
GRADUATE STUDENT NEWSLETTER

CSUF Office of Graduate Studies

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MESSAGE FROM CSUF GRADUATE STUDIES

The Fall semester is almost halfway over! We hope you have settled into your classes nicely and are feeling prepared as you enter the busy midterms season. As we enter the second half of the semester, remember to seek support in office hours, use your campus resources, and practice intentional acts of self care.

If you have any questions or need anything, please reach out to us! Graduate Studies' contact information can be found later in this issue.

CAREER CENTER

The CSUF Career Center offers a variety of resources to current graduate and professional students! Here are just a few of the resources they have available:

- [Resume and Cover Letter Support](#), including Hiration (a virtual resume assistant) and the Titan Resume Builder
- [Workshops and Events Calendar](#)
- [Career Fairs and Expos](#)
- Strategies for [how to network](#) more effectively
- [Interviewing Resources](#), including InterviewPrep and Hiration
- For those interested in continuing their education beyond their current graduate program, there also offer [graduate and professional school application resources](#).

The Career Center also offers “drive-thru” services, where you can have your resume reviewed on-the-spot. As of Fall 2025, they have expanded their hours on select days to meet with more students in the evening hours. More information on how to connect with the Career Center can be found on [their website](#).

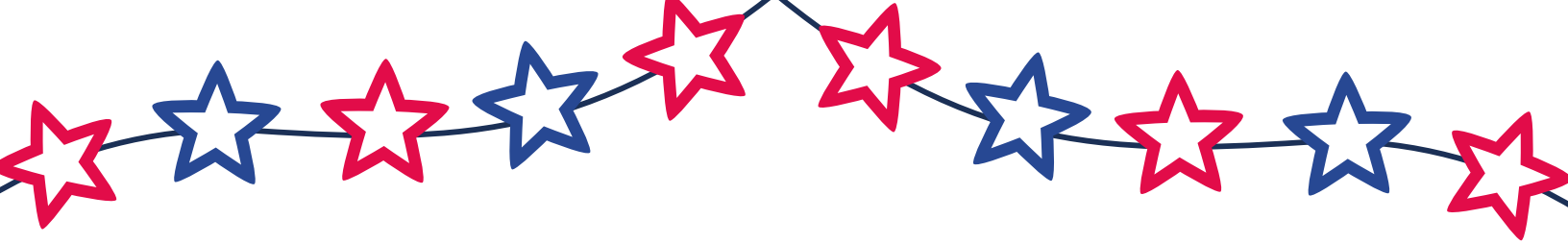
Interested in learning more about what the Career Center has to offer? Join us at the GSC for the upcoming Career Center Overview workshop on Tuesday, November 4th from 12pm-1pm. Snacks will be provided. The event flyer can be found toward the end of this newsletter.

CAREER CENTER'S CAREER SPECIALISTS

As a CSUF student, you also have access to a Career Specialist from your college to help you along the way. Each Career Specialist shares curated resources that is of interest to your academic interests and professional goals. For example, they can assist in connecting you to internship and job search sites; identifying on-campus resources such as clubs and organizations; introducing you to professional affiliations to expand your network; and share examples of successful job materials, such as resumes.

More information about each of the Career Specialists can be found on the [Career Center website](#). Within each of their bios, you can find information on how to book an appointment with them as well as links to various resources.





VETERANS RESOURCE CENTER

The Veterans Resource Center (VRC) supports CSUF's active duty service members, veterans and their families in accessing and navigating higher education. Their team provides prospective and continuing students with information and assistance regarding admissions, federal and state educational benefits, and personal and professional development opportunities.

To learn more about the VRC and the resources they provide, visit the [VRC's website](#). In observance of Veteran's Day on Tuesday, November 11th, the VRC is organizing a series of events throughout the month of November. To learn more about upcoming Vet Month events, visit their Instagram [@csufvrc](#).

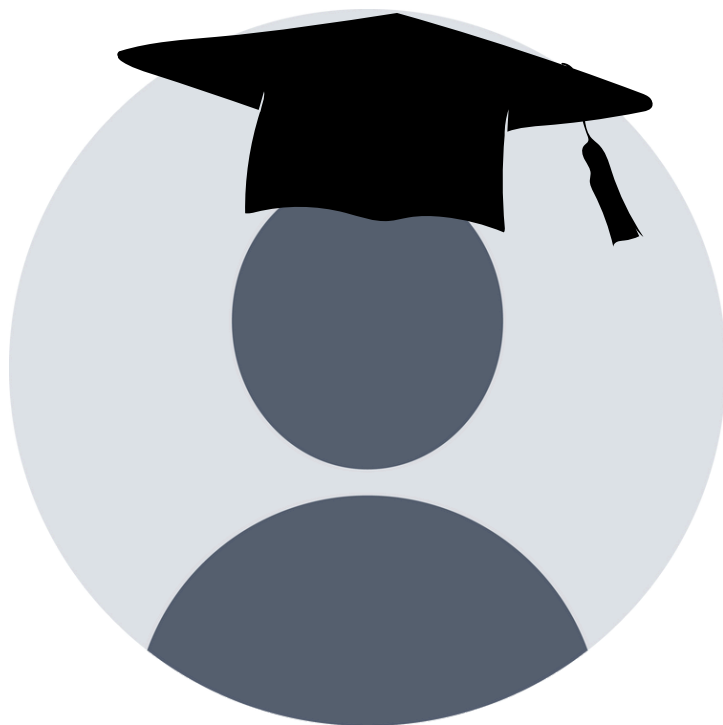
PROFESSIONAL HEADSHOTS BY IT

In need of a professional headshot to spruce up your online persona and brand? Drop by one of IT's professional headshot sessions in the Center for Equitable Digital Access (CEDA) area on the PLN-2nd floor.

Dates and times are as follows:

- Tuesday, October 21st from 10am-12pm
- Thursday, November 6th from 1-3pm
- Monday, November 17th from 4-6pm
- Tuesday, December 2nd from 10am-12pm
- Wednesday, December 10th from 2-4pm

Visit their [event page on IT's website](#) for more information. If you have questions, you can reach out to [CEDA](#) for further assistance.



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](https://www.fullerton.edu/graduate-studies-center).



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:

- Tuesday, November 11, 2025: Veteran's Day
- Thursday, November 27 - Friday, November 28, 2025: Thanksgiving

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.

Graduate Studies Center x
Pollak Library Present

Library Survival Skills Workshops

*Learn more about how Pollak Library
resources can support your success!*

GRADUATE
STUDIES
CENTER
(PLN-121)



Tuesday, October 7th from 12pm-1pm

“Meet Librarians and Learn about Library Services”

Tuesday, October 14th from 12pm-1pm

“Introduction to EndNote Online: A Free Citation
Management Tool”

Thursday, October 23rd from 12pm-1pm

“Meet Librarians and Learn about Library Services”

JOIN US AT THE
GRADUATE STUDIES CENTER
FOR



MINI PUMPKIN DECORATING



MONDAY, OCTOBER 27TH

PLN - 121

11:00AM - 1:00PM
3:00PM - 5:00PM

ACTIVITY AVAILABLE WHILE SUPPLIES LAST



**Graduate Studies Center
x Career Center present**

CAREER CENTER OVERVIEW

**TUESDAY,
NOVEMBER 4**

12:00PM - 1:00PM

**GRADUATE STUDIES CENTER
(PLN121)**

**COME LEARN ABOUT HOW THE
CSUF CAREER CENTER
PREPARES GRADUATE
STUDENTS FOR CAREER
SUCCESS!**

SNACKS WILL BE PROVIDED.

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

Fall
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.

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

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.

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