

# GRADUATE STUDENT NEWSLETTER

*CSUF Office of Graduate Studies*

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## MESSAGE FROM CSUF GRADUATE STUDIES

The fall semester is coming to a close! In the final newsletter for the fall 2025 semester, we want to spotlight a few campus resources that concern food insecurity. You'll also find more information about SmartAccess+, a new resource that provides you with access to course materials for a flat rate. All students are automatically enrolled in this program so please read this section carefully and reach out if you have any questions using the contact information provided later in this newsletter.

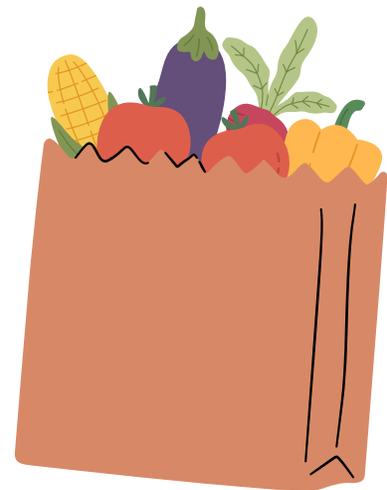
Wishing you all the best as you close out this semester strong! Please reach out to Graduate Studies at [gradstudiesrecept@fullerton.edu](mailto:gradstudiesrecept@fullerton.edu) if you have any questions or if we can be of any support.

# BASIC NEEDS SERVICES

Basic Needs Services provides comprehensive programs and services to students who experience unforeseen hardships that often result in food, housing, and financial insecurity. Forms of support include:

- **Food assistance:** Food assistance through Basic Needs is intended as short-term assistance while students are connected to long-term resources such as CalFresh or local food banks and pantries.
- **Temporary housing:** Temporary housing is for students experiencing a current, immediate unexpected housing situation. Availability is subject to change based on occupancy.
- **Financial assistance:** Students who experience an unforeseen hardship can request the Basic Needs Grant for assistance with unpaid basic needs expenses they cannot resolve.
- **Hygiene products:** Students in need of hygiene products can access up to 5 full sized hygiene products per month. This is a walk-in service for currently enrolled students.
- **Career closet:** Students in need of gently worn professional attire can access up to 6 items of clothing per month. This is a walk-in service for currently enrolled students.

In addition to the above, Basic Needs Services also provides guidance and referrals to other on and off-campus resources.



Have questions about Basic Needs Services' programs? Reach out to their office using one of the methods listed below:

Location: McCarthy Hall (MH) 143

Phone: (657) 278-3583

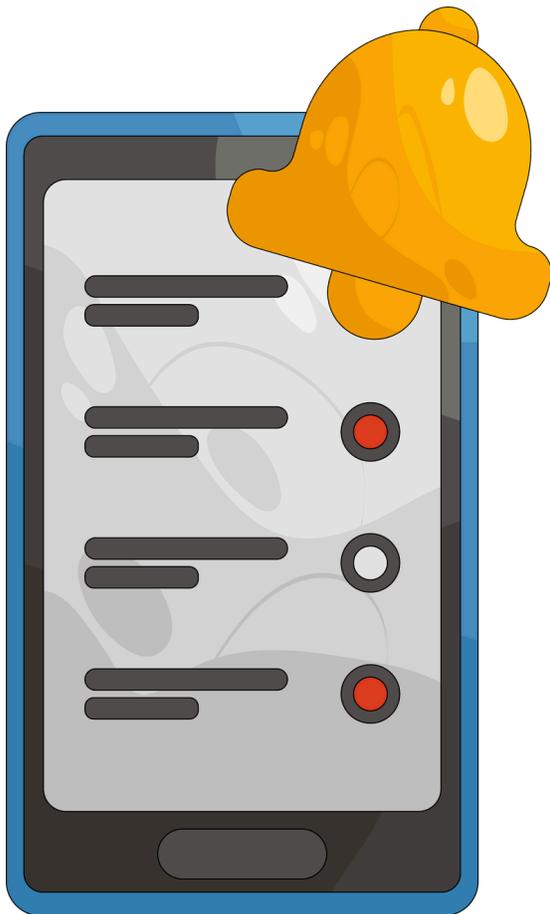
Email: [basicneeds@fullerton.edu](mailto:basicneeds@fullerton.edu)

More information about Basic Needs Services can also be found on [their website](#).

# 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 nonperishable 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.



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## TITAN BITES

While we featured this resource in an earlier edition of our newsletter, we want to remind folks of the Titan Bites resource.

Titan Bites is a service offered through CSUF's Basic Needs Services that provides convenient and immediate notifications of available food on-campus after a catered event. This program will send push notifications through the iFullerton app informing you when and where to get available food on campus.

