

GRADUATE STUDENT NEWSLETTER

CSUF Office of Graduate Studies

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MESSAGE FROM CSUF GRADUATE STUDIES

The spring semester is in full swing and midterms are just around the corner! With commencement just a few short months away, this month's newsletter edition contains exciting information as you prepare to celebrate your incredible achievements and hard work.

We also share more about some exciting events happening on our campus, including the Titan Grad Slam! This event showcases the incredible research that is taking place at the graduate level. CSUF will also be hosting the CSU-wide Grad Slam event in May. You won't want to miss it!

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

2026 COLLEGE COMMENCEMENT CEREMONIES

Commencement is set to take place May 18-21, 2026. Access the [ceremony schedule at the link here](#). Students graduating at the end of the fall 2025, spring 2026, and summer 2026 semesters are eligible to participate in Commencement 2026.

Commencement ceremony registration will take place in April 2026. Instructions on how to register will be sent to you in late March. Your registration tile will appear in your portal in early April. 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.

More information about the graduation process, including how to apply for a Grad Check, can be found on the [Office of Graduate Studies website](#).



2026 DIRC RECOGNITION 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
- [Asian Pacific American Resource Center's \(APARC\)](#) 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
- [Native American and Indigenous Resource Center's \(NAIRC\)](#) Recognition Celebration
- [Southwest Asian and North African Resource Center's \(SWANA\)](#) Cultural Recognition Ceremony

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](#).

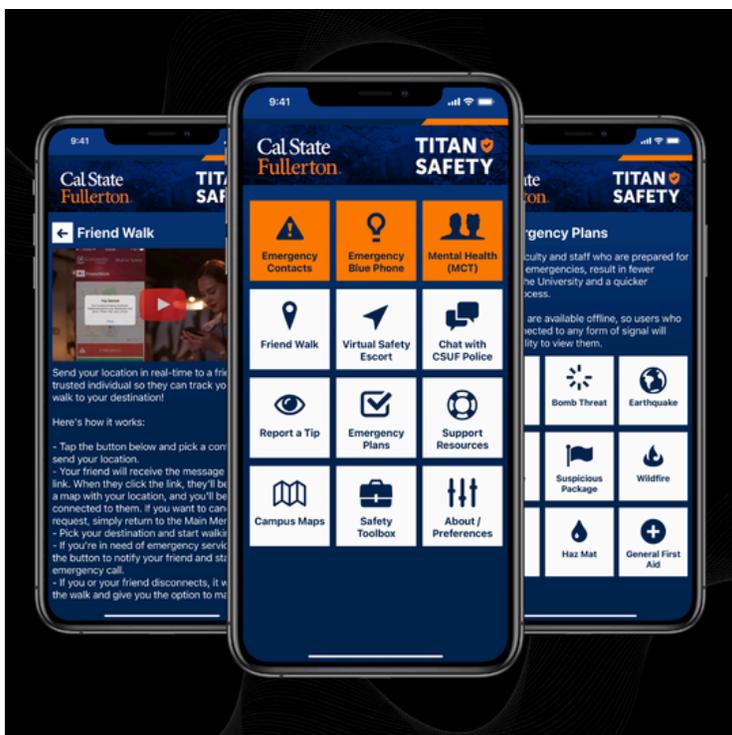


GRAD FEST

Stop by Titan Shops March 16-18 for all of your commencement needs and get exclusive deals on graduation bundles. At Grad Fests, you can purchase your regalia, and purchase products to commemorate your degree from various vendors and CSUF departments. More information on Grad Fest can be found on [Titan Shop's Instagram](#) or on their dedicated [Commencement webpage](#).



TITAN SAFETY MOBILE APP



TitanSafety is CSUF's official safety app, designed to keep the campus community informed and connected during everyday activities and emergency situations. TitanSafety brings critical resources together in one convenient place, helping you stay safe on and around campus.

The app offers quick access to emergency numbers, virtual safety escort services, mental health support, and direct chat with the CSUF Police Department. Users can share their location with trusted friends through Friend Walk, review step-by-step emergency plans, report concerns, explore campus maps, and access a comprehensive safety toolbox.

More information - including links to download the app - can be found on [CSUF's Campus Police website](#).

YWCA'S LATE BLOOMERS SCHOLARSHIP

Scholarship Criteria: Women CSUF graduate students only; enrollment/completion of 9 units both semesters; minimum 3.0 GPA or higher. To learn more about the YWCA scholarship and apply, visit the [YWCA of Orange County website](#). Applications are due on Monday, March 3, 2025. For questions, please reach out to ywcaocceo@gmail.com.

