

GRADUATE STUDENT NEWSLETTER

CSUF Office of Graduate Studies

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MESSAGE FROM CSUF GRADUATE STUDIES

Happy new year, Titans! We hope you had a restful holidays and enjoyed the winter break. We are excited to welcome you back to campus for the spring 2026 semester!

For those beginning their studies at CSUF this spring, welcome to CSUF! Congratulations on your admission and we look forward to seeing you as you embark on your graduate or professional school journey! During your time, please make use of all of the resources that CSUF has available to you. Check out the "Orientation" section in this newsletter for an overview of campus resources you may find of use during your studies here.

CSUF ORIENTATION RESOURCES

Whether you are new to CSUF this semester or want a refresher on resources available on campus, check out the resources below from our Fall 2025 orientation:

- [Orientation Webinar Recording](#)
- [Orientation Presentation Slides](#)
- [Spring 2026 Campus Resource Guide](#)

As always, you can reach out to your program's faculty advisor with any questions you may have, including questions about your schedule or program requirements. Access their contact information on our [website linked here](#).



UNDERGRADUATE RESEARCH OPPORTUNITY CENTER (UROC)



Did you know that the Undergraduate Research Opportunity Center also offers resources and services for graduate students? Available resources include:

- [Funding](#), such as fellowships and travel grants
- [Workshops](#) on how to cultivate writing and research-related skills
- [Opportunities to share and present your work](#), including at the [CSU Student Research Competition](#) (4/23-4/25)
- [Tips](#) on how to create strong research posters and templates to get you started!

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

With the start of a new academic term, we would like to remind you of some of the services offered through CAPS. They offers individual and group therapy, couples therapy, and psychiatric services. CAPS also hosts a number of programs geared toward supporting your overall wellness and offers a number of workshops built with graduate students in mind. Learn more about CAPS services through their [website linked here](#).

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.



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](#). 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.

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.

GRADUATE STUDIES CENTER (GSC) HOURS AND SERVICES

Visit the GSC in PLN121! Beginning spring 2026, we will be open: 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](#).



UPCOMING DATES

Grad Check Deadline for Spring 2026:
February 9, 2026

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

Grad 700 Deadline for Spring 2026:
January 30, 2026 (no late fee) or
February 13, 2026 (with late fee)

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


Campus Closures:

- Monday, January 19, 2026: Martin Luther King, Jr. Day
- Friday, February 13, 2026: Presidents' Day Observed
- Tuesday, March 31, 2026: Cesar Chavez Day

CONTACT US

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

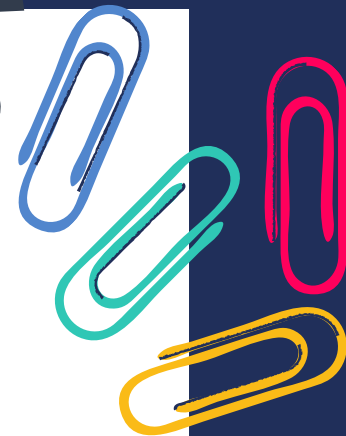
 Instagram: [@csufgradstudies](https://www.instagram.com/csufgradstudies)

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



If you have any questions or concerns, reach out to us at:

gradstudiesrecept@fullerton.edu.



WELCOME TO THE
Spring 2026
Semester!

**STOP BY THE GRADUATE STUDIES
CENTER IN PLN-121 DURING
WELCOME WEEK (1/20-1/23)!
WE'LL HAVE SNACKS, COFFEE,
AND TEA TO KICK OFF THE NEW
SEMESTER!**





CA PRE-DOCTORAL PROGRAM (SALLY CASANOVA)

Interested in applying to doctoral programs?
The Sally Casanova program awards \$5,000 that can be used
toward visiting doctoral-granting institutions, application fees,
test fees, and other related activities.



Application Deadline

February 13, 2026

Eligibility

- ✓ Juniors, seniors, and graduate students currently enrolled at a CSU campus and interested in applying to doctoral programs
- ✓ Must have one more semester remaining during the award year (2026-2027)
- ✓ Must have a CSU faculty mentor

Application Support



Learn more about the Pre-Doctoral Program by visiting:
<https://www.fullerton.edu/graduate/funding/predoc.html>

Questions? Reach out to
gsc@fullerton.edu

CSU

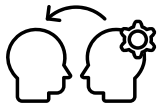
The California
State University

CHANCELLOR'S DOCTORAL INCENTIVE PROGRAM

**DEADLINE
TO APPLY:
FEBRUARY
16, 2026**

x x x
x x x
x x x

CDIP prepares current and prospective doctoral students for CSU faculty positions through:



MENTORSHIP BY CSU FACULTY



**PROFESSIONAL DEVELOPMENT
OPPORTUNITIES**



**FINANCIAL SUPPORT: GRANTS
AND INSTITUTIONAL LOANS**



*Learn more about
CDIP by visiting:*
[www.fullerton.edu/graduate/
funding/cdip.html](http://www.fullerton.edu/graduate/funding/cdip.html)



**QUESTIONS? REACH OUT TO
GSC@FULLERTON.EDU**

NAVIGATING GRAD SCHOOL

with DSS

This event will bring awareness to graduate students about Disability support services at CSUF and provide outreach for grad students with disability related needs.

Join DSS and the Graduate Studies Center to learn about resources, workshops, and more! Light refreshments will be served.



Tuesday, Feb 10th



11 am - 12 pm



In-person: PLN-121



Zoom: 829 4276 7790

Email

DSSoutreach@fullerton.edu
to RSVP



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.

Mondays

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.

Tuesdays

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

[@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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[@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



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CAPS events and
groups

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