Instructions on how to opt-in to TitanBites through the iFullerton app can be found on the Basic Needs website. If you have questions about this service, reach out to Basic Needs at [basicneeds@fullerton.edu](mailto:basicneeds@fullerton.edu).

# SMARTACCESS+

The CSUF SmartAccess+ program is designed to contribute to student success by reducing the cost of required textbooks, establishing a predictable flat rate for each term, ensuring ease of access to assigned content, and supporting improved student outcomes.

With SmartAccess+, you get all your eligible digital, print, and OER textbooks for a flat rate of \$245 per semester, charged to your campus account. SmartAccess+ is set to begin Spring 2026.

All students are automatically enrolled in SmartAccess+ each semester. You can adjust your program participation, and move to SmartAccess Flex or opt out of the program altogether. The deadline to change your participation is that semester's add/drop deadline.

For more information about SmartAccess+, please visit the [SmartAccess+ webpage](#) on Titan Shop's website. You can also email [smartaccess@fullerton.edu](mailto:smartaccess@fullerton.edu) or call 657.278.3574.



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***Congratulations!***

**Congratulations to our Fall 2025 graduates!**

**We hope you find time to reflect on and celebrate this amazing accomplishment!**



# GRADUATE STUDIES CENTER (GSC) HOURS AND SERVICES

Visit the GSC in PLN121! During the fall and spring semesters, we are open:

Monday - Thursday, 10am - 7pm

Fridays, 10am - 5pm

Closed Saturdays and Sundays

The GSC functions as a studying space with a wide variety of seating. We have a kitchen space equipped with a microwave, refrigerator, and sink. To learn more about upcoming GSC events, follow us on Instagram [@csufgradstudies](https://www.instagram.com/csufradstudies)! More information about how to book our writing appointments and private study can be found on the [GSC's website](#).



## UPCOMING DATES

**Deadline to finish all degree requirements for Fall 2025:** January 2, 2026

**Thesis/Dissertation Deadline for Fall 2025:** November 21, 2025

### Withdrawal Deadlines:

- Non-medical withdrawals with a "W" notation on transcript: November 14, 2025
- Medical withdrawals: December 5, 2025

### Campus Closures:

- Thursday, November 27 - Friday, November 28, 2025: Thanksgiving
- Thursday, December 25 - Thursday, January 1, 2025: Winter recess

## CONTACT US

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

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

 YouTube: [@csufgradstudies7586](https://www.youtube.com/c/csufradstudies7586)



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

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



# COOKIES & CARDS



DEC 8 2025

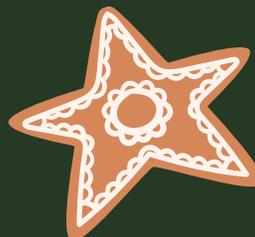
11AM-1PM & 3PM-5PM

GRADUATE STUDIES CENTER  
(PLN121)



JOIN US FOR A DAY OF COOKIES & HOLIDAY  
CARD DECORATING!

ACTIVITY & COOKIES AVAILABLE WHILE  
SUPPLIES LAST.



**CSUF** | Graduate Studies Center  
ACADEMIC AFFAIRS

# 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**  
September 30  
October 28  
November 18  
December 9

**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  
(September 10 - December 10, excluding 11/26)

Meeting ID: 886 6972 2076



Scan to  
join group  
on zoom



# Wellness Workshops

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

Wellness is the act of pursuing activities, lifestyles, & choices that contribute to holistic health.

Fall  
2025

## Stress Wellness



Identify how stress impacts you and increase skills/tools to decrease stress.

Wednesday, 9/24 | 1-2PM | Titan Hall 3rd floor Conference Room 1347

**Presented by Flavio Berny**

Wednesday, 10/15 | 12-1PM | Career Center Langsdorf Hall 208

**Presented by Flavio Berny & Adam Abbasi**

Thursday, 10/30 | 1-2PM | Titan Hall 3rd floor Conference Room 1347

**Presented by Flavio Berny & Chad Garty**

Thursday, 11/13 | 2-3PM | CCOM Student Success Center, College Park 210

**Presented by Flavio Berny & Evelyn Blancarte**

## Thought Wellness



Identify how your thoughts impact your mood and behavior. Gain skills to modify unpleasant thoughts and beliefs.

Wednesday, 9/24 | 3-4PM | Titan Hall 3rd floor Conference Room 1347

**Presented by Sofia Arteaga**

Thursday, 10/23 | 3-4PM | Career Center Langsdorf Hall 208

**Presented by Sofia Arteaga & Chad Garty**

Friday, 11/14 | 12-1PM | YouTube Live

**Presented by Sofia Arteaga & Chad Garty**

**More Workshops**



Stream several workshops on YouTube Live [youtube.com/@csufcaps/live](https://youtube.com/@csufcaps/live)

**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](https://Fullerton.edu/caps)

## Mood Wellness

Develop skills to increase positive emotional experiences.