TITAN GRAD SLAM

Interested in presenting your thesis or research? The Titan Grad Slam Event showcases and celebrates the research and creative activity taking place at the graduate level. 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. The goal is to communicate the significance and impact of their research in a way that is engaging to a wide audience.



Applications to compete in the Titan Grad Slam will be available soon on the [Titan Grad Slam webpage](#). The submission deadline will be April 2, 2026 and the live virtual event will take place on April 9, 2026.

CSU WIDE GRAD SLAM

In addition to our campus Grad Slam event, CSUF will be hosting the CSU-Wide Grad Slam event on May 1, 2026.

This CSU-wide event showcases the research of graduate students across the CSU campuses. Students that win their respective campus Grad Slam competitions will have the opportunity to advance to the CSU-wide event as finalists.

More information about the CSU Grad Slam can be found on the [Office of Graduate Studies website](#).



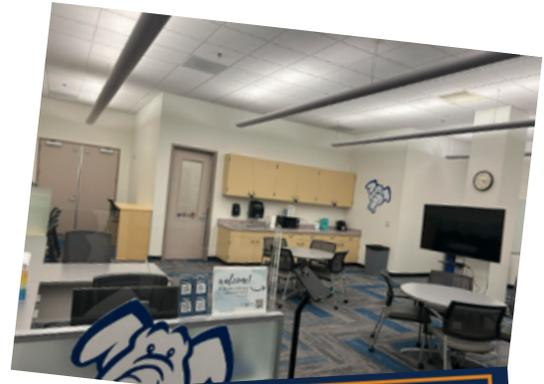
CALIFORNIA STATE UNIVERSITY
GRAD SLAM
THREE-MINUTE THESIS
C O M P E T I T I O N
2026

HOSTED BY
Cal State Fullerton.

GRADUATE STUDIES CENTER (GSC) HOURS AND SERVICES

Visit the GSC in PLN121! Until further notice, we will be open this semester: Monday, 10am-7pm; Tuesday, 10am-7pm; Wednesday, 10am-6:30pm; Thursday, 10am-7pm; and Friday, 10am - 5pm. We are closed Saturdays and Sundays.

We have a kitchen space equipped with a microwave, refrigerator, and sink. To learn more about GSC events and stay up to date on our hours, follow us on Instagram [@csufgradstudies](https://www.instagram.com/csufgradstudies)! More information about how to book writing appointments and the private study room can be found on the [GSC's website](https://www.fullerton.edu/gsc).



UPCOMING DATES

Deadline to finish all degree requirements for Spring 2026: May 15, 2026

Withdrawal Deadlines:

- April 17, 2026 for non-medical reasons
- May 1, 2026 for medical reasons

Thesis/Dissertation Deadline for Spring 2026: April 17, 2026

Upcoming Campus Closures:

- March 31, 2026: Cesar Chavez Day

Spring Break: March 30 - April 3, 2026

Final Exams: May 9-15, 2026

Commencement Ceremonies: May 18-21, 2026

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/UC...)



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

DOGGY THERAPY

Hosted by CAPS in collaboration with the
Graduate Studies Center

Take a break and
decompress with the help of
some of our furry friends
at Doggy Therapy!

Wed. February 25, 2026
1:30pm–3:00pm
Pollak Library North 130



**This event is open to all students, staff, and faculty who
would like to participate.**

GRADUATE STUDIES CENTER X
INTERNATIONAL STUDENTS & SCHOLARS X
CAREER CENTER PRESENT

COFFEE BREAK

CAREER
SUPPORT

COFFEE

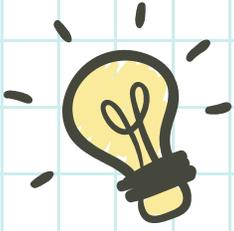
SNACKS



WEDNESDAY, MARCH 11TH
11:00AM - 12:30PM
POLLAK LIBRARY NORTH
(PLN) 120

Come sip, relax, and recharge while learning about the various ways the Career Center's Career Specialists can support your post-graduation goals.

The Career Specialists in attendance will be from Engineering and Computer Science (ECS) and Natural Sciences and Mathematics (NSM). All students regardless of college are welcome to attend!



SAVE THE DATE

GRADUATE & PROFESSIONAL STUDENT APPRECIATION WEEK



APRIL 6-10, 2026



JOIN THE OFFICE OF GRADUATE STUDIES AND
GRADUATE STUDIES CENTER IN CELEBRATING
NATIONAL GRADUATE AND PROFESSIONAL
STUDENT APPRECIATION WEEK!



TO SHOW OUR GRATITUDE, WE'LL BE HOSTING
A RANGE OF EVENTS. JOIN US FOR FUN
SURPRISES ALL WEEK LONG!



