

# GRADUATE STUDENT NEWSLETTER

*CSUF Office of Graduate Studies*

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## MESSAGE FROM CSUF GRADUATE STUDIES

Welcome to the start of the 2025-2026 academic year! We hope your fall semester has been off to a great start and you have been able to settle into your courses.

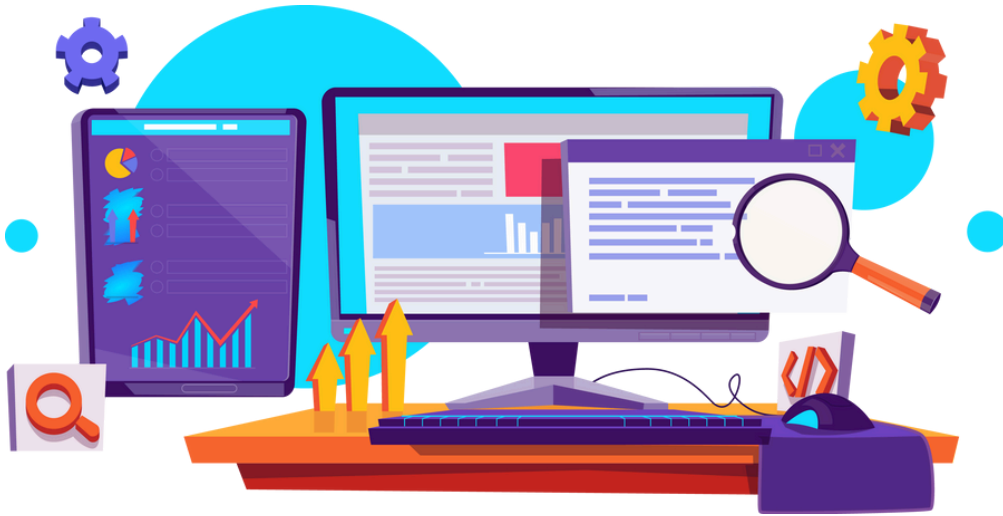
Each month, the Office of Graduate Studies sends a newsletter filled with various resources, deadlines, reminders, and information about upcoming programs. Many of these additions are here to help you maximize your time at CSUF!

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

# CENTER FOR EQUITABLE DIGITAL ACCESS (CEDA)

In need of digital equipment? Visit CEDA for your short and long term equipment check outs. Laptops (PC and Mac), iPads, and portable chargers are available for check out to currently enrolled CSUF students. To assist with your technology needs, CEDA also has a semester long loaner program for laptops, iPads, and MiFi (portable hotspots). Some locations also have DVD drives, card readers, charging cables, calculators, Wacom Cintiq pens, and Dell Canvas pens that can be checked out for a few hours.

For more information about locations and checkout policies, visit [IT's website](#).



## IT SOFTWARE ACCESS

As a CSUF student, you have access to a wide range of various software for free or minimal fees. If one of your courses requires a specific software, check out IT's catalog to save money. Some of the software that is available to CSUF students includes:

- Adobe Creative Cloud
- DropBox
- Grammarly Premium
- SPSS
- Kurzweil 3000
- LinkedIn Learning
- MatLab
- Microsoft Office 365
- NVivo
- Qualtrics
- Respondus LockDown Browser
- Tableau
- VPN: Global Protect
- Zoom
- Windows 11

For more information about how to access these software, visit IT's software webpage. From this page, you can view their full catalog of software and access details concerning use, cost, and installation.

# TITAN DREAMERS RESOURCE CENTER (TDRC)

The TDRC provides holistic services, support, and resources to the immigrant student community. They offer a variety of services, including referrals to immigration services and financial assistance programs, academic and emotional support, and information on programs and services that improve retention and graduation rates. More information about the services TDRC provides can be found on the [TDRC website](#).

In addition to the TDRC, CSU students and employees can access legal services free of charge thanks to a collaboration between the CSU Chancellor's Office and the CA Department of Social Services. Attorneys and paralegals are available to assist in renewals and general assistance with filing out forms such as family based petitions. Services through Carecen are available to undocumented and mixed-status community members, including students, staff, and faculty, their immediate families, and recent CSU graduates. More information about [Carecen's legal services](#) can be found on the TDRC website.

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## TITAN BITES

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).

# 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. During exam seasons and GSC events, we also offer free snacks, coffee, and tea. To learn more about upcoming GSC events, follow us on Instagram [@csufgradstudies!](https://www.instagram.com/csufragradstudies/)

More information about two of our services – including our writing appointments and private study room – can be found below!



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## WRITING APPOINTMENTS

The GSC provides free one-on-one writing appointments to all CSUF graduate students. You can now book a writing appointment on TitanNet. Instructions on how to book can be found on the [GSC website](#).

Students may make 1 writing appointment per week and these can be booked up to 2 weeks in advance. This service is limited to currently enrolled graduate students. Midterms and finals seasons are usually high in demand so don't wait to start working on your writing projects!

## PRIVATE STUDY ROOM

The GSC also has a private study room available for reservation. You can reserve up to 3 hours per day and reservations can be made up to 2 weeks in advance.

The private study room has a small whiteboard, one desk, two chairs, and charging outlets, and can comfortably accommodate a maximum of 3 students. This service is limited to currently enrolled graduate students.

You can reserve the private study room on TitanNet. Instructions on how to reserve can be found on the [GSC website](#).

# UPCOMING DEADLINES

## Grad Check Online Application Deadlines for Fall 2025 Graduation:

- Online application and payment deadline: September 8, 2025
- Deadline to finish all degree requirements: January 2, 2026

## GRAD 700 University Extension Deadline:

- With no late fee: September 5, 2025
- With late fee: September 19, 2025

## Thesis/Dissertation Deadlines:

- Fall 2025: November 21, 2025


## Withdrawal Deadlines:

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

# 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).

# CONGRATS TO OUR 2025 TITAN GRAD SLAM WINNERS!



**1st Place**  
Amanda Tsang  
Chemistry



**2nd Place**  
Sarah Holman de Bruyn  
Public Health



**3rd Place**  
Christopher “CJ” Van  
Social Work

# 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 to offer 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