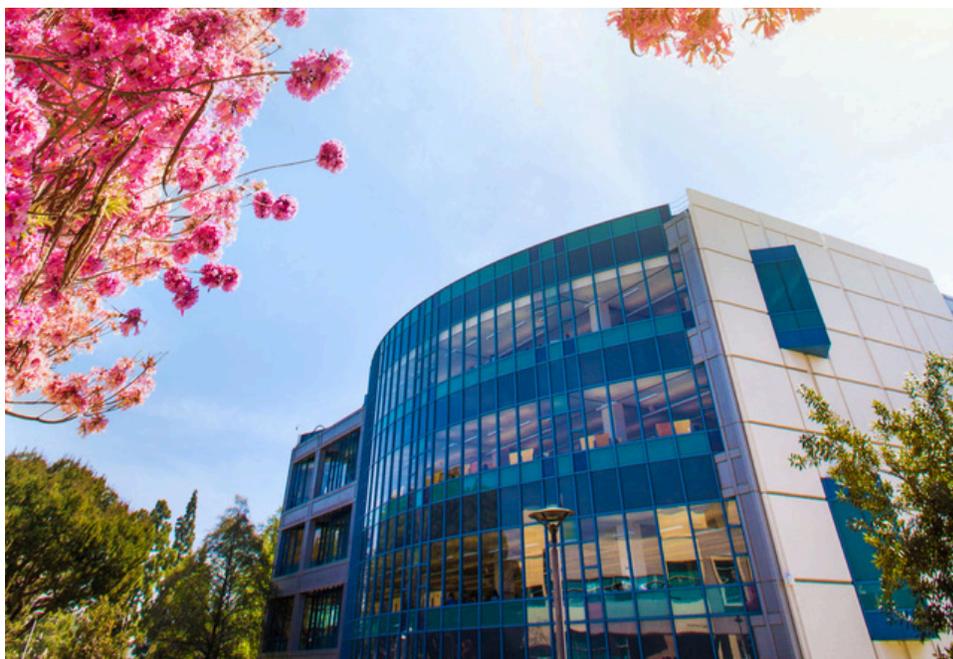


GRADUATE STUDENT NEWSLETTER

CSUF Office of Graduate Studies

IN THIS ISSUE:

- Message from Graduate Studies
- Orientation Resources
- Counseling and Psychological Services
- Hispanic Educational Technology Services
- Commencement
- Undergraduate Research Opportunity Center
- Upcoming Deadlines
- GSC Hours and Services
- Contact Us
- Student Spotlight: Grad Equity Fellowship Recipients
- CA Pre-Doctoral Program
- Chancellor's Doctoral Incentive Program
- Upcoming Events



MESSAGE FROM CSUF GRADUATE STUDIES

Happy New Year, Titans! We hope you had a restful winter break and are ready to get back into the swing of the spring semester.

For those beginning their graduate programs in the spring, welcome to CSUF! Congratulations on your admission! We are happy you're here. Remember there are many resources on campus for you during your time as a Titan. Check out the "Orientation" section in this newsletter for an overview of campus resources you may need.

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 Summer 2024 orientation:

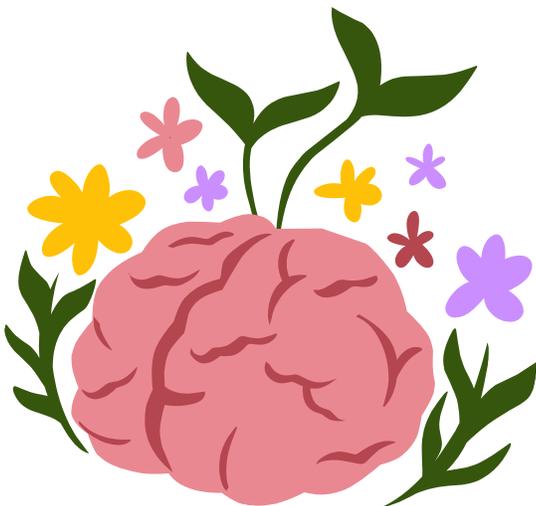
- [Orientation Webinar Recording](#)
- [Orientation Presentation Slides](#)
- [Campus Resource Guide](#)

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](#).



COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

CAPS at CSUF offers a wide range of services. CAPS 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](#).