Build and showcase
the competencies
employers value
most.

A new micro-credential for
CSU graduate students
grounded in the employer-
recognized NACE Career
Readiness Competencies to
strengthen and display
essential workplace skills.



Designed for all CSU grad students
across disciplines and pathways



Share & showcase 8 essential
competency badges on your LinkedIn,
CV, and email signature block



Created in collaboration between 8 CSU
campuses to fit our students needs



ON ZOOM

Graduate Student Support Group

Facilitated by Annie Petrossian, Ph.D.

Open to all CSUF Graduate Students

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!

Meets Virtually on
Wednesdays 3-4PM
February 4- May 6 excluding 4/1
Meeting ID: 886 6972 2076



Scan to join
group on zoom



GRAD STUDENT DROP IN OFFICE HOURS

with CAPS counselor Dr. Annie Petrossian

No appointment or RSVP necessary

**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?



We can help you!

Tuesdays 3-4 PM

February 17

March 17

April 14

May 5

Graduate Studies Center- PLN 121



Wellness Workshops

Spring
2026

📷 @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.

Wednesday, 2/18 | 11:30AM-12:30PM | Univ Honors PLS 160
Presented by Adam Abbasi & Chad Garty

Tuesday, 3/17 | 10-11AM | Career Center Langsdorf Hall (LH) 208
Presented by Adam Abbasi & Evelyn Blancarte

Thursday, 4/16 | 11-12PM | Titan Hall 3rd Floor Conference Room 1347
Presented by Flavio Berny

Thought Wellness

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

Tuesday, 2/24 | 2-3PM | Titan Hall 3rd Floor Group Room
Presented by Sofia Arteaga & Chad Garty

Thursday, 3/26 | 2-3PM | Career Center Langsdorf Hall (LH) 208
Presented by Sofia Arteaga & Chad Garty

Wednesday, 4/29 | 11AM-12PM | Titan Hall 3rd Floor Conference Room 1347
Presented by Sofia Arteaga

More Workshops



*All workshops are drop-in, All CSUF students welcome | Scheduling NOT needed
Any questions? Call CAPS at (657) 278-3040 or visit Fullerton.edu/caps*

Mood Wellness

Develop skills to increase positive emotional experiences.

Tuesday, 2/24 | 11AM-12PM | College Park (CP) 250
Presented by Adam Abbasi & Mylene Maranan

Tuesday, 3/10 | 11AM-12PM | Career Center Langsdorf Hall (LH) 208
Presented by Adam Abbasi & Mylene Maranan

Tuesday, 4/21 | 1-2PM | Titan Hall 3rd Group Room
Presented by Mylene Maranan

Sleep Wellness

Learn how sleep impacts your body. Improve daily strategies to improve sleep.

Tuesday, 2/24 | 10-11AM | Titan Hall 3rd Floor Conference Room 1347
Presented by Miranda Roa & Evelyn Blancarte

Tuesday, 3/10 | 10-11AM | Career Center Langsdorf Hall (LH) 208
Presented by Miranda Roa & Evelyn Blancarte

Tuesday, 4/21 | 11AM-12PM | College Park (CP) 250
Presented by Miranda Roa

Emotional Wellness

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

Thursday, 2/19 | 1-2PM | Titan Hall 3rd Floor Conference Room 1347
Presented by Nick Rangel & Flavio Berny

Thursday, 3/12 | 2-3PM | Career Center Langsdorf Hall (LH) 208
Presented by Nick Rangel & Chad Garty

Wednesday, 4/15 | 1-2PM | Titan Hall 3rd Floor Conference Room 1347
Presented by Nick Rangel

Academic Wellness

Explore common academic wellness struggles and how to manage them.

Monday, 2/23 | 11:30AM-12:30PM | Univ Honors PLS 160
Presented by Nick Rangel & Sofia Arteaga

Tuesday, 3/17 | 12-1PM | Titan Hall 3rd Floor Conference Room 1347
Presented by Nick Rangel & Flavio Berny

Tuesday, 4/14 | 11AM-12PM | College Park (CP) 250
Presented by Miranda Roa

Therapy Groups

Spring
2026

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

Monday

LGBTQ+ Support Group | 3 - 4PM

March 9 - May 4

Facilitated by Joeline Navarro, MS, LMFT

This group is designed to provide an affirming, safe, and empowering circle of support for students who identify as LGBTQ+ and those who are questioning their sexual orientation and/or gender identity. Discussions will be based on group members' needs and have typically included themes of exploring identities, unpacking feelings about labels, discussing what it means to "come out", navigating potential conflict with family, intersections of identities, healing internalized homophobia/transphobia, safety concerns, being LGBT+ in the political climate, dating and meeting others in the community, and media/social representations of LGBTQ+ individuals.

