
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! As the weather starts to warm up, consider spending some time outdoors to enjoy the beautiful CSUF campus. Spend a day in the Arboretum and Botanical Garden (see pg. 2 for more information). Plan an on-campus picnic with your cohortmates or peers. Remember to practice self care, take time for yourself, and nourish your community.

In this edition, learn more about campus resources and upcoming events at the Graduate Studies Center. If you have any questions or need anything, please reach out to us!

CSUF ARBORETUM AND BOTANICAL GARDEN

Did you know that CSUF has a 26-acre arboretum and botanical garden? Located on the northeast corner of campus, the Arboretum features plants from around the world, as well as a waterfall, streams, a lake and a pond with visiting waterfowl. The Arboretum is open to folks of all ages. While attendance is free, please consider making a donation of \$5 per person to contribute to the preservation of the plant collections and natural habitats at the Arboretum. More information and tips on how to plan your visit can be found on the [Arboretum website](#).



CSUF CAREER CENTER RESOURCES: PREPARING FOR THE JOB SEARCH

Graduating and thinking about applying to jobs soon? Check out the resources offered through the Career Center!



Graduate students can schedule an appointment with a career specialist or utilize their Zoom front desk for quick questions. The Career Center also offers “drive-thru” services, where you can have your resume reviewed on-the-spot. More information on how to connect with the Career Center can be found on [their website](#).

Select Career Center Resources Include:

- [Resume and Cover Letter Support](#)
 - You also have access to resources such as Hiration (a virtual resume assistant) and the Titan Resume Builder to strengthen your materials!
- [Workshops and Events Calendar](#)
- [Career Fairs and Expos](#)
- Strategies for [how to network](#) more effectively
- [Interviewing Resources](#)
 - You also have access to the online virtual interview platforms, InterviewPrep and Hiration!
- For those interested in continuing their education beyond their current program, there are also [graduate and professional school application resources](#).

STUDENT EMPLOYMENT WEBSITE

Looking for an on-campus job? Check out the [CSUF Student Employment website](#). On this website, you'll be able to learn about the types of student employment opportunities on campus and receive instructions on how to access the Internal Career Opportunities app through the CSUF student portal.



IMMIGRATION RESOURCES

Many in the CSUF community have shared concerns about potential immigration enforcement on campus. The university has created an immigration website to offer guidance on how to respond to immigration officers, individual rights, and available resources. This website can be accessed at the following website: fullerton.edu/immigration/

Students seeking assistance or support regarding DACA or undocumented status are encouraged to contact the [Titan Dreamers Resource Center](#) at tdrc@fullerton.edu.

Resources for international students are available through [International Education and Engagement](#).

LGBT QUEER RESOURCE CENTER'S GENDER AFFIRMING CLOSET

The Gender Affirming Closet provides a free, on-campus clothing resource for transgender, non-binary, and gender non-conforming students to feel empowered to express themselves authentically.

To make an appointment, visit the [LGBT Queer Resource Center's website](#). The appointment link will be under "Resources and Services" > "Center Services." You can also access the appointment system through the LGBT Queer Resource Center's [LinkTree](#). If you have any questions about appointments or the appointment experience, please email lgbtq@fullerton.edu.



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 will be 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.

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



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

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](#).



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.

GILES T. BROWN THESIS EXCELLENCE AWARD

The nomination is comprised of two parts: the Thesis Chair Application and the Student Application. To complete your nominations, please complete the three steps below:

- Department faculty decide which student to nominate for the award (limit to 1 student per graduate program).
- Faculty completes the **Thesis Chair Application** by March 28, 2025 at 5pm. The Thesis Chair Application includes a 500-600 word recommendation on the impact and significance of the student's work. This should include any information on how the student's work breaks new ground, is an innovative contribution, or has the ability to have a wide-ranging impact. The Department Chair is also required to sign the **Thesis Chair Application form**, only to confirm that there is only one nomination for this program this year.
- Have your student nominee complete the **Student Application** by March 28, 2025 at 5PM. The Student Application includes a short abstract (50 words), extended abstract (500-600 words), and student biography (150 words).

The Thesis Chair Application and the Student Application must both be received by **March 28, 2025** to be considered for the award. Final awards will be announced no later than April 25, 2025. Contact gradstudiesrecept@fullerton.edu with any questions. For more information, visit [our website](#).

