resident Advisors (RAs) and will focus on setting boundaries, understanding your limits, as well as your mental and emotional capacity. Participants will learn to say no without feeling guilty and make self care a priority.

Tuesdays

The Artful Mind of Substance Use | 10:30AM-12:00PM

Facilitated by Carolyn Quintana, M.S.

2/11-4/1

An art therapy group that includes therapeutic activities that allows individuals to express their feelings and thoughts through art. The group is open to individuals struggling with substances presently, in the past, or contemplating future concerns.

Wednesdays

Playing with Your Emotions: A Game-Based CAPS Therapy Group | 2:30-4:00PM

Facilitated by Megan Bonyngge, LMFT

2/26-4/23 (No group during Spring Break, 4/2)

Why just talk about feelings when you can play with them? Tap into a whole new way to explore your inner world while connecting with others and having fun. In this therapy group, we'll be playing Dixit, a visual, artistic, card-based storytelling game, paired with therapeutic mini journaling. Give new language to your experiences, overcome social anxiety, and beat loneliness! This group meets on campus, is great for new students, and anyone looking to have fun and meet friends!

Thursdays

Healthy Relationships Group | 2-3:30PM

Facilitated by Jacquelyn Gerali, MS, LPCC

Starting February

Are you interested in learning about how to establish and maintain healthy interpersonal relationships? Please join us for a 10-week group designed to explore relationships from your perspective! This is a closed group, so space is limited. If you are interested, please contact CAPS at (657) 278 3040.

Women of Color (WOC) Support Group | 2:30-4PM

2/27-4/24 (No group during spring recess on 4/3)

Facilitated by Hannah Che, PsyD & Breanna Smith, PsyD

This support group offers a safe and nurturing space for women of color to come together, share experiences, and find strength in one another while building resilience through meaningful connections. In this group, we will explore themes such as identity, self-esteem, cultural challenges, and the impact of societal pressures, all while celebrating the unique strengths and perspectives that come with being a woman of color. Open to women from all backgrounds, this group aims to build a sense of solidarity and sisterhood, where shared experiences are honored and healing through community is prioritized. Whether you are looking for a place to vent, heal, or connect, this group offers a welcoming and inclusive environment for women of color to engage with each other, share wisdom, and strengthen their sense of self-worth.

Yoga and Energy Healing | 4-6PM

3/6-5/1 (No group during spring recess on 4/3)

Facilitated by Joeline Navarro, MS, LMFT

In yoga, chakras are used to describe the way energy is moved in the body. These energy centers in your body can often come unbalanced causing one to feel stagnant, insecure, or lost. In this group, we will learn about the chakras and engage in practices such as yoga, meditation, breathwork, self-reflection, and dialogue to help align these energy centers on a mind/body/spirit level. Each week we will focus on one of the chakras and you will leave with tools to help you feel more aligned and connected. No previous experience or knowledge is needed.

To Be Determined

Grief, Loss, and Healing Support Group | *Date/Time: To Be Determined*

Facilitated by Dr. Julie Meisels

A safe and compassionate space that encourages and honors the individual grieving process of students who have experienced the death of a loved one. Through weekly meetings, students will join with others who are also coping with grief, explore the individual grief process, and reduce feelings of isolation and distress. Closed Group (IC & Screening required, commitment to attend all sessions required)

All groups are free for CSUF Students, confidential, and require consistent weekly attendance. All students must have an up-to-date intake prior to scheduling a group screening.

To schedule call CAPS at (657) 278-3040 or visit [Fullerton.edu/caps](https://fullerton.edu/caps)

@csufcaps | @you.fullerton.edu | @capswellnessroom



Scan for up-to-date
CAPS events

Drop-In Groups

No RSVP Required. Come to as many or as few groups as you like!

Spring
2025

Mondays

CommuniTea | Asian Pacific American Resource Center (APARC) PLS-180 | 1-2PM

Facilitated by Phi Loan Le, Psy.D., C-IAYT

2/10, 3/10, 4/14, 5/12

Join us in APARC PLS-180 to take a study break and de-stress and be in community.