Tuesday

Keep It Real | 3 - 4:20PM

Facilitated by Valerie Minchala, Ph.D

February 10 - March 24

Interested in learning more about yourself so you can be the real you with others? Join us for a unique weekly therapy group using Keep It Real — a powerful, engaging therapy-based board game designed to encourage self-reflection and spark meaningful conversation around identity, relationships, and much more!! No pressure. No judgment. Just real talk in a supportive space.

More Therapy Groups



Scan for up-to-date
CAPS events and groups

Need to schedule a screening? Call CAPS at (657) 278-3040
or visit [Fullerton.edu/caps](https://fullerton.edu/caps)

[@csufcaps](https://twitter.com/csufcaps) | [@you.fullerton.edu](https://twitter.com/you.fullerton.edu) | [@capswellnessroom](https://twitter.com/capswellnessroom)

Wednesdays

Healthy Relationships Group | 2 - 3:45PM
Facilitated by Jacquelyn Gerali, MS,PPSC, LPCC
March 18 - May 6

Are you interested in exploring how to develop and maintain healthy relationships with others? Communication styles, how past relationships affect current and future relationships, boundaries, and more will be discussed in this group. Schedule a group screening to join this 7-week therapy group to learn more!

Thursdays

Body & Self Image Support group | 2:30 - 4PM
Facilitated by Hannah Che, PsyD
February 26 - April 16 (8 weeks)

This support group is designed to help students build a positive and healthier body image, understand what attributes to poor body image/eating habits, and find support amongst peers as you identify and process challenges of disordered body image. This group offers a safe space to connect with others struggling with similar experiences and can be comforting and empowering to know you are not alone. We will explore what contributes to poor self and body image, including but not limited to social media, familial and cultural expectations, as well as personal experiences.



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CAPS events and groups

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[@csufcaps](https://twitter.com/csufcaps) | [@you.fullerton.edu](https://www.you.fullerton.edu) | [@capswellnessroom](https://twitter.com/capswellnessroom)

Drop-In Groups

Spring
2026

All groups are open to all CSUF students. Come to as many or as few groups as you like. No group screening, no previous experience needed, & no RSVP Required.

Tuesdays

Artful Mind of Substance Use | Titan Hall 3rd Floor Group Room | 10 - 11:15AM

Facilitated by Carolyn Quintana, LMFT

February - May (First Tuesday of every month)

Join us in an art therapy group that includes therapeutic activities that allows individuals to express their feelings and thoughts through art. Group is open to individuals struggling with substances presently, in the past, or contemplating future concern.

Wednesdays

Art of Wellness | NSM Student Success Center, McCarthy Hall (MH)-488

11:30AM - 12:45PM

Facilitated by Christina Carroll-Pavia, Ph.D., C.M.T.

Select Wednesdays:

February 18: Permission Slips

March 11: You've Got Mail (postcards)

April 8: Blackout Poetry

April 29: Coloring for Adults

Join us to engage in relaxing self-care activities through art-making! No experience, materials, or artistic ability required. Come for all or part of any 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.

February 4-May 6 (except for 4/1 which is during Spring Break)

Open group for all current CSUF graduate students to decompress, share concerns, receive support, and create community. You are welcome to come as you are, no need for RSVP, and no commitment. You can attend as often as you like.

More Drop-In Groups



Scan for up-to-date
CAPS events and
groups

@csufcaps | @you.fullerton.edu | @capswellnessroom
Questions? Call CAPS at (657) 278-3040
or visit Fullerton.edu/caps

Wednesdays

En Comunidad | Latinx Community Resource Center (LCRC) PLS-180, Room 184
Facilitated by Valerie Minchala, Ph.D.

Wednesday, February 18: 3-4:20PM – Managing Stress

Wednesday, March 11: 12-1:20PM – Navigating Career Pressures

Join us at the LCRC for a monthly series where we will come together en comunidad to offer support to each other as we exchange stories and experiences about matters we face as members of the Latine community.

Select Days

Titans IRL | Langsdorf Hall (LH)- 556 | Lunch will be provided at the first session

Facilitated by Jodie Shurtle, LMFT and Disability Support Services (DSS)

Thursday, February 19: 10-11AM – Building Community

Monday, March 23: 3-4PM – Reciprocal Communication

Friday, April 24: 10-11AM – How to Have Difficult Conversations

Want to feel more confident connecting with others IRL? This supportive group will help you learn and practice real-life social skills, like starting conversations, building friendships, and navigating IRL relationships.



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