GRADUATE EQUITY FELLOWSHIP

The Spring 2025 application period for the Graduate Equity Fellowship will open soon! This program awards grants that range from \$500 to \$2,000 per year to economically disadvantaged CSU students who have had success in overcoming educational disadvantages. To apply, you must:

- Be a California resident or have an AB540 affidavit on file with your CSU campus;
- Be admitted to a CSU campus and to a graduate program as a classified or conditionally classified student;
- Complete a Free Application for Federal Student Aid (FAFSA) or California Dream Act Application (CADAA);
- Have a financial need of at least \$1,000;
- Enroll at least half-time in an eligible graduate degree;
- Demonstrate potential to succeed in graduate school and complete a degree program in no more than 2 years, as evidenced by undergraduate coursework and letters of recommendation.

For more updates on when the application goes live, visit the [Office of Graduate Studies website](#).

NOMINATIONS FOR STAFF EXCELLENCE AWARD

The Office of Graduate Studies is pleased to announce that nominations are now open for the 2025 Lynn Winter Staff Excellence Award in Graduate Education. This prestigious award honors staff members who have demonstrated exceptional dedication and service to our graduate community, embodying the excellence exemplified by Lynn Winter during her tenure at Cal State Fullerton.

Nominations are accepted from CSUF students, faculty, and staff. To submit a nomination, please prepare a document that includes:

- The nominee's name.
- A nomination statement (max. 500 words) detailing the nominee's qualifications and providing specific examples of their excellent service and contributions to the campus community.

The nomination should address one or more of the following areas:

- Supporting graduate success, student learning, sense of belonging, progression, or achievement.
- Demonstrating exceptional service and commitment to student or campus needs.
- Contributing positively to their unit, department, or college.
- Advancing diversity, equity, and inclusion efforts for graduate students.

Please email your nomination to Diana Serna-Sanchez, dserna@fullerton.edu, by March 28, 2025 at 5:00pm. The recipient will be announced in April.

TITAN GRAD SLAM

Interested in presenting your thesis or research? 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.

Applications will open on March 10, 2025 with a submission deadline of April 16, 2025 at 5pm. The Titan Grad Slam event will take place on April 24, 2025 from 4:00-5:30pm and will be a live virtual event.

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](#).



UPCOMING DEADLINES

GRAD 700 Extension and International Programs Deadlines:

- W/ late fee: February 14, 2025

Grad Check Online Application Deadlines:

- Spring 2025 Graduation Term
 - Online application and payment deadline: February 10, 2025
 - Deadline to finish all degree requirements: May 23, 2025
- Summer 2025 Graduation Term:
 - Online application and payment deadline: March 10, 2025
 - 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/UCsufgradstudies7586)



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

SAVE THE DATE: UPCOMING PROGRAMS AT THE GRADUATE STUDIES CENTER

Writing Strategies for Large Scale Projects (in collaboration with Disability Support Services)

Join the GSC and DSS to learn more about how to set effective writing goals and implement systems that will support your writing practice! This workshop is great for those struggling with writer's block and who may be working on projects such as their thesis, dissertation, capstone, or any large research based project.

In-Person Option:

March 25, 2025 from 3:00pm-4:30pm
Gordon Hall 148B

Virtual Option via Zoom:

March 26, 2025 from 1:00pm-2:00pm

Zoom Meeting ID: 844-2328-6594

Zoom Link: <https://fullerton.zoom.us/j/84423286594>



Library Survival Skills Workshops (in collaboration with Pollak Library)

Learn more about the wide range of services offered through the Pollak Library and how they can be harnessed to graduate-level work. All of the events below will be hosted at the Graduate Studies Center (PLN121).

Introduction to Library Services and STEM Resources

Tuesday, March 4, 2025 from 12pm-1pm

Meet Librarians and Learn about Library Services

Tuesday, March 18, 2025 from 12pm-1pm

Introduction to EndNote Online –

A Free Citation Management Tool

Wednesday, March 19, 2025 from 12pm-1pm

Meet Librarians and Learn about Library Services

Thursday, March 27, 2025 from 12pm-1pm



For updates regarding GSC programs, check out our [Instagram at @csufgradstudies](#) or view the [GSC Events Calendar](#) on our website!



ROOTing for You: De-Stress with Succulent Decorating



Tuesday, March 11, 2025
10am-12pm & 3pm-5pm
Graduate Studies Center (PLN121)

Midterms got you down? Stop by the GSC to decorate your very own planter and take home a succulent to enjoy! Just like your new plant friend, you will thrive! Be-leaf in yourself!

Available while supplies last



SAVE THE DATE

**GRADUATE AND
PROFESSIONAL
STUDENT
APPRECIATION WEEK**

APRIL 7-11, 2025

Join the Office of Graduate Studies and Graduate Studies Center in celebrating National Graduate and Professional Student Appreciation Week!

We'll be hosting a range of events. Join us for fun surprises all week long!

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



SAVE THE DATE

Counseling & Psychological Services (CAPS)

Mental Health

Resource Fair



Tuesday, April 22 | Central Quad | 11AM-2PM