Black on Campus | Langsdorf Hall 315A | 12:30-2PM

Facilitated by Breanna Smith, PsyD

This group is a weekly support group for Black-identified students that incorporates historic wisdom while enriching our present and future through wellness, growth, and connection.

Together, we learn, uplift, and thrive.

Grad Student Drop In Hours | Graduate Studies Center PLN 121 | 3-4PM

Facilitated by Annie Petrossian, Ph.D.

2/24, 3/24, 4/21

Got questions about stress management, wellness, or how to connect with CAPS? Unsure if your experience is typical? Curious about CAPS and how we can help you? Meet your CAPS liaison, Dr. Annie Petrossian, during drop in hours this semester at the Graduate Studies Center. No appointment or RSVP necessary

Tuesdays

Lunch Chats with CAPS | Lawn in front of the Health Center | 12-1PM

Facilitated by Hannah Che PsyD

2/4 – 5/6 Weekly, Excluding April 1 for spring break

We get it - eating lunch by yourself can be stressful, sad, lonely, or even difficult sometimes. And for anyone who struggles with eating in general, it can be even harder! We want to make eating lunch on campus better with a little BYO picnic! Free of food- and body-related conversation, supportive and friendly. A good distraction if you need one! A chance to meet new friends

En Comunidad | LCRC PLS-180

Facilitated by Dr. Valerie Minchala

Tuesday April 8 11AM-12:20PM- Creating my Path and Transitioning Out of College
Join us at the LCRC PLS-180 for a monthly series where we come together en comunidad to support to each other.

Wednesdays

Art of Wellness | NSM Student Success Center, MH-488 | 11:30AM-12:45PM

Facilitated by Christina Carroll-Pavia, Ph.D.

2/5, 2/26, 3/12, 4/23, 5/7

Art-making can be a positive coping strategy, a means of emotional expression, and a fun hobby. When done regularly, it can also help reduce symptoms of stress, depression, and anxiety. Join us for some intentional self-care time! No experience, materials, or artistic ability required. Activities vary each session.

Graduate Student Support Group | Virtual on Zoom | 3-4PM

Meeting ID : 886 6972 2076 | fullerton.zoom.us/j/88669722076

Facilitated by Annie Petrossian, Ph.D.

2/5- 5/7

This drop-in group will meet weekly on Wednesdays during Spring 2025, beginning on February 5th and ending on May 7th, (except for April 2nd). This group is a low-pressure, friendly, and supportive space for graduate students to decompress, share their experiences, problem solve, and take some time for themselves. There is no need to RSVP but please be willing to turn on your camera and participate.

Soulful Wellness Wednesdays | Every 1st Wednesday of the Month |

AARC PLS- 180 1-2PM

Facilitated by Breanna Smith, PsyD

3/5, 4/2, and 5/7

Soulful Wellness Wednesday is a time for Black identifying students to learn and practice self-care strategies in a community. Black faculty and staff are welcome to join in support of our students.

Thursdays

Discover and Thrive | Gordon Hall 148A | 3-4PM

3/6 Communication: Learning ways to connect with others

3/13 Stress Management: Learning skills to challenge anxious/stressful moments

3/20 Overcoming Challenges: Developing skills to increase your confidence

4/10 Wellness: Developing self-awareness 4/24 Communication: Learning ways to connect with others

5/1 Stress Management: Learning skills to challenge anxious/stressful moments

We would like to help you discover self-care and mental health skills that will allow you to thrive academically, socially, and emotionally.

Fridays

Zen Zone | Juniper 150 | 2-3PM

Facilitated by Dr. Lamba Aziz-Hanifzai

2/21-5/2 (No group 4/4, during spring break)

The Zen zone will focus on building a sense of belonging on campus while enhancing well-being and emotional and personal growth through relaxing activities



Scan for up-to-date CAPS events