Wednesday, 9/24 | 11-12PM | Titan Hall 3rd floor Conference Room 1347

**Presented by Mylene Maranan**

Wednesday, 10/29 | 12-1PM | Career Center Langsdorf Hall 208

**Presented by Mylene Maranan & Adam Abbasi**

Wednesday, 11/19 | 12-1PM | YouTube Live

**Presented by Mylene Maranan & Adam Abbasi**

## Sleep Wellness

Learn how sleep impacts your body. Improve daily strategies to improve sleep.

Thursday, 9/25 | 2-3PM | Titan Hall 3rd floor Conference Room 1347

**Presented by Miranda Roa**

Tuesday, 10/28 | 2-3PM | CCOM Student Success Center, CP 210

**Presented by Nick Rangel & Evelyn Blancarte**

Thursday, 11/20 | 2-3PM | YouTube Live

**Presented by Nick Rangel & Evelyn Blancarte**

## Emotional Wellness

Explore how emotional intelligence can impact your relationships and overall wellness.

Tuesday, 9/23 | 12-1PM | Titan Hall 3rd floor Conference Room 1347

**Presented by Nick Rangel**

Tuesday, 10/21 | 12-1PM | YouTube Live

**Presented by Nick Rangel & Chad Garty**

Wednesday, 11/19 | 2-3PM | CCOM Student Success Center, College Park 210

**Presented by Nick Rangel & Flavio Berny**

## Academic Wellness

Explore common academic wellness struggles and how to manage them.

Tuesday, 9/23 | 2-3PM | Titan Hall 3rd floor Conference Room 1347

**Presented by Miranda Roa & Sofia Arteaga**

Tuesday, 10/21 | 2-3PM | CCOM Student Success Center, College Park 210

**Presented by Miranda Roa & Sofia Arteaga**

Thursday, 11/6 | 2-3PM | YouTube Live

**Presented by Miranda Roa**

# Drop-In Groups

*No RSVP Required. Come to as many or as few groups as you like!*  
*Open to all CSUF Students*

Fall  
2025

## **Graduate Student Support Group**

Facilitated by Annie Petrossian, Ph.D.

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.

## **Arboretum Walks**

Facilitated by Dr. Lamba Aziz-Hanifzai, Psy.D. and Noemie Cloutier, PhD

Lace up your sneakers and join us for our weekly walks—a fun and energetic way to support the wellness of our student residents in Housing.

## **The Artful Mind of Substance Abuse**

Facilitated by Carolyn Quintana, AMFT

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 concerns.

## **Wellness with CAPS Liaison: Dr. Phi Loan Le**

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

A monthly drop-in space for APISAA (Asian Pacific Islander South Asian American) students and allies to reflect, discuss, and explore well-being and academic progress among the Asian/Asian American community. We invite you to join this casual space for Asian/Asian American students to build community and navigate how to balance family/cultural expectations and implementing strategies for mental wellness. Monthly topics are TBA. BONUS: snacks provided!

## **Art of Wellness**

Facilitated by Christina Carroll-Pavia, Ph.D., C.M.T.

Join us to engage in relaxing self-care activities through art-making! This semester's topics include: creating bookmarks, clay play, collaging, and making Zentangles! No experience, materials, or artistic ability required.



**En Comunidad**

Facilitated by Valerie Minchala, Ph.D.

Join us at the LCRC for a monthly series where we will come together en comunidad together support to each other as we exchange stories and experiences about matters we face as members of the Latine community.

**Discover and Thrive**

Facilitated by Lolita Mariscal-Carrano, LCSW

We would like to help you “discover” self-care and mental health skills that will allow you to “thrive” academically, socially and emotionally.

**Black on Campus**

Facilitated by Breanna Smith, PsyD

This weekly drop-in support group for Black-identified students creates space to celebrate wins, process frustrations, and engage in authentic conversations about current events and cultural moments. Whether you're ready to share your experiences or just want to listen and feel understood, we draw from the strength of those who came before us while enriching our present and future through wellness, growth, and connection. Together, we learn, uplift, and thrive while building resilience and staying authentic to who we are.

**Soulful Wellness Wednesday**

Facilitated by Breanna Smith, PsyD

Soulful Wellness Wednesday is a time for Black identifying students to learn and practice self-care strategies in community. Black faculty and staff are welcome to join in support of our students.



Scan Here to View  
Group Details



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