

# GRADUATE STUDENT NEWSLETTER

*CSUF Office of Graduate Studies*

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## MESSAGE FROM CSUF GRADUATE STUDIES

Did you know that the first full week of April marks National Graduate and Professional Student Appreciation Week? In this week's edition, learn more about some of the exciting events that Graduate Studies will be hosting the week of 4/6-4/10.

Whether you're taking midterms exams or gearing up to finish your thesis, dissertations, or capstone projects, we hope you're taking good care of yourselves during this busy period of the semester. Remember to rely on your support networks and utilize your campus resources to help you finish the semester strong!

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

## CSUF ARBORETUM AND BOTANICAL GARDEN

As the weather starts to warm up, consider spending some time outdoors and enjoy the beautiful CSUF campus. 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

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.

We recommend checking the portal often as new positions are posted often. The Office of Graduate Studies is currently hiring for 2 different student positions. Learn more about these open positions later by checking out the flyer later in this edition.

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## POLLAK LIBRARY

Did you know that the CSUF Pollak Library offers a range of services to support your research efforts? Some of their services include:

- [Research assistance via their reference librarians](#) (offered both online and in-person in PLN-1st floor)
- [Research guides](#) based on subject area to help you to find sources relevant towards your area of study
- A variety of [study spaces](#), including spaces for working individually or working in groups
- A [Makerspace](#) where you can make, create, collaborate, and innovate using a variety of state-of-the-art equipment
- And so much more!

In April, keep an eye out for Library Week! The Library will be hosting a range of different events and you don't want to miss it. Check out their Instagram [@pollaklibrary](#) to stay up-to-date on the latest library events.



# 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](#).



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## 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](#).



# 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.

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# 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](#).



## 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](mailto:gradstudiesrecept@fullerton.edu).

# We are hiring

## Office of Graduate Studies Student Assistants & an Admission Application Student Assistant



The Office of Graduate Studies is hiring multiple **Student Assistants** to provide general office support to our two campus locations, the Office of Graduate Studies and Graduate Studies Center [requisition #555111]. We are also hiring an **Admission Application Student Assistant** to provide general support to the Office of Graduate Studies' Admissions Evaluator team [requisition #555103].

Use the QR codes to the right to learn more and apply. All available positions can be found on the CSUF Student Employment website.




Please direct all application questions to  
gradstudiesrecept@fullerton.edu





# 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!

Monday, 4/6:

Coffee and Donuts, 10:00am-5pm (PLN121)

Thursday, 4/9:

Titan Grad Slam, 4:00-5:30PM (Virtual via Zoom)



Tuesday, 4/7:

GSC Open House, 3:30-5:30pm (PLN121)

Professional Headshots, presented by CSUF CEDA, 3:30-5:30pm (PLN-2<sup>nd</sup> floor near CEDA desk)

Wednesday, 4/8:

Succulent Decorating, 10:00am-5pm (PLN121)

Friday, 4/10:

Student Creative Activities & Research (SCAR) Day, presented by CSUF UROC, 9am-4pm (TSU Pavilions B & C)



All Week Long (4/6-4/10):  
Garden of Growth (PLN121)

GSC Photo Op (PLN121)

Kudo Board (Digital)





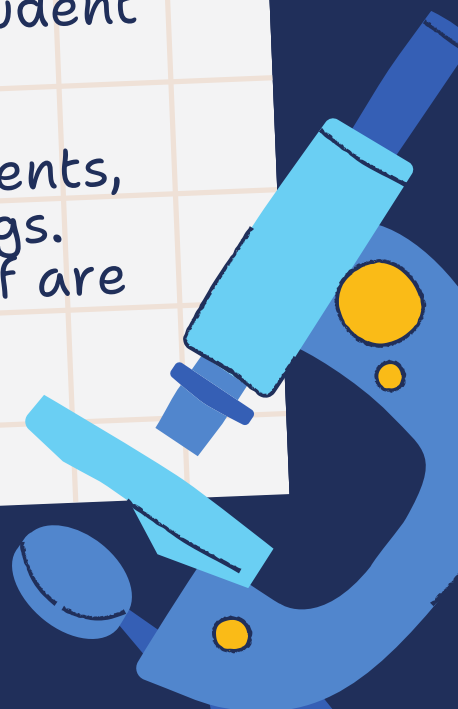
GRADUATE STUDIES CENTER

# OPEN HOUSE

TUESDAY, APRIL 7TH  
3:30-5:30PM  
GSC (PLNIZI)

Join us in celebrating National Graduate & Professional Student Appreciation Week!

Stop by for food, refreshments, and opportunity drawings. Students, faculty, and staff are welcome to attend!





**GRADUATE STUDIES  
PRESENTS**

# COFFEE & DONUTS

**MONDAY  
APRIL 6TH**

.....  
**10AM - 5PM**  
.....

**Graduate  
Studies  
Center  
(PLN 121)**

Help us kick off  
National Graduate  
& Professional  
Student  
Appreciation week  
and join us at the  
GSC for coffee and  
donuts!

\*Treats available  
while supplies last.



**CSUF** | Graduate Studies  
ACADEMIC AFFAIRS

**GRADUATE & PROFESSIONAL STUDENT  
APPRECIATION WEEK 2026**

# **SUCCULENT DECORATING**

**WEDNESDAY, APRIL 8TH  
10AM-5PM**

**GRADUATE STUDIES CENTER (PLN121)**

Stop by the GSC to decorate a planter and receive a succulent for you to enjoy! Just like your new plant friend, you will continue to thrive.

Activity available while supplies last.

CSUF

Counseling and  
Psychological Services

STUDENT AFFAIRS AND  
STRATEGIC ENROLLMENT MANAGEMENT

# 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



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



# 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.



Scan for up-to-date  
CAPS events and groups

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or visit [Fullerton.edu/caps](https://fullerton.edu/caps)

[@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](https://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](https://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.



Scan for up-to-date  
CAPS events and  
groups

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