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# GRADUATE STUDENT NEWSLETTER

*CSUF Office of Graduate Studies*

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## MESSAGE FROM CSUF GRADUATE STUDIES

Whether you're taking midterm exams or gearing up to finish your thesis, dissertations, or capstone projects, we hope you're taking extra 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 this semester strong!

In this edition, learn more about upcoming events at the Graduate Studies Center (GSC), including our plans to celebrate National Graduate and Professional Student Appreciation Week (4/7-4/11). If you have any questions or need anything, please reach out to us!

# BASIC NEEDS: TUFFY'S CAREER CLOSET



In need of professional attire for job interviews, internships, or other career development needs? Tuffy's Career Closet offered through CSUF's Basic Needs Services offers gently worn items and students are able to access up to 6 items per month. Gently worn professional attire provided to students include: suits; blazers; dress pants; dress shirts; skirts; dresses; and ties.

This service is offered on a walk-in basis. Students can access Tuffy's Career Closet M-F between 8am-5pm in MH 143. As this service is donation based, available clothing items and sizes may vary. Learn more about this resource on the [Basic Needs Services website](#).

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# ASI FOOD PANTRY

The Associated Students Inc. at CSUF offers a food pantry that serves to distribute foods and support students facing food insecurity. The Pantry's inventory rotates between various food items, typically consisting of a variety of non-perishable foods, canned goods, and fresh produce.

There are no requirements or qualifications for students to use this service and scheduling an appointment is quick and easy. Visit the [ASI website](#) to learn more about the Food Pantry, including how to make an appointment and information on how to use the pantry on a walk-in basis (subject to availability).

If you have any questions about the ASI Food Pantry, reach out to [asifoodpantry@fullerton.edu](mailto:asifoodpantry@fullerton.edu) or call 657.278.8756.



# DISABILITY SUPPORT SERVICES

Disability Support Services (DSS) provides academic accommodations for students with qualifying disabilities. Academic accommodations aim to provide equal access for students who identify as an individual with a disability. At CSUF, students are responsible for applying for disability support services.

Visit [this link](#) to learn more about the steps to apply to DSS. More information about DSS and the range of services they offer can be found on the [DSS website](#).

The GSC and DSS are hosting a program on 3/25 and 3/26 that focuses on writing strategies for large scale presentations, like your thesis or dissertation. The flyer for this event is included toward the end of this newsletter!



## 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!

Come meet some of the amazing librarians who work at Pollak Library and learn more about the services they offer by visiting one of the Library Survival Skills Workshops hosted at the GSC this semester. Workshop dates and topics can be found on the event flyer included toward the end of this newsletter!

# UNDERGRADUATE RESEARCH OPPORTUNITY CENTER (UROC)



Did you know that the Undergraduate Research Opportunity Center also offers resources and services for graduate students? Resources open to graduate students 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!

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## PAID OPPORTUNITY: ORAL PRESENTATION EVALUATOR

The Business Communication Program is looking for graduate students to help us in the review process of undergraduate business students' presentation skills.

This a PAID contract position (temporary, part-time) as an oral presentation evaluator. Evaluators will observe undergraduate students' in-class presentations for 75 minutes and rate their performance. We will provide you training on how to evaluate them in an online session to be scheduled after midterm. Your payment? \$50 per each class session observed, and you can observe up to 5 classes for a total of \$250.

The amount of your payment will be determined by how many classes you choose to review. They have many classes on various days and times, but almost all observations will take place during weeks 14, 15, and 16. There will be additional video taped observations that will take place right after finals week. To qualify for this project, you need to be able to legally work in the United States and not already be employed by the University in a graduate assistant position.

Please contact Dr. Eric Furlong if you're qualified and interested at [efurlong@fullerton.edu](mailto:efurlong@fullerton.edu). He can provide more details and answer any questions you might have.

# 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](mailto:gradstudiesrecept@fullerton.edu) with any questions. For more information, visit [our website](#).

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## GRADUATE EQUITY FELLOWSHIP

Apply to the Graduate Equity Fellowship! 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.

Applications are due 4/18/25 at 5pm. For more information and to access the online application, 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](mailto:dserna@fullerton.edu), by March 28, 2025 at 5:00pm. The recipient will be announced in April.

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## 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](#).



# 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](#).



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## 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](#).



# UPCOMING DEADLINES

## Grad Check Online

### Application Deadlines:

- Spring 2025  
Graduation Term
  - 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](mailto:gradstudiesrecept@fullerton.edu).

# GRADUATE & PROFESSIONAL STUDENT APPRECIATION WEEK

## APRIL 7-11, 2025

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

### All Week Long

- Garden of Gratitude (PLN121)
- GSC Photo Op (PLN121)
- Kudo Board (Digital)

### Tuesday, 4/8

- GSC Open House, 3:30-5:30pm (PLN121)
- "Let Me Share," presented by CSUF ELEVAR, 4-5pm (PLN216)

### Wednesday, 4/9

- Grad School 101, 10:30am-11:30am (Zoom)
- Resume & CV Drop-Ins, 3-5pm (PLN121)

### Thursday, 4/10

- Mock Interviews, 2:30-4:30pm (PLN121)
- Professional Headshots, presented by CSUF CEDA, 3:30-5:30pm (PLN-2nd floor)

### Friday, 4/11

- Coffee, Conchas, & Crafts, 10am-1pm (PLN121)

Graduate Studies Center

# OPEN HOUSE

TUESDAY, APRIL 8TH  
3:30 - 5:30PM  
GSC (PLN121)

Join us in celebrating the Graduate Studies Center's new location as of the '24-'25 academic year!

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



# Library Survival Skills at the Graduate Studies Center



PLN 121 | 12pm

**3/4:** "Introduction to Library Services and STEM Resources"

**3/18:** "Meet Librarians and Learn About Library Services"


**3/19:** "Introduction to Managing Citations with EndNote Online"


**3/27:** "Meet Librarians and Learn About Library Services"

The Graduate Studies Center and  
Disability Support Services Present

# Writing Strategies for Large Scale Projects

 Tuesday, Mar. 25th

 3:00-4:00 PM


 GH-148 B

&

 Wednesday, Mar. 26th

 1:00-2:00 PM

 Zoom

 [fullerton.zoom.us/j/844  
23286594](https://fullerton.zoom.us/j/84423286594)

email [gsc@fullerton.edu](mailto:gsc@fullerton.edu) to RSVP

# 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](https://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](https://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](https://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