HISPANIC EDUCATIONAL TECHNOLOGY SERVICES

Our campus has a subscription to the Hispanic Educational Technology Services (HETS).

For no cost, students have access to Test Prep (Graduate and Vocational), Scholarship and Graduate School Search tools, and various Career Exploration tools. For example, the Graduate Test Prep section includes practice tests and downloadable books for the GMAT, LSAT, GRE, MCAT, PCAT, and Miller Analogies.

Students can access login information through the CEDA website:

<https://www.fullerton.edu/ceda/>
under the Training Tab.

2025 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](#).



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](#) (4/25-4/26)
- [Tips](#) on how to create strong research posters and templates to get you started!

UPCOMING DEADLINES

GRAD 700 Extension and International Programs Deadlines:

- W/ no late fee: January 31, 2025
- 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: [@csungradstudies](https://www.instagram.com/csungradstudies)

 YouTube: [@csungradstudies7586](https://www.youtube.com/csungradstudies7586)



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

GRADUATE EQUITY FELLOWSHIP RECIPIENTS: FALL 2024

Congratulations to the Graduate Equity Fellows for the 2024-2025 academic year!

The next application cycle will take place in Spring 2025.

Award of \$2,000

Brittney Alicea
Dafne Garcia
Leidy Macias
Jessica Medrano
Keala Naipo
Emily Nelms
Tori Rhoades
Ainsly Rivera
Jasmine Santos-Orozco



Award of \$1,000

Moises Anguiano
Michael Butorac
Alyana Carrell
Norell Cortez
Tien Duong
Sebastian Ehuan-Avila
Karen Gaeta
Gabriela Guzman
Erika Hernandez
Lydia Kelley
Danna Martinez Maravilla
Ashley Moncayo
Marissa Montañez
Hanna Nguyen
Matthew Otero
Fatima Ramirez
Aileen Resendiz-Perez
Gracie Robinson
Maritza Rocha Flores
Hannah Rousselot
Maryam Sheebo
Jasmine Tapia
Yerenni Tenorio
Christopher Van
Cassandra Yuan

Award of \$500

Miguel Arechiga
Michaela Boyles
Jennifer Cruz
Eduardo Garcia
Priscilla Garcia
Lizette Gonzalez
Jalyn Hayes
Stacy Hurtado
Britney Mai
Ariana Martinez
Alan Mercado
Angel Nguyen
Valerie Ochoa
Francesca Pafundo
Ryan Pham
Yasmeen Qtaish
Andrea Ramirez Rivera
Lorne Reed
Lizbeth Rodriguez Montoya
Erik Saradpon
Leslie Velazquez
Leah Yagin

2024-2025 WAGS/PROQUEST DISTINGUISHED MASTER'S THESIS

Denisa Marc (CSUF M.A. Economics c/o 2024) was selected as the 2024-2025 Western Association of Graduate Schools (WAGS) and ProQuest winner for the Distinguished Master's Thesis in Humanities, Social Sciences, Education, and Business Disciplines. Denisa thesis is titled, "Predicting the Effect of FOMC Wording on the U.S. Treasury Yields: A Machine Learning Analysis." Congratulations, Denisa, on your incredible achievement!



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 14, 2025

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 (2025-2026)
- ✓ Must have a CSU faculty mentor

Zoom Information Sessions

Wed., Jan. 15th 4-5pm
Tues., Jan. 21st 3:30-4:30pm
Fri., Jan. 24th 10-11am
Mon., Jan. 27th 2-3pm
Wed., Jan. 29th 5-6pm
Tues., Feb. 4th 10-11am

Register at:
<https://www.fullerton.edu/graduate/funding/predoc.html>



Questions?

Reach out to gsc@fullerton.edu



The California State University

CHANCELLOR'S DOCTORAL INCENTIVE PROGRAM

DEADLINE TO APPLY: FEBRUARY 17, 2025

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



QUESTIONS? REACH OUT TO GSC@FULLERTON.EDU

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

Tuesdays

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

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

2/4, 3/4, 4/1, 5/6

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

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.

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

To Be Determined

En Comunidad

Facilitated by Dr. Valerie Minchala | *Date/Time: To Be Determined*

Join us at the LCRC PLS-180 for a monthly series where we 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.



Scan for up-to-date
CAPS events

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



SAVE THE DATE

Counseling & Psychological Services (CAPS)

Mental Health

Resource Fair



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